

The Spectrum of Prevention ²

The Spectrum of Prevention was developed as a tool for understanding the breadth of activities and changes needed to prevent sexual violence (Cohen et al., 1999). The framework uses six levels at which prevention activities should be focused.



The six levels are as follows:

Level 6: Influencing Policy and Legislation

Level 5: Changing Organizational Practices

Level 4: Fostering Coalitions and Networks

Level 3: Educating Providers

Level 2: Promoting Community Education'

Level 1: Strengthening Individual Knowledge and Skills

All levels of the Spectrum of Prevention are important, and need to operate together synergistically. However, the upper levels of the Spectrum (Levels 4, 5, and 6) have a higher amount of impact, while the bottom levels of the Spectrum (Levels 1, 2, and 3) have a lower impact.

² Cohen, L. & Swift, S. (1999). The spectrum of prevention: developing a comprehensive approach to injury prevention. *Injury Prevention*, 5, 203-207. Retrieved January 22, 2012, from the Prevention Institute website. Available online by clicking [here](#).

Prevention Networking Activity

Please take a few minutes to write your prevention strategies on the corresponding colored post-it note for each colored box in the table below. Put your post-it notes on the wall under each respective level/color, and then have a conversation about your prevention strategies with someone who you do not already know.

Spectrum Level	Example: Preventing Dog Bites	Example: Preventing Suicide	Sexual violence prevention strategies I can use in my personal or professional life
Level 6: Influencing Policy and Legislation.	Pass and implement Minnesota statewide legislation requiring dog owners to take a dog bite prevention course in order to license their dog.	Promote policies that prevent abuse, bullying, violence, and social exclusion (e.g. a policy requiring healthy relationship curricula in all schools).	Level 6:
Level 5: Changing Organizational Practices and Policies	Requiring and creating fenced-in leash-off areas for public parks.	Pass and implement organizational policies and practices promoting psychological, spiritual, and physical wellbeing of staff (e.g. allowing use of sick leave for mental health days, to de-stigmatize mental illness).	Level 5:
Level 4: Fostering Coalitions and Networks	Create a local coalition/network to protect the safety of the public and dogs.	Develop a coordinated state, community, and tribal level suicide prevention network.	Level 4:
Level 3: Educating Providers	Awareness and prevention presentations for dog trainers and veterinarian clinic staff and other stakeholders.	Train professionals to increase awareness of suicide and prevention efforts and mental health and wellbeing.	
Level 2: Promoting Community Education	A city-hosted National Dog Bite Prevention Week festival to raise awareness around dog bite prevention.	Increase community programming that promotes social connectedness.	
Level 1: Strengthening Individual Knowledge and Skills	Owners understanding the breed of their dogs and training their dogs to behave appropriately.	Educate those most at-risk of suicide and their families and/or support networks on how to maintain physical, mental, emotional, and spiritual health and wellbeing.	

For more information about sexual violence prevention, visit:
[MDH Sexual Violence Prevention Program](#) | [MN Human Trafficking Task Force](#)