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# 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](mailto:preventionteam@ywcaspokane.org) or call 509-789-9297.

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