

### Appendix M. Evidence-Based/Promising Programs

	<i>Evidence Base</i>	<i>Target Audience</i>	<i>Pros</i>	<i>Cons</i>
Programs for pre-K-12				
Second Step	Has been evaluated- shows reduction in aggressive behaviors, increased likelihood of choosing pro-social goals and social competence	Elementary/Middle School	<ul style="list-style-type: none"> <li>• Early intervention in conflict resolution</li> <li>• Reduction in aggressive behavior</li> <li>• Multi-grade format allows for age-appropriate progression</li> </ul>	<ul style="list-style-type: none"> <li>• Not specifically geared towards sexual violence</li> <li>• Expensive</li> </ul>
Safe Dates	Evaluation shows behavior change when implemented with fidelity	Middle School - Universal population	<ul style="list-style-type: none"> <li>• Pre-packaged curriculum</li> <li>• Already evaluated</li> <li>• Follows principles of effective prevention programming</li> <li>• Positive reviews from the field</li> </ul>	<ul style="list-style-type: none"> <li>• Expensive on a large scale</li> <li>• Very paper-heavy (uses many copying resources)</li> <li>• Multi-session often difficult to get into schools because of time constraints</li> <li>• Focus on dating violence (including sexual, physical and emotional)</li> </ul>
Expect Respect	Emerging Best Practice- Evaluation Ongoing	Middle/High School Teens	<ul style="list-style-type: none"> <li>• Comprehensive</li> <li>• Includes universal and selected population strategies</li> <li>• Includes youth leadership component</li> <li>• Follows principles of effective prevention programming</li> </ul>	<ul style="list-style-type: none"> <li>• Multi-session often difficult to get into schools because of time constraints</li> <li>• Focus on dating violence (including sexual, physical and emotional)</li> </ul>
Ending Violence Curriculum- Break the Cycle	Positive evaluation showing increased knowledge of dating violence 6 months after.	High School Students	<ul style="list-style-type: none"> <li>• Pre-Packaged Curriculum</li> <li>• Brief</li> <li>• Easily implemented by school teachers</li> <li>• Can be implemented into many school subjects</li> <li>• Could be “foot-in-the-door with schools</li> <li>• Could be part of a larger prevention effort</li> </ul>	<ul style="list-style-type: none"> <li>• Brief</li> <li>• Focus on dating violence (including sexual, physical and emotional)</li> <li>• Does not meet principles of effective prevention programming</li> <li>• Shows increased awareness, but no behavior change 6 months after implementation</li> </ul>
One By One: Teens Explore Date Rape	No evaluation available, positive anecdotal evidence	Middle/High School Students	<ul style="list-style-type: none"> <li>• Curriculum with video and 50 min activities</li> <li>• Easily implemented by</li> </ul>	<ul style="list-style-type: none"> <li>• No evaluation</li> <li>• Expensive</li> <li>• Could be considered</li> </ul>

### Appendix M. Evidence-Based/Promising Programs

	<i>Evidence Base</i>	<i>Target Audience</i>	<i>Pros</i>	<i>Cons</i>
	from prevention educators		prevention educators <ul style="list-style-type: none"> <li>• Positive response from students</li> <li>• Examines real-life situation portrayed in video (including acknowledging ambiguity)</li> </ul>	too graphic for some schools
Men of Strength (MOST) clubs	Emerging best practice- evaluation ongoing.	high-school men, Universal or selected, being adapted for use in college age men and military	<ul style="list-style-type: none"> <li>• Engages men</li> <li>• bystander intervention approach</li> <li>• follows principles of effective prevention programming</li> </ul>	<ul style="list-style-type: none"> <li>• challenges finding leaders</li> <li>• expensive to implement on a smaller scale</li> <li>• time challenges in schools</li> </ul>
Programs for Colleges and Universities				
Green Dot	Strong research rationale including bystander intervention, diffusion of innovation (DOI) and perpetrator data. Evaluation Ongoing.	College students, universal	<ul style="list-style-type: none"> <li>• Bystander intervention and DOI theory</li> <li>• Allows for multiple levels of engagement by participants</li> <li>• For core group, follows principles of effective prevention programming</li> <li>• Could be modified for other populations</li> <li>• Understandable framing</li> <li>• Flexible levels of participation (increases participation- some change is better than nothing)</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation not complete</li> </ul>
Men of Strength (MOST) clubs	Emerging best practice- evaluation ongoing.	high-school men, Universal or selected, being adapted for use in college age men and military	<ul style="list-style-type: none"> <li>• Engages men</li> <li>• bystander intervention approach</li> <li>• follows principles of effective prevention programming</li> </ul>	<ul style="list-style-type: none"> <li>• challenges finding leaders</li> <li>• expensive to implement on a smaller scale</li> <li>• time challenges in schools</li> </ul>
Mentors in Violence Prevention (MVP)	Positive evaluation- shows change in knowledge and behavior	College men, Universal	<ul style="list-style-type: none"> <li>• Engages men</li> <li>• bystander intervention approach</li> <li>• follows principles of effective prevention programming</li> </ul>	<ul style="list-style-type: none"> <li>• requires 2 trainers for each session (recruitment/retention)</li> </ul>

**Appendix M. Evidence-Based/Promising Programs**

	<i>Evidence Base</i>	<i>Target Audience</i>	<i>Pros</i>	<i>Cons</i>
Bringing in the Bystander	Emerging best practice- evaluation ongoing.	College students, Universal	<ul style="list-style-type: none"> <li>• bystander intervention approach</li> <li>• follows principles of effective prevention programming</li> </ul>	<ul style="list-style-type: none"> <li>• Evaluation ongoing</li> <li>• Media-heavy, could get expensive</li> </ul>
Date Safe Project	Emerging best-practices-evaluation on-going.	Middle school-K-12 Certification Training Collegiate-Adult	<ul style="list-style-type: none"> <li>• Open discussion, raises awareness, and confront the social climate of sexual violence and coercion. Interactive new curriculum-“Voices of Change”</li> </ul>	<ul style="list-style-type: none"> <li>• Needs more national exposure</li> </ul>