

WELCOME, THIS WEB CONFERENCE WILL BEGIN SOON

**START STRONG:
LESSONS LEARNED FROM A FOUR-YEAR INITIATIVE TO
PROMOTE HEALTHY RELATIONSHIPS AND
PREVENT TEEN DATING VIOLENCE**



PreventConnect
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eLearning: learn.preventconnect.org



FLICKR



CONTACT



FACEBOOK



TWITTER



VIDEO



How to use this technology



- Raise hand
- Text chat & private chat
- PowerPoint slides
- Polling questions
- Phone
- Closed captioning
- Web conference guidelines

Please send a private chat message for help.

Call iLinc Technical Support at 800.799.4510.

PreventConnect is a national project of the California Coalition Against Sexual Assault sponsored by U.S. Centers for Disease Control and Prevention. The views and information provided in this web conferences do not necessarily represent the official views of the U.S. government, CDC or CALCASA.



2013 Web Conferences

Preventing Sexual and Domestic Violence: Learning from the evidence of practice to create community action

- Friday, May 10: **Understanding Evidence: A Demonstration of CDC's Interactive Tool to Support Evidence-Based Decision Making for Technical Assistance Providers**
- Wednesday, May 15: **Start Strong: Lessons learned from a four-year initiative to promote healthy relationships and prevent teen dating violence**
- Thursday, June 20: **Shifting Boundaries: Lessons Learned from Implementing a Sexual Violence Prevention Program**
- Tuesday, July 9: **Primary Prevention in the context of a traumatized community**
- Tuesday, July 16: **Understanding Evidence: An Interactive Web Resource for Evidence-Based Decision Making in Sexual Violence and Intimate Partner Violence Prevention**
- Tuesday, July 30: **Gender Transformative Programs: Lessons Learned from HIV Prevention and other health program**
- Tuesday, September 17: **Bystander Intervention: Continuing Discussion**



PreventConnect

- Domestic violence/Intimate partner violence
- Sexual violence
- Violence across the life-span
- Prevent before violence starts
- Connect to other forms of violence & oppression
- Connect to other prevention practitioners



Learning Objectives

- Discuss strategies to help teens build healthy relationships utilizing Start Strong's approach to teen dating violence prevention: engaging school personnel, parents and students; and affecting community-wide social norms change.
- Discuss lessons learned in creating healthy schools, including the role of in-school curriculum; importance of a model school policy and positive school climate.
- Identify key components of a model school prevention policy that addresses teen dating violence and healthy relationship promotion.





Lessons learned from a four-year initiative to promote healthy relationships and prevent teen dating violence

START STRONG



**Start Strong:
Building Healthy Teen Relationships**



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What do we know?



What do we know about teen dating violence?



What We Know

- Approximately 1 in 3 adolescent girls in the United States is a victim of physical, emotional or verbal abuse from a dating partner.
- 1 in 3 teens said his/her partner had text messaged them up to 30 times/hour to check on what they were doing, where, and who with.
- Teens experiencing teen dating violence are more likely to suffer long-term negative behavioral and health consequences, including suicide attempts, depression, cigarette smoking and marijuana use.



What We Know

- Adolescent girls in physically abusive relationships were 3.5 times more likely to become pregnant than non-abused girls.
- Students, both male and female, who reported that they had perpetrated physical dating violence were nearly five times more likely to report perpetrating physical peer violence.
- One in ten 15-year-old girls who dated someone within the past six months reported experiencing sexual coercion by a dating partner.



