Sexual Violence Prevention Plan

Of

Nebraska

2010

DHHS
Nebraska Department of Health and Human Services

Division of Public Health

State of Nebraska
Dave Heineman, Governor

Dear Nebraskans,

Like other public health problems, sexual violence can be prevented. *The State Plan to Prevent Sexual Violence in Nebraska* is the framework for action. It reflects the thoughts and experiences of those who work to prevent sexual violence, who serve victims/survivors and/or work with perpetrators. It is a shared vision of how Nebraska can prevent sexual violence from happening.

Many individuals, agencies and organizations work tirelessly to assist victims/survivors of sexual violence in their recovery. We support these efforts. However, we must also put energy, knowledge and expertise into stopping sexual violence before it happens; we must engage in primary prevention. The major goals of this plan include:

- To promote healthy relationship norms and behaviors for Nebraska youth.
- To increase public and community awareness about the prevalence and impact of sexual violence.
- To increase public and community awareness about available state and local resources and tools promoting the primary prevention of sexual violence.

Our vision for Nebraska is a community free from sexual violence, characterized by equality and respect for everyone. We ask you to use this plan as a resource to bring about change in our state to help us work toward this vision.

Sincerely,

Joann Schaefer, M.D.
Chief Medical Officer
Director, Division of Public Health
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Executive Summary

Sexual violence affects everyone in Nebraska, but its impact on young people and underserved populations is of special concern. According to the latest (what year is latest?) Nebraska Crime Commission data, forcible rapes are down about 5% in Nebraska, but sex offenses committed by people 18 and younger are on the rise. In Nebraska several populations are underserved by sexual violence prevention efforts: Native Americans, immigrants, disabled individuals and those living in rural areas.

Nebraska's Sexual Violence Prevention Advisory Committee (SVPAC) developed this Nebraska Sexual Violence Prevention Plan to focus the efforts of government agencies and community-based organizations on the above concerns. The plan's objective is primary prevention of sexual violence; that is, it focuses on preventing first-time perpetration of sexual violence, as opposed to intervening with perpetrators and victims after violence has occurred. The SVPAC recommends prevention efforts focus on the universal population of young people ages 11-17, and on the selected population of youth living in rural areas.

This plan identifies the critical need for collaboration among these agencies to overcome shortages of staff and financial resources before prevention strategies can be pursued. In this plan the SVPAC recommends several highly promising avenues for collaboration, such as partnering with professional organizations to deliver sexual violence prevention education to adults—teachers, administrators, school nurses, law enforcement personnel, and others—at their existing professional education conferences. These professionals can then advocate for collaborative prevention efforts in their workplaces.

This plan presents seven recommended goals for sexual violence prevention:

- To improve and expand capacity for effective educational programming about healthy relationships.
- To promote healthy relationship norms and behaviors for Nebraska youth.
- To decrease social norms that promote a general tolerance of sexual violence among Nebraskan youth especially in rural areas including underserved populations.
- To increase accuracy and availability of statewide and local data sources providing information on perpetrators of sexual violence, victims of sexual violence, and attitudes regarding sexual violence.
- To improve and expand capacity for effective educational programming about healthy relationships.
- To increase public and community awareness about the prevalence and impact of sexual violence.
- To increase public and community awareness about available state and local resources and tools promoting the primary prevention of sexual violence.

Finally, the plan presents recommendations for school-based education strategies especially suited to prevention efforts among SVPAC's universal and selected populations.

Preface

Foreword: Purpose of the Plan

Sexual violence continues to occur in Nebraska at intolerable rates. Many agencies and individuals across the state work hard to serve victims of sexual violence—to provide crisis counseling, medical and legal advocacy, support groups, and meet other critical needs of survivors. The impact of sexual violence is traumatic for individuals and requires a vast array of resources and interventions from service providers. Until SVPAC can affect true primary prevention of sexual violence, perpetration will continue to occur, and countless lives will continue to be adversely affected.

In April of 2007, the Nebraska Sexual Violence Prevention Advisory Committee (SVPAC) was convened by the Nebraska Department of Health and Human Services (DHHS) and the Nebraska Domestic Violence Sexual Assault Coalition (NDVSAC) through guidance from the Centers for Disease Control and Prevention (CDC)/Rape Prevention Education Program (RPE).

A diverse group of individuals from around the state began meeting to undertake a planning process using the "Getting to Outcomes" (GTO) framework for sexual violence prevention planning. The resultant Sexual Violence Primary Prevention Plan is intended to be a roadmap to achieve SVPAC's vision of a state that is free from sexual violence and characterized by equity and respect for all.

While great work is being done by different agencies in Nebraska to eliminate sexual violence, there are many gaps in SVPAC's knowledge about how prevalent sexual violence continues to be, especially within traditionally underserved populations. SVPAC expect that within the implementation of this plan, SVPAC will begin to track this information better and gain a true understanding of the problem.

Meanwhile, in order to create violence-free communities, SVPAC not only need to look at changing individual beliefs and attitudes about violence but to also change SVPAC's cultural beliefs that allow sexual violence to be tolerated.

It is the Committee's hope that this plan will act as a guideline for all practitioners in Nebraska with a stake in ending sexual violence. This includes domestic/sexual violence educators, sexuality educators, teachers, school staff and administrators, medical practitioners, campus educators and many, many others across the state. The goals and outcomes of the plan should have an impact on all Nebraskans. SVPAC's hope is that all levels of change will be addressed including individuals, their relationships with others, local communities and society at large.

Sexual Violence Prevention Advisory Committee Members

The members of the Sexual Violence Prevention Advisory Committee have worked a countless number of hours to develop this Sexual Violence Primary Prevention Plan. Committee members were identified by the Nebraska Department of Health and Human Services and the Nebraska Domestic Violence Sexual Assault Coalition. Membership is comprised of individuals who work in a statewide capacity, as well as representatives of local programs in communities across the state. The rural and urban areas of the state are well represented. Several individuals were identified in order to create a diversified panel of participants. Unfortunately, many key individuals were unable to commit the time to continue participation. The individuals listed below are key members that had sustained participation in this process. Many others contributed as time allowed them to do so.

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Sexual Violence Prevention Advisory Committee

Mission, Vision and Definitions

Sexual Violence Prevention Advisory Committee members used the following shared mission and vision statements and definitions in preparing this plan:

Shared Prevention Mission

The Nebraska Sexual Violence Prevention Advisory Committee will provide leadership for planning primary prevention of sexual violence and will advocate for the implementation, evaluation and sustainability of the plan.

Shared Prevention Vision

Nebraska will be a community free from sexual violence, characterized by equality and respect for everyone.

Shared Definitions of Sexual Violence

Sexual Violence is the use of coercion or physical force to subject, or attempt to subject, a person to sexual penetration or other sexual contact against his/her will, including unwanted sexual comments or advances, acts to traffic or any other act directed against a person's sexuality, regardless of their relationship to the person, in any setting or situation. This includes such acts involving a person who is unable to consent due to age, illness, disability, influence of alcohol or drugs or any other condition that prevents an individual from consenting.

Coercion can include physical force or psychological intimidation. Coercion also includes behavior that may not involve overt force or intimidation but that exists due to an imbalance of power or misuse of authority between the parties.

Planning Process

In 2007 individuals who worked in the following areas were invited to become a part of the Sexual Violence Prevention Advisory Planning Committee (SVPAC):

- Previous or current experience in sexual violence
- Works primarily with an underserved population
- Director or staff of member program

The SVPAC first came together in April of 2007 to begin strategizing for a plan to end sexual violence in Nebraska. Initially the SVPAC had to agree on what the mission and vision for Nebraska would be and to come together on a shared definition of sexual violence. This involved some training on sexual violence and the primary prevention approach to ending violence.

Once the committee had achieved consensus on the mission, so began the hard work of the Centers for Disease Control and Prevention's Getting to Outcomes planning process. The SVPAC's initial activities included gathering all of the information available in Nebraska that would help members understand the incidence and prevalence of sexual violence in Nebraska and local communities. This helped the committee to better understand who is most vulnerable to sexual violence in Nebraska's communities.

The SVPAC enhanced understanding by assessing the needs and resources across the state related to primary prevention of sexual assault. The SVPAC discovered that there are limited resources throughout the state, and that domestic/sexual violence programs in Nebraska are undertaking most of the primary prevention efforts. Through this process, the SVPAC were able to gain a better understanding of how Nebraska, in addition to the local network of domestic/sexual violence programs, is approaching sexual violence prevention.

