



# Promoting Healthy Interpersonal Relationships through Educational Programs and School Partnerships

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**Indiana University Bloomington**

June 20, 2022

# Presentation Goals

We hope to offer you:

- 1) Methods and resources for implementing relational health education programs
- 2) Strategies for supporting children's safety when using technology
- 3) Ideas for fostering strong, sustainable partnerships with schools and community-based organizations



# Presentation Overview

## ❖ Project Background

- Past, present, and future

## ❖ Program Development

- Why, how, topics we cover, example slides, game

## ❖ Program Implementation

- Solutions, resources, discussion, brain break

## ❖ Forming Partnerships

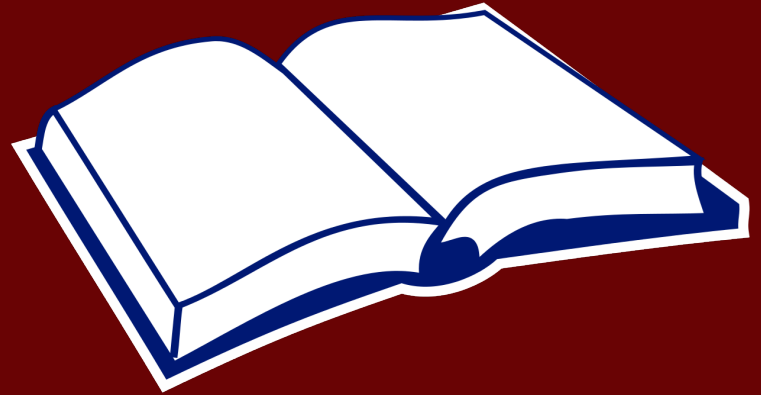
- Forming school and community partnerships, considerations

## ❖ Concluding Remarks



# Project Background

Past  
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Present  
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Future



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# Healthy Relationships Initiative

Sexual violence prevention program in rural Indiana

Ecological approach

Upstream prevention model

Early intervention psychoeducation in schools

Community-Based Participatory Research (CBPR)



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# Healthy Relationships Initiative: Past

**2019:**  
Funding awarded through Rape  
Prevention & Education (RPE)  
grant



**2020-21:**  
First interventions  
delivered at  
Orleans Elementary



**2021-22:**  
Interventions and community  
partnerships continued and  
expanded



**Fall 2019:**  
Collaboration initiated with  
community leaders in  
Lawrence and Orange  
Counties in rural Indiana



**Summer 2021:**  
Current team hired, community  
networking and expansion  
prioritized



**Spring &  
Summer 2022:**  
Examining program outcomes  
(surveys and interviews),  
presenting at conferences, applying  
for grants



# Healthy Relationships Initiative: Present

## Total of:

**24** presentations delivered to K-6 students ( $N=577$ )

**3** professional trainings delivered to school personnel ( $N=65$ )

**6** workshops (including full and abridged presentations)  
delivered for youth-serving professionals ( $N=96$ )

**4** rural Indiana counties served

➤ Lawrence, Martin, Orange, and Washington counties



# Healthy Relationships Initiative: Future

- ❖ American Psychological Association (APA) Convention
- ❖ Continuing presentations for students, youth-serving professionals, parents, and community members
- ❖ Interviews with project stakeholders
- ❖ Grant applications
- ❖ Resource database





# Before We Move On, Discussion!

**In teams of 3-4 people sitting around you, introduce yourself:**

- a) Name, profession, agency affiliation**
- b) Share what brings you to this conference**
- c) Share something you have gained today**



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# Program Development

Why & How

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Topics We Cover in Presentations

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Examples of Slides from Presentations



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# Why?

- ❖ Rates of sexual violence and adverse childhood experiences are high in rural Indiana<sup>[8,11]</sup>
- ❖ Classroom-based interventions may be an effective method for prevention<sup>[12,13]</sup>



# How?

- ❖ Collaborated with school and community leaders to ensure cultural relevance
- ❖ *Our Whole Lives* curriculum
- ❖ Evidence-based and peer-reviewed research
- ❖ Continually seek feedback from:
  - Principal investigators and team debriefing sessions
  - Community stakeholders (via interviews)
  - Program participants (via surveys)
  - Noticing children's and participant's reactions during presentations

# Topics Covered in Presentations

## ❖ Digital Safety:

- Social media, cyberbullying, sexting

## ❖ Healthy Relationships:

- Boundaries, consent, bodily autonomy, trusted adults

Here are some example slides from our teacher training...