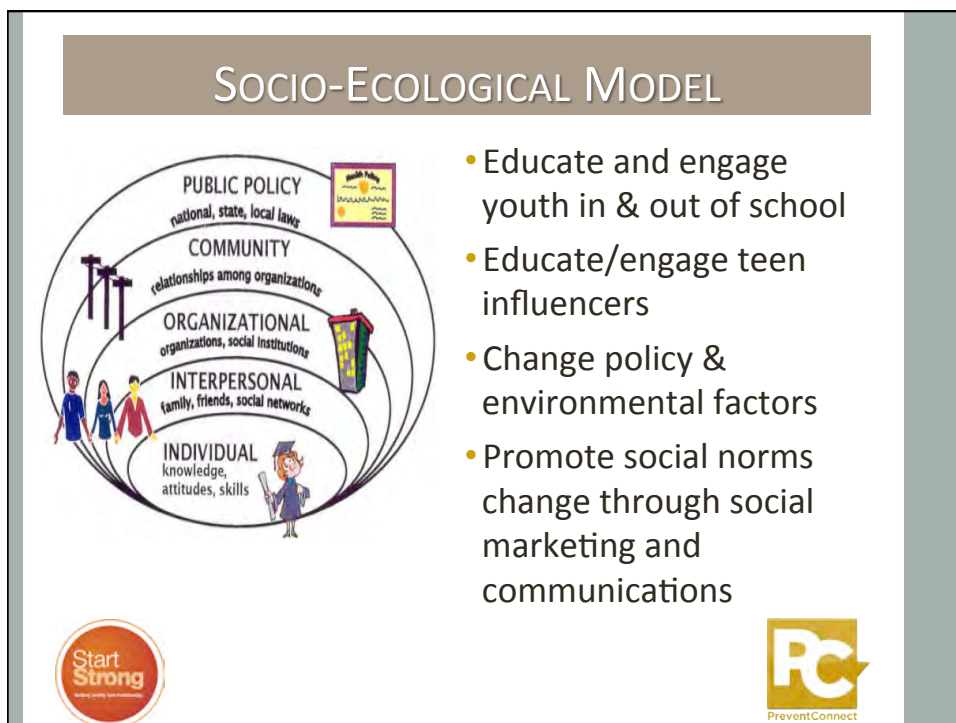
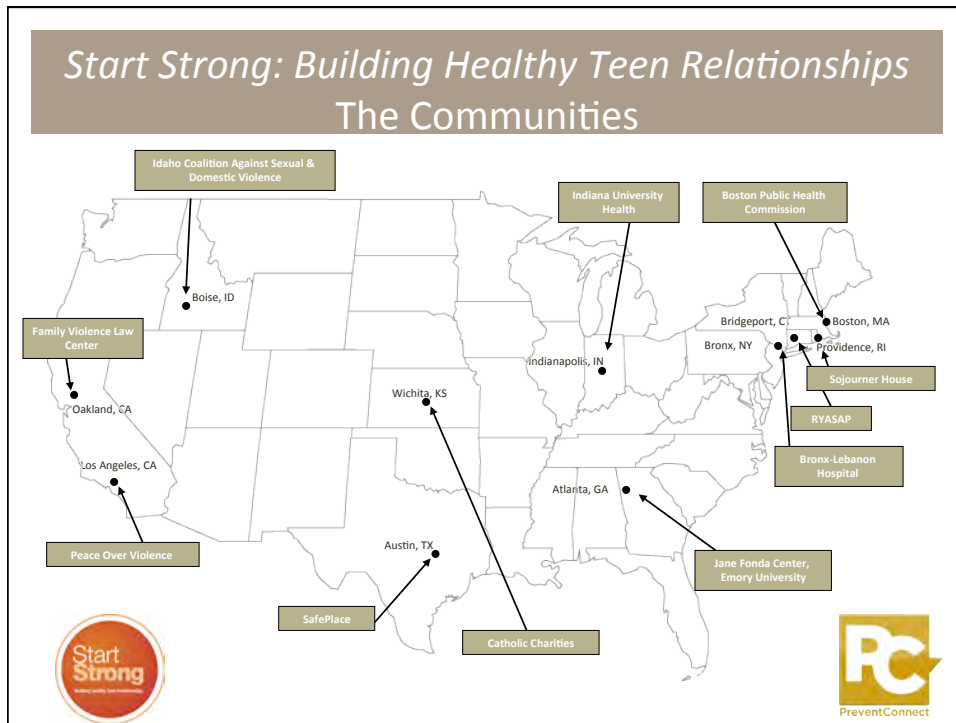
11

Start Strong: Building Healthy Teen Relationships

- Four years: Nov 2008 – Nov 2012
- \$18 million investment in 11 communities
- Funded by: Robert Wood Johnson Foundation and Blue Shield of California Foundation
- Focus on 11-14 year old youth





12




AGE OF START STRONG
TARGET POPULATION:
11-14


AVERAGE AGE OF
START STRONG PROJECT LEADER:
35



How old were you when...




How old were you when you had your first crush?




