



**Strengths Based Prevention That Works -  
Session 1  
December 13, 2022  
11:00am PT/ 12:30pm ET**

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AJK: Slides for today can be found here: <http://www.preventconnect.org/wp-content/uploads/2022/11/Strengths-Based-Prevention-session-1.pdf>

AJK: PreventConnect podcast – Disability Justice and Primary Prevention Part 1  
<https://www.preventconnect.org/2022/11/disability-justice-and-primary-prevention-part-1-i-moving-at-the-speed-of-trust/>

AJK: PreventConnect podcast – Disability Justice and Primary Prevention Part 2  
<https://www.preventconnect.org/2022/12/disability-justice-and-primary-prevention-part-2/>

AJK: Strengths-Based Prevention: Reducing Violence and Other Public Health Problems <https://www.apa.org/pubs/books/strengths-based-prevention>

AJK: What is your secret sauce/superpower/ professional strength?

IP: Yes our intentions and our realities often do not jive but falling short and/or undermining ourselves is different than acting out -- loss of impulse control towards others.

RC: Know Better. Do Better. Be Better.

NB: I am an empath by nature and it helps me with working with my clients

TI: good listener

LJ: Being a connector to resources for students and others.

NB: empathic listening

JA: Helping make connections to the community

KJ: A desire to learn and share.

LW: ability to facilitate and encourage difficult conversations

KL: thinking collaboratively

MH: Relational....can make connections with people quickly.

KS: An ability to be vulnerable in my teaching through stories.

JC: Mindfulness, self-compassion, and somatic exploration and intersect it with prevention and advocacy

MW: Connecting people

IP: compassion

JT: patience

JL: relationship building

JL: organizing and creating safe spaces and foundations for folks.

RC: Empathy, compassion and technical writing!

BS: great listener

CP: Make people feel heard and safe

KB: relationship building

SVE: I feel like I am really good at working with people and being empathetic.

KS: I am empathetic and understanding to victims because I have been on the other side.

RR: Knowing what the community resources are and following through.

MW: My own survivorship, and my lifelong desire to learn and to help others through difficulties.

AJK: I love people and talking to them.

PD: Boundary setting and saying "no".

MPG: Building relationships.

AS: social intelligence.

MT; I have a good sense of humor.

SH: connecting people with similar interests.

ET: I am a bridge!

CSA: empathy and authenticity.

AJ: Analytical and creative problem solver.

NC: Being detail-oriented and forming relationships!

DH: Being able to build relationships.

JW: Listening, empathetic, encouraging, positive educator.

HJ: I am able to incorporate humor into my trainings.

SLD: empathy, compassion, facilitator, connector, thinking on my feet.

ER: listening to youth and scaffolding with what they already know, rather than just lecturing at them.

RS: Helping people ground themselves, come back to their center, and help them express who they are at their core.

TL: Empathy

BS: The ability to remain calm and make solid decisions in a variety of different scenarios. I would like to also add the learned ability to allow myself to be vulnerable.

HC: empathy and humor

TS: ability to not use any facial expressions based on how I feel unless I choose. You cannot tell what I am thinking based on my expressions.

SF: My strength is definitely my ability to relate to others and build connections. (I love reading others strengths!)

TY: Rational and constant - I rarely react emotionally to situations. Overall, maybe not the most advantageous, but is an advantage when dealing with crisis.

RC: I've Said That So Much ... Hard to Engage Men or Boys in an Urban Community Who Have NOT Experienced Violence!

NB: I see this when I train/teach Bystander Intervention Strategies, as it applies for numerous moments of crisis, NOT just sexual assault.

RC: TY for This Conversation ... I Also Often Avoid the 'Jargon', But Feel Like Those Long Time Preventionist Often Feel I am Not Doing the Work 'Justly' - Although Acknowledged I May Be Getting the Results - I'm Still Not Doing it 'Right'.

TS: I love that point Victoria!

TY: For the Scandinavian countries, a lot comes down to trust in government and services.

TI: hopeful

BR: It won't alienate people from contributing to prevention as it doesn't position them as someone who will do harm.

HC: like we're bringing everyone into this work.

MW: For preventing child abuse, it would reduce the parent blaming & family disruption in the system.

CP: Youth practicing thinking about themselves in a positive way and being able to identify their strengths and the strengths in their community.

KS: It might encourage students to see their own strengths and so empower them to grow healthier relationships with others as well as help others grow healthier relationships. Students will feel much more empowered.

CA: Haven't yet tried a program, but seriously looking into the Coaching Boys into Men program to build those requisite skills and appropriate thought processes in our younger population.

SF: It wouldn't just feel like something talking at them, it would be individual, learner-centered, build confidence.

MPG: Work with school communities to foster healthy and boundaries relationships.

KS: it would focus on each person's good and help them see the good in others. I often think there's so much focus on the negative it creates the blame game and everyone becomes more upset.

JC: In my work, I center community building, relationship with nature, growing capacity for compassion, and just overall connection with others. Breaking isolation may improve the conditions that can make people susceptible to violence.

AL: Real change happens through positive reinforcement over pointing out problems to look for, especially for youth.

VB: Thank you all for these great examples.

HC: ha-ha, as I'm about to have a baby boy-I'm taking notes about the bee sticker :)

RS: I like this Public Bathroom Challenge because it reminds me of how powerful words are; we can say something in 5 different ways and each way can mean something else...connotations are incredibly impactful to how a message comes across.

HC: Also, MESSI just scored!!!!

JA: These are great examples

KA: agreed Sherry (:

CM: RONALDO!!!