# Do You Know These Logos?



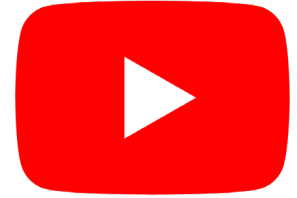
**Snapchat**



**Instagram**



**TikTok**



**YouTube**



**Roblox**



**WhatsApp**



**Netflix**



**Discord**

# Digital Safety Issues

Fake birthdays

Snapchat and the “disappearing” photo

Finsta<sup>[1]</sup>

Sexting

Messaging apps

Mental health impact of social media:

Pros:

Socialization<sup>[2]</sup>

Support networks<sup>[2]</sup>

Access to learning  
and resources<sup>[3]</sup>

Cons:

Dopamine depletion<sup>[4]</sup>

Anxiety and depression<sup>[2,5]</sup>

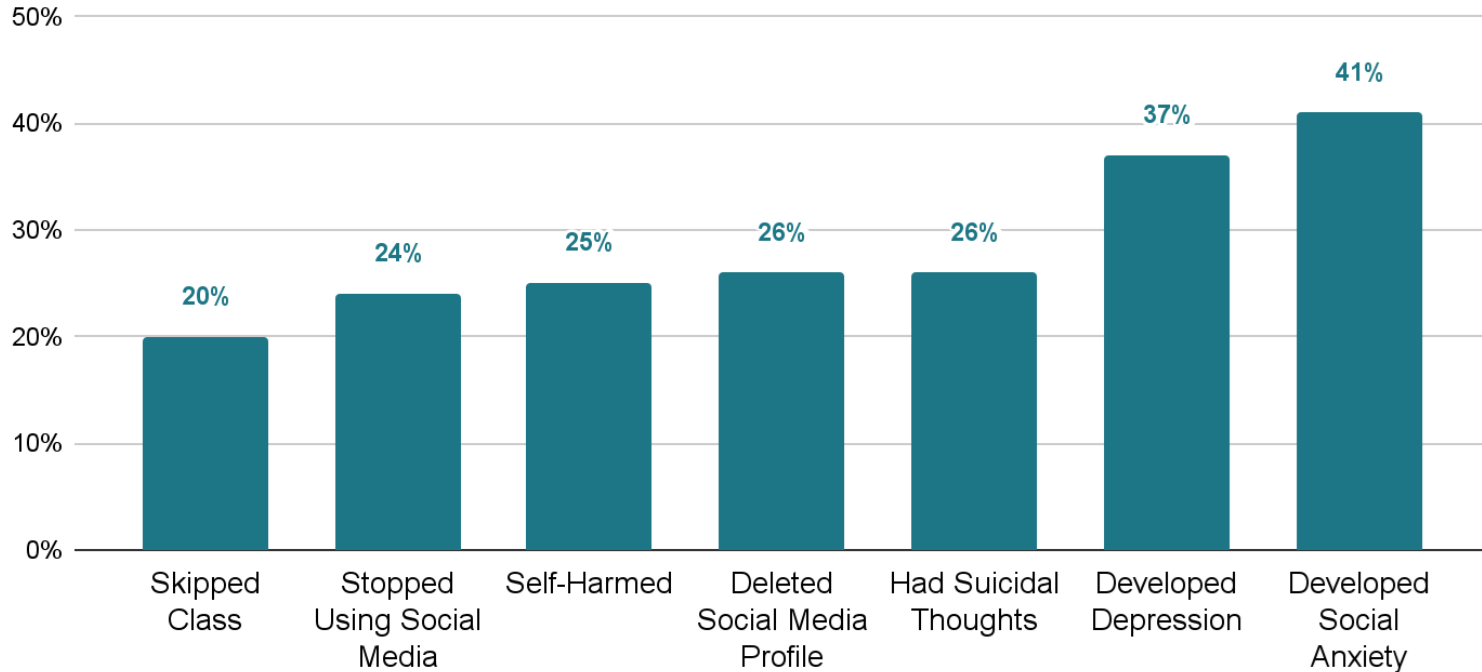
Impaired sleep<sup>[2]</sup>

Cyberbullying<sup>[2]</sup>



# Impacts of Cyberbullying

Source: Annual Bullying Survey (UK) of 10,020 individuals ages 12-20



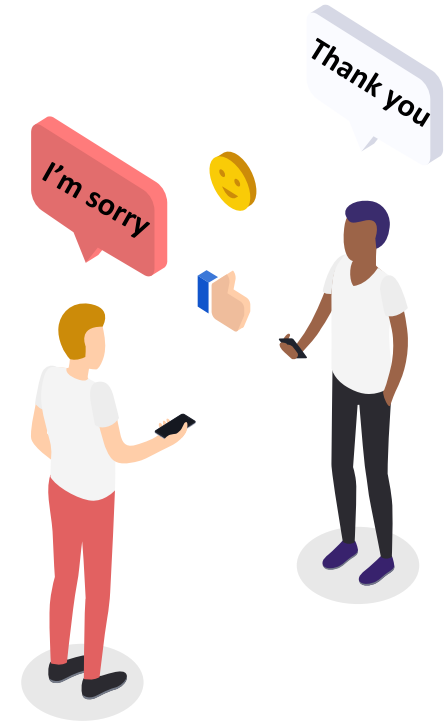


# Boundaries

- ❖ Our boundaries are connected to our needs, so using words that express these feelings and needs is key<sup>[16]</sup>
- ❖ Trying to understand children's needs shows empathy
  - e.g. coping mechanisms
- ❖ Honoring boundaries increases relationship quality<sup>[16]</sup>

# Boundaries

- ❖ Asking before acting (i.e. consent)
- ❖ Acknowledging other's boundaries, respecting requested boundaries, and apologizing when boundaries are not respected<sup>[17]</sup>
- ❖ Data shows that these traits reduce likelihood of that person committing violence<sup>[18]</sup>



# Modeling Consent

- ❖ Children's behavior with setting and honoring boundaries is based on what is modeled<sup>[19]</sup>
- ❖ How can we model healthy consent and boundaries for children? “No means no?”
  - Creating environments for children to learn what a healthy relationship looks like
  - Examples of children with anxiety



# Game Time!

If you want to participate:

- 1) Find a partner
- 2) Get a cup from presenters
- 3) Wait for further directions...



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# Program Implementation

Digital Safety Solutions

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Positive School Culture

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Healthy Relational Norms