Once the committee knew about existing resources and efforts, they began to brainstorm about what the members would like to see in the state of Nebraska and about possible goals and outcomes involved in achieving this vision. The final part of the planning process involved a large meeting at which the SVPAC members came together to complete the following tasks:

- Consider influential circumstances, assets, and resources present in rural and urban Nebraska
- Reaffirm previously selected goals and outcomes
- Reaffirm the previously selected universal population
- Choose a selected population
- Consider risk and protective factors for the universal and selected populations

- Choose a universal population prevention strategy
- Choose a selected population prevention strategy

At the meeting, the SVPAC discussed and came to agreement on the seven items noted above.

However, with turnover within the NDVSAC and feedback received from the CDC, the SVPAC decided to readdress the goals and outcomes of the state plan, along with the selected population. The SVPAC met once as a large group to address the feedback that was received. The outcome of that meeting resulted in subcommittees being formed to effectively address the concerns of the whole committee. The subcommittees met to address goals and objectives, implementation, evaluation, best practices and resources, and capacity of the state plan. These meetings resulted in a more effective state plan, which fits with the priorities of the state.

Chapter 1: Needs and Resources Assessment and Goals and Outcome Statements

Needs and Resources

Overview of Nebraska

Nebraska is a large state, geographically, with a relatively small population. Nebraska is 77,358 square miles, of which 99% is land mass. There are only 481 square miles of water. The state is 430 miles from east to west, and 210 miles from north to south (Netstate, 2008).

In spite of its vast land area, Nebraska has a relatively small population. In 2000 there were 1,711,263 people counted in the U.S. Census. That number reflects an 8.42% increase since 1990, as compared to a 13% nationwide population growth during that same time period (www.censusscope.org/4-29-08). Of the nearly 1.7 million individuals in Nebraska, 30% live in rural geographic areas. Ninety percent of Nebraskans are white, 5.5% are Hispanic, 4% are African American, and 1% are Native American. Other minority populations make up a very small percentage of the population.

To date, Nebraska has not been hit as hard with the current economic recession as have many other states in the nation. As of March 2009, Nebraska's unemployment rate is 4.6% compared to the national rate of 8.5% (www.bls.gov). However, this rate is growing as compared to previous rates of unemployment.

There are 666,184 households in Nebraska, with the average household size at 2.49. Nearly 50% of the population is between the ages of 25-64. According to the most recent data available, the median age of the Nebraska population was 35.9 years. This reflects a consistent increase since the most recent low of 28.6 in the 1970s (Nebraska Department of Economic Development, 2008). SVPAC focus later in this plan on youth ages 11-17. According to 2007 U.S. Census data estimates, there are 173,747 people in this age range in Nebraska, comprising approximately 10% of the state population.

Per capita income for Nebraskans is $19,613 and 6.7% of families in Nebraska were living below the poverty level at last census. There are seven counties in Nebraska in which 15% or more of the population are living at or below the poverty level. These counties house nearly 6,000 Nebraskans (www.neappleseed.org/poverty). Seventy percent of Nebraska households have an income of over $25,000. Thirty-seven percent have an annual household income of $50,000 or more.

Regions of Nebraska

Nebraska is far from homogenous in its geography and demographics. One way to highlight differences in the state is to compare its rural and urban regions.

Rural Nebraska

Rural Nebraska consists of all of Nebraska's counties except for Douglas, Sarpy, and Lancaster counties. In terms of demographics, the July 1, 2008, estimated population for these 90 counties was 852,205 (U.S. Census Bureau, 2008). In terms of the economy, in

2005 the average percentage of people living in poverty in these 90 counties was 11.7% (U.S. Census Bureau, 2008).

There are several influential circumstances—in other words, potential barriers—in rural Nebraska that may hinder sexual violence prevention efforts. Influential circumstances in rural Nebraska are:

- School resource officers are not available in every school.
- Nurses are not available in every school.
- Incidents of sexual violence in rural areas may prompt a reaction of denial rather than serving as teachable moments.
- Talking about potential or actual sexual violence is socially risky in tight-knit small communities.

Also present in rural Nebraska are assets and resources SVPAC expect to help sexual violence prevention efforts. Assets and resources in rural Nebraska are:

- Small-school teachers have more flexibility in curriculum planning.
- Local domestic violence/sexual assault (DV/SA) programs are credible to and have good working relationships with school administrators.
  Incidents of sexual violence in rural areas may become "teachable moments" that prompt community interest in the topic. (SVPAC included the opposite prediction in Influential Circumstances" above because SVPAC think both reactions are possible in rural Nebraska.)
- Rural Nebraska has access to a statewide network of DV/SA programs.
- Churches and church youth groups are an additional place to deliver prevention education, and connection with a faith community serves as a protective factor.

Urban Nebraska

Urban Nebraska consists of Douglas and Sarpy counties in eastern Nebraska and Lancaster County in southeastern Nebraska. In terms of demographics, the July 1, 2008, estimated population for these 3 counties was 931,227 (U.S. Census Bureau, 2008). In terms of the economy, in 2005 the average percentage of people living in poverty in these 3 counties was 9.4% (U.S. Census Bureau, 2008). There are several influential circumstances in urban Nebraska that SVPAC expect to hinder sexual violence prevention efforts. Influential circumstances in urban Nebraska are:

- Large populations mean authorities aren't always aware of everything happening with regard to sexual violence.
- Large populations make it difficult to reach everyone necessary.
- The time and resources of educators are limited.

- Classroom sizes are larger, meaning prevention education receives less attention. .
- There may be less engagement among urban parents with their children's learning.

Also present in urban Nebraska are assets and resources SVPAC expect to help sexual violence prevention efforts. Assets and resources in urban Nebraska are:

- Large school districts have strong infrastructures for implementing sexual violence prevention efforts.
- Some school districts are already implementing bullying prevention curricula; thus, there is an existing interest in violence prevention.
- Urban school boards have a political motivation to portray their schools as safe so students will stay in school, and sexual violence prevention helps with that effort.
- There are more opportunities to access youth outside of schools, such as at community centers.
- There may be fewer stigmas regarding discussing sexual violence in urban communities.
- Urban law enforcement agencies have more opportunities to receive training in sexual violence issues.
- Lincoln Public Schools, one of the largest urban school districts in Nebraska, already does some sexual violence prevention education.
- Urban areas have a greater tolerance for diversity.
- Urban Nebraska, like rural Nebraska, has access to a statewide network of DV/SA programs.

Sexual Violence in Nebraska

According to *Rape in Nebraska: A Report to the State*, approximately 13% of adult women in Nebraska have been a victim of one or more completed rapes during their lifetime (Kilpatrick & Ruggerio, 2003). This percentage, however, does not include individuals who experienced attempted rape, drug/alcohol facilitated rape, incapacitated rapes, statutory rapes, rapes of females under age 18, or male rape victims. SVPAC therefore believe there are many more victims of sexual violence who have not been counted in this data collection.

The Nebraska Domestic Violence Sexual Assault Coalition collects service data from the 22 domestic/sexual violence programs throughout the state. Individuals come to the network of programs for crisis intervention and other types of services related to their own victimization as well as to seek help as a family member or friend of a victim of violence. The most recent data available from the Coalition indicates that between July 2007 and June 2008, the 22 programs provided the following services related to sexual violence:

- 830 people received direct services

- 311 received crisis intervention
- 2,500 crisis calls were received
- 4,918 prevention/educational programs were conducted.

These data are significantly limited in representation as not all programs submit their data in a centralized manner. This issue is currently being addressed.

More specific victim demographics data from the Coalition in the year 2005 are as follows:

- Adult Sexual Abuse (260 cases)
  - *Gender*: 95% female, 3.1% male, 1.9% unknown
  - *Ethnicity*: 80% Caucasian, 1.6% American Indian/Alaskan Native, 1.6% Black, 1.2% Asian/Pacific Islander, .4% Hispanic, 15.3% other/unknown
  - *Age*: 57.5% were between age 18-29

- Child Sexual Abuse (131 cases)
  - *Gender*: 87.0% female, 9.9% male. 3.1% unknown
  - *Ethnicity*: 76.4% Caucasian, 2.4% American Indian/Native Alaskan, .8% Black, 20.3% other/unknown
  - *Age*: 40.7% of cases <13 years old, 33.1% of cases 13-17

- Adolescent Sexual Assault (331 cases)
  - *Gender* : 98.8% female, 1.2% male
  - *Ethnicity*: 85.9% Caucasian, 1.9% American Indian/Alaskan Native, .4% Black, .4% Asian/Pacific Islander, 10.5% other/unknown
  - *Age*: 2.4% < age 13, 86.4% age 13-17, 9.4 % age 18-29

Crime statistics reflect another view of sexual assault in Nebraska. As is true throughout the nation, sexual assaults are vastly underreported, with estimates as low as 16% of all sexual assaults being reported to law enforcement.

