



Department of the Air Force Domestic Abuse Prevention Campaign Plan



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U.S. AIR FORCE



UNITED STATES
SPACE FORCE

Contents

Purpose of This Guide.....	3
Why Do We Focus on Prevention?.....	6
Risk and Protective Factors.....	8
Helping Resources.....	11
Q1: FAMILY CONNECTEDNESS.....	14
Q2: UNIT CONNECTEDNESS.....	19
Q3: PEER-TO-PEER CONNECTEDNESS.....	24
Q4: COMMUNITY CONNECTEDNESS.....	29



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Department of the Air Force Domestic Abuse Prevention Campaign Plan

PURPOSE OF THIS GUIDE

To tackle domestic violence within the enterprise, the Department of the Air Force in partnership with the Department of Defense (DoD), will organize activities and deploy communications that promote domestic abuse awareness and prevention efforts throughout the year. By focusing on prevention efforts, the DAF seeks to mitigate root causes that may lead to intimate partner and interpersonal violence.

This plan provides domestic abuse prevention objectives, strategies, and top-level messaging to support command teams, Public Affairs offices, and prevention personnel. Activities proposed in this plan will align with the Deputy's Workforce Council (DWC) Approved Action #5: ***Each Military Service Headquarters Public Affairs Offices will develop a Service-wide domestic abuse awareness communication plan with performance metrics, informed by the DoD Domestic Abuse Awareness communication plan.***

The DoD Domestic Abuse Prevention theme for 2023 is **United Against Domestic Abuse**. Taking into consideration the 2023 theme, this plan encourages the military community to speak up and share information about preventing domestic abuse and supporting those who have experienced it.

Mission

Deliver consistent and sustained messaging from DAF leaders, prevention personnel, and DAF stakeholders that service members and their families are worthy of a home free from violence, and it is possible to eradicate domestic violence by joining forces enterprise-wide. Educate community members on healthy and unhealthy behaviors in relationships, and how to recognize the early signs of an unhealthy relationship - before things escalate. Encourage help-seeking for survivors and highlight available resources to the Total Force. Educate leaders and service providers about the signs of domestic abuse and how to guide survivors to the right resources.

Vision

Decrease incidents of domestic abuse through proactive engagements with the Total Force and their families, promote healthy relationship behaviors and encourage help-seeking behaviors. *All Airmen and Guardians are familiar with the help resources and may seek help at the first sign of strain or conflict, which may be exacerbated by financial issues.*

DAF's vision will be fulfilled by providing the foundational education and resources that increase awareness of the problem, inform the target audience on how to prevent violence, and promote connectedness among among Airmen, Guardians, DoD Civilians, and family members.

Target Audiences/Stakeholders

Meeting the needs of survivors and those at risk of domestic abuse requires a multifaceted and multi-channel outreach series of recurring efforts as detailed in this plan. Communications must engage survivors and potential bystanders directly, as well as those who may influence or hold sway over resources and services addressing domestic abuse. For example:

- Airmen/Guardians/DAF Civilians
- Commanders/Command Chiefs/First Sergeants
- Supervisors
- Survivors and those at risk of domestic abuse
- Military service providers/prevention personnel/collaborators (on/off installation)
- Spouse mentors/Key Spouses
- Families/friends
- Health care/mental health providers
- Legal advisors
- Law enforcement professionals
- Chaplains and other religious leaders



Engagement Strategy

The Office of the Secretary of Defense is the Office of Primary Responsibility for the DoD that oversees this effort, supports plan development, establishes DoD-wide evaluation criteria/metrics, and collects data from the Services. HAF/A1Z will outline and coordinate official guidance on domestic abuse awareness mandates, policy and directives. Content can be modified, as needed, to align messaging and efforts with the DoD Domestic Abuse Outreach and Engagement Plan.

NOTE: Users may need to disconnect from VPN to access links included in this guide.

AFPC/DPFZ will develop and distribute domestic abuse awareness resources for leaders and service providers, will document progress, and evaluate efforts, as needed.

SAF/PA will support the DAF Domestic Abuse Awareness Campaign by highlighting key messages, services, resources, and programs in their Public Affairs Guidance (PAG) and increase the dissemination of information across the DAF.

Family Advocacy Program (FAP) brochures that include available resources and guidance for military domestic abuse survivors will be provided to local shelters and helping agencies in communities surrounding installations. FAP will partner with local shelters when feasible, which may provide additional services (e.g., JB San Antonio's Family Violence Prevention Services has a grant that provides legal services to military families below a certain income level).

For DAF Civilians who need immediate assistance for safe shelter, the Employee Assistance Program (EAP) helps them find local shelters and other community resources in an emergency situation. Information about EAP assistance for domestic abuse survivors will be provided through newsletters and emails. Additional information on community resources is also available on the EAP member web portal (<https://www.afpc.af.mil/Airman-and-Family/Personal-and-Work-Life/>).

Strong partnerships already exist with several community shelters and with state coalitions, such as the Utah Domestic Violence Coalition. FAP will continue outreach efforts to establish additional partnerships and strengthen existing relationships with local community resources.

Leaders and service providers will implement domestic abuse awareness efforts in accordance with this strategic campaign plan. They will utilize resources and programs tailored to target audiences and include coordination with local public affairs offices to maximize effectiveness of efforts.

**UNITED
AGAINST
DOMESTIC ABUSE**

WHY FOCUS ON DOMESTIC ABUSE PREVENTION?

According to the Centers for Disease Control and Prevention (CDC), domestic abuse, also referred to as intimate partner violence, is a significant public health problem in the United States that can have far reaching consequences impacting health, opportunity, and overall well-being.

The CDC estimates that 1 in 4 women and nearly 1 in 10 men have experienced contact sexual violence, physical violence, and/or stalking by an intimate partner during their lifetime.¹

The National Intimate Partner and Sexual Violence Survey (NISVS), developed by CDC's Injury Center, was initiated in 2010 to collect accurate and reliable incidence and prevalence estimates for intimate partner violence, sexual violence, dating violence, and stalking victimization.

Key findings include:



About **1 in 5** women and about **1 in 7** men reported experiencing **severe physical violence** by an intimate partner in their lifetime.



About **1 in 3** women and about **1 in 6** men have experienced **stalking victimization** during their lifetime in which they felt very fearful or believed that they or someone close to them would be harmed or killed.

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/stalking/fastfact.html>



Much of stalking victimization was **facilitated by technology** (i.e., unwanted phone calls and text messages)

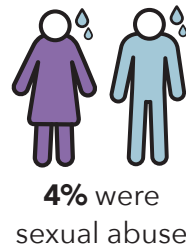
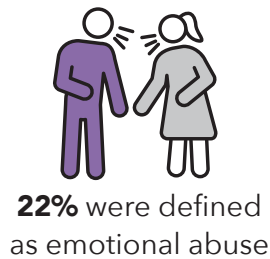
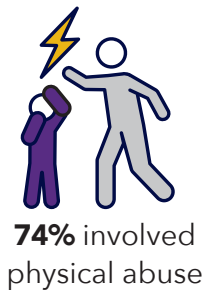
¹ Breiding MJ, Basile KC, Smith SG, Black MC, & Mahendra RR. (2015). Intimate partner violence surveillance: uniform definitions and recommended data elements, Version 2.0. Atlanta (GA): National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.

