

# COMMUNITY SOLUTIONS' HEALTHY RELATIONSHIPS CAMPAIGN RANCHO SAN JUSTO MIDDLE SCHOOL

A PROJECT FUNDED BY THE SAN BENITO COUNTY HEALTH AND HUMAN SERVICES CSEC FUNDING

## PROJECT OVERVIEW

This project is a comprehensive program designed to increase knowledge and skills of healthy nonviolent intimate relationships; increase comfort in talking about healthy relationships with one another; and create dialogues and identification of sexual violence as an issue. This program will have several components: school-based prevention curriculum for seventh graders, parent toolkit on talking to youth about healthy relationships, and with optional training to school staff and/or parents.

For this project we used the In Touch With Teens curriculum administered to 7th grade science students. The curriculum is 12 sessions and it includes interactive activities and discussions around:

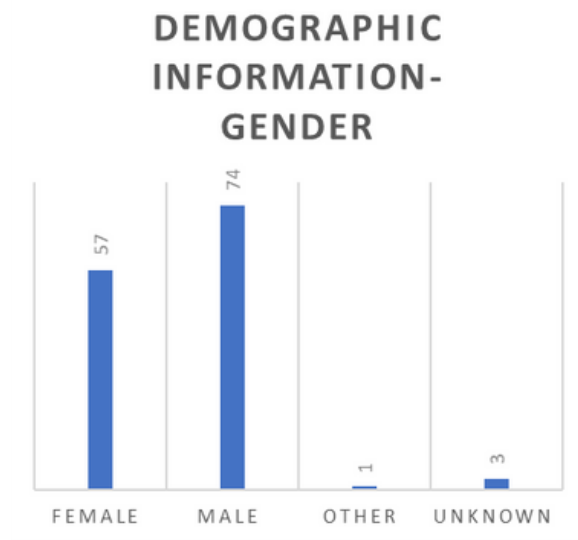
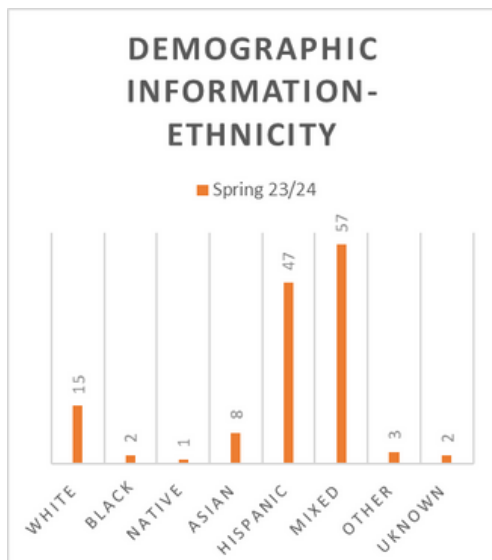
- Introduction to the Group
- Roots of Violence & Power and Control
- Recognizing Unhealthy Relationships
- Bullying
- Pros and Cons of Social Media
- Breaking the Cycle of Violence
- Creating Healthy Relationships
- Sexual Harassment
- Sexual Assault & Respectful Sexuality
- Understanding Human Trafficking
- Becoming an Upstander
- Becoming a Changemaker

