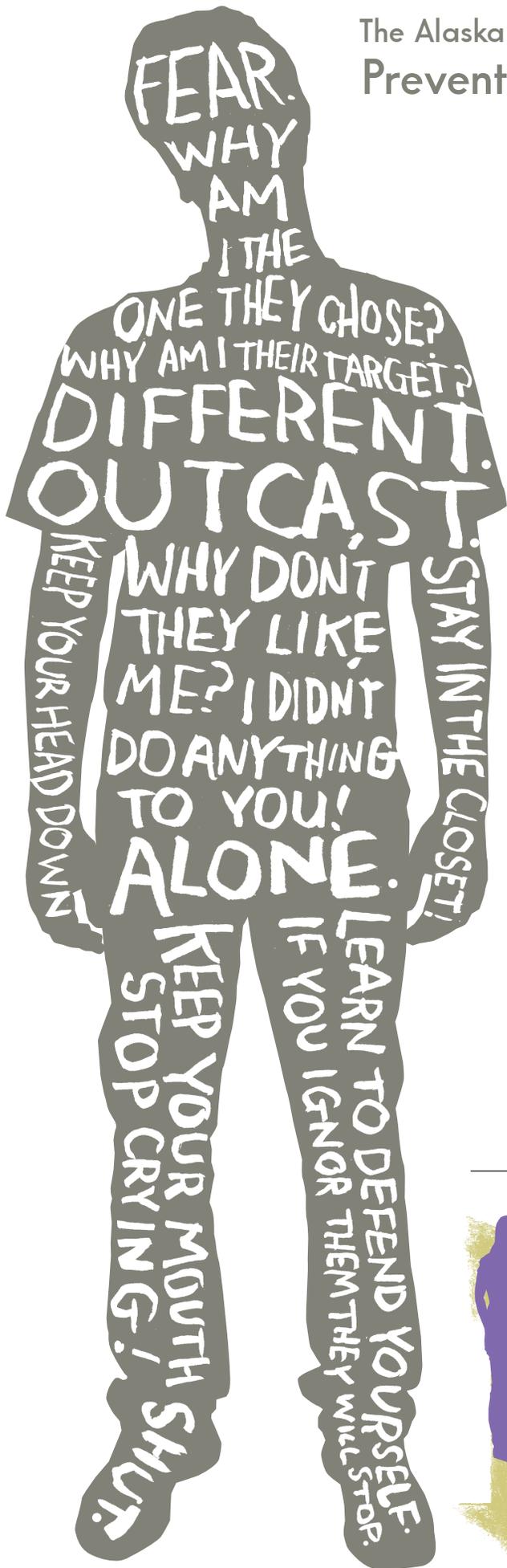


The Alaska Adolescent Health Program's Focus on Preventing Violence and Bullying



The percentage of Alaska students who didn't go to school because they felt unsafe has increased since 2011.

Bullying can be:

Physical

Hitting, pushing, spitting, stealing, or breaking others' belongings, making mean hand gestures

Verbal

Threatening, teasing name-calling, making sexual remarks

Social

Spreading rumors, encouraging others to reject or exclude someone embarrassing someone in public

Cyber

Bullying that uses technology such as social media, text messaging, or email to spread rumors, threats, embarrassing photos or videos.

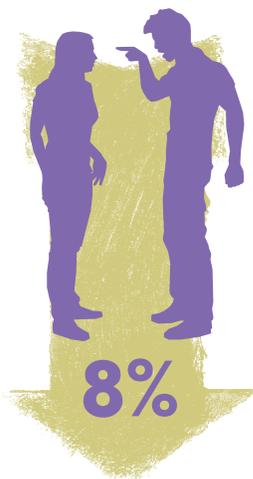
84%

About 84% of Alaska Schools had teachers that taught violence prevention (e.g. bullying, fighting, or dating violence prevention)

Statewide on average students rated their school's safety a 3.9 out of 5



3.9



The Goals

Reduce the percentage of adolescents who were ever hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months from 9.1% (2010) to 8% by 2020 (YRBS).

Reduce the rate of rape throughout Alaska from 75 per 100,000 (2010) to 67.5 per 100,000 by 2020 (YRBS).



Promising Strategies

Lead On is a statewide youth conference that includes local and national presentations on: healthy relationships, non-violence, leadership, positive choices and guidance on community action.

LEAD ON!

Bringing in the Bystander provides participants with skills to help them act when they see behavior that puts others at risk for violence, victimization, or perpetration. These skills include speaking out against rape myths and sexist language, supporting victims, and intervening in potentially violent situations.



Stand Up Speak Up helps to connect youth to each other that are interested in respectful relationships, being a leader in their school and in their communities, and ending violence.



The Fourth R is an evidence-based curriculum taught in schools and communities focused on promoting healthy adolescent relationships and reducing risk behaviors. The Fourth R is supported by a consortium of researchers, schools, teachers, parents, community organizations and the Department of Education and Early Development.



talk now
talk often AK
TALKING WITH TEENS



Materials for Parents and Clinicians

- **Talk Now Talk Often AK** is a statewide effort developed by parents and caregivers like you to help increase conversations with teens around healthy relationships.
- **Teen Safety Cards** The Getting Together safety card and its poster, with card pockets, are for teens of any gender. Created in partnership with Alaska teens, these materials provide information about healthy and unhealthy relationships, how to help others, and how to get help.

Resources

- [Lead On!](#)
- [University of Alaska Anchorage Bringing in the Bystander](#)
- [Stand Up Speak Up](#)
- [Fourth R/Healthy Relationships Plus](#)
- [Stop Bullying](#)
- [CDC Injury Prevention & Control](#)
- [Alaska Family Violence Prevention Project](#)
- [DVSA Screening Training for Health Professionals and Community Toolkit](#)
- [Violence Prevention Online Training for Health Professionals](#)
- [Alaska Native Tribal Health Consortium Iknowmine.org Website](#)
- [Alaska Council on Domestic Violence and Sexual Assault Resources](#)
- [Safe Children's Act](#)