

When Someone Comes Forward...



it takes a lot of strength for someone to come forward when he or she has been a victim. when students come forward, there are resources that are available that they should be aware of. several times, during and after presentations, we have had students come forward and speak with us.

We offer:

- \* crisis counseling
- \* resources
- \* referrals
- \* safety planning

we are also available to return to the school or organization on a weekly or monthly basis to meet with a student or group of students who wish to have on-going services. this can include victims, perpetrators, interested students, or those deemed at-risk by counselors and teachers.

Sunshine Gorskey holds a Bachelor's degree in Human Services from Southwest Baptist University. She previously worked for Christos House as a Prevention Specialist and is once again on the Prevention Team. She believes that prevention education is the key to end domestic violence and believes it begins with our children and youth.

Amber Brignole received her Bachelor's degree in Psychology and Criminology from Drury University and is currently pursuing her Master's degree in Social Work at MSU. She started at Christos House as an intern in 2010 and then joined the Prevention Team. As a survivor of teen dating violence/domestic violence, she believes wholeheartedly in the prevention program and its need.

Our Prevention Specialists are certified Green Dot Bystander Intervention Strategy instructors for middle schools, high schools, colleges/universities, and communities. They have also attended many trainings regarding prevention and other topics.

For more information, contact our Prevention Specialists at 417.469.1190 or via email at christoshousesupport@hotmail.com.

# Prevention Program



the bottom line is

prevention.

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protecting our youth through education

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# VIOLENCE PREVENTION

## services for students...

our goal is to increase youth safety and knowledge regarding various dangers that can harm them in their everyday social settings. we hope to create a positive change for our future generations and put a stop to youth violence. we can change the world our youth live in by providing them with information and support in all aspects of their lives.

our program addresses the important issues our youth are dealing with such as bullying, cyber-bullying, harassment, sexting, and healthy & unhealthy relationships. we provide information on warning signs, where to get help, and how to help others. we do our best to make our presentations fun and interactive.

## services for the community...

to reach our youth, educating all community members is imperative. we tailor our presentations to provide information specific for workplaces, churches, and other organizations regarding youth violence, domestic violence, sexual violence, what parents can do, and how to help our youth. we also have simulations individuals can "walk through" to "experience" what it's like to be in a domestic violence relationship or teen dating violence relationship. as always, we are here as a resource.

## It's Happening...

1 in 3 high school students have been or will be involved in an abusive relationship, a figure that far exceeds rates of other types of youth violence.

1 in 2 teens in a serious relationship has compromised personal beliefs to please a partner.

Only 33% of teens who were in a violent relationship ever told anyone about the abuse while 81% of parents believe teen dating violence is not an issue or admit they don't know if it's an issue.

66% of students who witness bullying believe they should intervene...less than 25% actually do.

Over 50% of middle schoolers have been cyber-bullied while 60% never told their parents.

1 in 4 teens are bullied and as many as 160,000 students stay home on any given day because they fear being bullied.

Playground statistics: Every 7 minutes a child is bullied.

Adult intervention=4%. Peer intervention=11%.

No intervention=85%

## what students & teachers are saying...

"Thank you! You really changed my life. You guys are amazing!"

"I learned how to prevent bad things...learned ways to intervene..."

"I like how you share personal things. It makes things seem real."

"I enjoyed the way they interacted with the students--involved them with the presentation."

"I think that this presentation has really helped me and if anyone needs my help...I can help them more and walk them through it."

"It helped a lot and gave me confidence."

"I have been a part of an abusive relationship and never told anybody. I thought it was my fault. This really helps and I'm glad that I got out of that situation."

## Primary Prevention

primary prevention is activities and education that take place before the violence has occurred to prevent initial perpetration or victimization. the focus is on changing the behaviors of perpetrators and social attitudes that contribute to an environment in which violence can occur.

the center for disease control and prevention view prevention as a public health issue. it focuses on the health and well-being of the community rather than the individual.

we want to prevent the violence instead of dealing with the aftermath of violence. by bringing this program into your school or organization, you are saying you want to do the same. bottom line: do we want to help people beat the odds or do we want to change the odds?

## Bystander Intervention Approach

our program uses an evidence and research based bystander intervention approach that has been adapted from green dot, etc., inc. the bystander approach to ending violence is about enabling community members to prevent and intervene in violent situations--making whole communities a part of the solution. all of us have probably been bystanders to conversations or behaviors that can contribute to violence, and more than likely, we've all been unsure about how to speak up, or we've felt afraid or anxious to do so. learning to recognize these behaviors and to respond appropriately, however, can help to alleviate this anxiety and enable individuals to be an active bystander in a way that's right for him or her. by providing a knowledge base and skills training, students and adult community members can be empowered to be a part of the primary prevention movement to end violence against all.