

In Their Shoes City of Phoenix Domestic Violence Trainings: Evaluation Report 2015-2023

The City of Phoenix Human Services Strategic Initiatives team works closely with local high schools and youth serving organizations to provide education and awareness on teen dating violence, healthy relationships, social media safety, human trafficking and consent. In addition to offering educational workshops created by the One Love Foundation, Strategic Initiatives Youth and Education Workgroup facilitates the *In Their Shoes* Workshop. This workshop was developed by the Washington State Coalition Against Domestic Violence and is scenario-based training designed to help participants talk about dating experiences of their own or their peers. Participants take on the role of one of the six characters, make choices about their character's relationship, and share how those choices impacted the outcome of their scenario. From 2015-2023, Strategic Initiatives Youth and Education Workgroup members conducted 160 *In Their Shoes* workshops in Phoenix, Arizona with over 45 schools and youth groups participating in the training including youth who took part in the City of Phoenix Bring your Child to Work Day and the ACE Teen Conference. Participants of the trainings received pre- and post-test surveys to measure change in beliefs and perspectives about the issue of domestic/dating violence.

Results

Participants

There were 7,017 participants in the domestic/dating violence trainings who responded to the pre- and post-test surveys distributed by the trainers. The workshops were facilitated by members of the Strategic Initiatives Youth and Education Workgroup who include staff from various city departments and community organizations. Facilitators included victim advocates and domestic violence shelter staff. The workshop size ranged from ten to seventy-five students, which determined how many facilitators were required. Participants were advised of the option to opt-out of the workshop or to speak to a facilitator or trusted adult if the content or discussion triggered strong emotions. The workshop requires at least 55-minutes to allow for 10-minute introduction/instructions, 25 minutes for scenario activity and 20 minutes for debriefing. The high school workshops were generally attended by freshmen students in place of their health or physical education class and a few school personnel who were not familiar with the workshop. The age of participants who attended non-high school functions ranged from twelve to nineteen. All participants received a Teen Dating Violence Awareness safety shoe card at the conclusion of the workshop which provided them with additional information, statistics and resources on where to seek help for individuals who may be in an unsafe relationship.

Year	# of participants	% of participants
2015-2016	577	8.2
2016-2017	376	5.4
2017-2018	1408	20.1
2018-2019	848	12.1
2019-2020	2995	42.7
2022-2023	813	11.6
Total	7, 017	100.0

The participants in the domestic and dating violence trainings represented various schools and events, including:

