In 2013, 8.8% of high school students who dated experienced physical dating violence, compared to 10.3% of US students.²

9.8% of high school students who dated experienced sexual dating violence, compared to 10.4% of US students.²

The aim of the Safe Dates program is to prevent and reduce dating violence (victimization and perpetration) among male and female middle and high school students. The goals are to 1) raise awareness of dating abuse and what constitutes a healthy dating relationship, and 2) equip adolescents with the skills to develop healthy relationships.a

Program Components

School Activitiesa,b
- 10-session dating abuse curriculum
- Theatrical performance on dating abuse
- Poster contest (optional activity)

Community Activitiesa,b
- Parent materials (brochure & letter)
- Teacher training session
- Services for adolescents in need (e.g., crisis line, support groups)

Evaluation

A randomized controlled trial was conducted with eighth and ninth-grade students at 14 public schools in North Carolina. Schools were randomized into: 1) a treatment group that exposed students to school and community activities, or 2) a control group that exposed students to community activities only. Students were followed over four years.b

Evidence of Effectiveness

Post-intervention follow-ups:
- 1 month: Treatment schools reported less psychological abuse, sexual violence, and violence perpetrated against their current dating partner compared to controls.b
- 2 months and 1, 2, and 3 years: Treatment schools reported less psychological, moderate physical, and sexual dating violence perpetration and less moderate physical dating violence victimization at all four periods compared to controls.c
- 4 years: Treatment schools reported less physical and sexual dating violence perpetration and victimization compared to controls.d

References