According to Nebraska Crime Commission data, there were 566 forcible rapes reported to Nebraska law enforcement agencies in 2005. This number represents an approximately 5% decrease from the previous year. When arrest data is reviewed, there is an increase in sex offenses committed by individuals under the age of 18. So, while arrests have decreased overall, there is a potential trend in terms of juvenile perpetrators.

Nebraska Incident-Based Reporting System (NIBRS) data are more detailed. These data, as well as the above data, are not representative of the whole state as all law enforcement agencies do

not participate in submitting information. Victim demographics in 2005 based on NIBRS for forcible rape, forcible sodomy, sexual assault with an object, and forcible fondling (N=599) are:

- Age of victim (n=599)
  - 34% age 10 and under
  - 38% age 11-17
  - 8% age 18-20
  - 8% age 21-25
  - 11% over 25

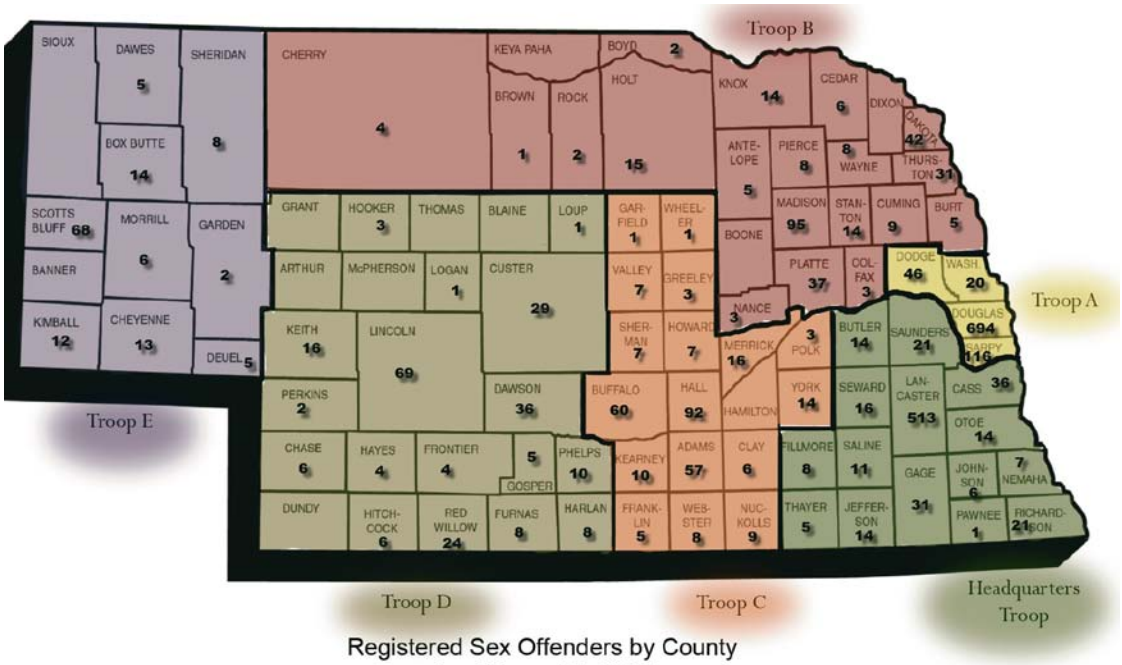
- Gender of victim (n=599)
  - 83% female
  - 17% male

- Ethnicity of victim (n=599)
  - 93% White
  - 7.6% Hispanic
  - 2.8% Black
  - 1% Asian
  - 1% Native American
  - 2% Unknown

- Relationship to offender (n=599)
  - 33.6% family
  - 49.8% known
  - 4.2% stranger
  - 12.3% unknown

- Offenders (n=599)
  - 26.6% age 17 and under
  - 10.9% age 18-20
  - 10.4% age 21-25
  - 16.5% age 26-35
  - 26.1% over 35
  - 9.5% unknown

The number of Registered Sex Offenders in Nebraska continues to increase. The map below from the Nebraska State Patrol represents the location of all registered sex offenders as of August, 2007. The total number of offenders at that time was 2,630.



Registered Sex Offenders by County
As of August 7, 2007

Additional Sexual Violence Data

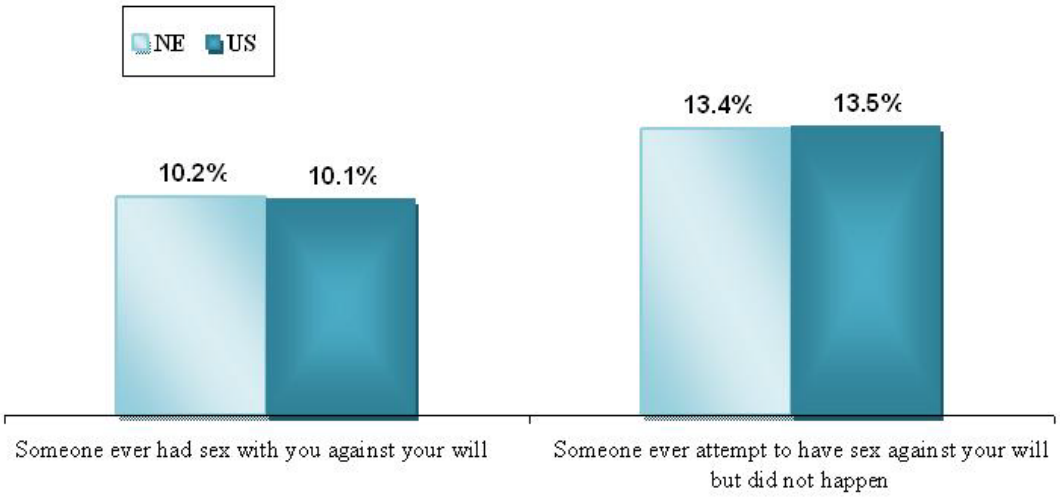
Nebraska Behavioral Risk Factor Survey (adult female)

- Percentage of adult females in Nebraska, 18 years of age or older, forced to have sex against their will by race/ethnicity, 2005 (n=5,002)
  - White (non-Hispanic) 12.4%
  - Black (non-Hispanic) 4.2%
  - Hispanic 4.0%
  - Other/Unknown 10.6%

- Relationship to person recently attempting or having unwanted sex (n=250)
  - Stranger 4.8%
  - Friend 18.4%
  - Spouse or live in partner 10.4%
  - Former spouse or live in partner 10.0%

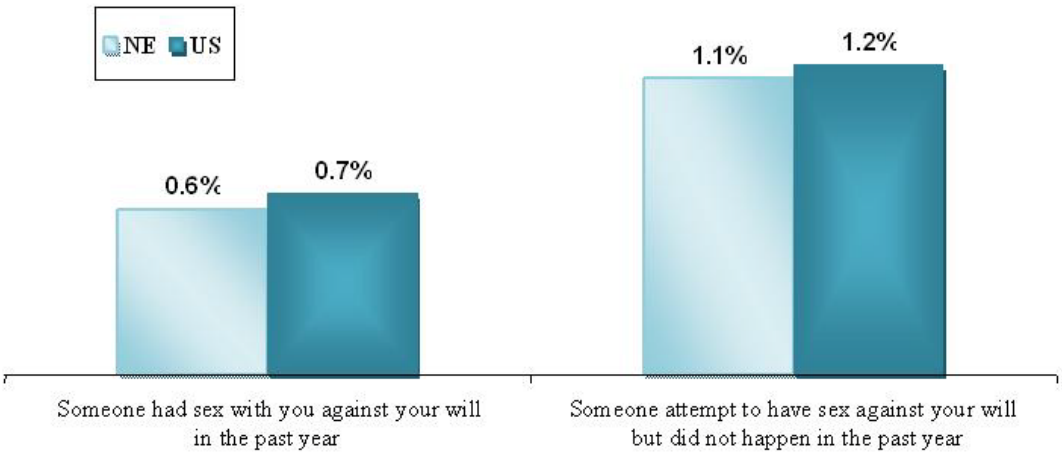
The remaining 56.4% were relatives, neighbors, co-workers, acquaintances—all people the victim knew previous to the assault.