Generational Differences



Then








Now




Go on a date	Dating by network
Dating was private	Nothing is private
Sex was sex	Hooking up, "friends with benefits"
Teens at 13	Teens at 10
Older sibling's influence	Media's influence


Digital Generation Gap

- Internet since birth and cell phones from age 11
- 59% of 12-14 year olds have a cell phone
- 70% use social networking sites
- 68% use instant messaging
- Online persona is a continuation of their offline self
- Hesitant to express concern b/c of threat of losing phone/computer privileges
- Parents unfamiliar and thus uncomfortable with technology, and unequipped with knowledge of how to handle today's youth dating scenarios



Source: Pew Internet Research, 2009



Start Strong Strategic Direction



- Schools are Focal Points for Youth
- Youth-Informed Social Marketing is Crucial
- Social Media and Mobile Technology are Key



19

Start Strong Strategic Direction




- Early adolescence is an important time to instill healthy relationship skills
- Identifying and Utilizing Influencers is Key
- Bullying Intervention May Be Key Entry Point



20

EDUCATING AND ENGAGING YOUTH






Educating and Engaging Youth
in and out of School

In-School: Two evidence-based, interactive curricula tracked to state curriculum goals

<p><u>Safe Dates</u></p> <ul style="list-style-type: none">• Teachers or prevention specialists• 9 lessons	<p><u>Fourth R</u></p> <ul style="list-style-type: none">• Teachers Only• 7 healthy relationships lessons with 14 addressing other risk behaviors
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Out of School:
Neighborhood community centers,
Boy & Girl's Clubs and Girl Scouts



22

Love What's Real: The Power of Words

National Teen Dating Violence Awareness & Prevention Month

Teens **SPEAK OUT** on healthy teen relationships

Slam Poets Alex Hatter, Conor Harris, and Kristen Smith reading from *Love What's Real*, an anthology of writings focusing on relationships, written by Idaho junior high and high school teens

Thursday, February 24th
Linen Building 1402 W. Grove St. Boise
Doors open at 6:00 pm
7:00 "Love What's Real" Performance Art
BALANCE

Award winning junior high and high school poets "tst what's real" Image Gallery featuring local artists

FREE ADMISSION with Junior/High School ID
Cool stuff for the first 200 students
Parents and teachers welcome to attend

Start Strong Idaho Center for Healthy Teen Relationships

Writing & Student Council Contests

700 Junior/Middle School Submissions

950 High School Submissions

Start Strong **PC** PreventConnect

PSA Contests

Middle and High School Submissions

START STRONG

AWARENESS VIDEO CONTEST TO PREVENT TDV (TEEN DATING VIOLENCE)

It's time to get the word out about the realities and dangers of teen dating violence... so we're holding an awareness video contest and giving out some serious prizes! You don't need to be an expert with a camera - just think up a great idea that communicates to today's generation. Finalists will receive cash, and the grand prize winner will have a full production of their idea appear on TV! Whatcha waitin' for?

enter contest!

50% OF PEOPLE AGE 14-24 HAVE EXPERIENCED DIGITALLY ABUSIVE BEHAVIOR.

50%

THE keep it... PSA CONTEST WINNERS!

here to view the winners!

Start Strong **PC** PreventConnect



turning gears
EDUCATION




THE REAL
ROBOTS
OF
ROBOT HIGH
Powered by  GAME MECHANICS

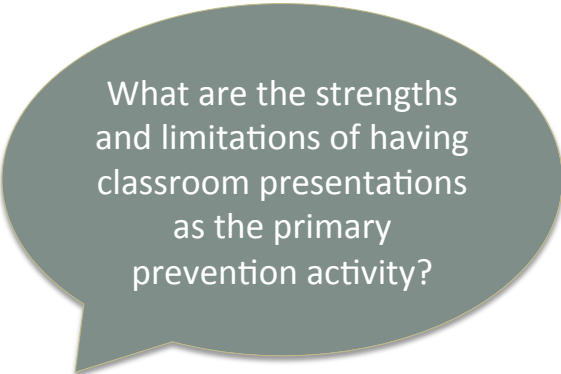
<http://realrobothigh.com>




Engaging Youth in School



Chat
Public Private
Type here to send a message



What are the strengths and limitations of having classroom presentations as the primary prevention activity?



CHANGE POLICY



Change Policy & Environmental Factors

School Prevention and Intervention Policy:



- For schools
 - For school districts
- Includes:
- Model policy
 - Toolkit for implementation
 - Advocacy guide for adoption



Start Strong Model School and District Policy

- Creating a positive school climate
- Prevention Education for Students
- Training for Staff
- Parent/Caregiver Engagement
- Response to Abuse
- Program Monitoring



Policy



How have you been able to create policy change in your and/or school district?