Domestic abuse is also a problem in military communities, including the DAF. During a five-year study (2015-2019, the most current information available), the Defense Department recorded **more than 42,000 incidents** of domestic abuse in its population:



The Army and Marine Corps saw declines in the number of reported incidents from 2015 to 2019, while reports remained steady in the Navy during the same time frame. The Air Force saw an increase in 2019, with the number of reports that year exceeding any of the preceding four.

Of the more than 42,000 incidents of domestic abuse involving service members, spouses, or partners:



Less than 1% was neglect, according to the report

<https://www.gao.gov/assets/gao-21-289.pdf>

Forms of Prevention

Primary Prevention

Any action, strategy or policy that works to stop domestic violence from occurring in the first place.

Primary prevention seeks to reduce the overall likelihood that anyone will become a victim or perpetrator of domestic violence by creating conditions that make violence less likely to occur.

Secondary Prevention

Secondary prevention is intervening and responding to violence that has already occurred in order to stop violence from happening again.

Secondary prevention activities can include shelter, counseling, safety planning, and protective orders.

Tertiary Prevention

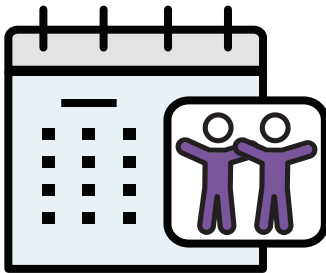
Tertiary prevention focuses on ongoing support to victims and ongoing accountability for abusers.

Tertiary prevention activities address the long-term consequences of domestic violence. They can include support groups and other resources for survivors to help them heal so that they do not experience abuse again. They can also include batterers intervention programs for abusers to prevent them from continuing to perpetrate violence in the future.

Focusing on Primary Prevention

Why focus on preventing these forms of violence before they occur? Evidence suggests that domestic abuse, dating violence, sexual violence, stalking, and coercion are frequently experienced at an early age, with a majority reporting victimization before age 18. The consequences of domestic abuse impacts survivors in far-reaching ways across their lifespan. The promise of prevention not only keeps people who are vulnerable to victimization safe from physical violence and emotional abuse but can improve the quality of life for individuals overall in terms of health and well-being, access to education, and resources across their lifespan.

Impact of domestic abuse on children:



15.5 million children in the United States live in families in which partner violence occurred **at least once in the past year**, and seven million children live in families in which severe partner violence occurred.

https://www.futureswithoutviolence.org/userfiles/file/Children_and_Families/Children.pdf

Interpersonal Violence in the LGBTQIA+ Community

For the LGBTQIA+ community, there is an additional form of violence known as identity abuse. Identity abuse takes place when a perpetrator threatens to out a survivor to family and/or an employer or restricts their access to supportive LGBTQIA+ communities. Identity abuse emphasizes LGBTQIA+ survivors' marginalized position and denigrates an aspect of their identity that is already threatened by internalized, interpersonal, cultural, and structural heterosexism and gender oppression.

(Woulfe, J., & Goodman, L. (2019). Weaponized oppression: Identity abuse and mental health in the lesbian, gay, bisexual, transgender, and queer community. Psychology of Violence. 10.1037/vio0000251)

<https://affirmativecouch.com/intimate-partner-violence-in-the-lgbtqia-community/>



RISK AND PROTECTIVE FACTORS

Domestic abuse is preventable. A number of factors may increase or decrease the risk of perpetration. We must address the factors that put people at risk for or protect them from violence. Promoting healthy, respectful, and nonviolent relationships can help reduce the occurrence of domestic abuse. It also can prevent the harmful and long-lasting effects of Interpersonal Violence (IPV) on individuals, families, and communities.

Risk Factors



Individual

- Low self-esteem
- Low education or income
- Young age
- Aggressive or delinquent behavior as a youth
- Heavy alcohol and drug use
- Depression and suicide attempts
- Anger and hostility
- Lack of nonviolent social problem-solving skills
- Antisocial personality traits and conduct problems
- Poor behavioral control and impulsiveness
- Traits associated with borderline personality disorder
- History of being physically abusive
- Having few friends and being isolated from other people
- Economic stress (e.g., unemployment)
- Emotional dependence and insecurity
- Belief in strict gender roles (e.g., male dominance and aggression in relationships)
- Desire for power and control in relationships
- Hostility towards women
- Attitudes accepting or justifying violence and aggression
- History of physical or emotional abuse in childhood



Relationship

- Relationship conflicts including jealousy, possessiveness, tension, divorce, or separations
- Dominance and control of the relationship by one partner over the other
- Families experiencing economic stress
- Unhealthy family relationships and interactions
- Association with antisocial and aggressive peers
- Parents with less than a high-school education
- Witnessing violence between parents as a child
- History of experiencing poor parenting as a child
- History of experiencing physical discipline as a child



Community

- Communities with high rates of poverty and limited educational and economic opportunities
- Communities with high unemployment rates
- Communities with high rates of violence and crime
- Communities where neighbors don't know or look out for each other and there is low community involvement among residents
- Communities with easy access to drugs and alcohol
- Weak community sanctions against IPV (for example, unwillingness of neighbors to intervene in situations where they witness violence)



Societal Factors

- Traditional gender norms and gender inequality (for example, the idea women should stay at home, not enter the workforce, and be submissive; men should support the family and make the decisions)
- Cultural norms that support aggression toward others
- Societal income inequality
- Weak health, educational, economic, and social policies or laws

Protective Factors



Relationship

- Strong social support networks and stable, positive relationships with other people



Community

- Neighborhood collective efficacy, meaning residents feel connected to each other and are involved in the community
- Coordination of resources and services among community agencies
- Communities with access to safe, stable housing
- Communities with access to medical care and mental health services
- Communities with access to economic and financial help

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/riskprotectivefactors.html>

Preventing Intimate Partner Violence (IPV) Across the Lifespan

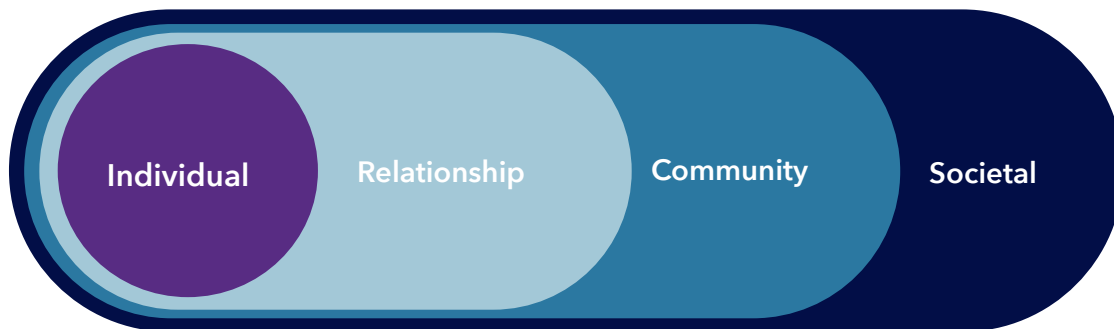
The CDC created a Technical Assistance Package of Programs, Policies, and Practices to help communities take advantage of the best available evidence to prevent intimate partner violence. This resource can be used as a tool in efforts to impact individual behaviors, as well as family, community, and society factors that influence risk and protective factors for intimate partner violence. Domestic abuse shares many of the same risk and protective factors as other forms of violence. In fact, addressing and preventing one form of violence may have considerable impact on preventing other forms of violence.

