

2017 Year End Report

WISH Prevention and Education Department

School-Based Education

Revilla Girls Skill Building Group

For the second school year, WISH Prevention partnered with counselor Kris Flora to facilitate a skill building small group for teen girls at Revilla Alternative High School. This group is a mix of structured activities from the 4th R Healthy Relationships curriculum, open discussion, mindfulness activities, and art therapy activities. During this year we spent time building skills in a variety of areas including: knowledge of healthy and unhealthy relationship behaviors, interpersonal communication and conflict resolution skills, setting and adhering to personal boundaries, recognition of unsafe situations, the influence of behavior on long-term goal setting, and media literacy.

During the 2017-18 school year, WISH increased the frequency of this group to weekly and saw participation nearly double. Our AmeriCorps VISTA is working with school staff, students, and WISH staff to increase the evaluation efforts during the 2017-18 school year.

Evaluation Results (from the 2016-17 school year)

Overall those who participated in the post evaluation expressed a positive experience during the group. 12 out of 13 participants rated the group's relevance to their own lives at either a 4 or 5 on a 1 to 5 scale (with 1 being low relevance and 5 being high). 11 out of 13 participants responded that their understanding of the topics of consent, personal safety, dating violence, and healthy relationships had increased after attending the WISH hosted groups. Feedback for the facilitators was very positive, with participants expressing the only area they wished to see improved was the length of time we spent explaining different topics, though what topics were not specified.

Specific comments include:

"The communication made me feel engaged and safe"

"I like how it's a women's group. I don't like how it's only once a week"

"If I feel like I'm being abused, I will most definitely reach out to someone"

"If I see dating violence, I know what to do and who to call"

Healthy Relationships Week

WISH continued 2 weeks in Gerri Davis's middle school health class teaching 5 lessons that integrate the topics of healthy relationships, dating violence, consent, technology safety, and personal safety/simple self-defense. This year we also continued our partnership with the Alaska State Troopers to discuss consent and answer any questions the students might have about sexual abuse, dating violence, or other topics. The Alaska State Troopers also provide an effective self-defense presentation. Sgt. Grant Miller and Wildlife Trooper William Elsner taught the students how to escape from various positions one might find themselves in on the ground if they are being physically or sexually assaulted. A special thank you to Trooper John Brown and Sergeant Grant Miller for their encouragement and support of our youth and for helping to get students to understand that if they are sexually assaulted while intoxicated AST

would never seek punitive measures against them as the victim for underage alcohol consumption or drug use.

Evaluation Results (From the 2016-17 school year)

Asked if they felt their understanding increased the percentage of students who agreed or strongly agreed was as follows for the topics discussed:

71% for recognizing the characteristics of healthy and unhealthy relationships

81% for consent

75% for technology safety

77% for potentially dangerous situations

85% for self-defense.

Furthermore, almost 70% of respondents stated that they felt inspired to take action against dating violence if they witness it.

