Expect Respect

TARGET AUDIENCE
This program is for students who are in elementary, middle, or high school and have been exposed to violence (e.g., domestic violence, child maltreatment, bullying, sexual harassment, dating violence, sexual violence); parents; teachers; and the school community.

SUMMARY
Expect Respect®, a school- or community-based, teen-dating violence (TDV) prevention program, is designed to enhance healthy conflict resolution skills, build safe and positive relationships, and prevent dating and peer abuse and violence.

EVIDENCE
Results from a quasi-experimental study on the effects of Expect Respect Support Groups among youth ages 11 to 17 demonstrated dose-response relationships in which a greater number of sessions attended led to significant decreases for boys in psychological TDV perpetration and victimization, physical TDV victimization, sexual TDV perpetration and victimization, reactive aggression, and proactive aggression and significant decreases for girls in reactive and proactive aggression. Results from a single group, pretest/posttest study of support groups in middle and high school students indicated that healthy conflict resolution skills significantly improved in the entire sample, and, among those who experienced high levels of victimization or perpetration at baseline, there were significant decreases in victimization and perpetration at posttest. Results from the first year of a quasi-experimental study conducted in elementary schools demonstrated increases in sexual harassment knowledge, awareness of bullying, and willingness to intervene on behalf of another student being bullied in intervention schools compared to control schools.

COMPONENTS
Expect Respect intends to prevent dating and sexual violence by helping youth distinguish between healthy, respectful relationships and unhealthy, abusive relationships. The program consists of three main components:

- Expect Respect Support Groups - Provide counseling and curriculum-based support group sessions to youth. Group activities include educational videos, interactive games, role-play, and creative expression via art and poetry. Middle and high school lessons focus on developing communication skills, setting boundaries, and learning skills needed to create healthy relationships. Elementary lessons focus on enhancing emotion regulation, communication skills, safety, and peer support.
- SafeTeens youth leadership training - Educate and empower youth with knowledge and skills needed to become role models and to create and lead efforts in their schools and communities to prevent teen dating violence, sexual harassment, and bullying.
- School-Wide Prevention Strategies - Provide awareness education to teachers, parents, and students and create a positive, respectful school climate by setting policies and changing social norms about dating relationships.

The program may be implemented with flexibility and one, two, or all three of these components may be delivered.

PREVIOUS USE
Expect Respect was created by SafePlace: Domestic Violence and Sexual Assault Survival Center in Austin, Texas, and has been implemented in schools since 1988.
Expect Respect

TRAINING
This program is facilitated by advocates, school personnel, and other community partners. A 1-day, on-site training is available. Please contact Expect Respect using details in the Contact section for more information on training and costs.

CONSIDERATIONS
Considerations for implementing this program include recruiting facilitators and ensuring they receive training; obtaining buy-in and support from youth, parents, school staff, and community organizations; understanding that sensitive topics will be discussed; and considering holding support group sessions in a same-gender format with a same-gender facilitator.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

IMPLEMENTATION
If you are interested in implementing Expect Respect, the Clearinghouse is interested in helping you!
Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME
This program runs throughout the school year. There are 24-weekly, 55-minute support group sessions for middle and high school students, 10-weekly sessions for elementary school students, and eight youth leadership training sessions. In addition, various school-wide prevention strategies and awareness education opportunities are available for teachers, parents, and students.

COST
The Expect Respect Program Manual costs $160, and it includes four books, a CD, and program forms and handouts.

EVALUATION PLAN
To move the Expect Respect program to the Effective category on the Clearinghouse Continuum of Evidence, at least two evaluations in representative samples and with modest attrition rates and adequate outcome measures must be conducted that demonstrate sustained, positive outcomes. At least one of these evaluations should be conducted independently of program developers.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

CONTACT
Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Expect Respect by mail P.O. Box 19454, Austin, TX 78760, phone 1-512-267-SAFE (7233), email expectrespect@safaeustin.org, or visit www.expectrespectaustin.org/contact/ or contact Barri Rosenbluth by phone 1-512-356-1628 or email brosenbluth@safaeustin.org or contact Barbara Ball by phone 1-512-356-1623 or email bball@safaeustin.org

SOURCE
www.expectrespectaustin.org/