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# Digital Safety Solutions

## Social Media

- ❖ Integrate social media use and education into classrooms<sup>[20]</sup>
- ❖ Implement digital citizenship curriculums (e.g. [Be Internet Awesome, Common Sense Education](#))

## Cyberbullying

- ❖ Anonymous tip lines for reporting bullying<sup>[21]</sup>
- ❖ Developing comprehensive school policy for cyberbullying
  - 6 key items: definitions, graduated consequences, and procedures for reporting, investigating, and handling off-campus incidents<sup>[22]</sup>



# Digital Safety Solutions

## Sexting & Sexual Harassment

- ❖ Embrace the awkward: talk openly<sup>[23]</sup>
  - Stigma is a significant reason sexual violence goes unreported
- ❖ Respond to disclosure with empathy and validation<sup>[14,24]</sup>
- ❖ Implement prevention programs<sup>[25]</sup>
- ❖ Empower youth to know warning signs and how to report<sup>[26]</sup>
- ❖ Note on reporting:<sup>[10]</sup>
  - If an adult or school employee is made aware of indecent photos of minors, contact school resource officer or other law enforcement
  - Never forward, copy, download, or delete possible evidence



# Digital Safety Solutions



## Abridged List of Resources

[Common Sense Media](#)

[Cyberbullying Research Center](#)

[Child Mind Institute](#)

[Cyber Civil Rights Initiative](#) (online removal guide)

[Our Whole Lives](#) (lifespan sexuality education)

[Be Internet Awesome](#) (digital citizenship curriculum)

[Stop SV: A Technical Package to Prevent Sexual Violence](#), CDC





# Positive School Culture

- ❖ Positive school environments and social-emotional support from trusted adults can mitigate effects of adverse childhood experiences<sup>[27]</sup>
- ❖ 4 common threads: strong relationships, academic expectations and supports, consistency in behavioral expectations, and feedback<sup>[28]</sup>
- ❖ Restorative justice framework in disciplinary action<sup>[29]</sup>
  - When students are disciplined for misbehavior, education on what to do differently in the future is key. They may know what not to do, yet do not know what to do.

