

# PLANNING FOR PREVENTION:

## A GUIDE FOR CREATING CHANGE

### STEP 1: IDENTIFY TOPICS TO TACKLE

#### EXAMPLES INCLUDE:

Consent

Empathy

Healthy  
Friendships

Bullying +  
Harassment

Boundaries

Power, Privilege  
+ Oppression

Breaking Down  
Stereotypes

Dating  
Relationships

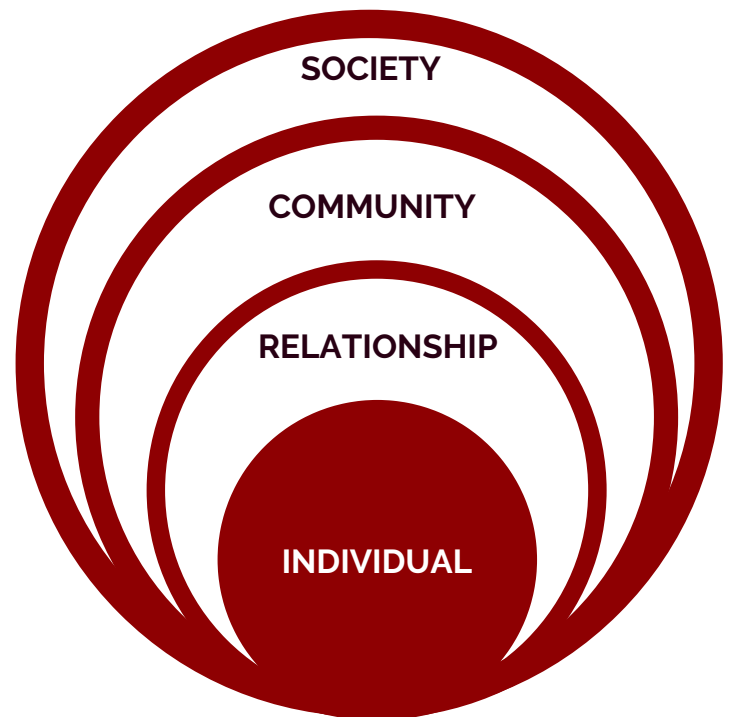
Drama + Just  
Joking

### STEP 2: UNDERSTAND PREVENTION THEORY\*



- multiple conversations
- address root causes
- strategies at each level of the SEM

#### SOCIAL ECOLOGICAL MODEL (SEM)



### STEP 3: BRAINSTORM TECHNIQUES



### STEP 4: IDENTIFY BARRIERS + SUPPORTS



COMMUNITY  
MEMBERS



BUDGET



TIME +  
SPACE

### STEP 5: CREATE AN ACTION PLAN

# TACKLING TOPICS WORKSHEET

**TOPIC AREA:**

**IN MY PROGRAM/ROLE, I CAN ADDRESS THIS TOPIC IN FORMAL WAYS BY:**

**IN MY PROGRAM/ROLE, I CAN ADDRESS THIS TOPIC IN INFORMAL WAYS BY:**

**SUPPORTS NEEDED ARE:**

**SOME POSSIBLE BARRIERS MAY BE:**