Social-Emotional Learning Programs for Youth

School-based programs can promote healthy relationship strategies by helping teens build conflict resolution, positive communication, and anger management skills. One high school-based program reduced reported incidents of physical and sexual violence by more than 50% at 4-year follow-up, and results were consistent across gender and race.6

Healthy Relationship Programs for Couples

BSSR-based healthy relationship skills programs can prevent IPV. Couples who completed a Prevention and Relationship Enhancement Program7 reported up to 90% reductions in physical aggression through a 10-month follow-up compared to couples who received a placebo.8, 9

Men and Boys as Allies Programs

Men and boys as allies programs—such as Coaching Boys into Men—educate men and male teens in order to reduce their own chances of perpetrating IPV and to promote their intervention in violent relationships around them.10 These programs can significantly reduce perpetration of teen dating violence and prevalence of negative bystander behaviors, such as laughing or encouraging abuse.11

Risk Reduction for Trauma Survivors

Some survivors of interpersonal trauma are more likely to experience future IPV than the general population. This increased risk may be due to emotional numbing, a PTSD and depressive symptom cluster that can reduce responses to signals of risk. Trauma survivors who undergo Cognitive Behavioral Therapy (CBT) have reduced PTSD and depressive symptoms and are less likely to experience IPV through a 6-month follow-up.12

Information on this fact sheet reflects both NIH- and non-NIH-funded research.
References and Definitions


7. PREP uses principles of CBT to teach couples communication and problem solving skills that help them work as a team, including ground rules for handling conflict, forgiveness, and speaking/listening techniques. – *Description adapted from the American Psychological Association* [Back]


10. The Coaching Boys into Men program trains and motivates high school coaches to teach young male athletes to adopt healthy relationship skills and not to equate violence with strength. – *Description adapted from Coaching Boys into Men* [Back]