<https://www.cdc.gov/violenceprevention/pdf/ipv-technicalpackages.pdf>

Preventing IPV	
Strategy	Approach
Teach safe and healthy relationship skills	<ul style="list-style-type: none">• Social-emotional learning programs for youth• Healthy relationship programs for couples
Engage influential adults and peers	<ul style="list-style-type: none">• Men and boys as allies in prevention• Bystander empowerment and education• Family-based programs
Disrupt the developmental pathways toward partner violence	<ul style="list-style-type: none">• Early childhood home visitation• Preschool enrichment with family engagement• Parenting skill and family relationship programs• Treatment for at-risk children, youth and families
Create protective environments	<ul style="list-style-type: none">• Improve school climate and safety• Improve organizational policies and workplace climate• Modify the physical and social environments of neighborhoods
Strengthen economic supports for families	<ul style="list-style-type: none">• Strengthen household financial security• Strengthen work-family supports
Support survivors to increase safety and lessen harms	<ul style="list-style-type: none">• Survivor-centered services• Housing programs• First responder and civil legal protections• Patient-centered approaches• Treatment and support for survivors of IPV, including Teen Dating Violence (TDV)

The Social-Ecological Approach to the Prevention of Domestic Abuse

The Social-Ecological Model is a public health framework that recognizes the interrelation between people and their environments. The four levels of the model - individual, relationship, community, and society - are connected and reinforce each other, while representing separate, but complementary avenues through which to prevent domestic abuse.² (CDC, n.d.b.)



Historically, efforts for prevention have gravitated toward individual and relationship level activities. Identifying strategies and engaging at community and societal levels of change is critically important and often more complex. This plan guides us to think about strategies that promote unit connectedness, family connectedness, community connectedness, and peer-to peer connectedness, all of which aligns with the Social-Ecology framework.

The Social-Ecological model is one way to think strategically about what will stop or promote a behavior (i.e., conflict resolution skills). The model recognizes that desired and undesired behaviors do not occur in a vacuum. Often behaviors may reflect social norms that are explicitly or implicitly reinforced by friends, families, and communities.

<https://www.cdc.gov/violenceprevention/about/social-ecologicalmodel.html>

Strategies implemented at every level are meant to reinforce each other. The Social-Ecological Model for prevention activities also guides us to implement strategies across multiple levels of the model at the same time in order to be most effective.

Why People Stay

According to the National Domestic Violence Hotline, abusive relationships are extremely complex situations and it takes a lot of courage to leave. Abuse is about power and control. When a survivor leaves their abusive relationship, they threaten the power and control their partner has established over the survivor's agency, which may cause the partner to retaliate in harmful ways. As a result, leaving is often the most dangerous period of time for survivors of abuse.

<https://www.thehotline.org/support-others/why-people-stay-in-an-abusive-relationship/>

²Dahlberg LL, Krug EG. Violence: a global public health problem. In: Krug E, Dahlberg LL, Mercy JA, Zwi AB, Lozano R, eds. World Report on Violence and Health. Geneva, Switzerland: World Health Organization; 2002:1-21.

Helping Resources

Military OneSource

For non-crisis concerns, such as relationship, family, or financial challenges, Military OneSource provides 24/7 service to all Service members, including National Guard and Reserve members and eligible family members. Arrange a face-to-face, phone, online, or video counseling session via the contacts below.

Phone: 800-342-9647 Chat: livechat.
militaryonesourceconnect.org/chat
www.militaryonesource.mil

911

In an emergency, dial 911 or your local emergency number immediately. An emergency is any situation that requires immediate assistance from the police, fire department, or an ambulance.

www.911.gov

National Domestic Violence Hotline

Help, support, and resources are available 24/7, including information about local resources available across the United States, safety planning, how to help and support others, and information and resources for stakeholders and providers.

Phone: 1-800-799-7233/1-800-787-3224 (TTY)
Text and chat available
<https://thehotline.org>

The National Network to End Domestic Violence (NNEDV)

NNEDV is a national organization dedicated to creating a social, political, and economic environment in which domestic abuse no longer exists. NNEDV provides training and assistance across the United States and territories with the goals of making domestic violence a national priority; changing the way communities respond to domestic violence; and strengthening efforts against intimate partner violence at every level of government.

www.nnedv.org

“Tech Safety” and Technology

Technology can improve communication and help access resources, but it can also be a way for the person choosing to use violence and coercion to monitor and stalk their partner and monitor their communications with others. This website, www.techsafety.org, sponsored by the National Network to End Domestic Violence, is a good resource for survivors, their allies, and their loved ones to learn about technology and abuse and how to use technology safely.

WomensLaw.org

WomensLaw.org provides information that is relevant to people of all genders, not just women. Their email hotline provides legal information to anyone who reaches out with legal questions or concerns regarding domestic violence, sexual violence, or any other topic covered on WomensLaw.org.

<https://www.womenslaw.org/>

Veto Violence

A resource for violence prevention practitioners with tools for training and primary prevention resources that are evidence-based. Resources include violence prevention programs and practice, such as how to address risks shared by different forms of violence and how to effectively build partnerships to promote community-wide best practice. Each tool and training will equip you with a unique set of skills that can bolster your work to stop violence before it starts.

<https://vetoviolence.cdc.gov/apps/connecting-the-dots/content/home>

The National Coalition Against Domestic Violence

A national organization committed to ending domestic violence and supporting survivors. Resources include national campaign materials, statistics, education materials around the signs of abuse and dynamics of abuse, financial empowerment education resources and safety planning.
<https://ncadv.org/>

2023 Domestic Violence Awareness Month Messaging and Resources Guide

<https://www.militaryonesource.mil/products/2023-domestic-violence-awareness-month-messaging-and-resources-guide-1324/>

United Against Domestic Abuse

Visit this site to view “Domestic Abuse Awareness - Know the Signs Fact Sheet”, a downloadable fact sheet that creates domestic abuse awareness in the military community by helping them recognize the signs of abuse. The site also mentions the Family Advocacy Program and how they can help.

