



# yes

changing the future  
with fresh ideas  
and effective tools.

## a recipe for prevention

from the kitchen of: the Action Alliance

serves: Virginia

### fresh ingredients:

#### ● 2 cups Energy

Find a team of cooks and a kitchen equipped with tools! Build capacity in your program to implement effective prevention strategies. This requires resources and tools that help with community mobilization!

#### ● 1 cup Innovation

The public health field has provided us with useful concepts to make prevention manageable and achievable. Use frameworks like the “Social Ecological Model” to help guide how to change community norms, institutional practices, policies, and ultimately people’s behavior!

#### ● 1/2 cup Promotion

Prevention is also promotion! Promote factors associated with healthy relationships and healthy sexuality like communication, respect, equality, choice, empathy, and enjoyment.

#### ● 1 heaping tbsp Being Realistic

On your first attempt, try a box cake instead of a soufflé! Start with fewer ingredients and one recipe until it tastes great! Prevention is about learning your community’s needs and strengths and setting achievable goals so you can see progress and learn the process.

#### ● 2 cups of Practice

Making a good soufflé takes practice! Prevention requires lots of practice and learning from mistakes. Continually evaluate your strategies and don’t be afraid to try something creative!

#### ● 3 cups Commitment

It is possible to build a Virginia free from sexual and intimate partner violence. The changes that have occurred in advocacy work didn’t happen overnight. They were the result of hard work, innovative thinking, and a lot of commitment. We can prevent sexual and intimate partner violence, and we must believe we can!



## directions:

### **Bake until you create change**

Build on your strengths! Value the diversity of your community and focus on the root causes of sexual and intimate partner violence. Prevention is social change. And remember – your product will only taste as good as the quality of the ingredients and care that go into preparing it. If you're a new cook then follow this recipe closely, but if you're an experienced chef then your innovation might be rewarded!

## effective tools:

### **1. Invest in good cookbooks!**

Virginia's Guidelines for the Primary Prevention of Sexual Violence & Intimate Partner Violence are the product of an on-going collaboration between the Action Alliance and the Virginia Department of Health to build the capacity of Virginia communities to do primary prevention work. It was created to assist Virginia sexual and domestic violence agencies in developing effective primary prevention initiatives.

### **2. Take a cooking class!**

Action Alliance prevention trainings provide an introduction to the public health approach to the primary prevention of sexual violence and intimate partner violence.

### **3. Be a sous-chef!**

Find someone who's been doing prevention work for a while to learn from. The Action Alliance and many member programs have been engaged in learning about primary prevention and the public health approach for many years. They can provide valuable technical assistance and share many experiences.

[www.vsdvalliance.org/primary\\_prevention](http://www.vsdvalliance.org/primary_prevention) is dedicated solely to primary prevention. Here, you can learn about statewide and local projects, and discover useful publications and resources.

### **4. Swap recipes!**

Virginia's Plan for Primary Prevention of Intimate Partner Violence and Statewide Primary Sexual Violence Prevention Plan are the products of intentional processes driven by diverse statewide steering committees. These long-term plans outline sets of evidence-informed strategies, all geared to reach specific goals. Each of the goals address important aspects of preventing first-time perpetration of sexual and intimate partner violence in Virginia.

