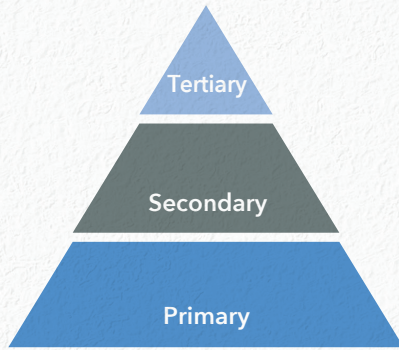


Primary Prevention for Leaders

The federal Centers for Disease Control and Prevention (CDC) provides substantial research and guidance on preventing domestic violence and other forms of violence. This material summarizes key information from the CDC

What is primary prevention?



Primary Prevention works to stop domestic violence from occurring in the first place. It 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.

Social-Ecological Model

The Social-Ecological Model demonstrates that prevention should be holistic and work at all levels.¹



- **Individual:** Personal empowerment
- **Relationship:** Healthy relationships
- **Community:** Equitable and supportive environments
- **Societal:** Engaging and mobilizing people for action

Prevention strategies

The following are actionable steps you can take to prevent domestic violence.²

- Teach safe and healthy relationships
- Engage influential peers and adults
- Provide early intervention, including enrichment and support, for children and families
- Create protective environments
- Strengthen economic support for families
- Support survivors to reduce harm

The spectrum of prevention

Contra Costa Health Services developed The Spectrum of Prevention as a framework for addressing complex public health problems, including violence.³ Leaders can engage these strategies to prevent domestic violence.

- **Influencing policy and legislation:** Reflect community efforts in advocacy for broad anti-violence goals.
- **Mobilizing neighborhoods and communities:** Entire communities working together will maximize efforts.
- **Changing organizational practices:** Make your organization safe for everyone by implementing policies that offer “no tolerance” for harassment.
- **Fostering coalitions and networks:** Ensure every community sector is involved in prevention.
- **Educating providers:** Reach a critical group who has daily contact with people at high risk.
- **Promoting community education:** Build an influential mass of people who will be involved in prevention.
- **Strengthening individual knowledge/skills:** Individuals can take action when they know how to recognize and prevent DV.

Bystander intervention for violent behavior

Empower others to take action by knowing red flags and signs of abuse and speaking up when someone is:

- Demonstrating jealousy
- Diminishing their partner
- Making excuses for their behavior
- Controlling partner’s time and activities
- Adhering to rigid gender roles and viewing partner as inferior

To learn more about preventing domestic violence in your church, or if someone needs assistance, call the **Sheltering Wings 24/7 helpline at (317) 745-1496**.

¹ <https://www.cdc.gov/violenceprevention/about/social-ecologicalmodel.html>

² <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/prevention.html>

³ <https://cchealth.org/prevention/spectrum/>