ENGAGE INFLUENCERS



Educate/Engage Influencers

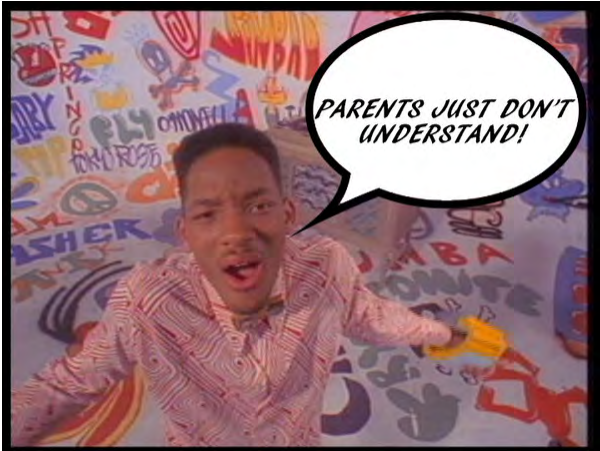


- Older Teens
- Parents
- Counselors and other school staff, health care professionals, coaches, teachers, after-school staff, and faith leaders

Coaching Boys
INTO MEN



Influencers: Parents



33

How do we help parents start the conversation?



34

Start Strong Parent Concepts

<p>You Speak Adult 1</p>  <p>YOU SPEAK ADULT. SHE SPEAKS, WELL, SHE DOESN'T SPEAK.</p> <p><small>When parents connect with their teens through texts and by going online, 88% of 1 to 5 high schoolers experiencing dating violence say their parents are more likely to help them make thoughtful decisions, so texting and social media can help.</small></p> <p>PARENTS: START RELATING BEFORE THEY START DATING.</p> <p><small>Source: Start Strong Working Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.</small></p>	<p>You Speak Adult 2</p>  <p>YOU SPEAK ADULT. SHE SPEAKS, WELL, SHE DOESN'T SPEAK.</p> <p><small>When parents connect with their teens through texts and by going online, 88% of 1 to 5 high schoolers experiencing dating violence say their parents are more likely to help them make thoughtful decisions, so texting and social media can help.</small></p> <p>PARENTS: START RELATING BEFORE THEY START DATING.</p> <p><small>Source: Start Strong Working Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.</small></p>	<p>Family Dinner (Spaghetti)</p>  <p>THIS HAS THE POWER TO END TEEN DATING VIOLENCE.</p> <p><small>When parents connect with their teens through texts and by going online, 88% of 1 to 5 high schoolers experiencing dating violence say their parents are more likely to help them make thoughtful decisions, so texting and social media can help.</small></p> <p>PARENTS: START RELATING BEFORE THEY START DATING.</p> <p><small>Source: Start Strong Working Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.</small></p>	<p>Family Dinner (Chicken)</p>  <p>THIS HAS THE POWER TO END TEEN DATING VIOLENCE.</p> <p><small>When parents connect with their teens through texts and by going online, 88% of 1 to 5 high schoolers experiencing dating violence say their parents are more likely to help them make thoughtful decisions, so texting and social media can help.</small></p> <p>PARENTS: START RELATING BEFORE THEY START DATING.</p> <p><small>Source: Start Strong Working Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.</small></p>
<p>Status Update</p>  <p>IT'S A TIME HE UPDATED HIS STATUS WITH YOU?</p> <p><small>When parents connect with their teens through texts and by going online, 88% of 1 to 5 high schoolers experiencing dating violence say their parents are more likely to help them make thoughtful decisions, so texting and social media can help.</small></p> <p>PARENTS: START RELATING BEFORE THEY START DATING.</p> <p><small>Source: Start Strong Working Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.</small></p>	<p>Talk To the Hand</p>  <p>GO AHEAD. TALK TO THE HAND. CAUSE THE FACE IS LISTENING.</p> <p><small>When parents connect with their teens through texts and by going online, 88% of 1 to 5 high schoolers experiencing dating violence say their parents are more likely to help them make thoughtful decisions, so texting and social media can help.</small></p> <p>PARENTS: START RELATING BEFORE THEY START DATING.</p> <p><small>Source: Start Strong Working Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.</small></p>	<p>Bull</p>  <p>YOU</p> <p>YOUR PRETEEN</p> <p><small>When parents connect with their teens through texts and by going online, 88% of 1 to 5 high schoolers experiencing dating violence say their parents are more likely to help them make thoughtful decisions, so texting and social media can help.</small></p> <p>PARENTS: START RELATING BEFORE THEY START DATING.</p> <p><small>Source: Start Strong Working Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.</small></p>	<p>This Is A Test</p>  <p>THIS IS A TEST</p> <p><small>When parents connect with their teens through texts and by going online, 88% of 1 to 5 high schoolers experiencing dating violence say their parents are more likely to help them make thoughtful decisions, so texting and social media can help.</small></p> <p>PARENTS: START RELATING BEFORE THEY START DATING.</p> <p><small>Source: Start Strong Working Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.</small></p>