<https://www.militaryonesource.mil/products/domestic-abuse-awareness-know-the-signs-fact-sheet-1053/>

Prevent IPV- Tools for Social Change

This searchable collection of resources generated in the field includes training tools, campaigns, promising programs, evidence, policies, and other materials that can be adapted in your community to advance the prevention of intimate partner violence.

<https://preventipv.org/>



Q1: FAMILY CONNECTEDNESS

Connectedness is a key protective factor that assists with combating the everyday risk factors people encounter throughout their lives. Successful violence prevention efforts are linked to fostering connectedness – the vital relationships and interpersonal connections that individuals forge with family, friends, colleagues, and their community.

Military Leaders Domestic Abuse Prevention and Response Toolkit

This toolkit helps protect military families from domestic abuse and connects them to resources and help. Domestic abuse is devastating to service members and their families, presenting significant challenges and weakened mission readiness. We all need to recognize – and take seriously – any signs or reports of an unsafe relationship, whether a couple is dating or married. <https://www.militaryonesource.mil/leaders-service-providers/child-abuse-and-domestic-abuse/military-leader-domestic-abuse-toolkit/>

Family Advocacy Program Resources

The Family Advocacy Program (FAP) shares resources to develop a culture of trust and stay informed and up-to-date on the issues and resources available. FAP offers several core programs, including the Family Advocacy Strengths-based Therapy (FAST) Services, which provides early intervention that is key before unhealthy behaviors lead to forms of abuse. <https://www.militaryonesource.mil/leaders-service-providers/child-abuse-and-domestic-abuse/military-leader-domestic-abuse-toolkit/#family-advocacy-program>
[https://www.myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits/Family-Advocacy-Programs-\(FAP\)?serv=26](https://www.myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits/Family-Advocacy-Programs-(FAP)?serv=26)

Building Healthy Relationships

Relationships take effort and attention, especially in military relationships when frequent moves, long separations, and additional stress are parts of the equation. But it's worth the effort. A loving, resilient marriage is a source of personal happiness and family joy, and a solid relationship also lets service members focus on their mission and daily duty requirements. <https://www.militaryonesource.mil/family-relationships/>
<https://www.militaryonesource.mil/family-relationships/relationships/military-relationships-support/>

Preventing Adverse Childhood Experiences (ACE)

Adverse Childhood Experiences are highly stressful events in which a child is harmed directly, or lives in an adverse environment. They include physical, sexual, or emotional abuse, neglect, and living in a household with parental mental health problems, domestic violence, or substance misuse. Creating and sustaining safe, stable, nurturing relationships and environments for all children and families can prevent and help all children reach their full health and life potential. <https://www.cdc.gov/violenceprevention/aces/prevention.html>

How to be an Ally to a Loved One Experiencing Domestic Violence: A Guide for Family and Friends

This resource, from the Safe & Together Institute, a global leader in domestic violence informed training and systems change, is for friends and family who know a loved one experiencing domestic violence and coercive control and would like to know how best to support them. It is also for friends and family who have concerns about a loved one, but aren't sure whether abuse is happening. Family and friends have a unique opportunity to provide support as survivors often choose to seek their help and support before calling the police or seeking help.

https://f.hubspotusercontent00.net/hubfs/5507857/Ally%20Guide/A4_AllyDoc_web82520.pdf

Comprehensive Airman Fitness (CAF)

The Comprehensive Airman Fitness (CAF) mission is to build and sustain a thriving and resilient DAF Community that fosters mental, physical, social, and spiritual fitness. Social fitness is about having a sense of connectedness, communication, and teamwork, which all lead to having a sense of purpose and meaning in one's life. It's essential to an individual's resiliency.

<https://www.resilience.af.mil>

Five & Thrive

A resource written for military families, by military families to help teach military spouses how to build a network that will strengthen them with a foundation of support.

<https://www.fiveandthrive.org/>

Stalking Awareness Month

January is Stalking Awareness Month. The Stalking Prevention, Awareness, & Resource Center (SPARC) is a federally funded project providing education and resources about the crime of stalking. SPARC aims to enhance the response to stalking by educating the professionals tasked with keeping stalking victims safe and holding offenders accountable. SPARC ensures that allied professionals have the specialized knowledge to identify and respond to the crime of stalking.

<https://www.stalkingawareness.org/about-sparc/>

One Love Foundation

One Love Foundation is a national nonprofit organization with the goal of ending relationship abuse. They empower young people with the tools and resources they need to see the signs of healthy and unhealthy relationships and bring life-saving prevention education to their communities.

<https://www.joinonelove.org/>

Teen Dating Violence Awareness and Prevention Month

February is Teen Dating Violence Awareness and Prevention Month. Take the time to talk to young people in your life about healthy relationships. Talking with teens about issues like violence, sex, and intimacy can be uncomfortable for some adults; however, we can prepare and empower young people to make their own healthy decisions through supportive conversations about healthy relationships, resulting in more positive outcomes as they mature into adults.

Encourage adults in your community who interact with teens in their work or personal lives (e.g., Parents, FAP Providers, Youth Center staff) to stand against TDV by engaging in conversations.

Futures Without Violence has resources to help start the conversation.

<https://www.futureswithoutviolence.org/talk-teens-teen-dating-violence/>



Q1 Virtual Messaging Calendar Template – Family Connectedness

First week of January

Relationships take effort and attention, and that's especially true of military relationships when frequent moves, long separations, and additional stress are parts of the equation.

Check out Love Every Day, a fun and interactive way that helps you develop and practice good relationship communication in only a few minutes each day.

#DVAM **#UnitedAgainstDA**



<https://www.militaryonesource.mil/interactive-tools-services/resilience-tools/relationship-tool-helps-you-love-every-day/>

Second week of January

Prevention starts at home. Creating an open dialogue about healthy relationships with your spouse and with your children can create a first big step towards changing a culture that is all too accepting of domestic abuse.

#DVAM **#UnitedAgainstDA**

<https://www.loveisrespect.org/supporting-others-dating-abuse/supporting-a-family-member/>

Third week of January

Talking about your boundaries with your partner is a great way to make sure that each person's needs are being met and you feel safe in your relationship.

Learn more about setting boundaries at the link below.

#DVAM **#UnitedAgainstDA**

<https://www.loveisrespect.org/everyone-deserves-a-healthy-relationship/how-to-set-boundaries/>

Fourth week of January

Focusing on family strengths helps children, youth, and families build resilience.

This month consider what helps keep your family strong and thriving and share some of your practices in the chat.

#DVAM **#UnitedAgainstDA**



First week of February

February is Teen Dating Violence Awareness and Prevention Month, and *That's Not Cool* is challenging you to spread the word. Share this #TeenDVMonth image with your friends: make it your profile pic or banner photo and get the conversation going.



