

**Toward a Community Solution:  
Advancing Primary Prevention of Violence Against Women  
March 17, 2005 Post-Forum Worksheets**

**Instructions**

Now that you have completed the training, we encourage you to complete the following 3 worksheets. They are designed to walk you through the basic steps of using the *Spectrum of Prevention* framework to develop a comprehensive strategy to prevent violence against women.

1) Please complete Steps 1-3, referring regularly to these instructions.

2) Turn to “**Step 1: Set Goals**”.

The purpose of Step 1 is to clarify or set *goals*, to bring your desired end result to the forefront of your thinking. By *goals* we mean long-range changes you’d like to see in the community in the next 3-5 years, not short-term objectives or activities. All of the activities that you identify in Steps 2 and 3 should support the achievement of these goals.

Please write the most important goals for your project in the spaces provided.

3) Turn to “**Step 2: Map Current Activities**”.

The purpose of Step 2 is to map your current activities using the *Spectrum of Prevention* framework, to assess the levels at which your current work falls.

Please write the activities you are *currently doing* to prevent violence against women under the appropriate levels of the *Spectrum of Prevention* in the spaces provided.

4) Turn to “**Step 3: Plan Future Activities and Next Steps**”.

The purposes of Step 3 are to (1) identify possible activities that could be undertaken to develop a comprehensive strategy to prevent violence against women in the future and (2) to identify possible next steps to explore or begin planning for these possible future activities.

Please list 1-2 activities at each level of the *Spectrum of Prevention* that you *would like to do in the future* to prevent violence against women. Focus your attention on “Level 5: Changing Organizational Practices” and “Level 6: Influencing Policy and Legislation.” Write these answers in the column, “*Future Activities*”.

Please list *concrete next steps* you will take in within the *next month* that will bring you closer to activities you’d like to do in the future. Write your answers in the column, “*Next Steps*” as it applies to each Spectrum Level.

**March 17, 2005 Post-Forum Worksheets**  
**Step 1: Set goals**

Refer to instruction sheet for detailed instructions. All of the activities you map in Steps 2 and 3 should support the achievement of these goals.

Goal 1:

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Goal 2:

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## March 17, 2005 Post-Forum Worksheets

### Step 2: Map current activities

Refer to instruction sheet for detailed instructions.

| Spectrum Level   | Current Activities |
|--|--------------------|
| <p><b>1. Strengthening Individual Knowledge and Skills</b><br/>Enhancing an individual's capability of preventing violence against women</p>                           |                    |
| <p><b>2. Promoting Community Education</b><br/>Reaching groups of people with information and resources to prevent violence against women</p>                          |                    |
| <p><b>3. Educating Providers</b><br/>Informing providers who will transmit skills and knowledge to others to prevent violence against women</p>                        |                    |
| <p><b>4. Fostering Coalitions and Networks</b><br/>Bringing together groups and individuals for broader goals and greater impact to prevent violence against women</p> |                    |
| <p><b>5. Changing Organizational Practices</b><br/>Adopting regulations and shaping norms to prevent violence against women</p>  |                    |
| <p><b>6. Influencing Policy and Legislation</b><br/>Changing laws and policies to influence outcomes to prevent violence against women</p>                             |                    |

**March 17, 2005 Post-Forum Worksheets**  
**Step 3: Plan future activities and next steps**

Refer to instruction sheet for detailed instructions.

| <b>Spectrum Level</b>  | <b>Future Activities</b> | <b>Next Steps</b> |
|--|--------------------------|-------------------|
| <b>1. Strengthening Individual Knowledge and Skills</b><br>Enhancing an individual's capability of preventing violence against women                           |                          |                   |
| <b>2. Promoting Community Education</b><br>Reaching groups of people with information and resources to prevent violence against women                          |                          |                   |
| <b>3. Educating Providers</b><br>Informing providers who will transmit skills and knowledge to others to prevent violence against women                        |                          |                   |
| <b>4. Fostering Coalitions and Networks</b><br>Bringing together groups and individuals for broader goals and greater impact to prevent violence against women |                          |                   |
| <b>5. Changing Organizational Practices</b><br>Adopting regulations and shaping norms to prevent violence against women  |                          |                   |
| <b>6. Influencing Policy and Legislation</b><br>Changing laws and policies to influence outcomes to prevent violence against women                             |                          |                   |