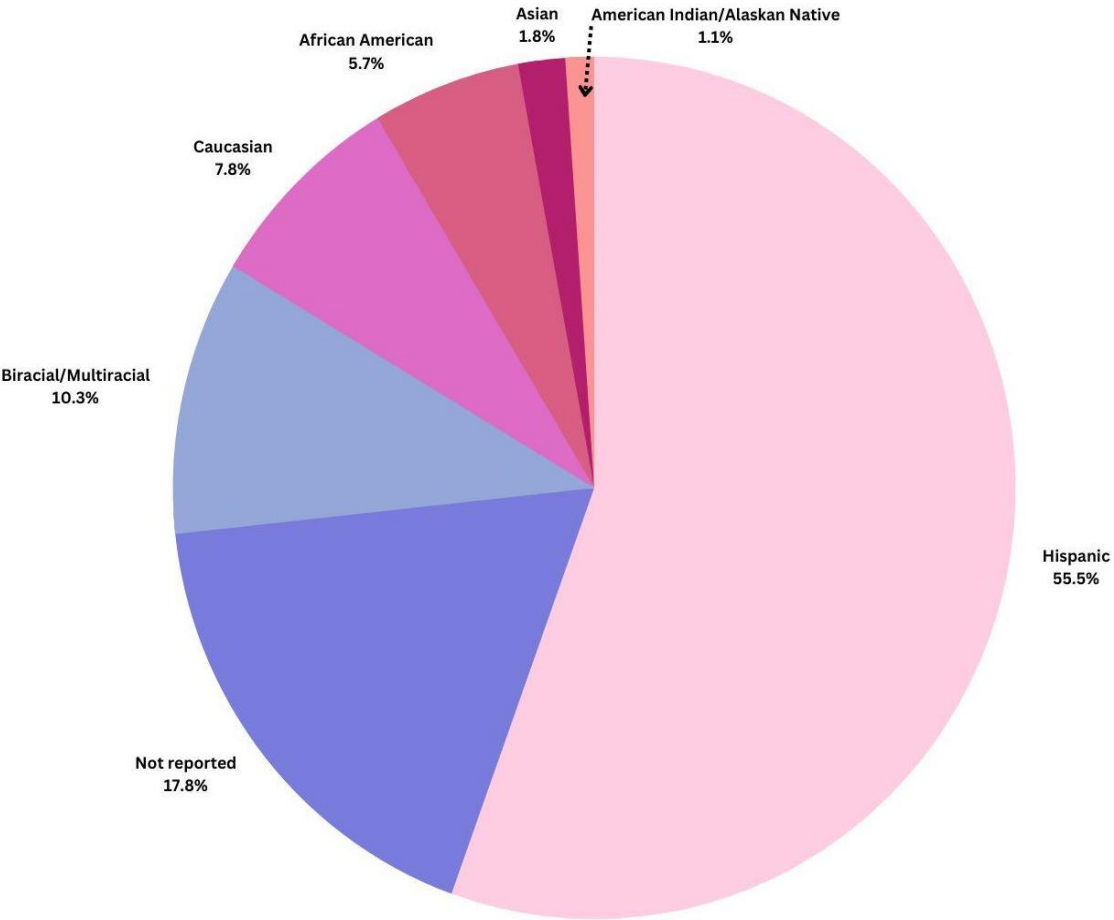
High School/Event Name	# of participants	% of participants
Copper Canyon High School	1,845	26.3
Sierra Linda	1,003	14.3
Tolleson High School	601	8.6
Westview High School	533	7.6
Saguaro High School	443	6.3
North High School	349	5
Trevor Browne High School	262	3.7
Bioscience High School	248	3.5
La Joya Community high School	218	3.1
Camelback High School	203	2.9
Fairfax High School	149	2.1
Franklin Police & Fire High School	98	1.4
Carl Hayden High School	98	1.4
Central High School	91	1.3
West Phoenix High School	30	.4
Robert Duffy High School	24	.3
Tilt Northwest Christian School	23	.3
Benjamin Franklin High School	23	.3
City of Phoenix Bring your Child to Work Day	18	.3
Phoenix Police Cadet Academy	16	.2
JFCS	8	.1

ACE Teen Conference	6	.1
Cesar Chavez High School	5	.1
University High School	3	.0
Frank Borman Elementary School	2	.0
Metro Tech High School	2	.0
Desert Vista High School	2	.0
Atkinson Middle School	1	.0
Barry Goldwater High School	1	.0
Cortez High School	1	.0
Desert Edge High School	1	.0
Heritage Elementary School	1	.0
Independence High School	1	.0
Sandra day O'Connor High School	1	.0
United States Air Force Academy	1	.0
Imagine Desert West Charter School	1	.0
Sunnyslope High School	1	.0
Banner Academy	1	.0
Xavier College Preparatory	1	.0
South Mountain High School	1	.0
North Pointe Preparatory	1	.0
Mountain Pointe High School	1	.0
Bourgade Catholic High School	1	.0
BASIS Phoenix	1	.0

ASU Preparatory Academy	1	.0
Aspire Academy	1	.0
Missing	174	2.5
Total	7,017	100.0

