



INTRODUCTION

The Tiana Nicole Williams Endowment offers funding to address IPV issues within Greenville, NC. Youth in the foster care system are exposed to high rates of violence and maltreatment making them particularly vulnerable to IPV into adulthood (1). Adolescents within the foster care system are susceptible to unplanned parenthood, mental illness, and are at an increased risk of experiencing untreated illnesses (2).

We partnered with the **Independent Living Services for Foster Children (NC LINKS)** program to achieve several goals:

- Provide evidence-based methods for building healthy relationships and preventing IPV.
- Deliver education on preventative medicine.
- Provide guidance on obtaining affordable local health services.
- Assess the efficacy of our education program in increasing participants' understanding of building healthy relationships and preventing IPV.

MATERIALS & METHODS

Session 1: Participants identified signs of unhealthy relationships, explored types of IPV, discussed non-violent conflict resolution, and developed effective communication skills.

Activity 1: Participants then created collages modeling their ideas of healthy relationships.



Session 2: Participants learned the importance of maintaining a healthy diet, exercising, and obtaining treatment for existing illnesses. We discussed the value in seeking care from primary care physicians, mental health counselors, and psychiatrists and provided options to access affordable local health services.

Activity 2: A group game of jeopardy was initiated to reinforce concepts learned during the presentation. Prizes were awarded to the winning team.

RESULTS

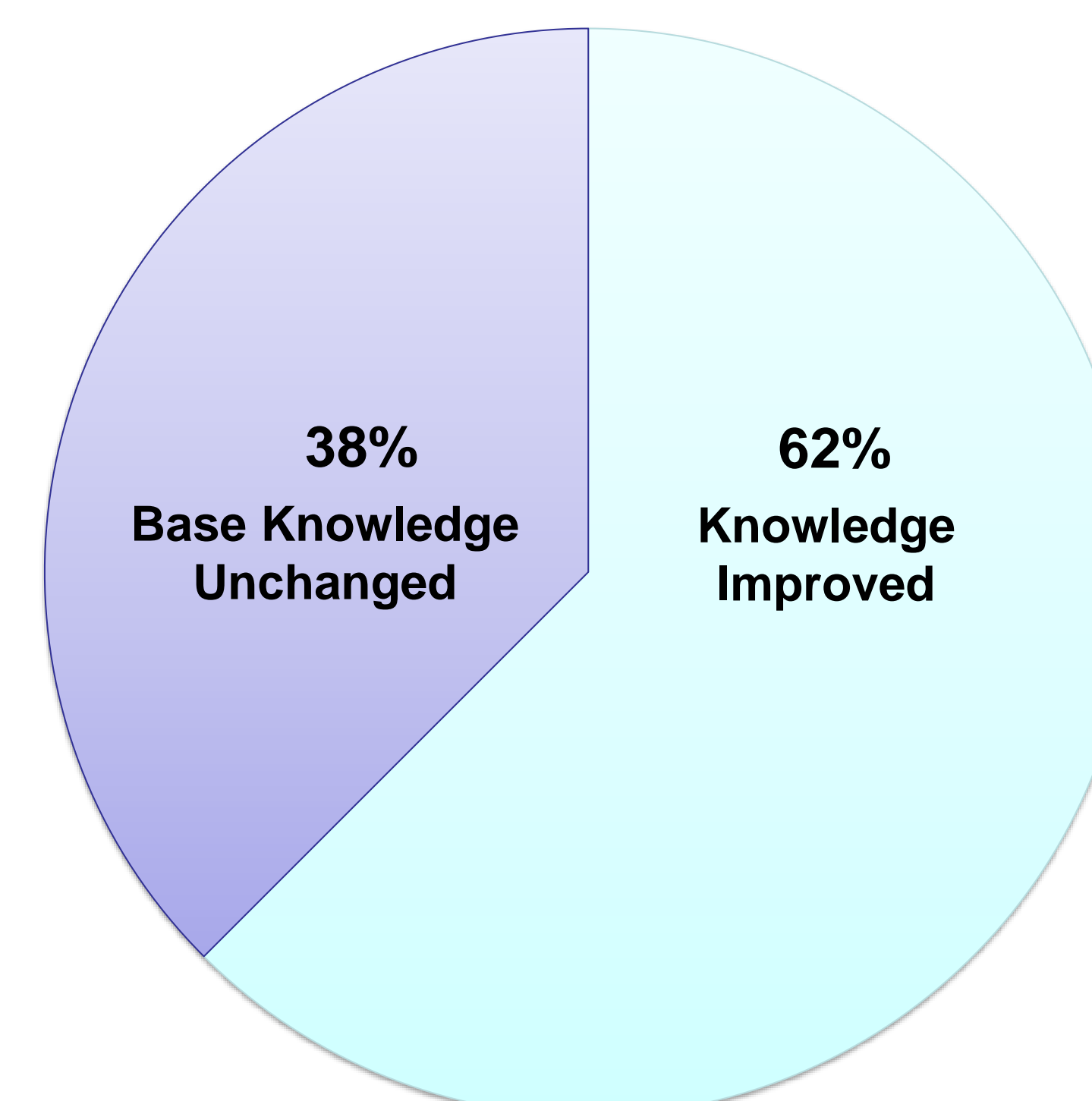
Participation

- ❖ *First Session: N=15*
- ❖ *Second Session: N=25*
- ❖ *Average age= 16 years old*

Survey Participants N= 8

- ❖ *Attended Single Session: N= 3*
- ❖ *Attended Both Sessions: N= 5*

Survey Results



DISCUSSION

Comprehensive sexuality education courses can shift knowledge and attitudes toward violence and gender as well as increase preventative actions related to violence (3). Our project on a micro-scale assesses the efficacy of a multi-session IPV education program in generating conversations regarding IPV and increasing awareness of tools to reduce IPV within a high-risk group.

Through group discussion and activities, participants in the NC LINKS program were able to develop their knowledge and awareness of the signs and potential harmful effects of interpersonal violence. Attendees of the sessions ranged in age between 13- 20 years of age. Age-appropriate material and group discussion were tailored to meet the educational and emotional needs of all in attendance.

Although participation across both sessions totaled 40 individuals, survey participation included 8 individuals. Of the 8 survey participants, 5 reported an expansion of their knowledge concerning IPV and preventative health care as a result of their attendance to the sessions. The remaining 3 participants reported that their knowledge base concerning these topics did not change after attending the sessions.

IPV is a preventable health problem that does not discriminate based on age, economic status, race, religion, ethnicity, sexual orientation, or educational background. Our partnership with the NC LINKS was designed to address an educational deficit that commonly exist in high-risk communities.

REFERENCES

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