Preliminary Chart 1
Percent of Women (18+ years old) Who Were Forced to Have Sex Against Their Will and Someone Attempted to Have Sex With Them Against Their Will, Nebraska and US*, 2005



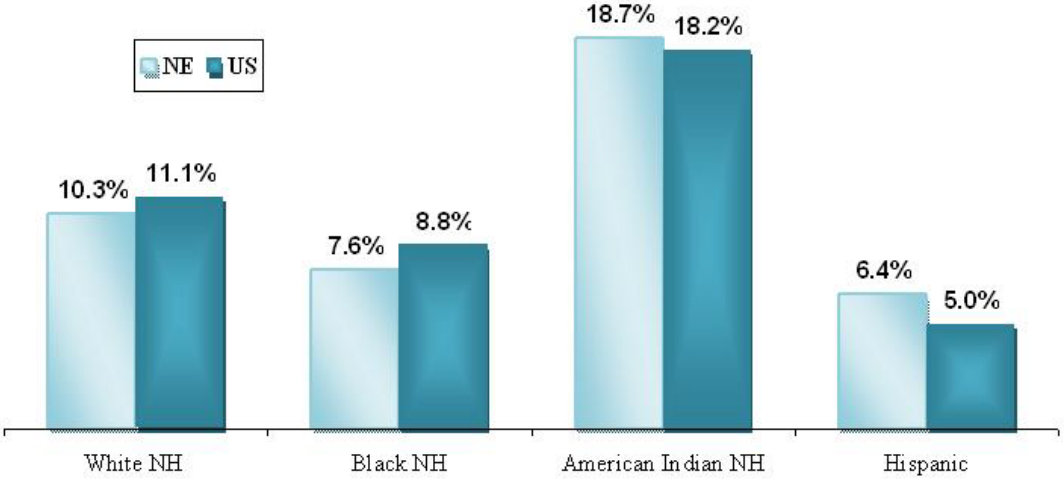
Source: Behavioral Risk Factor Survey 2005, Centers For Disease Control (CDC)
Note: US data is a 20 states combined data

Preliminary Chart 2
Percent of Women (18+ years old) Who Were Forced to Have Sex Against Their Will and Someone Attempted to Have Sex With Them Against Their Will in the Past Year, Nebraska and US*, 2005



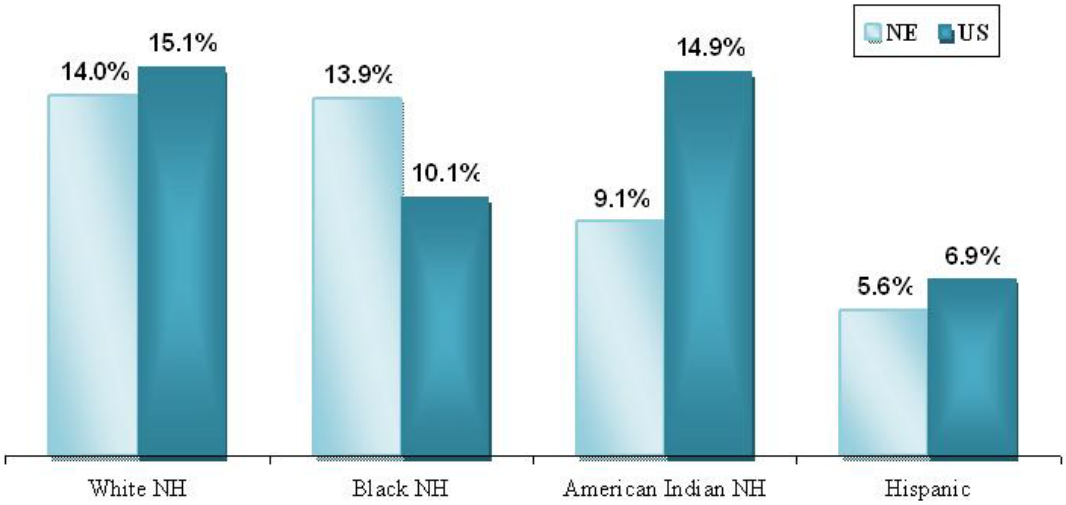
Source: Behavioral Risk Factor Survey 2005, Centers For Disease Control (CDC)
Note: US data is a 20 states combined data

Preliminary Chart 3
Percent of Women (18+ Years Old), Ever Forced to Have Sex Against Their Will By Race/Ethnicity, Nebraska and US*, 2005



Source: Behavioral Risk Factor Survey 2005, Centers For Disease Control (CDC)
Note: Insufficient data is available to obtain weighted percentage for Asian in Nebraska

Preliminary Chart 4
Percent of Women (18+ Years Old), Ever Attempted to Have Sex Against Their Will by Race/Ethnicity, Nebraska and US, 2005



Source: Behavioral Risk Factor Survey 2005, Centers For Disease Control (CDC)
Note: Insufficient data is available to obtain weighted percentage for Asians in Nebraska

Data available to track sexual violence

Data on Hand

Nebraska has several data sources available for tracking sexual violence:

Nebraska Domestic Violence Sexual Assault Coalition
Numbers and types of services performed by the 22 domestic/sexual violence programs throughout the state; victim demographics for cases of adult, child, and adolescent sexual abuse

Nebraska Crime Commission
Forcible rapes reported to Nebraska law enforcement agencies

Nebraska Incident-Based Reporting System
Victim and offender information for the crimes of forcible rape, forcible sodomy, sexual assault with an object, and forcible fondling

Nebraska Sex Offender Registry
Number and location of sex offenders by county

Youth Risk Behavior Survey
Incidence of dating violence and rape among students in grades 9-12

Nebraska Behavioral Risk Factor Survey
Percentage of adult females 18 years of age or older forced to have sex against their will, by race/ethnicity

Nebraska Annual Social Indicators Survey
Prevalence of and attitudes about sexual assault

Nebraska Department of Health and Human Services Hospital Discharge Data
Incidents by age and gender

Data Needed

Better data are needed on the universal population. A lack of full participation by school districts in data-collection efforts has left gaps in knowledge about all Nebraska youth. The SVPAC has no data on the selected population; one of the goals is to collect data on the selected population.

Existing prevention efforts and programs

In 2007, the SVPAC conducted a survey of prevention efforts and programs in Nebraska. The SVPAC presented the results in two categories: First, efforts and programs of organizations that focus specifically on sexual violence; and second, efforts and programs of organizations that do not.

Organizations Focused on Sexual Violence

Seventeen of 19 sexual violence service programs responded to the survey. Of these programs, many were using prevention-based curricula to educate youth on primary prevention of sexual violence. The list of curricula used includes *Step up Speak out to Stop Violence, Safe Dates, Love is Not Abuse, Bullyproof, and Love, All That and More*. The targeted population for these activities includes high school and middle school. Primary topics include dating violence, healthy relationships, bullying, sexual violence, and drug-facilitated sexual assault.

Sexual violence service programs also conducted training for professionals—educators, mental health and medical professionals as well as youth serving organizations—on dating violence, primary prevention of sexual violence and healthy relationships. Other strategies used by these programs include community mobilization efforts such as Take Back the Night rallies and candlelight vigils, working for policy change, as well as other community activities involving local campuses, libraries and other community agencies.

Organizations that do not Focus on Sexual Violence

34 programs responded—most did not complete all of the questions:

- 90% served some rural populations
- 50% served urban populations
- 30% served tribal and suburban populations

A wide range of organizations responded to the survey, including youth serving agencies, health centers, family planning organizations, faith-based organizations, and other community service organizations.

The SVPAC found that these organizations pursue prevention education with many different kinds of curricula. These include curricula on healthy sexuality, healthy relationships, violence education and peer intervention. Some examples of the curricula used include *Step up Speak out to Stop Violence, Be Proud! Be Responsible, Teen Dating Violence Curriculum for Native American Girls*, and *Streetwise to Sexwise*. Additionally, organizations are focusing prevention efforts around National Health Education Standards and Guidelines for Comprehensive Sexuality Education. Main topics of educational sessions are healthy relationships, dating violence and primary prevention of sexual violence. These efforts are targeted primarily at high school and middle school students, as well as parents. Some organizations engage theater-based modes of education including *Illusion Theater* and *Respect 2*.

Several of the surveyed organizations are providing training for professionals, focusing mainly on educators, youth serving organizations and medical professionals. They are also using other strategies for primary prevention including engaging public awareness of the issues during Sexual Assault Awareness and Domestic Violence Awareness months in April and October. Other strategies include developing peer education teams and professional cadre teams.

Universal and selected populations

Descriptions

Universal population

The universal population is youth ages 11-17. According to 2007 U.S. Census data estimates, there are 173,747 people in this age range in Nebraska, comprising approximately 10% of the state population.