## OUR STATISTICS

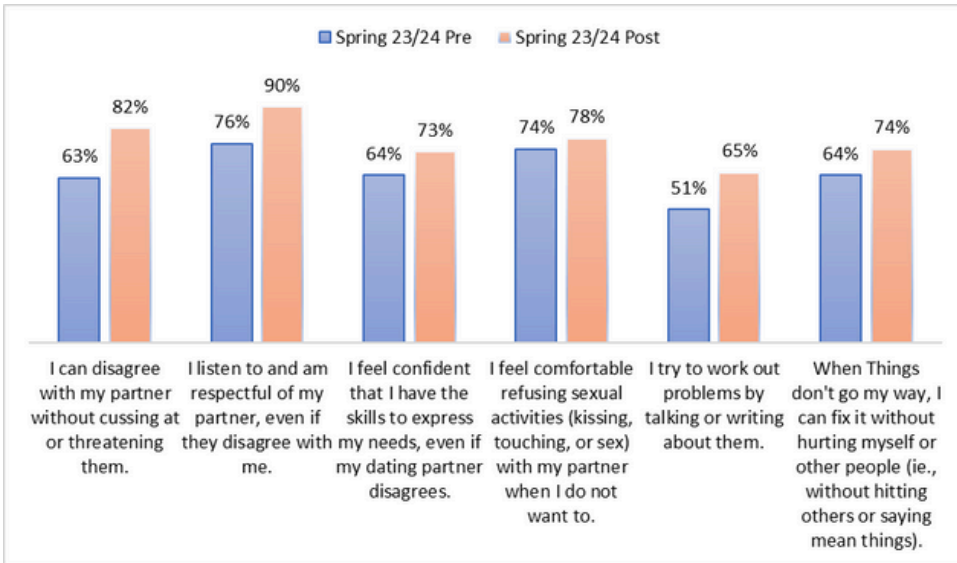
**144**  
NUMBER OF STUDENTS REACHED RSJ

**60**  
SESSIONS OF ITWT CURRICULUM PROVIDED

**88**  
NUMBER OF MATCHED PRE/POSTTESTS

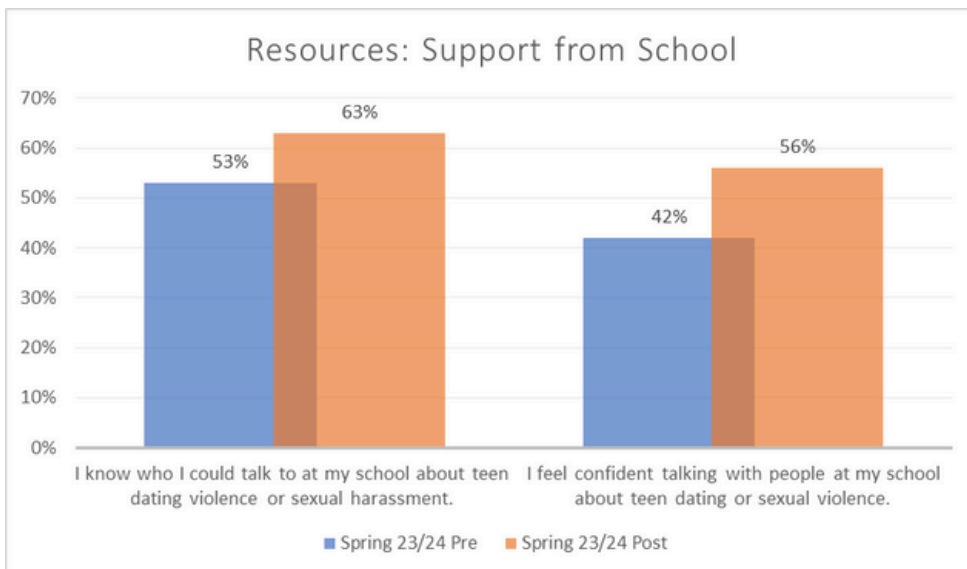
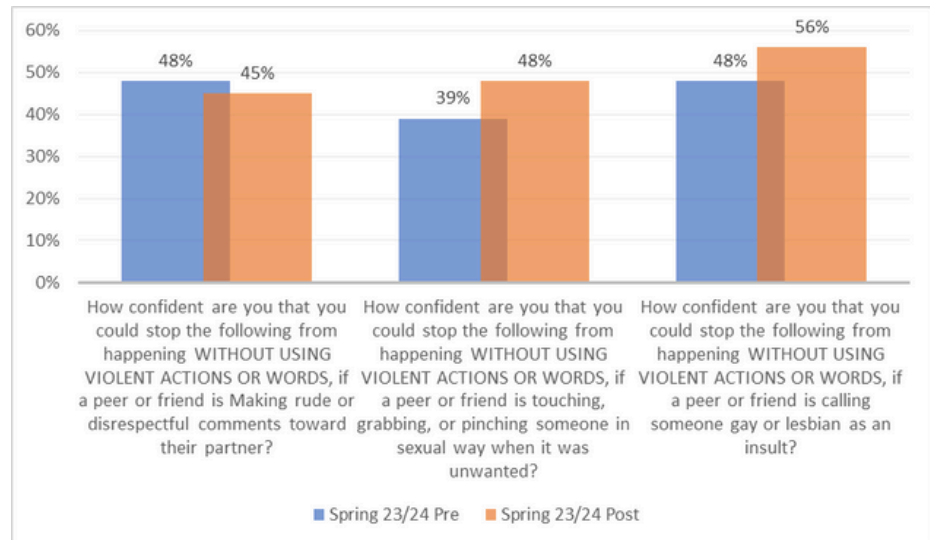


