

One in 10 high school students has experienced physical violence from a dating partner in the past year.¹

48% of students in grades 7-12 experience some form of sexual harassment in person or electronically via texting, email and social media.²

Dating violence, sexual harassment, and bullying are common among teens. Fortunately, teen violence is entirely preventable.

DO YOU addresses teen violence by promoting positive youth development and healthy relationships by helping teens:

- Build compassion
- Learn to model fairness and equality
- Adapt media literacy tools to analyze media messages
- Learn about the four components to healthy sexuality
- Master two primary communication skills: active listening and assertiveness.

"THIS MADE ME FEEL SPECIAL"

—Brandi*, age 13

This is accomplished in 2 phases...

DO YOU

Teens create a 'zine about their own cultural backgrounds, values, experiences and goals over the course of 10 sessions. Sessions relate to the goals above and open with interactive activities and end in creative expression.

DO SOMETHING

After completing 10 sessions, teens devise and implement a community-based project that helps their community and enhances their sense of value and belonging in the community.

DO YOU structure:

Target age: 13-16 year olds

Group size: 8-10 teens per group. Groups are same-gender.

Setting: Any setting with facilitators who are experienced in providing a safe, supportive, respectful environment for youth. This includes (but is not limited to): youth centers and youth groups, schools, faith settings, alternative schools for at-risk youth, and youth detention centers.

DO YOU materials

- 20 blank 'zines
- 1 UnCurriculum (Facilitator's Guide)
- 250 public domain art images (to use in collages)
- Set of DO YOU evaluation tools:
 - Participant pre-test and post-test
 - Participant post-session feedback form
 - Facilitator post-session feedback form



Get DO YOU Certified!

The Action Alliance offers DO YOU Certification Trainings for adult facilitators and teen mentors who are interested in implementing DO YOU in their communities.

All DO YOU Certification Training participants receive the materials listed above upon completing the training.

Visit www.vsdvalliance.org (Click on Prevention/Prevention Projects) to register for the next DO YOU Certification Training!

A project of



Virginia Sexual and Domestic Violence ACTION ALLIANCE

"Instead of talking AT the teens, DO YOU is about talking WITH teens and helping them look into themselves without directives"

—Adult Facilitator

"THIS HELPED ME DEAL WITH SOMETHING I'M SORT OF DEALING WITH AT THE MOMENT"

—James*, age 16

*The names of teens have been changed to protect their identity.

¹ Black MC, Basile KC, Breiding MJ, Smith SG, Walters ML, Merrick MT, Chen J, Stevens MR. (2011). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention

² (During the 2010-11 school year) Hill, C. & Kearl, H. (2011). Crossing the Line: Sexual Harassment at School, Washington, D.C. American Association of University Women.

I AM FROM...


LAUNDRY ON THE CLOTHESLINE 

SITTING ON THE FRONT


STOOP



KIDS RUNNING WILD

TOO-TALL GRASS IN THE FRONT YARD 

I AM FROM PARENTS FIGHTING 

DOGS BARKING 

TRAINS RUNNING 

MAMA SINGING 

I AM FROM

GRAMMY'S TOSTADAS

"I thought it was just going to be a journal ... but this was like 'WHOA'... every page was different" -Timeka*, 15


DO YOU


Building Youth Resilience

Through Creative Expression

RAMEN NOODLES 


FROM

SUNDAY NIGHT POTLUCK 

EASTER EGG HUNTS 

BIRTHDAY PARTIES 

CATCHING FIREFLIES

ON THE 4th OF JULY 

I AM FROM: MONEY DONT GROW ON TREES

"PAIN IS TEMPORARY"

"ACT LIKE A LADY, THINK LIKE A MAN"

I AM FROM: MAMA, POP-POP + AUNT CELIA

BABY JOE, GREAT GRANDMA + GRANDPA MORRIS

I AM RAE - RAE

MORRIS TURNER