Selected population

The selected population is youth living in rural areas ages 11-17 with one or more of the following modifiable risk factors:

Individual Factors

- Alcohol and drug use
- Coercive sexual fantasies and other attitudes and beliefs supportive of sexual violence
- Impulsive and antisocial tendencies
- Preference for impersonal sex
- Hostility towards women
- History of sexual abuse as a child
- Witnessed family violence as a child

Relationship Factors

- Associate with sexually aggressive and delinquent peers
- Family environment characterized by physical violence and few resources
- Emotionally unsupportive family environment
- Family honor considered more important than the health and safety of the victim

Community Factors

- Poverty, mediated through forms of crisis of male identity
- Lack of employment opportunities
- Rural youth are generally of lower socio economic class
- Limited access to resources
- Lack of institutional support from police and judicial system

- General tolerance of sexual assault within community
- Weak community sanctions against perpetrators of sexual violence

Societal Factors

- Societal norms supportive of sexual violence
- Societal norms supportive of male superiority and sexual entitlement
- Weak laws and policies related to sexual violence
- Weak laws and policies related to gender equality
- High levels of crime and violence

The SVPAC chose the selected population following a discussion revolving around the feasibility of reaching under-served populations in Nebraska. In previous meetings, the committee had decided to focus efforts on Native American, immigrant, and disabled youth. At the final meeting, the committee decided that while they remain committed to future efforts to serve Native Americans, immigrants, and disabled youth, extremely limited resources forced them to focus on the most feasible selected population. The selected population of rural youth encompasses all of the aforementioned underserved populations. Rural populations make up over 70% of the state and there has been little to no research or collaborations that are specifically geared towards rural youth in the past. Choosing this selected population allows us to focus on where the greatest need in the state lies -- the rural population.

Magnitude of sexual violence

Universal population

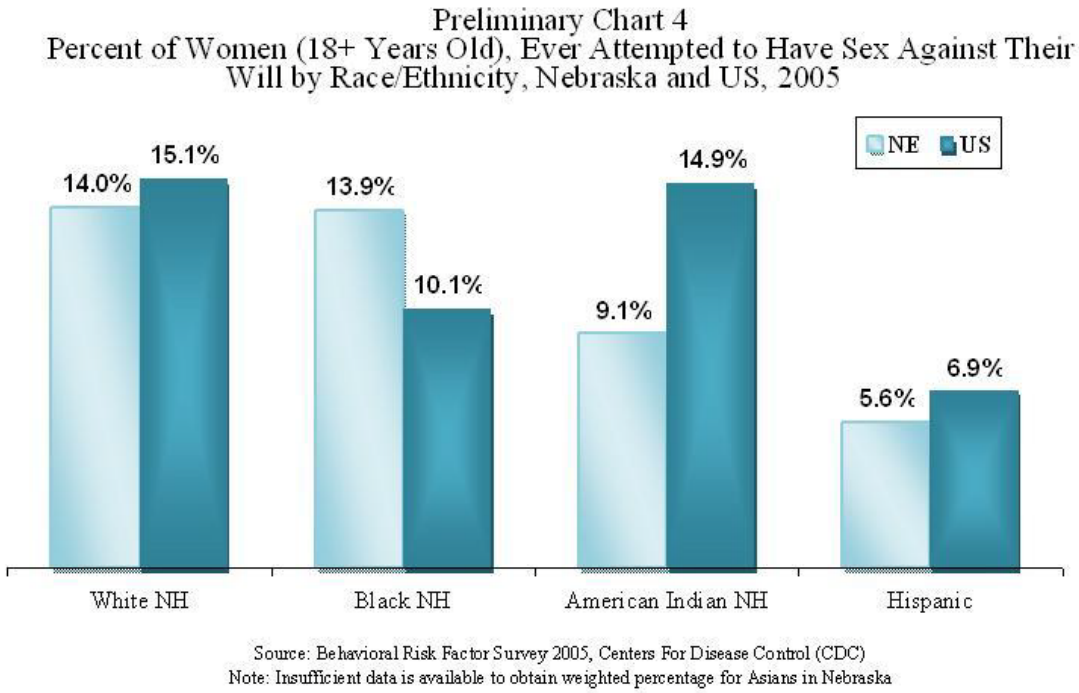
Youth in Nebraska are experiencing high levels of sexual and dating violence, as evidenced by the Youth Risk Behavior Survey (2005).

Percent of Females Experiencing Dating Violence Within the Last 12 Months		
	Nebraska	United States
All Respondents: 9-12 grade	10.2	9.3
9th grade	8.7	7.7
10th grade	10.7	9.7
11th grade	11.6	9.4
12th grade	12.7	10.7

Percent of Males Experiencing Dating Violence Within the Last 12 Months		
	Nebraska	United States
All Respondents: 9-12 grade	11.6	9.0
9th grade		7.0
10th grade		7.8
11th grade		10.4
12th grade		11.4

Percent of females forced to have sexual intercourse during the preceding 12 months		
	Nebraska	United States
All Respondents: 9-12 grade	12.4	10.8
9th grade	8.7	8.7
10th grade	10.6	10.7
11th grade	17.9	11.6
12th grade	13.5	12.7

Percent of males forced to have sexual intercourse during the preceding 12 months		
	Nebraska	United States
All Respondents: 9-12 grade	5.9	4.2
9th grade		3.5
10th grade		3.8
11th grade		4.2
12th grade		5.3



Risk and protective factors

Universal Population

The World Health Organization (Krug, Dahlberg, Mercy, Zwi, & Lozano, 2002) has identified the following risk and protective factors related to sexual violence, based on research of convicted offenders and/or male college students in the U.S. These risk and protective factors affect the identified Universal Population of youth ages 11-17.

Risk Factors

Individual Factors

- Alcohol and drug use
- Coercive sexual fantasies and other attitudes and beliefs supportive of sexual violence
- Impulsive and antisocial tendencies
- Preference for impersonal sex
- Hostility towards women
- History of sexual abuse as a child
- Witnessed family violence as a child

Relationship Factors

- Associate with peers who adhere to existing social norms that are tolerant of sexual violence
- Family environment characterized by physical violence and few resources
- Emotionally unsupportive family environment
- Family honor considered more important than the health and safety of victim

Community Factors

- Poverty, mediated through forms of crisis of male identity
- Lack of employment opportunities
- Lack of institutional support from police and judicial system
- General tolerance of sexual assault within community
- Weak community sanctions against perpetrators of sexual violence

Societal Factors

- Societal norms supportive of sexual violence
- Societal norms supportive of male superiority and sexual entitlement
- Weak laws and policies related to sexual violence
- Weak laws and policies related to gender equality
- High levels of crime and violence

The SVPAC members agreed that several of these risk factors across the social ecology were especially applicable to Nebraska.

- At the **individual level,** attitudes and behaviors promoting a tolerance of sexual violence may be present.

- At the **relationship level,** association with peers who adhere to existing social norms that are tolerant of sexual violence.

- At the **community level,** several factors exist. Lack of institutional support from police and the judicial system are present in rural communities with socially and politically conservative attitudes. Community norms in rural areas mean two other risk factors are present: General tolerance of sexual assault within communities, and weak community sanctions against perpetrators of sexual violence.

- At the **societal level** in Nebraska, there are weak laws and policies related to gender equality. A report from the Institute for Women's Policy Research gave Nebraska the following grades for the status of women in Nebraska: political participation, C-; employment and earnings, D+; social and economic autonomy, C; reproductive rights, F (The Status of Women in the United States, Institute for Women's Policy Research, 2004).

The SVPAC also considered the following possible risk factors, which were not based on previous research:

- At the **individual level,** there is a fear of rejection and a strong tendency to mimic value-neutral cultural norms displayed by peers and depicted in the media.

- At the **relationship level,** youth seemingly have no boundaries on the information, including sexual information, they share through social networking tools like Twitter and Facebook and through text messaging; this has led to the sexting phenomenon, among other troubling developments.

- At the **societal level,** media images predominate of unrealistically thin and beautiful women, which contribute to low self-esteem among girls.

Protective Factors

Little research exists on protective factors for sexual violence, and the SVPAC's discussion included just a few.

- At the **individual level**, the SVPAC felt Nebraska had relatively high rates of positive youth development. Youth who possess a higher number of the Search Institute 40 Developmental Assets are more likely to experience positive outcomes such as school achievement and less likely to experience drug abuse, violence, and early sexual activity.

- At the **community level**, existing bullying-prevention programs are helping reduce the general acceptability of verbal and physical abuse. These programs may have spillover effects that help prevent sexual violence. Also at the community level is collective efficacy, or the degree to which a community is able to effectively mobilize to regulate local crime. This is related to the number and quality of relationship networks and the level of participation in community-based organizations among community residents.

- At the **societal level,** status of women refers to the level of equality between men and women in areas like economics, employment, education, and legal status. One theory suggests that higher levels of equality should protect against sexual violence. However, some show the opposite—at first more equality could lead to backlash and thus higher levels of sexual violence, but over time sexual violence would decrease. This is also dependent on cultural factors.