Students in the program complete pre/posttests during the first and last session to evaluate the programs efficacy. During the posttest students are also prompted to give qualitative answers about the impact of the program. Pre/posttests surveys are then matched and evaluated. below are the results:



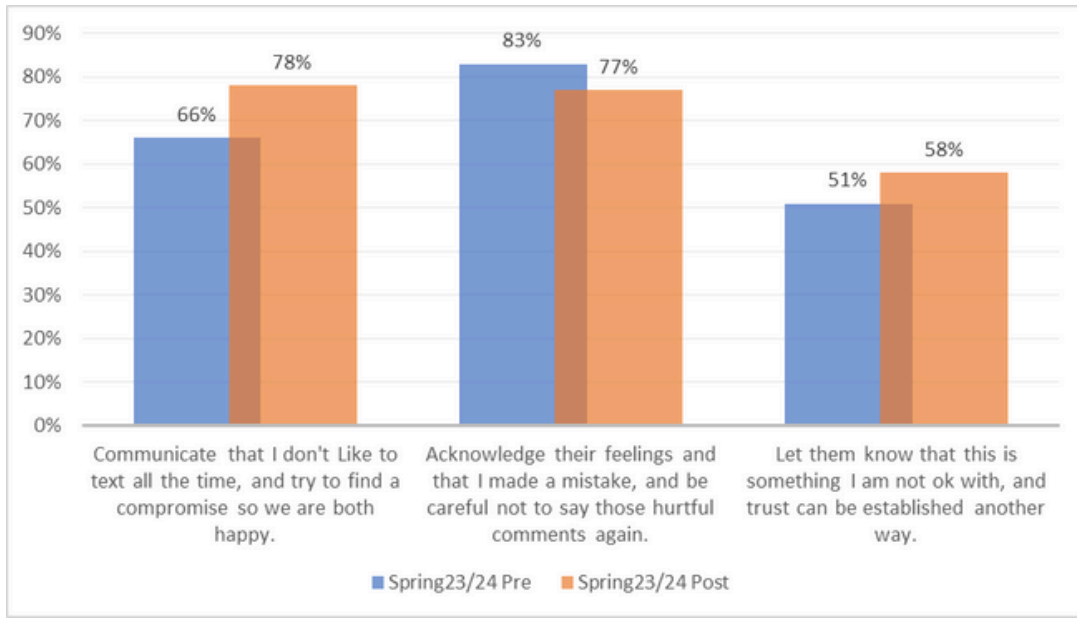
Students could choose between a Likert scale from strongly agree to strongly disagree. The answers below reflect the student's choices of strongly agree/somewhat agree.

Students were asked to answer how confident they would feel to intervene with their peers or friends in different scenarios, without using violent words or actions. The answers below reflect the number of students who stated they would feel completely or somewhat confident.

