



# Understanding Primary Prevention of Violence



King County  
Sexual Assault  
Resource Center

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# KCSARC SERVICES

Founded in 1976, KCSARC works to serve survivors of sexual assault and their families, as well as to build communities free from sexual violence through prevention and education efforts.



24-HOUR  
RESOURCE LINE



LEGAL  
ADVOCACY



TRAUMA-SPECIFIC  
THERAPY



PARENT  
EDUCATION



PREVENTION +  
EDUCATION

all services can be accessed through our 24-hour Resource Line:  
**1.888.99.VOICE(86423)**



## PRIMARY PREVENTION:

Goal: to reduce the overall likelihood that anyone will become a perpetrator of sexual violence by creating conditions that make violence less likely to occur.

# we need intervention & prevention

## PRIMARY PREVENTION:

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- Bystander intervention training
- Public policy to promote gender equity
- Education to teach critical media literacy skills
- Skill- and culture-building that promote equality and respect

## SECONDARY PREVENTION:

Goal: to immediately respond after a sexual violence has occurred to deal with the short-term consequences.

- Professional trainings to improve response to disclosures
- Education programs to raise awareness and challenge rape myths
- Services/advocacy to provide support for survivors

## TERTIARY PREVENTION:

Goal: to apply a long-term response after sexual violence has occurred to deal with the long-term consequences and prevent re-offense.

- Sex offender treatment
- Sex offender monitoring
- Accountability

# The Social Ecological Model (SEM)



## SOCIETAL LEVEL RISK FACTORS

- Societal norms that accept sexual violence
- Societal norms that accept male superiority and sexual entitlement
- Societal norms that maintain women's inferiority and sexual submissiveness
- Weak laws and policies related to sexual violence and gender equity

## COMMUNITY LEVEL RISK FACTORS

- General tolerance of sexual violence

## RELATIONSHIP LEVEL RISK FACTORS

- Poor parent-child relationships
- Association with sexually-aggressive, hyper masculine, or delinquent peers

## INDIVIDUAL LEVEL RISK FACTORS

- Aggressiveness and acceptance of violence
- Exposure to sexual explicit media
- Hostility toward women
- Adherence to traditional gender role norms
- Hyper-masculinity
- Lack of empathy

# The Social Ecological Model (SEM)



## PROTECTIVE FACTORS

- Parental use of reasoning to resolve family conflict
- Emotional health and connectedness
- Academic achievement
- Empathy or concern for how one's actions impact others

# Evidence-Based Strategies & Approaches

	Strategy	Approach
S	Promote <b>Social Norms</b> that Protect Against Violence	<ul style="list-style-type: none"> <li>• Bystander intervention approaches</li> <li>• Mobilizing men and boys as allies</li> </ul>
T	<b>Teach</b> Skills to Prevent Sexual Violence	<ul style="list-style-type: none"> <li>• Social-emotional learning</li> <li>• Teaching healthy, safe dating and intimate relationships to youth</li> <li>• Promoting healthy sexuality</li> <li>• Empowerment-based training</li> </ul>
O	Provide <b>Opportunities</b> to Empower & Support Girls and Women	<ul style="list-style-type: none"> <li>• Strengthening economic supports for marginalized populations</li> <li>• Strengthening leadership and opportunities for women and girls</li> </ul>
P	Create <b>Protective</b> Environments	<ul style="list-style-type: none"> <li>• Improving safety in schools</li> <li>• Establishing and consistently applying workplace policies</li> <li>• Addressing community-level risks through environment</li> </ul>
SV	<b>Support Victims</b> and Survivors to Lessen Harms	<ul style="list-style-type: none"> <li>• Victim-centered services &amp; treatment</li> <li>• Treatment for children and families to prevent problem behavior including sex offending</li> </ul>

# 9 Principles of Effective Prevention

## 1 Comprehensive

Programming focuses on reaching across all levels: individual, relationships, community, and society.

## 2 Varied Teaching Methods

Programming includes building participant skills, knowledge, awareness, and understanding.



## 3 Sufficient Dosage

Programming is most effective when it is multi-session and over a long period of time.

## 4 Theory Driven

Programming is grounded in research, accurate information, and best practice.



## 5 Builds Positive Relationships

Programming promotes connection between adults and youth, and models healthy relationships.

## 6 Appropriately Timed

Programming is age-appropriate, and begins early enough to have an impact on the behavioral development of participants.

## 7 Socioculturally Relevant

Programming is tailored to the group's identity and cultural norms. Participants are involved in the program activities.

## 8 Outcome Evaluation

Programming is based on goals and objectives; staff regularly document results and outcomes to adapt and grow program.

## 9 Well-trained Staff

Programming is provided by staff that are sensitive, knowledgeable, supported, and believe in prevention.





# KCSARC Prevention Efforts



## SOCIETAL LEVEL APPROACHES

- Legislative Advocacy: Work to shape & influence WA legislation to promote both non-violence and justice for survivors of sexual assault

## COMMUNITY LEVEL APPROACHES

- Trauma-Informed Classrooms: Training & support for educators and youth-serving professionals to be trauma-informed and agents of social change

## RELATIONSHIP LEVEL APPROACHES

- Family Education: Working with and strengthening family members' tools to model and teach healthy relationships skills

## INDIVIDUAL LEVEL APPROACHES

- Youth Programming: Provide multi-session lessons with accurate, age-appropriate information and tools for youth to navigate healthy relationships of all types



# More on prevention:

[KCSARC.org/prevention](https://www.kcsarc.org/prevention)

- 100 Conversations
- Resources by topic
- "Building Resilience" podcast

- [cdc.gov/violenceprevention](https://www.cdc.gov/violenceprevention)
- [nsvrc.org/prevention](https://www.nsvrc.org/prevention)
- [wcsap.org/prevention](https://www.wcsap.org/prevention)
- [wscadv.org/resources/prevention-basics](https://www.wscadv.org/resources/prevention-basics)
- [preventconnect.org](https://www.preventconnect.org)
- [preventipv.org](https://www.preventipv.org)

## QUESTIONS?

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