#DVAM #UnitedAgainstDA

Second week of February

Let's face it: Military life – and life in general – can be challenging. That's why support from our fellow Service members, family, friends, peers, and community, especially during the toughest times, is so important.

How do you help support family and friends?

#DVAM #UnitedAgainstDA

<https://www.loveisrespect.org/supporting-others-dating-abuse/supporting-a-family-member/>

Third week of February

Meaningful connections between Airmen, Guardians, and civilian personnel can prevent someone who is at risk for perpetrating abusive and controlling behaviors.

How can you help? Check out Domestic Abuse Awareness Factsheet - Know the Signs (militaryonesource.mil) Does anything on this list surprise you? Share in the comments below.

#DVAM #UnitedAgainstDA



<https://download.militaryonesource.mil/12038/MOS/FAP/Domestic-Abuse-Awareness-Know-the-Signs-fact-sheet.pdf>

Fourth week of February

There are two ways to report domestic abuse: 1) Private and confidential reporting (also known as restricted reporting) preserves the privacy of victims and limits who is involved with certain limitations; and 2) Unrestricted reporting allows victims to ensure command and law enforcement are informed and involved.

#DVAM #UnitedAgainstDA

<https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/domestic-abuse-military-reporting-options/>

First week of March

Build a network that will strengthen you and your family. Check out the resources in the link below that are designed to help military spouses Thrive! What helped you make connections in the community in which you live?

#DVAM #UnitedAgainstDA



https://www.af.mil/Portals/1/documents/2023SAF/Thrive_Guide.pdf

Second week of March

Our children learn from watching us. What skills can you teach your children about healthy and safe relationships?

#DVAM #UnitedAgainstDA



<https://www.joinonlove.org/learn/how-parents-can-introduce-children-to-one-love-at-home/>

Third week of March

When we're stressed, it may feel like nothing helps. Having effective coping, problem-solving, and communications skills can make a big difference. Check out the 8 positive coping skills at the link and drop in the comments the one that resonates most with you.

#DVAM #UnitedAgainstDA

8 Positive Coping Strategies to Combat Tough Situations

When we are stressed, it may feel like nothing helps. Having effective coping, problem-solving, and communications skills can make a big difference.

- 1 Seek support** from a health care provider, counselor or chaplain.
- 2 Stay connected.** Support from friends and family can improve well-being when facing stress.
- 3 Practice relaxation methods.** Muscle relaxation, breathing exercises, meditation, stretching, yoga, prayer, listening to quiet music, or time in nature.
- 4 Get good sleep.** Poor or insufficient sleep has a significant negative impact on your health.
- 5 Exercise regularly.** Cardio and strength training can reduce stress levels and keep you mission ready.
- 6 Get involved** in passions, hobbies, or activities that you enjoy—for example art can be a positive, creative way to express feelings.
- 7 Avoid drinking** too much or mixing alcohol and medications. It may seem like an easy way to decrease stress, but can create additional problems and actually increase stress.
- 8 Take a break** from the news or social media if those activities cause you stress.

Learn how to #DAFBeThere for yourself and others at www.dspo.mil.

https://www.dspo.mil/Portals/113/Images/Coping%20Strategies_5x7.png

Fourth week of March

Is someone you know showing signs of distress? Coworkers, family, and friends are in the best position to recognize behavioral changes like reduced capacity for enjoyment, helplessness, and withdrawal. Learn how to discuss these changes and provide care and support.

#DVAM #UnitedAgainstDA

<https://www.resilience.af.mil>

Q2: UNIT CONNECTEDNESS

The Air and Space Forces aims to increase unit cohesion and connectedness by creating bonds as an organization, which creates an environment where teamwork can thrive. This increases commitment to our mission and, ultimately, to each other.

DAF is dedicated to building and sustaining thriving and resilient communities with an emphasis on and the ultimate goal being all military and civilian personnel become more mentally, physically, socially, and spiritually fit. We will revitalize squadrons by giving command teams the time, tools, and resources to foster a culture that builds resilient team members and focuses on unit wellness.

Military Leaders Domestic Abuse Prevention and Response Toolkit

Domestic abuse is devastating to service members and their families, presenting significant challenges and weakened mission readiness. We all need to recognize - and take seriously - any signs or reports of an unsafe relationship, whether a couple is dating or married.

<https://www.militaryonesource.mil/leaders-service-providers/child-abuse-and-domestic-abuse/military-leader-domestic-abuse-toolkit/>

Resilience is Foundational to Readiness

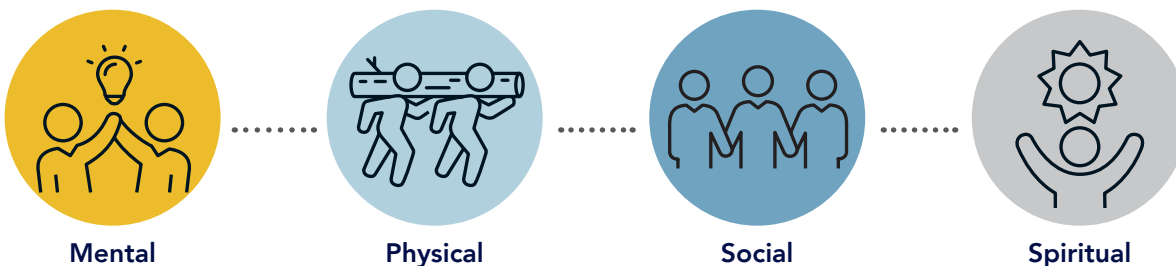
Every single life has value - it is why it is important to take care of the person beyond the uniform. Personal well-being enhances resilience and builds ready Airmen and Guardians. Creating a rooted sense of trust, belonging, and connection amongst all Airmen and Guardians helps to foster healthy relationships that recharge spiritual, social, mental, physical, and financial fitness. This starts with self-awareness, empathy, and a fundamental appreciation for one another. This cannot be accomplished solely through training or education; it must be something Airmen and Guardians embody through actions - by how they live. The combination of individual skills, command guidance, mentorship, and peer support provides connection and allows Airmen and Guardians to withstand and move through stress. Personal growth creates resilience and reveals the uniqueness of each Airman and Guardian. Find out more in the Enlisted Force Development Action Plan.

<https://www.af.mil/Portals/1/images/news-2022/EFD-Action-Plan.pdf>

CAF Domains - Social Resilience

The Comprehensive Airman Fitness (CAF) mission is to build and sustain a thriving and resilient DAF Community that fosters mental, physical, social, and spiritual fitness. Social Resilience means developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views, and experiences.

<https://www.resilience.af.mil>



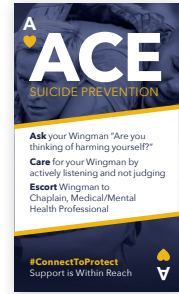
Airmen's Time

Airmen's Time aims to strengthen meaningful connections between Airmen, reinforce the Squadron as the beating heart of the Air Force, and break down barriers and stigmas to care across our Air Force family in order to optimize performance. To continue building trust and confidence in leadership, Airmen's Time encourages leaders at all levels to connect with every officer, enlisted, and civilian Airman, be themselves, share what makes them who they are, and encourage their teammates to do the same.

