

Healthy Relationships Toolkit

Empowering Teens to Build Safe & Supportive Relationships

HEALTHY RELATIONSHIPS TOOLKIT GUIDE TO USING INDICATOR DATA: AT-A-GLANCE

Using Indicator Data to Inform Adolescence Violence Prevention: A Guide for Local Health Departments is one component of the Healthy Relationships Toolkit (HeaRT)* comprehensive prevention model. It is intended to help local health departments and community-based organizations collect and use publicly available health indicator data to inform violence prevention efforts. This guide is focused on teen dating violence but many of the suggested indicators are associated with other forms of violence in adolescence as well.

An important component of a comprehensive approach to violence prevention is ensuring that the best available data, evidence, and practices are utilized in policy and intervention development, program implementation, and evaluation.

HOW DO COMMUNITIES BENEFIT FROM USING THE GUIDE?

The Guide to Using Indicator Data helps communities identify and access relevant data to inform their community-level teen dating violence prevention activities. This data is important for planning and monitoring community prevention efforts, but obtaining and using this data can be a challenge for communities. National and state data on rates and risk of teen dating violence are more common than local community-level data sources. Direct measures of youth behavior, like self-reported teen dating violence, are also uncommon at the local level. As an alternative, communities can use other measures associated with teen dating violence (referred to here as indicators) to monitor rates and risks for teen dating violence and other forms of violence.

The Guide to Using Indicator Data is designed to:

- Increase awareness of public health indicators that can inform community-level teen dating violence rates;
- Provide information about how to collect and use violence indicator data; and
- Identify sources of publicly available data that may help track teen dating violence.

Healthy Relationships Toolkit: Empowering Teens to Build Safe & Supportive Relationships is a comprehensive model to prevent violence in adolescence. HeaRT focuses on 11- to 14-year-olds and is based on the best available evidence on what works to prevent violence in adolescence. It includes multiple components that target individuals, peers, families, schools, and neighborhoods. These components work together to promote respectful, nonviolent teen relationships.

In addition to the Guide to Using Indicator Data, the HeaRT model also includes:

- General Capacity Assessment for Violence Prevention Tool
- Parent Programs
- Youth Programs
- Training for Educators
- i2i Youth Communications Program
- Guide to Informing Policy



*The Healthy Relationships Toolkit was previously referred to as Dating Matters.

HOW IS INDICATOR DATA USED?

The Guide to Using Indicator Data outlines teen dating violence-related health indicator data that communities can collect and monitor when local data on teen dating violence are unavailable. Assessing community-level risk for teen dating violence involves collecting data that provide information about relevant risk factors for teen dating violence perpetration or victimization.

Some promising indicators of teen dating violence risk with publicly available health indicator data include:

- Access to health care
- Pregnancy and/or birth rate
- Exposure to violence and abuse
- Mental health needs
- Sexual history and health
- Substance abuse

Communities can use this data to identify populations at high-risk, customize interventions to the unique risk factors and strengths of their communities, identify opportunities for policy intervention, or track changes in risk indicators over time. This guide can be used in conjunction with the HeaRT comprehensive prevention model or by any community interested in using publicly available data to assess risks and needs related to teen dating violence in their local area. This guide can also be used to build community capacity to address dating violence by gathering information on high-risk populations or local strengths and needs.

Staffing And Time Required

The HeaRT Guide to Using Indicator Data provides strategies and resources to begin the process of collecting and using health indicator data, but the staffing and time needed to complete the process will vary based on the community's needs and ability to carry out the work. This process may be led by staff of the local health department or another community organization interested in preventing teen dating violence and other forms of violence.

Access

The HeaRT Guide to Using Indicator Data is available online at: <https://vetoviolence.cdc.gov/sites/default/files/heart-indicators-guide-508.pdf>.

Cost

The CDC provides this guide to communities at no cost. Communities should budget for staff time to carry out related activities.



LEARN MORE ABOUT THE HEALTHY RELATIONSHIPS TOOLKIT!

The Healthy Relationships Toolkit—with all of the materials, guidance, and tools you need to implement HeaRT—is available on CDC's VetoViolence website at <https://vetoviolence.cdc.gov/apps/heart>. The Toolkit is your one-stop-shop for everything HeaRT.