



www.powerupspeakout.org

Power Up, Speak Out! is a program
of Domestic and Sexual Violence Services in Red Lodge
www.dsvsmontana.org

About Power Up, Speak Out!

Power Up, Speak Out!, based out of Red Lodge, provides lessons and training to middle school educators to teach healthy relationship skills and prevent bullying, harassment, and violence.

Power Up, Speak Out! was created in partnership with the [Robert Wood Johnson Foundation](#), the [O.P. & W.E. Edwards Foundation](#), the [Dennis and Phyllis Washington Foundation](#), and various other donors in 2010. Our program was created as a collaborative effort by violence prevention educators, former school teachers, and victim advocates specifically for use in Montana schools. Our program is centered on a series of five lessons and core concepts include healthy relationships, power, boundaries, and consent. We teach that in a healthy relationship: **I get to be myself; I treat others well; I can say no; and I have fun.**

The program was launched in 2012 in eighteen school settings throughout Montana. Since 2012, over 330 teachers throughout the state of Montana have been trained to facilitate our lessons in their classrooms and over 12,000 students have been reached.

School teachers love Power Up, Speak Out!, and they've been very effective at spreading our program by word of mouth. In 2013 and 2015, Travis was invited to present on healthy relationships at the State Superintendent's Student Advisory Board. In December 2015, the Montana Office of Public Instruction's Comprehensive System of Personnel Development Region 1 coordinator heard about Power Up, Speak Out! at a regional school counselors meeting and invited us to provide a training in Glendive and Wolf Point in January 2016.

We measure success in multiple ways. After receiving our program, there have been instances where students recognize they've experienced sexual assault at the hands of an adult. Because of Power Up, Speak Out! the students had the language to describe what happened to them to a teacher or a school counselor. These disclosures led to the students receiving the help they needed from the school and law enforcement. On a more personal note, we have also had former students who recognize unhealthy relationships seek out our advice for how to deal with potentially abusive situations in their own lives.

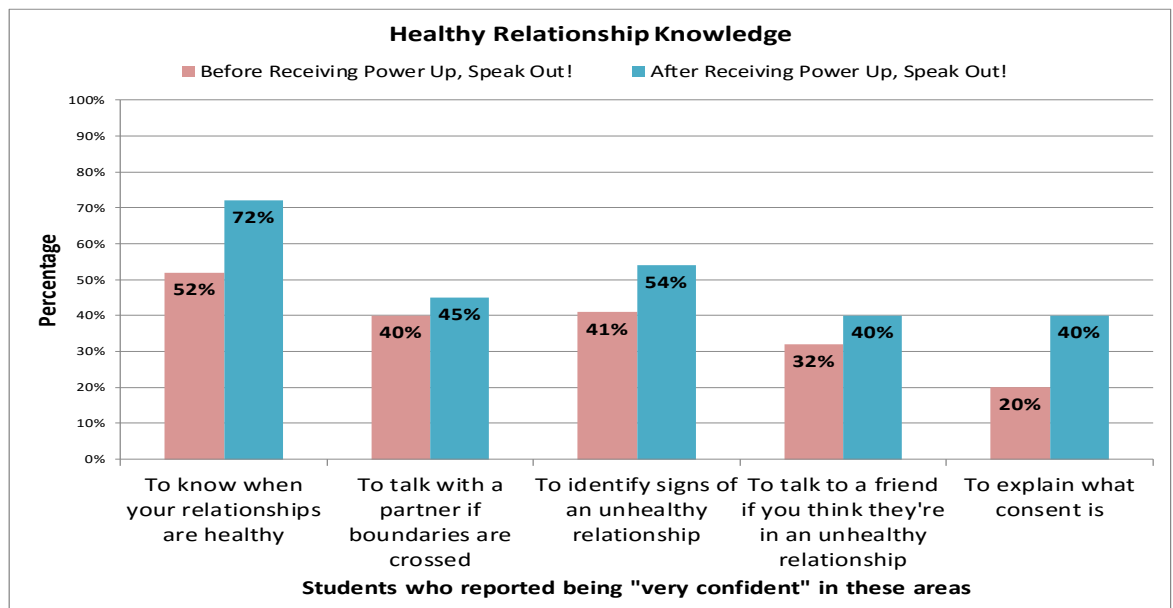
We believe everyone deserves healthy relationships. By teaching youth healthy relationship skills, we strive to create safer schools, homes, and communities throughout Montana.

2014-2015 Evaluation

In 2014-2015, we conducted a survey of 475 students from eleven public schools and one private school throughout Montana. While we need to do more evaluation, the initial results were encouraging. All following data was taken from the 2014-2015 evaluation survey.

"Thanks so much for bringing your very important message into the classroom! The students seemed to be very engaged and willing to explore the tough questions"

— Libby Johnson, Special Education teacher, Red Lodge High School



2014-2015 Evaluation Continued

We learned a lot from the written comments of both students and teachers. However, we feel that comments from middle school students are the most powerful testimony to what our program can do.