Selected Population

In the discussion of risk factors, the SVPAC considered only individual-level risk factors. They were:

Individual Factors

- Alcohol and drug use
- Coercive sexual fantasies and other attitudes and beliefs supportive of sexual violence
- Impulsive and antisocial tendencies
- Preference for impersonal sex
- Hostility towards women
- History of sexual abuse as a child
- Witnessed family violence as a child

The SVPAC were able to identify an encouraging number of possible protective factors for youth living in rural areas:

- At the **individual level,** rural youth may receive plenty of attention from caring, invested adults.
- At the **community level,** existing bullying-prevention programs are helping reduce the general acceptability of verbal and physical abuse. There is a spillover into sexual violence prevention.
- At the **societal level,** the Nebraska Legislation recently passed the Lindsay Ann Burke act, which requires each school district to provide education and to have a policy on dating violence.

Goals and Outcomes

At its final meeting, the SVPAC reaffirmed three goal and outcome statements agreed to at prior meetings. The SVPAC has two goals for the universal population and one goal for the selected population. The goals have varying numbers of accompanying outcomes. Here is a simple list:

Universal Population Goal
To promote healthy relationship norms and behaviors for Nebraska youth.

Universal Population Goal Outcome 1
Youth ages 11-17 will have increased knowledge of healthy relationships and decreased sexual violence supportive attitudes by 2014 as measured by ongoing knowledge and attitude assessments.

Evaluation steps:

1. Create assessment based on existing evidence-based data collection methods.
2. Disseminate said assessment as a pre-test and every six months thereafter.

Universal Population Goal Outcome 2
Increase state and local primary prevention activities in regards to sexual violence.

Evaluation steps:

1. Create program activity assessment based on the 9 principles of primary prevention.
2. Disseminate said assessment.
3. Collect and analyze data from completed assessments.

Selected Population Goal
To decrease social norms that promote a general tolerance of sexual violence among Nebraska youth especially in rural areas including underserved populations.

Selected Population Goal Outcome

Within five years social norms within Nebraska that are supportive of sexual violence will decrease as measured by ongoing knowledge and attitude assessments.

Evaluation steps:

1. Create assessment based on existing evidence-based data collection methods.
2. Disseminate said assessment as a pre-test and every six months thereafter.

Capacity Goal 1

To increase accuracy and availability of statewide and local data sources providing information on perpetrators of sexual violence, victims of sexual violence, and attitudes regarding sexual violence.

Capacity Goal 1, Outcome

Data gaps will be identified with suggestions for strategies for new data collection by 2011.

Evaluation steps:

1. Convene data analysis team.
2. Team analyzes current data sources and collection methods
3. Team suggests strategies for new data collection.
4. Team analyzes data gaps and suggests new strategies annually.

Capacity Goal 2

To improve and expand capacity for effective educational programming about healthy relationships.

Capacity Goal 2, Outcome 1

Youth-serving organizations and institutions (including schools) statewide will have increased knowledge of resources available to educate youth ages 11-17 about healthy relationships by 2011 as measured by distribution of information.

Evaluation steps:

1. The Nebraska Domestic Violence Sexual Assault Coalition will use current data collection methods to monitor their technical assistance activities and distribution of informational materials.

Capacity Goal 2, Outcome 2

Youth ages 11-17 will be exposed to healthy relationships education, which incorporates the 9 Principles of Effective Prevention Programs on multiple levels of the Social Ecological Model, by 2012 as measured by program reports.

Evaluation steps:

1. Create program activity assessment based on the 9 principles of primary prevention.
2. Disseminate said assessment.
3. Collect and analyze data from completed assessments.

General Goal 1

To increase public and community awareness about the prevalence and impact of sexual violence.

General Goal Outcome

Within five years public and community awareness about the prevalence and impact of sexual violence will increase as measured by knowledge and attitude assessments.

Evaluation steps:

1. Create assessment based on existing evidence-based data collection methods.
2. Disseminate said assessment as a pre-test and every six months thereafter.

General Goal 2

To increase public and community awareness about available state and local resources and tools promoting the primary prevention of sexual violence.

General Goal 2, Outcome

Within five years public and community awareness about available state and local resources and tools will increase as measured by number of visits to Nebraska Coalition websites and information requested and disseminated.

Evaluation steps:

1. The Nebraska Domestic Violence Sexual Assault Coalition will use current data collection methods to monitor their technical assistance activities and distribution of informational materials.

Chapter 2: Evidence-based Prevention Strategies, State and Community Context, and Capacity

Introduction

Nebraska's Sexual Violence Prevention Advisory Committee (SVPAC) had a lengthy discussion about the general feasibility of implementing sexual violence prevention strategies in Nebraska. Committee members fully understood the primary prevention approach and the critical importance of selecting evidence-based strategies to effectively prevent first-time sexual violence perpetration and victimization. However, with no external funding in sight, a dismal state budget outlook, schools still struggling with the substantial time requirements of No Child Left Behind, and nonprofit organizations across Nebraska cutting programs and staff, the SVPAC recognizes the challenges of implementing existing evidence-based or evidence-supported prevention programs. All the programs the SVPAC reviewed are school-based curricula that are unrealistic primarily for the number of contact hours required with students - it will be very difficult to gain access to schools in the current environment of struggling to prepare students for No Child Left Behind-mandated testing.

While the SVPAC were pessimistic about the prospects under the status quo for successfully implementing existing evidence-based or evidence-supported prevention strategies, the committee members were optimistic about prospects for overcoming the above-mentioned challenges through collaboration. In their judgment, Nebraska offers an unusually rich environment for collaboration whereby, for instance, sexual violence prevention education can be attached to existing programs for which schools have managed to make time—such as bullying prevention.

Collaborations the SVPAC intends to pursue are:

- Partnering with professional organizations to deliver sexual violence prevention education to adults—teachers, administrators, school nurses, law enforcement personnel, and others—at their existing professional education conferences.
- Partnering with the Family Career and Community Leaders of America to add sexual violence education to its existing Stop the Violence program. The organization has more than 150 chapters across Nebraska, though mainly in rural areas.
- In Cass, Douglas, and Washington counties, the LIVE WISE program already serves the universal population. The SVPAC will attempt to integrate sexual violence education with their existing efforts.
- The SVPAC will seek to work with after-school programs and community learning centers. This setting offers several benefits, including a captive youth audience, increased parental involvement, and less scheduling conflicts.
- The SVPAC will also seek to partner with the following organizations: Support groups for parents of disabled children, mental health advocacy organization, youth camps , Boys and Girls Town, Big Brothers/Big Sisters, youth mentoring groups, Lighthouse; etc.

One other positive for Nebraska in terms of employing curricula that require purchasing materials is that the state has a network of Educational Service Unit libraries from which schools could check out curricular materials they otherwise could not afford.

The SVPAC is also creating a best practices and resource guide on primary prevention for all of the member programs. This best practices and resource guide will unify Nebraska in the sexual violence prevention efforts while creating a foundation for Nebraska to build the ongoing practices.

The best practices and resource guide will be based on the nine principles of prevention, the spectrum of prevention and bystander interventions. The guide will provide the member programs with a clear picture of not only how to implement effective primary prevention activities but also will provide them with a tool box to use for presentations.

Included in the best practices and resource guide will be a resource list that will highlight resources or curricula that the SVPAC think could be positively and effectively implemented by each of the member programs. Highlighted below are possibilities that will be included in the best practices and resource guide.

Universal population strategy

Bearing in mind the reservations noted above, the SVPAC selected the *Safe Dates* curriculum as the universal population strategy the committee would attempt to adapt for use in collaboration with other organizations.

Safe Dates is a nine-session, classroom-based curriculum that can be modified to six- and four-session blocks. These sessions include the topics of defining caring relationships, defining dating abuse, asking why people abuse, how to help friends experiencing dating abuse, overcoming gender stereotypes, equal power through communications, how to feel and deal with issues that arise in relationships, and preventing sexual violence. The target audiences for this curriculum are high school and middle school age youth. In addition to the classroom sessions, the curriculum includes a play about dating violence that can be performed by students; instructions for running a poster contest on the topic of preventing relationship violence; materials for parents; a teacher training outline; and ties into the National Health Education Standards for each component. The curriculum can also be adapted to create a peer leader component, used by counselors or in support groups, and used in after-school programs and faith-based youth programs.

How it is Evidence Based

Hazelden, publisher of *Safe Dates*, reports the following about the evidence supporting its curriculum:

Safe Dates is an evidence-based program with strong, long-term outcomes. It was the subject of substantial formative research in fourteen public schools in North Carolina using a rigorous experimental design. The program was found to be effective in both preventing and reducing perpetration among teens already using violence against their dates.

Adolescents participating in the program, as compared with those who did not participate, also reported:

- less acceptance of dating violence
- stronger communication and anger management skills
- less gender stereotyping
- greater awareness of community services for dating abuse.