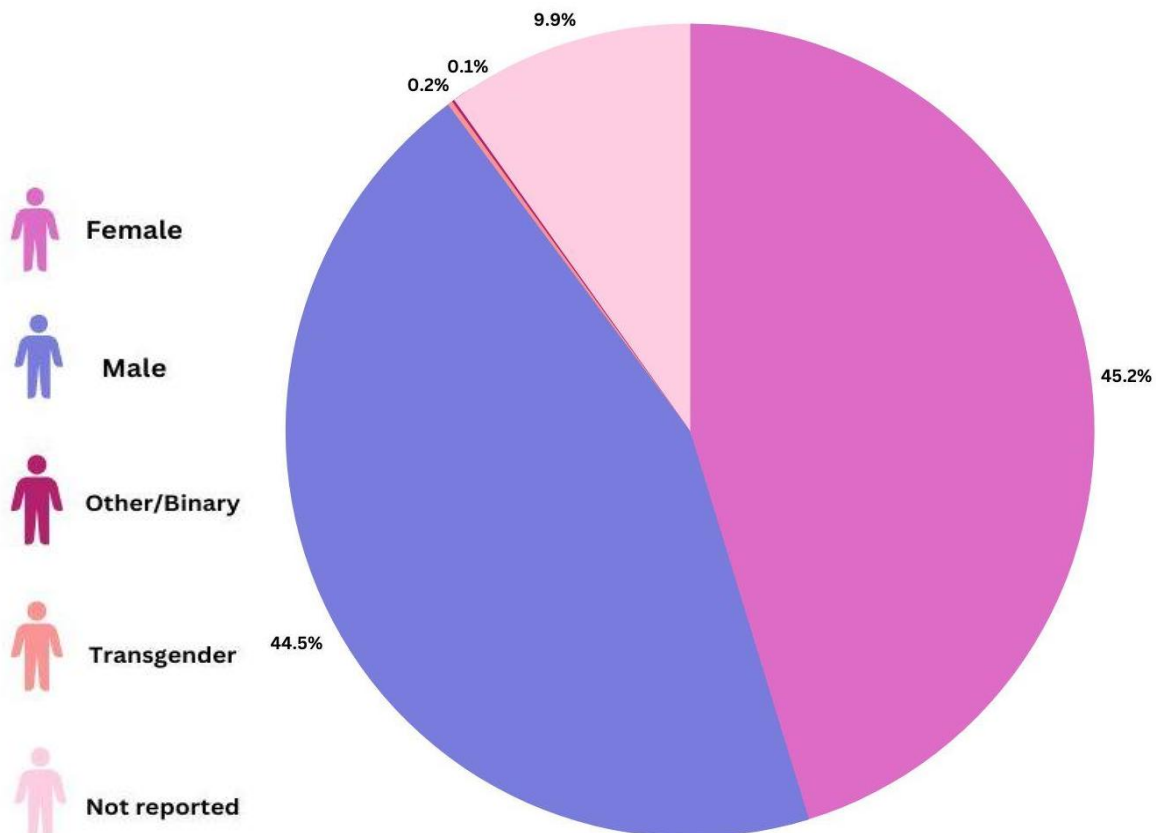
Participants identified as *Hispanic* (n = 3,893, 55.5%), *Biracial/Multiracial* (n = 723, 10.3%), *Caucasian* (n = 548, 7.8%), *African American* (n = 403, 5.7%), *Asian* (n = 125, 1.8%), *American Indian or Alaskan Native* (n = 76, 1.1%), and *not reported* (n = 1249, 17.8%).

Figure 1: Ethnicity



The participants identified as *female* ($n = 3,175$, **45.2%**), *male* ($n = 3,125$, **44.5%**), *transgender* ($n = 16$, **0.2%**), *other/binary* ($n = 9$, **0.1%**) and *not reported* ($n = 692$, **9.9%**).

Figure 2: Gender distribution of participants



The participants ranged in age from 12 to 32 ($M = 14.76$, $SD = 1.045$). Of the participants that were of school age, **79.2%** ($n = 5556$) were in 9th grade, **6.2%** ($n = 432$) were in 10th grade, **4.4%** ($n = 306$) were in 11th grade, and **6.9%** ($n = 484$) were in 12th grade.