What does it mean to have a healthy peer relationship?

"It means not having one-sided power and don't harass each other and be nice."

- 7th grade student from Lewistown

"Everyone can have fun together, no one is being put down or feels self-conscious."

- 9th grade student from Hamilton

Teachers surveyed unanimously agreed that they were likely to continue facilitating Power Up, Speak Out! in their classrooms.

Teacher feedback included:

"I love the curriculum! So do the students. They want to play those games again."

"We absolutely plan on continuing with this program."

What knowledge and skills did you learn?

"I learned that boundaries cannot be crossed and if they are it could lead to an unhealthy relationship."

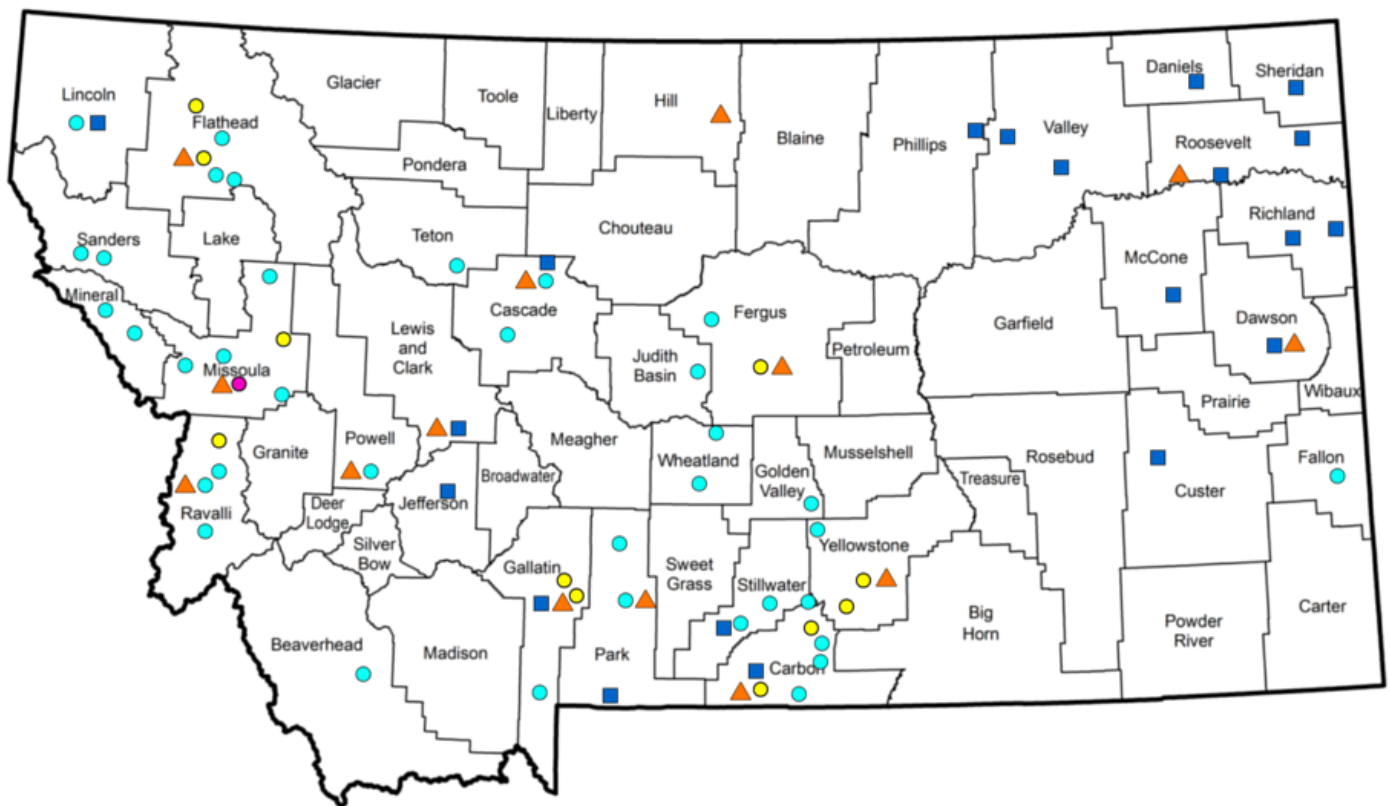
I also learned all the signs that could tell you you are in an unhealthy or healthy relationship."

- 7th grade student from Libby

"That I can say no to my friends when I feel uncomfortable and that I should always help a friend when he/she is in need."

- 8th grade student from Billings

Power Up, Speak Out! in Montana, 2012-2016



Key

- Taught in one school
- Taught in 2-5 schools
- Taught in 6-10 schools
- Facilitator trained
- ▲ Training site

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