35

 <p>YOU SPEAK ADULT. SHE SPEAKS, WELL, SHE DOESN'T SPEAK.</p> <p><small>When parents connect with their teens through texts and by going online, 88% of 1 to 5 high schoolers experiencing dating violence say their parents are more likely to help them make thoughtful decisions, so texting and social media can help.</small></p> <p>PARENTS: START RELATING BEFORE THEY START DATING.</p> <p><small>Source: Start Strong Working Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.</small></p>	 <p>USTED.</p> <p>SU PREADOLESCENTE.</p> <p><small>Si preadolescentes dicen muchas cosas de sus computadoras para desinformar a sus padres. Pero no se des. Eso es todo. Si solamente se desinforma por un momento, así que lo realízalo que forma ideas incorrectas en días lo que suegas, es el futuro.</small></p> <p>PADRES: HAY QUE CONVERSAR ANTES DE QUE COMIENCEN A NOVIAJ.</p> <p><small>StartStrongParents.org</small></p> <p><small>Apoyo para StartStrong: Fundación Social para Adolecentes. He sido diseñado por la Fundación Robert Wood Johnson.</small></p>
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36



ISN'T IT TIME HE UPDATED HIS STATUS WITH YOU?

...with your kids about their pressure online and off, even if they're not in a relationship yet. As a parent, you can help protect your relationship through conversations that are actually spoken, not texted.

PARENTS: START RELATING BEFORE THEY START DATING.

Southwest Prevention Care
Support for Start Strong: Building Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.



THIS HAS THE POWER TO END TEEN DATING VIOLENCE.

Family centers offer effective opportunities to check in with your parents. With 3 in 3 high schoolers experiencing dating violence later in life offers an opportunity to talk with kids about responsible choices even if they're not dating yet.

PARENTS: START RELATING BEFORE THEY START DATING.

Support for Start Strong: Building Healthy Teen Relationships provided by a grant from the Robert Wood Johnson Foundation.




PreventConnect 37

Influencer



How have you engaged parents successfully in promoting healthy relationships?



PreventConnect

Older Teens as Influencers



Train teens to be young experts and advocates on the issue



Video

Start Strong Bridgeport Start Strong Oakland Start Strong Indy Start Strong ATLANTA Start Strong WICHITA Start Strong LOS ANGELES Start Strong Bronx 2 Start Strong RI & Boston Start Strong Idaho

Attendees (21)

- Hosts (2)
 - Timmie Roach
 - Timmie Roach 2
- Presenters (0)
- Participants (19)
 - Erin Scott
 - Kate Hunt 2
 - Start Strong ATLANTA
 - Start Strong Austin
 - Start Strong Bridgep...
 - Start Strong Bronx
 - Start Strong Bronx 2
 - Start Strong Idaho
 - Start Strong Indy
 - Start Strong LOS AN...
 - Start Strong Oakland
 - Start Strong RI & Bos...
 - Start Strong WICHITA
 - 208xxx0419
 - 401xxx1001
 - 760xxx8888
 - Anonymous
 - Anonymous 2
 - Susie Gidseg

Older Teens as Influencers



Involve teens in the ongoing process of developing programming, materials, and advocacy





**face it
don't
facebook it**

U R BREAKING UP!?
The way you communicate often determines how well your message is received. This is especially true when you are breaking-up. Use this tool to help you pick the best strategy for being heard. Like the reception bars on your phone, the more bars you have the stronger and clearer your message will be.

