Safe Dates
Teaching Adolescents Healthy Relationships

What is Safe Dates?
Safe Dates is an evidence-based curriculum with strong, long-term outcomes focused on preventing unhealthy relationships in adolescents.

Safe Dates:
- Addresses perceived acceptance of unhealthy relationships.
- Promotes conflict management skills.
- Attempts to change gender norm stereotyping that has been found to correlate to partner abuse.
- Includes bystander intervention knowledge and techniques.

The Goal
YWCA Spokane’s Prevention Team will use the Safe Dates program to help:
- Raise student’s awareness of what constitutes healthy and unhealthy dating relationships and the possible causes and consequences.
- Equip students with the skills and resources to help themselves or a friend in unhealthy dating relationships.
Safe Dates does not talk about sex, it does not promote or push dating, and it encompasses a pertinent bystander component.

Curriculum

- Defining caring relationships
- Defining unhealthy relationships
- Why do people abuse?
- How to help friends
- Helping friends
- Overcoming gender stereotypes
- How we feel & how we deal
- Equal power through communication
- Preventing dating sexual abuse
- Reviewing the safe dates program

Contact

Safe Dates qualifies as a program to assist schools with meeting National Health Education Standards. For more information please contact YWCA Spokane’s Prevention Team at preventionteam@ywcaspokane.org or call 509-789-9297.