# Positive School Culture

## A Very, Very Abridged List of Resources



[Whole School, Whole Community, Whole Child \(WSCC\)](#) Model (CDC)

[Sources of Strength](#) (peer leadership suicide prevention program)

[Revelations in Education](#), Dr. Lori Desautels, PhD, Butler University

[Trauma-Informed Schools](#), [National Education Association](#)

[Transforming School Culture](#), Dr. Anthony Muhammad



# Healthy Relational Norms

- ❖ Being who we are authentically and accepting others for their uniqueness<sup>[17]</sup>
- ❖ Showing curiosity, appreciation, and empathy for others<sup>[17]</sup>
- ❖ Honoring boundaries and bodily autonomy of ourselves and others<sup>[30]</sup>
- ❖ Apologizing not just when we make mistakes, but as a way to repair relationships<sup>[17]</sup>
- ❖ Modeling these behaviors and traits for students<sup>[30]</sup>



# Healthy Relational Norms

- ❖ “[Resilience factors] include positive family functioning (e.g. adequate supervision, consistent and fair discipline), positive peer social group and availability of **supportive adult**”<sup>[15]</sup>
- ❖ Therapeutic interventions, as opposed to social control strategies, are efficient and cost-effective
- ❖ Emotional and social support as a protective factor
  - This can come from peers *and* non-parental, trusted adults

# Discussion

**What are your experiences with digital safety, positive culture, and healthy relational norms in your schools and workplaces?**

**(e.g., prevalence, challenges, successes, policies, etc.)**



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# Before We Move On, Brain Break!



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# Forming Partnerships

Forming School & Community Partnerships

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Considerations



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# Forming Partnerships

## ❖ Identifying Schools and Organizations of Interest

- Where does it feel natural?<sup>[6]</sup>
- Who is doing work that compliments your organization?

## ❖ Have a Conversation

- Get involved and interact with important members of the community/organization/school
- Ask how partners can be supported? What are their needs?



# Forming Partnerships

## ❖ First Meetings

- “...the deconstruction of power and the democratization of knowledge” [7]

## ❖ Finding a Pipeline<sup>[7]</sup>

- Where is the social capital in the school or organization? How can we learn from them?
- “You can not lead the people if you do not love the people” - *Dr. Cornel West* [7]



# Considerations

## ❖ Relinquish Control<sup>[6]</sup>

- For the enhancement of the relationship and your own sanity

## ❖ Be Patient

- Given busy school schedules, plan for time gaps between contact

## ❖ Focus on Social Empowerment<sup>[6]</sup>

- How can we empower this school/organization/community to answer these questions and create change and sustainability?

# Considerations

“Students don’t care what you know until they know that you care.”

Dr. Melanie Park, PhD

2012 Indiana Teacher of the Year

“One of the greatest gifts we can give each other is the gift of safety.”

Troy Tiberi, LMHC

Tiberi Counseling & Consulting



# Discussion

**We want to hear about your experiences creating school and community partnerships. In small groups, share:**

- ❖ Tips for successful partnerships**
- ❖ Examples of roadblocks and how to overcome them**



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# We Appreciate You

Thank you for for the difference you are making in the lives of your students and your school communities

Thank you for your time, attention, and participation



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# Acknowledgements

- We greatly appreciate our community partners and stakeholders who make this project possible: **Covering Kids and Families of Indiana!**, Thrive Orange County, Hoosier Uplands, Orleans Elementary School, Love Never Fails United Christian Church, Youth First, Indiana Department of Education, and Indiana Department of Health
- This initiative is supported by and the Indiana Department of Health with funding from the Centers for Disease Control and Prevention through the Rape Prevention and Education (RPE) program



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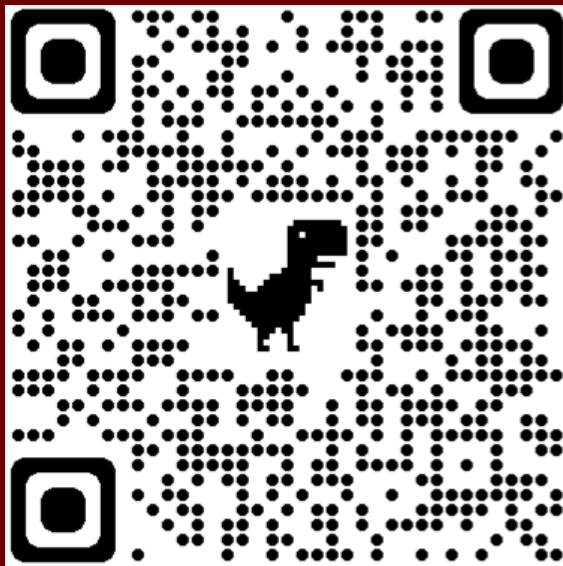


# Questions? Comments?

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## Scan this QR code for:

- ❖ Additional Contact Info
- ❖ Resources for Parents, School Personnel, and Community Leaders
- ❖ References

CKF QR code slide for session evaluation