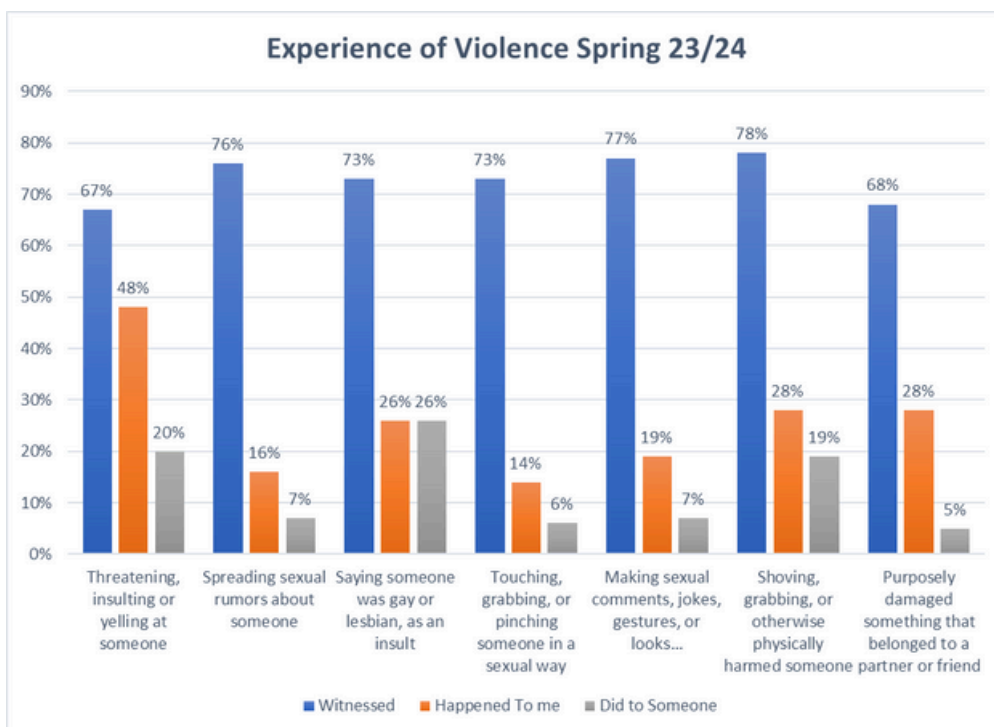


Students were asked about receiving support from school staff and how to access help. Students could choose between a Likert scale from strongly agree to strongly disagree. The answers below reflect the student's choices of strongly agree/somewhat agree.

Students were asked to answer how they would handle different dating scenarios with their partner. The first scenario asked, "Lately, my partner and I are arguing all the time. They think I am trying to hook up with the people on my Insta, they asked for all of my passwords for social media. I can..." The second question scenario asked students, "My partner and I got in an argument and then I told all of our friends rude and hurtful things about my partner. When my partner found out, they were very upset. I can..." The third scenario asked, "My partner wants to spend all day texting back and forth, every few minutes. When I don't reply fast enough, they feel like I don't care about them. I can..." The answer in the tables are the healthy choice option for each question.



The following tables were collected from the posttests results only. Students were asked, "reflect back on situations you have been in over the last month and check the response that you feel fits your experience best." Students could check as many boxes that apply to them or leave boxes blank.



# We asked students who participated: What will you share with people in your life about this program?

"I would share that it is a very helpful program for people who are struggling with any type of abuse."

-RSJ Student



"It helps you know what real friends are and aren't and helps people be nicer."

-RSJ Student



*"It a great program and it teach you about things that help later in the future"*

-RSJ Student

"It was helpful, and it could help with a better relationship with your family."

-RSJ Student



"That it helps you understand the difference between a healthy relationship and an unhealthy relationship with people."

-RSJ Student



"How to tell people that they can speak up if they're being harassed."

-RSJ Student

"That if you need help talk to a parent or school staff"

-RSJ Student



"...Don't be abusive mentally or physically to anyone."

-RSJ Student



"..how consent actually works, and how to be able to express yourself.."

-RSJ Student