Ask, Care, Escort (ACE)

The ACE model can be applied to prevent interpersonal and self-directed violence and support unit wellness. It consists of three steps: 1) Ask your Wingman directly about what's going on, 2) Care for your Wingman by calmly listening and expressing concern, and 3) Escort your Wingman to an appropriate source of support. Downloadable cards are a helpful way to familiarize and remind team members of the ACE model.

<https://www.resilience.af.mil>





Q2 Virtual Messaging Calendar Template – Unit Connectedness

First week of April

April is National Child Abuse Prevention Month

Did you know 15.5 million children in the U.S. live in families in which partner violence occurred at least once in the past year, and seven million children live in families in which severe domestic abuse occurred?

Do you know the signs of child abuse? Click the link below to learn more

#DVAM **#UnitedAgainstDA**

<https://ncjtc-static.fvtc.edu/resources/RS01108371.pdf>

Second week of April

You don't have to be experiencing a crisis before you ask questions or meet with an advocate in your local FAP office — they can support you regardless of what state your relationship is in.

Contact your nearest FAP office.

#DVAM **#UnitedAgainstDA**

Third week of April

Social Resilience means developing and maintaining trusted, valued friendships that are personally fulfilling and foster good communication, including exchange of ideas, views, and experiences. Having solid relationships is a protective factor against domestic abuse and suicide.

Do you have people to turn to in case you need help?

#DVAM **#UnitedAgainstDA**



Fourth week of April

SMALL STEPS SAVE LIVES.

If someone demonstrates signs of distress, consider their access to lethal means including firearms, medications, or other means of fatal methods. Remember: "go SLO" – use safes, locks, or store means outside the home. Wingmen and Guardians take care of each other.

**GO
SLO**

If someone demonstrates signs of distress, consider their access to LETHAL means including firearms, medications or other means of fatal methods. Airmen should remember to "go SLO" - use **Safes, Locks, or store means Outside** the home.

SMALL STEPS SAVE LIVES.

www.resilience.af.mil

#DVAM **#UnitedAgainstDA**

First week of May

Daily connections can make a big impact when someone is feeling lonely - especially if they're new to the unit or community. No special training is needed to show genuine concern. Reach out to someone new this week and start to build connection.

#DVAM **#UnitedAgainstDA**



Second week of May

Prevention starts with those closest to us. Creating an open dialogue about healthy relationships can be a first big step towards changing a culture that is all too accepting of domestic abuse.

#DVAM **#UnitedAgainstDA**

Third week of May

Break the silence around domestic violence.
If not now, when? If not you, who?
Learn how to support a friend or other peer.

#DVAM **#UnitedAgainstDA**



<https://www.thehotline.org/support-others/ways-to-support-a-domestic-violence-survivor/>

Fourth week of May

Focusing on family strengths helps children, youth, and families build resilience.
This month consider what helps keep your family strong and thriving and share some of your practices in the chat and share them with a friend.

#DVAM **#UnitedAgainstDA**

<https://www.resilience.af.mil>

First week of June

One of the best ways to support a friend is to just listen without judgement or to pretend you know what's best for them.

For more information on how to be a good listener you can check out the resource linked below then give it a try.

#DVAM **#UnitedAgainstDA**



<https://www.mindtools.com/media/Images/Infographics/listening-skills-infographic.pdf>

Second week of June

What's one thing that you can do, as a friend and colleague, to show that domestic abuse has no place in your community?

Share your ideas in the comments.

#DVAM **#UnitedAgainstDA**

Third week of June

The Thrive guide is a resource written for military families by military families to support military spouses and help them build a strong foundational network.

Share this resource on your social media to help other military spouses.

#DVAM **#UnitedAgainstDA**



<https://www.resilience.af.mil>

Fourth week of June

Mental fitness matters. As part of the Comprehensive Airman Fitness, mental fitness includes approaching life's challenges in a positive way by demonstrating self-control, good character, and actions such as offering help and seeking it when needed.

How do you strengthen your mental fitness?

#DVAM **#UnitedAgainstDA**

Q3: PEER-TO-PEER CONNECTEDNESS

Being able to connect with someone and know that they will listen (non-judgmentally) and provide support is crucial for mental wellness. Social support bolsters resilience in the face of stress. The Centers for Disease Control and Prevention (CDC) report that substantial evidence supports the view that a sense of connectedness is a protective factor for people at risk of perpetration and critical to people who have been victimized by a partner seeking support.

Domestic abuse prevention starts before someone is in crisis. Advocating and demonstrating connectedness and self-care can enhance engagement and protect against all forms of violence. Peers often have a better understanding of the demands of a role and how it contributes to DAF's overall mission. Thus, these actions can be particularly helpful in peer-to-peer relationships.

Coping Skills

Stressful events, demanding life situations, physical, emotional, and relationship problems, and other factors can build to a crisis of behaviors, which may lead directly to violence against oneself or others. Developing effective problem-solving skills and coping strategies can help.

Problem-solving and coping skills can be honed independently or with professional help. By using these strategies, all members of the DAF community can be better prepared to meet life challenges, improve life quality, and reduce the risk of violence. Problem-solving and coping strategies include:

- Anger management
- Conflict resolution
- Stress and anxiety management
- Financial planning
- Career guidance
- Assertiveness Relationship Building
- Relaxation
- Self-care
- Communication
- Mindfulness (e.g., being present or living in the moment)

Step UP!

Step UP! is a prosocial behavior and bystander intervention program that educates participants to be proactive in helping others. From higher education to corporate America, it is considered to be the most versatile and comprehensive bystander intervention program available and can be adapted to address a variety of issues to aid people in helping their peers.

<https://stepupprogram.org/>

Love Is Respect

Love is Respect, a project of the National Domestic Violence Hotline, offers comprehensive resources to engage, educate, and empower young people to prevent and end abusive relationships.

www.loveisrespect.org

WomensLaw.org

WomensLaw.org provides information relevant to people of all genders, not just women. Their email hotline provides legal information to anyone who reaches out with legal questions or concerns regarding domestic violence, sexual violence, or any other topic covered on WomensLaw.org.

<https://www.womenslaw.org/>

Peer Stories

Mental health technicians suggest that peer stories are one major way to combat the stigma associated with seeking help. Peer stories can reduce feelings of isolation, create a shared understanding of common personal challenges, and motivate those who need help to come forward. When appropriate, identify, document, and share local success stories to positively influence unit connectedness and encourage help seeking.

National Institute of Mental Health

Stressful life events (such as the loss of a loved one, legal troubles, or financial difficulties) and interpersonal stressors (such as shame, harassment, bullying, discrimination, or relationship troubles) may contribute to intimate partner or self-directed violence risk. Family and friends are often the first to recognize the warning signs of violence, and they can take the first step toward helping a loved one find mental health treatment.

