

**Toward a Community Solution:
Advancing Primary Prevention of Violence Against Women
December 12, 2007 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.

December 12, 2007 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:

Goal 2:

December 12, 2007 Post-Forum Worksheets
Step 2: Map current activities

Refer to instruction sheet for detailed instructions.

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

December 12, 2007 Post-Forum Worksheets
Step 3: Plan future activities and next steps

Refer to instruction sheet for detailed instructions.

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