Researchers studied the same group of students four years after implementation and found that students who participated in the *Safe Dates* program reported 56 percent to 92 percent less physical, serious physical, and sexual dating violence victimization and perpetration than teens who did not participate in *Safe Dates*. The program has been found to be equally effective for males and females and for whites and non-whites (Hazelden, 2008). The *Safe Dates* curriculum components address many risk and protective factors for sexual violence. The focus on peer relationships and interactions addresses the risks and protections that peers can have which influence behavioral choices. The focus on healthy relationship building and respect addresses the risk factor of those who experience hostility toward women and counters the prevalent media messages that present images of women as sexual objects. The curriculum counters current social norms that tolerate violence against women. Perhaps most importantly, the program fosters positive youth development, which is a strong protective factor for youth as they begin to make decisions about the relationships they form now and in the future.

Contextual Factors that led to Strategy's Selection

The SVPAC is compiling the best practices and resource guide because:

- It can be readily adapted to youth who learn at different levels, including those with special needs and learning disabilities.
- It can be adapted to different time constraints, technology uses, and group activities.
- It will address many of the Nine Principles of Effective Prevention Programs.
- It has components to address multiple levels of the social ecology:
  - Multiple individual level classroom activities
  - Materials for parents to address relationship-level interactions

How the Strategy will be Adapted to the Context

The SVPAC's adaptation strategy will vary based on the number of contact hours with the audience they are able to secure. Committee members are especially cognizant of the need for adequate dosage of prevention education. Given a hypothetical choice between reaching six audiences for one hour each or reaching one audience for six hours, the SVPAC will always choose the latter. In addition, programs implementing the curriculum will supplement the classroom sessions with other components such as involving teachers, parents, counselors and/or implementing the school play or poster contest components.

Assessment of Capacity to Implement Adapted Strategy

As stated in this chapter's introduction, the SVPAC is not optimistic about Nebraska's current capacity to implement an adapted *Safe Dates* strategy because there is no external funding in sight. The SVPAC face a dismal state budget outlook, schools are still struggling with the substantial time requirements of No Child Left Behind, and nonprofit organizations across Nebraska are cutting programs and staff. This means the SVPAC must, and will, pursue the collaborations described in the introduction above in order to generate the capacity necessary to implement the universal population strategy. The Nebraska Domestic Violence Sexual Assault Coalition (NDVSAC) has leveraged some funding to provide copies of the *Safe Dates* curriculum to each of the RPE-funded programs in the state. Programs will now have direct access to the curriculum and will be able to adapt it to their communities.

NDVSAC will help the programs implement the curriculum in their communities. While it may be challenging in some areas to implement the full curriculum in all of its capacities, programs will be encouraged to expand to sufficient dosage to individual groups and include multiple levels of the social ecology in implementation.

Selected population strategy

Bearing in mind the reservations noted above, the SVPAC selected the *Choose Respect* curriculum as the selected population strategy. *Choose Respect* is a nationwide initiative that was started by the Centers for Disease Control and Prevention. The target population is 11-14 year olds. *Choose Respect* is based on the understanding that there is no single solution to prevent dating abuse/sexual violence among youth. Therefore the approach not only targets a youth's attitudes, beliefs, and behaviors, but also focuses on others surrounding the youth in her or his physical and social environments. Included in the approach are activities for youth, activities for parents and other caring adults, activities for community groups and activities for policy education and advocacy. These activities target all levels of the social ecology and can be used in conjunction with one another, creating a comprehensive program.

How it is Evidence Based

Choose Respect is a national initiative the Centers for Disease Control and Prevention began in May 2006. The SVPAC is unaware of evidence generated to date of its effectiveness.

Contextual Factors that led to Strategy's Selection

The SVPAC selected the *Choose Respect* curriculum because:

- It focuses less than *Safe Dates* on dating.
- Some Nebraska schools already use it.
- There is no cost to the curriculum - making it easily accessible to schools, programs and community organizations serving underserved populations.
- The program addresses all levels of the social ecology.
- Many of the Nine Principles of Effective Prevention Programs can be achieved through the implementation of this program.
- The same risk and protective factors that *Safe Dates* addresses can be addressed with *Choose Respect*.

How the Strategy will be Adapted to the Context

As with the universal population strategy, the SVPAC's adaptation strategy will vary based on the number of contact hours with the audience they are able to secure and the local programs' abilities to implement activities on multiple levels of the social ecology.

Assessment of Capacity to Implement Adapted Strategy

As stated in this chapter's introduction, the SVPAC is not optimistic about Nebraska's current capacity to implement an adapted *Choose Respect* strategy because there is no external funding in sight. The SVPAC face a dismal state budget outlook, schools are still struggling with the substantial time requirements of No Child Left Behind, and nonprofit organizations across Nebraska are cutting programs and staff. This means the SVPAC must, and will, pursue the collaborations described in the introduction above in order to generate the capacity necessary to implement the selected population strategy.

The curriculum is free, which will make it easily accessible to the local RPE-funded programs as well as the various Educational Service Units throughout the state. Engaging all required stakeholders to implement various components of the curriculum is more challenging.

Chapter 3: Putting It All Together

Introduction

Nebraska's Sexual Violence Prevention Advisory Committee (SVPAC) deliberated for two years to develop the Nebraska Sexual Violence Prevention Plan. The aim is to focus the efforts of government agencies and community-based organizations on sexual violence among youth ages 11-17 and among youth living in rural areas. The plan's objective is primary prevention of sexual violence; that is, it focuses on preventing first-time perpetration of sexual violence, as opposed to intervening with perpetrators and victims after violence has occurred.

In previous chapters this plan identified the critical need for collaboration among government agencies and community-based organizations to overcome shortages of staff and financial resources before prevention strategies can be pursued. The plan recommended several highly promising avenues for collaboration, such as partnering with professional organizations to deliver sexual violence prevention education to adults—teachers, administrators, school nurses, law enforcement personnel, and others—at their existing professional education conferences. These professionals can then advocate for collaborative prevention efforts in their workplaces. Such collaborative efforts are necessary because the universal and selected populations the SVPAC want to reach are best reached through school-based educational interventions. Resource limitations and logistical challenges—especially No Child Left Behind, with its emphasis on academic learning and limited time for social/relationship skill development—present substantial challenges.

This plan presented four recommended goals for sexual violence prevention, formulated after much deliberation by the SVPAC:

- To improve and expand capacity for effective educational programming about healthy relationships.
- To increase the availability and accuracy of statewide and local data sources providing information on sexual violence perpetrators, victims, and attitudes about sexual violence.
- To expand and improve prevention efforts in rural communities.
- To increase public and community awareness about the problem of sexual violence and resources and tools to promote primary prevention.

Finally, the plan recommended two school-based education strategies especially suited to prevention efforts among the universal population (youth age 11-17) and the selected population (youth living in rural areas).

Action Plan

Staff and resource limitations have not allowed the committee to assign the duties listed below. The Sexual Violence Prevention Advisory Committee will fill blanks in the list below at a later date. The activities in the list correspond to the Goals and Outcomes section at the end of Chapter 1.

Universal Population Goal
To promote healthy relationship norms and behaviors for Nebraska youth.

Universal Population Goal, Outcome 1
Youth ages 11-17 will have increased knowledge of healthy relationships and decreased Sexual Violence supportive attitudes by 2014 as measured by ongoing knowledge and attitude assessments.

Evaluation steps:

1. Create assessment based on existing evidence-based data collection methods.
2. Disseminate said assessment as a pre-test and every six months thereafter.

Universal Population Goal, Outcome 2
Increase state and local primary prevention activities in regards to sexual violence.

Evaluation steps:

1. Create program activity assessment based on the 9 principles of primary prevention.
2. Disseminate said assessment.
3. Collect and analyze data from completed assessments.

Universal Population Goal, Action Steps:

1. Identify model programming that addresses various demographics: age, gender, ethnicity, ability, etc.
2. Develop evaluation/assessment tools (to be used in subsequent outcomes).
3. Use key partners for distribution: DV/SA programs, Department of Education, parent groups, and school staff.
4. Create and distribute best practices and resources guide to local Domestic Violence and Sexual Assault programs.

Selected Population Goal
To decrease social norms that promote a general tolerance of sexual violence among Nebraskan youth especially in rural areas including underserved populations.

Selected Population Goal, Outcome
Within five years social norms within Nebraska that are supportive of sexual violence will decrease as measured by ongoing knowledge and attitude assessments.

Evaluation steps:

1. Create assessment based on existing evidence-based data collection methods.
2. Disseminate said assessment as a pre-test and every six months thereafter.

Selected Population Goal, Action Steps:

1. Disseminate knowledge and attitudes assessments.
2. Assist local and state programs in developing partnerships with agencies that serve underserved populations.
3. Provide training and technical assistance to prevention programs regarding using emerging technology to reach youth 11-17.
4. Create and disseminate social norms campaign to local and state programs.