<https://www.nimh.nih.gov/health/topics/>

5

Action Steps for Helping Someone in Emotional Pain

ASK
"Are you thinking about killing yourself?"

KEEP THEM SAFE
Reduce access to lethal items or places.

BE THERE
Listen carefully and acknowledge their feelings.

HELP THEM CONNECT
Save the National Domestic Violence hotline number
1-800-799-7233.

STAY CONNECTED
Follow up and stay in touch after a crisis.

www.nimh.nih.gov/suicideprevention

One Love Foundation

One Love Foundation is a national nonprofit organization with the goal of ending relationship abuse. They empower young people with the tools and resources they need to see the signs of healthy and unhealthy relationships and bring life-saving prevention education to their communities.

Do you know the 10 signs of a healthy and unhealthy relationship?



10 Signs of an UnHealthy Relationship

- Intensity
- Possessiveness
- Deflecting responsibility
- Manipulation
- Isolation
- Sabotage
- Belittling
- Guilting
- Volatility
- Betrayal



10 Signs of a Healthy Relationship

- Trust
- Honesty
- Independence
- Respect
- Equality
- Kindness
- Healthy conflict
- Comfortable pace
- Taking responsibility
- Fun

www.joinonelove.org



Q3 Virtual Messaging Calendar Template – Peer-to-Peer Connectedness

First week of July

Daily connections can make a big impact on someone's feeling of loneliness, especially if they're new to the unit or community. No special training is needed to show genuine concern.

#DVAM **#UnitedAgainstDA**

Second week of July

Everyone has a role to play in helping the families in our DAF communities be resilient and access the support they need.

What can you do to help your friends and their families?

#DVAM **#UnitedAgainstDA**



<https://www.militaryonesource.mil/family-relationships/family-life/preventing-abuse-neglect/family-advocacy-program-the-essentials/>

Third week of July

Prevention starts with each one of us. Together we can make it easier for families to access support services and learn how to identify and build on family strengths.

#DVAM **#UnitedAgainstDA**

[https://www.myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits/Family-Advocacy-Programs-\(FAP\)?serv=22](https://www.myairforcebenefits.us.af.mil/Benefit-Library/Federal-Benefits/Family-Advocacy-Programs-(FAP)?serv=22)

Fourth week of July

Step UP! To help your peers. Step UP! is a prosocial behavior and bystander intervention program that educates participants to be proactive in helping others.

#DVAM **#UnitedAgainstDA**



<https://stepupprogram.org/>

First week of August

Children are about to go back to school and it's important to talk to them about healthy relationship behaviors, especially teenagers, and teach them how to talk with their peers.

Just because behavior isn't physically violent or sexually abusive doesn't mean it's not a form of domestic abuse. Know the behaviors, patterns, and warning signs and teach them to your kids.



#DVAM **#UnitedAgainstDA**

<https://www.ywcadayton.org/announcing-shift/>

Second week of August

Looking for one thing you can do to prevent domestic abuse?

Whether you are a parent or a family member, a teacher, a family friend, a coach or a counselor, you can be a caring and consistent adult in the life of a child. Having just one adult in their lives that a child can count on can promote hope, healing, and resilience.

Be that adult!

#DVAM **#UnitedAgainstDA**

Third week of August

Need some guidance to grow and achieve your goals? DAF civilian personnel can access the Employee Assistance Program (EAP) at no charge! Check it out and see how they can help.

#DVAM **#UnitedAgainstDA**

<https://magellanascend.com/?ccid=hpZiwITni%2FVKNrZqvUQNB%2F48XDQDTkmUQP2%2BS%2FPOIMM%3D>

Fourth week of August

Address That Stress! You take care of others. Be sure to take care of yourself, too. Military OneSource can help – it's free and confidential for service members and military families to help with a broad range of concerns including money management, relationships, stress, and grief.



#DVAM **#UnitedAgainstDA**

<https://www.militaryonesource.mil/>

First week of September

Stressful events, demanding life situations, physical, emotional, and relationship problems, and other factors can build to a crisis of behaviors which may lead directly to violence against oneself or others. Developing effective problem-solving skills and coping strategies can help.

What are the coping skills you use to help you navigate difficult situations?

#DVAM **#UnitedAgainstDA**



Second week of September

The American Foundation for Suicide Prevention has community programs to save lives and bring hope to those affected by suicide. Discover what options are available and how you can get involved.

#DVAM **#UnitedAgainstDA**

<https://afsp.org/>

Third week of September

The U.S. Department of Veterans Affairs provides resources to help you navigate all kinds of life events and challenges. Make the Connection!

#DVAM **#UnitedAgainstDA**

<https://www.maketheconnection.net/conditions/suicide>

Fourth week of September

Are you feeling stressed or overwhelmed? Take a confidential, anonymous risk assessment to see if stress and depression might be affecting you.

#DVAM **#UnitedAgainstDA**

<https://www.vetselfcheck.org/welcome.cfm>



Q4: COMMUNITY CONNECTEDNESS

Connectedness means that people feel a sense of belonging. They feel seen and heard and know that others will be there for them. Active listening enables us to learn more about one another, recognize changes in behavior, and work as a team to build up and support one another. When we feel connected to others, we have people we can reach out to and recognize when they are in distress and turn to when we are in distress.

United Against Domestic Abuse

Visit this site to view “Domestic Abuse Awareness - Know the Signs Fact Sheet”, a downloadable fact sheet that creates domestic abuse awareness in the military community, helping them to recognize the signs of abuse. It also shares that the Family Advocacy Program is there to help.

<https://www.militaryonesource.mil/family-relationships/relationships/domestic-abuse-help/>

Moving Forward Video (3:23 minutes)

People with risk factors may be more likely to experience violence. Meanwhile, protective factors can help buffer people from violence. This video will humanize both types of factors by using actors on a stage to show how people can move up or get held back in life, depending on positive or negative impacts. It will ultimately show how increasing what protects people from violence and reducing what puts them at risk benefits everyone.

<https://www.youtube.com/watch?v=FJDwe2RkOqo>

Faith Communities' Role in Domestic Violence Prevention

Faith leaders have a unique opportunity to promote safe and healthy communities through their role in establishing the moral and ethical compass for their members. They can contribute to important conversations about parenthood, marriage, and relationships.

<https://theactionalliance.org/communities/faith-communities>

Men and Boys as Allies in Prevention

These approaches target men and boys and encourage them to be part of efforts to prevent IPV, including TDV. These approaches not only encourage men and boys to support actual and potential victims by intervening and speaking out, but also teach skills and promote social norms that reduce their own risk for future perpetration. These approaches often target men in peer groups, such as athletic teams and fraternities.