CM: GOAT

RC: I was told to schedule all routine treatments during your birth months so you do not forget to do them.

AJ: I love the idea of "nudges" for strengths-based approach, hoping you have an example to share that can be used in preventing ISDV also. If I missed it being shared already, please disregard.

LW: love these examples!! they are fantastic. I'm curious to hear about examples in sexual violence prevention, especially in school based settings. What can we replace the typical lecture based prevention class with from this model?

KS: Similarly, produce opens the grocery stores I generally visit.

JB: When I studied public health we talked a lot about the importance of "cues to action" which are shown to be effective ways to remind, or nudge, folks in the right direction. Things like call your doctor to schedule all your yearly appointments/screenings on your birthday or signs on the highway about buckling up. Can you speak at all between that fine line of admonishment, cues to action, and appropriate nudges?

JS: @Amirthini - this webinar will be recorded and shared, along with a copy of the slides!

TL: true, entertainment is an attention snatcher.

RG: What was the program that uses humor to facilitation of discussion SV?

MBL: Gail Stern's "Sex Signals"

MBL: She is a creator of Catharsis Productions where they teach preventionists how to use humor. Great training!

RG: Thank you!

CM: Do you have an example of a strengths-based approach for preventing child sexual abuse?

TY: Immersive role-playing exercises (mock-up of a bar or barracks room) and escape rooms using immersive environments and team-based participation work well in the military population.

SH: The effective form of relationship skills usually work with existing couples--so a little bit "hotter" environment.

JS: @Cara, we will add that to the interview questions. Thank you!

RS: I think exercise in our society is almost always tied to physical attributes and how it makes you look and your social status and that way of framing it can be overwhelming for people, but framing it in how it improves our mental health should be incorporated more when discussing its positive outcomes!

CR: @ Rose. So true

SH: Agreed Rose, great point!

MS: Thank you!!!

SF: The mentor map feels like such a great framework for helping youth identify "caring adults." That term often can be so hard to elicit concrete responses but breaking it down that way feels like a much more strengths-based approach!

LC: Love Girls on the Run!!! Great connection that.

SH: For young people, I know someone use a team metaphor for a mentor map-- who's your coach, who's on the bench who might be able to help, who's your goalie.

RC: we created a broadcasting internship at our agency for a youth led podcast.

MT; Just took advocates training in CBIM.

HJ: Healthy Families America is a great program too- early home visitation.

MW: Family Resource Centers combine many of these approaches to child abuse prevention.

IP: Yes, using collage workshops for creating calm, letting go of compulsive thinking and enjoying color, shape, and texture (which removes people from isolation and puts them in constructive group situations where they are comfortable because of the activity).

NL: Parents As Teachers is a great national program for child abuse prevention, is included on FFPSA Prevention Services Clearinghouse.

CM: Just to be clear, I asked about preventing child sexual abuse specifically. I am already aware of those other (lovely) programs that were mentioned :)

TY: Referring back to the Escape Rooms and immersive training events in the military, we leverage teamwork in small groups (sections and platoons) - they're used to operating as a team.

TL: I do bedazzle parties. Girls volunteer so much info when they're sitting and working with their hands. I provide all items needed to bedazzle and they just bring what they want decorated. They begin chatting about the subjects of their parents' arguments and more.

LW: what's the date for the follow up conference that has been mentioned a couple times? I looked on the prevent connect site and don't see it listed.

RC: <https://open.spotify.com> this is our podcast link Prevention Nation and our youth led podcast is new but called Brain Juice, a subset of Prevention Nation.

OO: Strength Based Approaches (for training): Yellow v Red flags via texts, social media, gaming, and work place conversations. Use of movie clips that are comedic, but pointing out that people are not bad for watching, but to do so in the comfort of their own homes and not playing it out in the open. Immersive skit(s) on inappropriate phone conversations with one of the audience members, and putting an audience member as a participant on a skit they know nothing about, but have to prevent/stop SH.

RM: Was a Girl Scout Leader for 15 years and when on hikes or car rides the girls felt freer to talk then when sitting down and looking at each other.

JB: thank you all!!

TL: Thank you

RH: Thank you all!

BW: Thank you!! This was great!

TS: Thank you!

IP: Thank you! Great seminar/webinar.

CB: Thank you!

MM: Thank you for your time!

CS: Thank you. This was amazing!

JW: Thank you!

AW: Thank you, this was great!

EP: Thank you!

KS: Thank you so much! This was really helpful.

SM: This was so great thank you!!

AH: Thank you!!

TV: Thank you all 😊

MB: Thank you!

KC: Thank you!

JC: Thank you

ST: Thank you!!

HJ: Thanks so much!

RC: Thank you all!

JF: Thanks so much!!! Great presentation!!

MM: Thank you!!

HP: Thank you!

DL: Thank you!!

SF: Thank you!

KC: Thank you. Great webinar!!

WC: Thanks and happy holidays!!

RW: Thank you

OO: 🙏

CSA: Thank you!

JM: Will the slides be available? Thanks!

RJ: Wonderful job all!

MR: Thank you! Great presentation!

CA: Thank you. Great presentation

KC: Thank you!

AM: Thank you, very much very informative, and great presentation.

KB: Thank you!

KF: Thanks to all!

RM: Thank you!

SF: Thanks!

IA: thanks

GRT: Thank you!

EA: Will recordings of future webinars be available to those us who are not sub awardees to the grants you mentioned?

EA: Oh fantastic. Thank you

HE: This was really wonderful and eye-opening!! Thank you all so much! I plan to re-watch the recording in a couple months to make sure I stay on track!