Teen Dating Violence is a Public Health problem

1 in 5 high school youth physically and/or sexually victimized by a dating partner in last year

1 in 10

Vagi, Olsen, Basile, & Vivolo-Kantor (2015)
Defining Teen Dating Violence (TDV)

- Physical
- Sexual
- Emotional/Psychological
- Stalking

- Current or former partners
- Short, casual or serious, long-term relationships
- Electronically or in-person perpetration
Need Early Intervention to Stop TDV Before it Starts

Negative mental and physical health effects

- subsequent victimization and perpetration
- poor academic achievement
- depression/anxiety
- substance use
- injury
- sets the stage for problems in future relationships, including IPV/SV
Comprehensive Prevention
...from Development to Dissemination

2009
formative research and development

2019
short-term outcomes in middle school
national roll-out (coming soon!)

2020
long-term outcomes in high school
A Comprehensive Teen Dating Violence Prevention Model

- Multiple, coordinated prevention strategies across the social ecology
- Reduce the risk for teen dating violence and promote healthy teen relationships
- Engages local public health sector as leaders
- Builds on evidence-based and evidence-informed interventions
Youth Programs

- Classroom-based in middle school
- Social-emotional learning
- Healthy relationship skills-based
- Health Educator or Teacher-Facilitated

Dating Matters

CDC-developed

6th Grade (7 sessions)
- General healthy relationship skills

7th Grade (7 sessions)
- Dating relationships
- Social media/technology
- Sexual coercion
- Substance use

Safe Dates

Evidence-based

8th Grade (10 sessions)
- Effective for dating violence at 4 years follow-up
Parent Programs

- Community-based facilitators
- In-person or at-home sessions
- Parent-child communication
- Positive parenting
- Dating violence education and safety

Parents Matter! for Dating Matters
Evidence-based, CDC-Adapted

**6th Grade** (6 sessions)
- In-person groups

Dating Matters for Parents
CDC-Developed

**7th Grade** (6 sessions)
- 3 in-person sessions
- 3 at-home sessions

Safe Dates for Families
Evidence-based

**8th Grade** (6 booklets)
- Mailed home to parents
- Effective for physical dating violence
Educator Training

- Free, online TDV training
- Teachers, school staff, coaches, mentors, other youth-serving professionals
- CEUs available

Available now:
https://vetoviolence.cdc.gov/
Reinforces messages with near-peer ambassador program
Social media
Community events
Capacity Assessment and Planning Tool

Hello and welcome to the Dating Matters Capacity Assessment and Planning Tool (DM-CAPT). Capacity in this refers to the information, skills, resources, abilities, and supports needed to develop, evaluate, and sustain a public health approach to prevent teen dating violence. DM-CAPT is a free online tool that allows comprehensive teen dating prevention initiatives to assess their capacity to implement comprehensive teen dating violence prevention programs by surveying stakeholders. The insights learned from using this tool will assist teen dating violence prevention initiatives in identifying strengths and areas for improvement in their capacity.

This online survey was designed to make assessing a comprehensive teen dating violence prevention initiatives’ capacity easy and straightforward:

1. Create Assessments
   Assessment coordinators create new assessments for health department, school, and coalition stakeholders.

2. Invite Survey Respondents:
   A link and code to complete the assessment will be generated to be sent to initiative stakeholders via e-mail. Draft text for the invitation will be generated through the system, then can be copied and pasted into an e-mail by the assessment coordinator.

3. Complete the surveys
   Assessment coordinators can monitor survey completion progress by clicking on the Assessment Report button in the menu.

4. Review the Report
   Once surveys have been completed, a report can be generated which summarizes the results of all submitted surveys.

5. Make a Plan
   After reviewing the assessment report, sites can use the tools provided on this website to make an action plan to monitor and manage taking steps towards increasing their initiative’s capacity to implement comprehensive teen dating violence prevention programs.

Get Started! (If you are not already logged in to the Vetoviolence site, you will be prompted to log in or register.)

Available now: https://vetoviolence.cdc.gov/

- assess their capacity to implement Dating Matters by surveying stakeholders
- identify strengths and areas for improvement in capacity
Interactive Guide on Informing Policy

helps local health departments...

- assess existing policies related to TDV prevention
- address local policy gaps
- enhance relevant existing policies

Available now: https://vetoviolence.cdc.gov/
Using Indicator Data to Inform Teen Dating Violence Prevention: A Guide for Local Health Departments

- identify and use publically-available indicator data
- to track local trends in teen dating violence
- to identify needs and strengths
- conduct program evaluation

Coming Soon! https://vetoviolence.cdc.gov/
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short-term outcomes in middle school
demonstration project and evaluation

2020
long-term outcomes in high school
national roll-out (coming soon!)
The Dating Matters Demonstration Project

- Implemented in middle schools in four high-risk, urban communities from 2011-2016
Evaluating **DATING MATTERS**

- 46 schools in high-risk, urban neighborhoods randomized
- Comparison condition received effective *standard-of-care* intervention
- Longitudinal—through 10th/11th grade

- Implementation, completed 2016
- Middle school data, completed 2016
- High school data, completed 2018
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Examining Middle School Outcomes

- Student surveys in Fall/Spring in 6th, 7th, and 8th
- Focused on 2 full-exposure cohorts
- Primary Outcomes: Published (May 2019)
  - TDV and Relationship Behaviors
- Secondary Outcomes: Under Review
  - Peer Violence (e.g., bullying)
  - Delinquency and Related Risk Factors
  - Peer Sexual Violence/Harassment
Analytic Sample