Instrument

A pre-test survey was given to the participants at the beginning of the training and a post-survey was given at the end of the training.

The *pre-survey* had **seven** *true* or *false* statements including:

1. Controlling is a common warning sign of an abusive relationship.
2. Domestic Violence is only physical violence between two people dating or married.

3. Abuse happens more often in adult relationships than it does in teen relationships.
4. A teenager can get a protective order (restraining order) when in a dating relationship.
5. I can recognize the warning signs of an abusive relationship.
6. If I find myself in an abusive relationship, I know who to call for help.
7. I consider myself knowledgeable on the topic of dating violence.

The *post-test* survey had **eight true or false** statements including:

1. Controlling is a common warning sign of an abusive relationship.
2. Domestic Violence is only physical violence between two people dating or married.
3. Abuse happens more often in adult relationships than it does in teen relationships.
4. A teenager can get a protective order (restraining order) when in a dating relationship.
5. I can recognize the warning signs of an abusive relationship.
6. If I find myself in an abusive relationship, I know who to call for help.
7. I consider myself knowledgeable on the topic of dating violence.
8. This activity helped me learn how to make better choices in dating relationships.

Findings

The analysis of responses from the pre-test and post-test surveys completed by the participants showed the following:

Figure 3: Changes in mean score from pre- to post-test survey

Statement	Possessiveness	Physical	Adult	Protective	Recognize	Help	Knowledge
Pre-Test Mean	.80	.24	.35	.77	.81	.79	.67
Post-Test Mean	.86	.23	.25	.83	.86	.85	.82

The final question of the post survey asked if “*this activity helped me learn how to make better choices in dating relationships*”. Of those who responded, **84.2% (n = 5,007)** of participants identified this statement as “**true**”.

The findings of this brief evaluation report indicate that the participants of the domestic/dating violence training did significantly improve their knowledge of domestic violence.

Comments:

The following is a sample of comments that were made at the end of the post-test, following the conclusion of the domestic/dating violence training:

I learned that people can ask for help and support when anything very bad happens.

<p>I'm glad this was given as a lesson, as a teenager who was in a sexual abusive relationship back in 2017 I appreciate it.</p>
<p>I liked this activity because it helps the understanding of unhealthy relationships.</p>
<p>The activity was fun and made you see things from a different perspective.</p>
<p>Well it's good because to know your relationships and how to treat your relationships.</p>
<p>It was fun and we learned about it a lot on how to think the consequences before we do something or stay away from things we dont like</p>
<p>The activity helped me to be more cautious about being in a abusive relationship and to see when people are in a physical relationship.</p>
<p>I thought this activity was good and educational.</p>
<p>I really liked it. It shows awareness on how you shouldnt be treated even if the other person is obsessed with you, you should never get treated badly because you don't want to be with them.</p>
<p>This activity made me realize abusive relationships arent just about physical abuse but mental and emotional abuse.</p>
<p>This activity was fun i liked how we got walk around instead of just sitting and the story was really interesting Overall really fun.</p>
<p>It was SO GOOD! There's nothing to change, SPECIALY SINCE THEY'RE REALL STORIES!</p>
<p>I really liked the activity. These events happen very often, and I feel like it really portrays the idea of abuse in relationships. It also helps people think about decisions they should make. It really made me think of the person in the situation.</p>
<p>It helped me begin to understand what an abusive relationship looks like. I think it's important for all teens to do this activity or something like it because it informs teens on how to avoid being in an unhealthy relationship.</p>
<p>This took a dark turn really fast, I'm glad we did this activity especially regarding an LGBTQ+ Character.</p>
<p>This activity opened my eyes to how many situations Domestic Violence can occur in a relationship. A very powerful activity!</p>
<p>This was very interesting, very realistic and demonstrated the situation really well.</p>
<p>I really liked it. it opened my eyes</p>