Capacity Goal 1
To increase accuracy and availability of statewide and local data sources providing information on perpetrators of sexual violence, victims of sexual violence, and attitudes regarding sexual violence.

Capacity Goal 1, Outcome
Data gaps will be identified with suggestions for strategies for new data collection by 2011.

Evaluation steps:

1. Convene data analysis team.
2. Team analyzes current data sources and collection methods.
3. Team suggests strategies for new data collection.
4. Team analyzes data gaps and suggests new strategies annually.

Capacity Goal 1, Action Steps:

1. Document data gaps including the underserved populations.
2. Research potential resources.
3. Increase number of schools participating in YRBS or similar surveys

4. Community groups to influence non-participating schools.
5. Develop other research pools, not just schools. Add data elements to already collected data, demographics, etc.
6. Nebraska Domestic Violence Sexual Assault Coalition will update current database.

Capacity Goal 2
To improve and expand capacity for effective educational programming about healthy relationships.

Capacity Goal 2, Outcome 1
Youth-serving organizations and institutions (including schools) statewide will have increased knowledge of resources available to educate youth ages 11-17 about healthy relationships by 2011 as measured by distribution of information.

Evaluation steps:

1. The Nebraska Domestic Violence Sexual Assault Coalition will use current data collection methods to monitor their technical assistance activities and distribution of informational materials.

Capacity Goal 2, Outcome 2
Youth ages 11-17 will be exposed to healthy relationships education, which incorporates the 9 Principles of Effective Prevention Programs on multiple levels of the Social Ecological Model, by 2012 as measured by program reports.

Evaluation steps:

1. Create program activity assessment based on the 9 principles of primary prevention.
2. Disseminate said assessment.
3. Collect and analyze data from completed assessments.

Capacity Goal 2 Action Steps:

1. Create and distribute Nebraska's best practices and resource guide to all local domestic violence and sexual assault programs.
2. Nebraska Domestic Violence Sexual Assault Coalition will update and develop both the Coalition website along with the Step Up Speak Out website. These will then be used as resource sites.

3. Nebraska Domestic Violence Sexual Assault Coalition will obtain updated and new primary prevention resources to have available within the resource library.
4. State and Local programs will receive training and technical assistance regarding educational programs about healthy relationships.
5. Nebraska Domestic Violence Sexual Assault Coalition will create and distribute a state level campaign.
6. Local domestic violence and sexual assault programs will report primary prevention activities to Nebraska Domestic Violence Sexual Assault Coalition.

General Goal 1
To increase public and community awareness about the prevalence and impact of sexual violence.

General Goal 1, Outcome 1
Within five years public and community awareness about the prevalence and impact of sexual violence will increase as measured by knowledge and attitude assessments.

Evaluation steps:

1. Create assessment based on existing evidence-based data collection methods.
2. Disseminate said assessment as a pre-test and every six months thereafter.

General Goal 1 Action Steps:

1. Create partnerships with state and local media.
2. Utilization of local media outlets for information distribution.
3. Nebraska Domestic Violence Sexual Assault Coalition will update and develop both the Coalition website along with the Step Up Speak Out website. These will then be used as resource sites.
4. Nebraska Domestic Violence Sexual Assault Coalition will create and distribute a state level campaign.
5. Partners and stakeholders will distribute campaign throughout communities.

General Goal 2
To increase public and community awareness about available state and local resources and tools promoting the primary prevention of sexual violence.

General Goal 2, Outcome
Within five years public and community awareness about available state and local

resources and tools will increase as measured by number of visits to Nebraska Coalition websites and information requested and disseminated.

Evaluation steps:

1. The Nebraska Domestic Violence Sexual Assault Coalition will use current data collection methods to monitor their technical assistance activities and distribution of informational materials.

General Goal 2 Action Steps:

1. Nebraska Domestic Violence Sexual Assault Coalition will update and develop both the Coalition website along with the Step Up Speak Out website. These will then be used as resource sites.
2. Assist local and state programs in developing partnerships with agencies that serve underserved populations.
3. Nebraska Domestic Violence Sexual Assault Coalition will create and distribute a state level campaign.
4. The Nebraska Sexual Violence Prevention State Plan will be placed on the Nebraska Domestic Violence Sexual Assault Coalition website along with all partnering agencies.

Universal Population Strategy Logic Model

Goal: To promote healthy relationship norms and behaviors for Nebraska youth and to decrease social norms promoting a general tolerance of sexual violence among Nebraskan youth especially in rural areas including underserved populations.

Problems:

Youth mimic perceived cultural norms.	Youth fear rejection.	Youth relate inaccurate sexual information that promotes victim blaming and minimizes sexual violence.	Youth struggle to or lack the tools to set and maintain healthy interpersonal boundaries.

Inputs	Outputs: Activities	Outputs: Reach	Outcomes: Short term	Outcomes: Medium term	Outcomes: Long term
Staff time Collaboration with partners Commitment of partners Existing resources Available curricula	Identify model programming that addresses various demographics Develop and disseminate evaluation/assessment tools Use key partners for distribution of information and resources Assist in partnership development Provide training and technical assistance Create and disseminate resource guide and social norms campaign	11- to 17-year-old youth	Increase state and local primary prevention activities regarding sexual violence Increase youth's knowledge of respectful relationships Increase accurate sexual information sharing among youth	Youth engage in mutually respectful relationships Decrease attitudinal and behavioral support for sexual violence	Change in social norms Promotion of safety, equality, and respect Prevention of sexual violence

Contextual conditions at levels of the social ecology

Individual	Relationship	Community	Community	Societal	Societal
Attitudes and behaviors promoting a tolerance of sexual violence may be present.	Strongly patriarchal relationships or family environments may be present.	Lack of institutional support from police and the judicial system may be present.	General tolerance of sexual assault within communities; weak community sanctions against perpetrators.	Weak gender equality laws and policies.	Media messages that support violence against women are aimed at the youth market.

Capacity Building Logic Model

Goal: To increase and expand accuracy and availability of statewide and local data sources on sexual violence as well as capacity for effective educational programming about healthy relationships.

Problems:

Youth mimic perceived cultural norms.	Youth fear rejection.	Youth relate inaccurate sexual information that promotes victim blaming and minimizes sexual violence.	Youth struggle to or lack the tools to set and maintain healthy interpersonal boundaries.

Inputs	Outputs		Outcomes		
	Activities	Reach	Short term	Medium term	Long term
Staff time Collaboration with partners Commitment of partners Existing resources Available curricula	Document data gaps Research potential resources Increase number of partners participating data collection Develop other research pools Update current database Create and distribute resource guide Provide training and technical assistance Create and distribute state level campaign	Partners against sexual violence in Nebraska	Data gaps will be identified Suggestions for strategies for new data collection will be given	Youth-serving organizations and institutions will have increased knowledge of resources about healthy relationships Youth will be exposed to healthy relationship education	Improved capacity for effective educational programming about healthy relationships

Contextual conditions at levels of the social ecology

Individual	Relationship	Community	Community	Societal	Societal
Attitudes and behaviors promoting a tolerance of sexual violence may be present.	Strongly patriarchal relationships or family environments may be present.	Lack of institutional support from police and the judicial system may be present.	General tolerance of sexual assault within communities; weak community sanctions against perpetrators.	Weak gender equality laws and policies.	Media messages that support violence against women are aimed at the youth market.

RPE Program Logic Model

Goal: To increase community and public awareness about the prevalence and impact of sexual violence as well as the available resources and tools of primary prevention of sexual violence.

Problems:

Youth mimic perceived cultural norms.	Youth fear rejection.	Youth relate inaccurate sexual information that promotes victim blaming and minimizes sexual violence.	Youth struggle to or lack the tools to set and maintain healthy interpersonal boundaries.

Inputs	Outputs		Outcomes		
	Activities	Reach	Short term	Medium term	Long term
Staff time Collaboration with partners Commitment of partners Existing resources Available curricula	Create media partnerships Utilize local media for information dissemination Update resources sites Create and distribute state level campaign Assist state and local programs in developing partnerships with other service providers	General public of Nebraska	Media partnerships created Websites developed and/or updated Partners launch statewide campaign	Increased knowledge of the impact and prevalence of sexual violence Increased utilization of local and state resources	Change in attitudes and behaviors regarding sexual violence

Contextual conditions at levels of the social ecology

Individual	Relationship	Community	Community	Societal	Societal
Attitudes and behaviors promoting a tolerance of sexual violence may be present.	Strongly patriarchal relationships or family environments may be present.	Lack of institutional support from police and the judicial system may be present.	General tolerance of sexual assault within communities; weak community sanctions against perpetrators.	Weak gender equality laws and policies.	Media messages that support violence against women are aimed at the youth market.