<https://www.futureswithoutviolence.org/engaging-men/engaging-men-youth-program/#:~:text=Men%20and%20boys%20play%20a,which%20support%20violence%20against%20women>

Bystander Empowerment and Education

These types of approaches attempt to promote social norms that are protective against violence and empower and encourage people to intervene to prevent violence when they see it. Participants in bystander empowerment and education programs learn specific strategies on how to intervene in situations that involve IPV. Types of bystanders targeted for intervention include informal helpers (e.g., friends and roommates), popular opinion leaders (e.g., student government) or larger social groups (e.g., men on college campuses). Survivors face many barriers when they are making up their minds to leave an abusive relationship and they may require help from bystanders (e.g., loved ones and friends). For example, survivors may fear their abuser's career being damaged; fear of not being believed; fear of financial dependence, and more.

<https://www.cdc.gov/violenceprevention/pdf/ipv-technicalpackages.pdf>

<https://www.stopabuse.umich.edu/about/barriers.html>



Q4 Virtual Messaging Calendar Template – Community Connectedness

First week of October

During a five-year study (2015-2019), the Defense Department recorded **more than 42,000 incidents of domestic abuse** in its population. Almost 11,000 were reported by members of the DAF community. Find out what you can do to help end domestic abuse.

October: United Against Domestic Abuse: Break the Silence

#DVAM #UnitedAgainstDA



<https://www.militaryonesource.mil/family-relationships/relationships/domestic-abuse-help/>

Second week of October

About **1 in 5 women (22%)** and about **1 in 7 men (14%)** have reported experiencing severe physical violence by an intimate partner in their lifetime.

It's likely you know someone who has been or is currently experiencing abuse. Maybe that someone is a family member or a dear friend. Maybe that someone is you. If you or someone you know is experiencing abuse in your relationship, you don't have to face it alone.



#DVAM #UnitedAgainstDA

<https://www.militaryonesource.mil/leaders-service-providers/child-abuse-and-domestic-abuse/victim-advocate-locator>

Third week of October

Are you questioning your partner's behavior, wondering if there might be abusive or controlling behavior there? Or maybe you are just looking to learn how to maintain a healthy and safe relationship.

You are not alone. There are resources available to you.

#DVAM #UnitedAgainstDA

<https://www.thehotline.org/>

Fourth week of October

Faith communities can be a critical source of support during challenging times, increasing hope, supporting emotional well-being, and fostering positive social connections.



#DVAM #UnitedAgainstDA

First week of November

Asking for help is sometimes the bravest thing we can do. Do you know what resources are available in your community?

National Domestic Violence Hotline at 800-799-7233 or visit thehotline.org or find your local Family Advocacy Program (FAP).

#DVAM **#UnitedAgainstDA**



<https://www.militaryonesource.mil/leaders-service-providers/child-abuse-and-domestic-abuse/victim-advocate-locator>

Second week of November

Promoting healthy communities is a key to fostering safe family environments. Want to know more about how to focus on positive behaviors and make healthy choices for your family?

#DVAM **#UnitedAgainstDA**

<https://www.resilience.af.mil>

Third week of November

Domestic abuse is devastating to service members and their families, presenting significant challenges and weakened mission readiness. We all need to recognize – and take seriously – any signs or reports of an unsafe relationship, whether a couple is dating or married.

#DVAM **#UnitedAgainstDA**



<https://www.militaryonesource.mil/leaders-service-providers/child-abuse-and-domestic-abuse/military-leader-domestic-abuse-toolkit/>

Fourth week of November

Faith leaders have a unique opportunity to promote safe and healthy communities through their role in establishing the moral and ethical compass for their members. They can contribute to important conversations about parenthood, marriage, and relationships. Reach out to your unit's chaplain or your local faith community for support.

#DVAM **#UnitedAgainstDA**

www.pcadv.org

First week of December

DAF has a common goal to empower leaders and their personnel to increase morale, cohesion, and readiness by recognizing when someone needs help.

#DVAM **#UnitedAgainstDA**



<https://www.resilience.af.mil>

Second week of December

Self-care is essential to leading effectively and creating a culture in which military and civilian members and families thrive. When we don't take care of ourselves, we place ourselves in jeopardy, and we don't care well for those around us.

How do you practice self-care?

#DVAM **#UnitedAgainstDA**

<https://www.resilience.af.mil>

Third week of December

The holidays can be hard for military families especially when loved ones are deployed and extended family is across the country or the globe! Reach out if things get hard and learn how to recognize and intervene if a loved one is struggling. You are not alone.



#DVAM **#UnitedAgainstDA**

<https://www.resilience.af.mil/Portals/71/Documents/Spouses%20and%20Family/Thriving%20Spouses.pdf>

Fourth week of December

Domestic abuse is preventable. You are not alone.

Share **#UnitedAgainstDA** on your social media to remind friends and family that they are not alone.

#DVAM **#UnitedAgainstDA**

INTEGRATED ACTIVITY/EVENT PLANNING CHECKLIST

This document contains hyperlinked web addresses throughout. When using a government laptop, right click on the link, copy link address and paste it in a browser to visit each site.

PRIMARY FOCUS AREA: Teen Dating Violence Sexual Violence Bullying Domestic Abuse
 Child Abuse/Maltreatment Self-Harm/Suicide Other _____

COLLABORATIVE CAT/CAB PARTNERS:

Name	Office	Tel Number	Name	Office	Tel Number
Meredith Jones	EEO	565-1537			

CURRENT CAT/CAB PRIORITY? Yes No If yes, included in CAP? Yes No If yes, **GTO Tool?** Yes No

ASSOCIATED RISK/PROTECTIVE FACTORS: _____

POINTS OF INTERSECTION/INTEGRATION:

Per CDC's **Connect the Dots Tool**, other forms of violence impacted by addressing these risk/protective factors:

- Teen Dating Violence Sexual Violence Bullying Domestic Abuse
 Child Abuse/Maltreatment Self-Harm/Suicide Other _____

Identify where you would like to focus efforts within the **socio-ecological model**:

- Individual Relationship Community Society

Identify areas of **Comprehensive Airman Fitness** that could also be considered/addressed in planning:

- Mental Physical Social Spiritual

Do you have local data (quantitative/qualitative) to understand and express the context of this issue at your location?

(Y/N) ____ If so, list data sources: _____

POSSIBLE ACTIVITY(IES) LIST:

Activity Name	Brief Description	Target Audience	Date/time	Location	Est. Cost	Funding Source
Lunch and Learn	Lunchtime discussion on sexual abuse awareness and prevention	Adult installation members	24 Jan 22 730 pm	Family	\$1,234	FAP

EVALUATION:

Desired Short-Term Outcome(s): _____

Desired Long-Term Outcomes(s): _____

Potential Methods to Assess Outcome(s): _____

PLANNING FOR AFTER ACTION:

How will you show that goals were met? _____

Feedback from activity participants was _____

Would you recommend this activity to others? If so, submit via email to AFPC.DPFZ.Workflow@us.af.mil.





INTEGRATED RESILIENCE

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