- Two “full-exposure” cohorts who had opportunity to participate in Dating Matters (DM) in 6th, 7th, and 8th grade
- Full Sample N= 3,301
  - 53% female
  - 50% non-Hispanic black
  - 31% Hispanic
  - $M$ age = 12
- For TDV Outcomes, only “daters” incl., N = 2,349
Statistical Analysis

- Imputed missing data
- Multiple Group Structural Equation models
- Eight group design [Cohort (2) x Sex (2) x Condition (2)]
- 6 time points examined, 6th grade fall to 8th grade spring
- Results shown as average relative risk reduction across groups and time points
  - % improvement on outcome for DM condition relative to comparison condition
Study 1: Primary Outcomes

- Assess effects of Dating Matters compared to the standard-of-care condition among middle school students on:
  - TDV victimization and perpetration
  - Use of Negative Conflict Reduction Strategies
  - Use of Positive Relationship Behaviors

Lead: Phyllis Holditch Niolon, PhD
Teen Dating Violence Perpetration
Teen Dating Violence Victimization

YEAR 1 COHORT

YEAR 2 COHORT

GIRLS

BOYS

Comparison Group

Dating Matters
Use of Negative Conflict Resolution Strategies

YEAR 1 COHORT

YEAR 2 COHORT

GIRLS

BOYS

Fall 6th
Spring 7th
Fall 8th

Fall 6th
Spring 7th
Fall 8th

COMPARISON GROUP

DATING MATTERS
Dating Matters® reduced risk for teen dating violence and related behaviors by 6 to 10%, on average, compared to the effects of another evidence-based program.
Studies 2, 3, 4: Secondary Outcomes

- Assess effects of Dating Matters compared to the standard-of-care condition among middle school students on:
  - Bullying victimization/perpetration
  - Cyber bullying victimization/perpetration
  - Physical violence victimization/perpetration
  - Weapon carrying
  - Alcohol and substance use
  - Other delinquent behaviors
  - Sexual harassment/violence victimization/perpetration

Leads: Alana Vivolo-Kantor, PhD; Lianne Estefan, PhD; Sarah DeGue, PhD
Dating Matters is Effective!

- *Dating Matters* model has small but significant effects compared to standard-of-care for primary and secondary outcomes
  - Short-term follow-up; high school data to come!
  - Low base rates in this age group

- **Connecting the Dots**
  - Evidence-based strategies that address multiple health outcomes may be more cost-effective and sustainable for communities
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The Dating Matters Toolkit

- comprehensive implementation guidance
- reduces costs, increases sustainability and fidelity
- available to all communities in 2019
Welcome to the Dating Matters Toolkit! This site has everything you need to implement Dating Matters. You'll find trainings, implementation guidance, access to the program materials, and many other resources here - the tools you need to promote respectful, healthy, and nonviolent relationships among teens in your community and to prevent dating violence.

Dating Matters: Strategies to Promote Healthy Teen Relationships is a comprehensive teen dating violence prevention model developed by the CDC to stop teen dating violence before it starts. Dating Matters is based on the current evidence of what works to prevent teen dating violence. It focuses on teaching 11-14 year olds healthy relationship skills. The model includes prevention strategies for individuals, peers, families, schools, and neighborhoods.
Welcome to our town! Use the icons on the map - at home, school, or in the community - or choose from the menu on the left to explore each of the program components and roles that make up Dating Matters.
Youth Programs

What are the Dating Matters Youth Programs?
The Dating Matters youth programs provide middle school students—aged 11 to 14-year-olds—with the knowledge and skills they need to have healthy, safe relationships. Research shows that supporting healthy social and emotional development can prevent a variety of negative outcomes, including teen dating violence. Research also shows that healthy relationship attitudes and behaviors start developing early. Each program focuses on supporting teens' social-emotional health, encouraging positive nonviolent attitudes and behaviors, and fostering the development of healthy, safe relationships. The programs are designed to be delivered in school by teachers or prevention educators, and include:

- Dating Matters for 6th Graders
- Dating Matters for 7th Graders
- Safe Dates for 8th Graders

To learn more about the Dating Matters programs and what it takes to get started, check out Youth Programs At-A-Glance [PDF].

Ready to get started?
Dating Matters youth programs are led by trained Youth Program Facilitators.

Learn more about Youth Program Facilitator role
Dating Matters Training

TRAINING FOR FACILITATORS

INTRO MODULE

PARENT MODULE

YOUTH MODULE
Why are the Dating Matters Youth Programs Important?
TEAM UP! FOR DATING MATTERS

- Online community of practice for peer-to-peer TA
- Free mobile/desktop app
- Ask the Expert forum
Topics for Discussion

- Increasing reach and uptake at launch
- Balancing improvements with adherence to model, as evaluated
- Opportunities for future research
  - Implementation research
  - Low-cost RCT
- Understanding the implications of cost and cost-effectiveness
Let’s Talk about Dating Matters!

Sarah DeGue, Ph.D.
Phyllis Niolon, Ph.D.
CDC’s Division of Violence Prevention
datingmatters@cdc.gov

For more information, contact CDC
1-800-CDC-INFO (232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.
Contributing Authors: Middle School Outcome Papers

Phyllis Holditch Niolon, PhD
Lianne Fuino Estefan, PhD
Allison Tracy, PhD
Todd Little, PhD
Andra Teten Tharp, PhD
Sharon Ghazarian, PhD
Bruce Taylor, PhD
Henrietta Kuoh, MPH
Beverly Fortson, PhD
Shannon Nelson, MA
Linda Anne Valle, PhD

Alana Vivolo-Kantor, PhD
Sarah DeGue, PhD
Natasha Latzman, PhD
Kyle Lang, PhD
Vi Donna Le, MA
Wendy LiKamWa McIntosh, MPH
Linda Johnson
Tessa Burton, MPH
Elizabeth Mumford, PhD
Hannah Joseph, MA