Five bars
FACE-TO-FACE With face-to-face contact you have the best possible reception. That doesn't mean that talking about breaking-up is going to be any easier, but you both will have a better chance of understanding each other's feelings with less miscommunication. You will be able to use body language and tone of voice to help get your message across without interference.

Four bars
PHONE Phones are amazing tools that help us stay in touch with the people we care about. Unfortunately, they are not the best tool for ending relationships. They let you have a live conversation where you can verbally communicate feelings and thoughts, and hear tone of voice, but the problem is that there can be interference — abrupt hang-ups, zero body language information, a lack of privacy, and lost reception.

Three bars
Email Sending an email is an effective way of communicating a message; however it is not the ideal way to communicate during a break-up. It can be hard to tell if someone is joking, happy or angry from an email. The person you're trying to communicate with may not get your message. The reception is dependent on what the other person thinks is meant by each word or phrase or idea. Also, once something is in print, it is very hard to take it back or explain away the miscommunication.

Two bars
TEXTING With texting, the chances of your message being clearly received are very small, just like the length of a text message. Too little is said, leaving too much room for misunderstanding. Communicating by text may actually add to the pain and prolong the breaking-up process. If you break-up this way, you may be sending the message that this person is not worth your time, which can result in a stronger negative reaction.

One bar
SOCIAL NETWORKS You're breaking-up, and you want the whole world to know! Feeling something hurtful on Facebook, MySpace, Aol or Twitter may feel good for a moment, but no one will really hear your message clearly, especially the person who needs to understand. Even if your ex did something hurtful to cause the break-up, posting hurtful messages tells others more about you and how you treat others.

Teen Influencers



How have you worked with teens as influencers for younger children?



SOCIAL MARKETING



Engaging the Wider Community: Social Norms Change



47



and vote on whether other stories describe healthy or unhealthy relationships here

Vote On Stories

sam | bridgewater | Age 16

my boyfriend went behind my back and tried to get my brother and my cuzins to do drugs with him i caught him and told him we were over.

COOL NOT COOL NOT SURE

coolest_story
127 16 12

Abuse takes on many forms. Study the signs, watch the stages, and call the hotline if in doubt. Love shouldn't hurt! Trust ur gut! Comments

least_cool_story
24 137 19

2 days before
fight, he tells me

What's your story?
Tell your story and get real time feedback on your own relationship drama!

120

name

city

age

Submit

teens submit their relationship stories here

and give feedback here

THATS NOT COOL .COM

VIDEOS CALLOUT CARDS TALK IT OUT GAMES AMBASSADORS NEED HELP?

WHERE DO YOU DRAW YOUR DIGITAL LINE?

Your mobile, IM, and online accounts are all a part of you. What someone you're dating is controlling, disrespeacting, or pressuring you in those spaces, THAT'S NOT COOL.

HAVE YOUR SAY

Start talking back. Create your speaking avatar and have your say.


CREATE YOUR AVATAR

MODE RESPONSES

THATS NOT COOL .COM

http://www.thatnotcool.com/

PreventConnect



RATED

Finding Out What's Real, What's Responsible,
What's Respectful and What's Right in Relationships
in Movies, Music and More.

REAL

Are relationships relevant to current times?
 How close to reality are the relationships?

RESPONSIBLE

What are the consequences for actions like?
 What is the acknowledgement for right and wrong actions?

RESPECTFUL

What is the equality between the characters like?
 What is the communication between the characters like?
 What is the trust between the characters like?

RIGHT

What is the overall message of the film, and is it a true and good message?


Sound Relationships Nutrition Label

Nutritional Impact

Artist: _____
 Song title: _____
 Serving Size: **Min:** _____ **Sec:** _____



Amount per serving:	Present (X)	Intensity level (1-10)
Unhealthy Relationship Ingredients		
Drama		
Possession/obsession		
Disrespect		
Relationship = sex		
Manipulation		
Total Unhealthy		
Healthy Relationship Ingredients		
Fun/Enjoyable		
Support		
Respect		
Equality		
Trust		
Total Healthy		

The song may portray: **Drama:** a belief that making up/breaking up, yelling, bitter arguing, destroying property or a general sense that unhealthy conflict in the relationship is part of a normal relationship. **Possession/Obsession:** a belief that another person is an object to use for one's personal benefit. This could also include stalking, objectification, and controlling behavior. **Disrespect:** a belief that it is acceptable to disregard another person's feelings, ideas, opinions and wishes. This could include name calling, put downs, minimizing language, and cheating. **Relationship=sex:** a belief that the main component or focus of the relationship is sex. **Manipulation:** a belief that it is acceptable to lie or use another person's emotions or vulnerabilities to get what is desired. This could include guilt trips, lying, and using alcohol to get sex. **Fun/Enjoyable:** a belief that relationships are enjoyable and fun. **Support:** a belief that a relationship includes building up the other person's confidence and strengths. This could include encouraging another person to make healthy decisions to better themselves, even when the other person may not totally agree. **Respect:** a belief that another person has value and is appreciated and recognized for their ideas, thoughts, and decisions. This could include the use of positive or supportive words to describe the other person. **Equality:** a belief that both parties share in decision making and are free to choose what is right for them. The person does not have power over the other either in decision making or sex. **Trust:** a belief that the other person in the relationship has your best interest at heart. This could include being faithful and honest.



Unhealthy Views		0-5
Drama	Wow! This video shows one or both partners doing a lot of making up/breaking up, yelling, destroying property, etc.	<input type="checkbox"/>
Possession	Crazy! This video shows one or both partners constantly calling, checking on, thinking about, or trying to control the other person, etc.	<input type="checkbox"/>
Disrespect	No way! This video shows one or both partners flirting with other people, cheating, touching inappropriately, ogling, etc.	<input type="checkbox"/>
Relationship = sex	Uh uh! This video takes place mostly in the bedroom, shows one or both partners with very few clothes, focuses primarily on the physical parts of the relationship, etc.	<input type="checkbox"/>
Manipulation	Whoa! This video shows one partner buying/giving gifts in order to get what he/she wants, using alcohol to get sex, etc.	<input type="checkbox"/>
Total Unhealthy Views		<input type="checkbox"/>
Healthy Views		0-5
Fun/Enjoyable	Awww! This video shows both partners laughing, smiling, doing activities together, etc.	<input type="checkbox"/>
Support	This video shows both partners comforting each other, watching/praising each other as they try something new, etc.	<input type="checkbox"/>
Respect	Yup! This video shows both partners talking and listening to each other, helping one another, etc.	<input type="checkbox"/>
Equality	Great! This video shows both partners making decisions together, sharing decision-making around sex, etc.	<input type="checkbox"/>
Trust	Wow! This video shows both partners sharing secrets, looking each other directly in the eyes, hanging out with other friends, etc.	<input type="checkbox"/>
Total Healthy Views		<input type="checkbox"/>

As much as things change...

54

Engaging the Wider Community: Theater



Engaging the Wider Community: Theater





IT ALL BEGINS... WITH A CHOICE.

CAMPAIGN FOR THE THIRD CHOICE

Bella is graduating from high school and feels pressured to make a choice.

Should your choices be defined by or limited to your relationships?

One thing is certain. Every choice you make defines you.

Own your choice. Define yourself. Imagine your future...



We would like your opinion about true love and the relationships in *New Moon*. Please answer the following questions:

Age: _____ Gender: M F

1. Edward is very protective and controlling of Bella, like getting angry when she spends time with friends he doesn't approve of and deceiving her dad.
True Love Not True Love
2. Bella jumps off the cliff and rides a motorcycle too fast just to hear Edward's voice.
True Love Not True Love
3. Bella will drop whatever she's doing, whoever she's with, to run to be with Edward.
True Love Not True Love

57





Next Steps



How can the lessons learned from Start Strong support your prevention efforts?



LEARN MORE ABOUT *Start Strong:* *Building Healthy Teen Relationships*

Upcoming Webinar Series

Each 90 minute webinar will begin at 11 PT/12MT/1CT/2ET

June 5: Educating and Engaging Teen Influencers (ie Parents, Older Teens, Coaches, Nurses)

June 26: Social Marketing and Communications

July 17: Educating and Engaging Youth In- and Out-of-School

August 7: Policy

www.StartStrongTeens.org/webinars



61

Questions?

Start Strong: Building Healthy Teen Relationships

www.StartStrongTeens.org

www.StartStrongParents.org

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62

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Email Group: <http://groups.yahoo.com/group/Prevent-Connect/>

Email: info@preventconnect.org

eLearning: learn.preventconnect.org



FLICKR



CONTACT



FACEBOOK



TWITTER



VIDEO



A Project of
CALCASA