

PREVENTING DATING VIOLENCE: A COMPARATIVE STUDY WITH BRAZILIAN ADOLESCENTS

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METHOD

INTRODUCTION

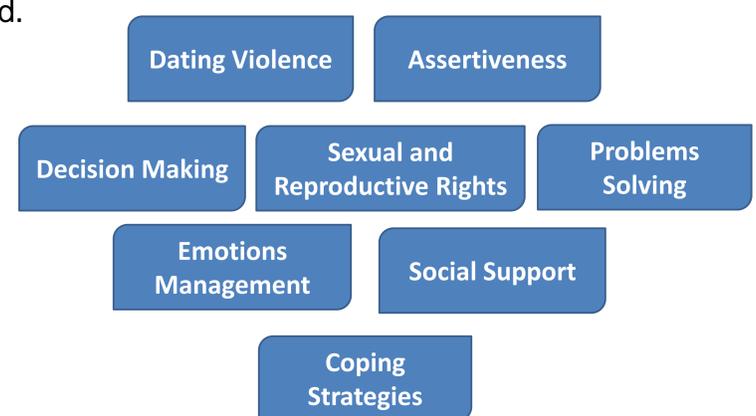
Sexist and heterosexist cultures contribute to the violation of sexual and reproductive rights and to damages to sexual and reproductive health (dating violence and AIDS, for example). One strategy for sexism and heterosexism prevention is an intervention based on the teaching of life skills, such as empathy, critical thinking, social skills, assertive communication, emotions management, coping strategies and problems solving.

This paper presents the results of a quasi-experimental study with Brazilian adolescents that aimed to evaluate the effects of a dating violence preventive program based on the development of life skills.

- Participants: 60 female and male adolescents between 14 and 19 years-old.



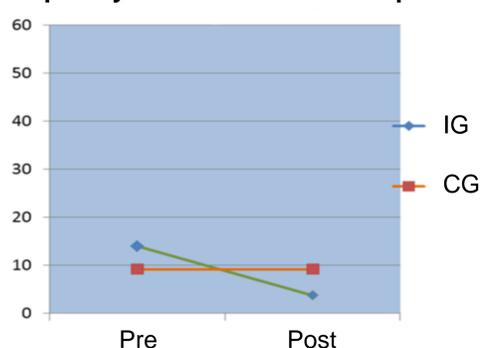
- Intervention: 7 psychoeducational sessions, cognitive behavioral oriented.



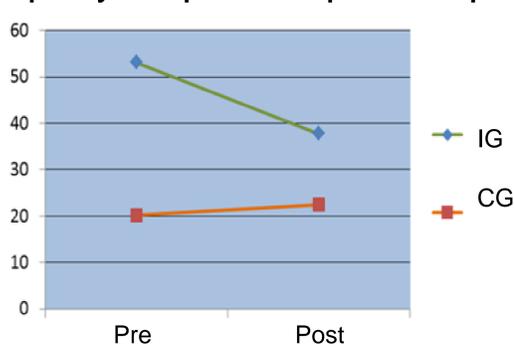
RESULTS

The results were evaluated by incomplete sentences about gender roles, homosexuality and intentions of how to deal with dating violence, answered before and after the program in both experimental conditions. These data were analyzed using content analysis. After the program, it was found a reduction of the frequency of hostile sexist and explicit homophobic responses and an increase of the frequency of non-sexist and non-homophobic responses for the IG when compared to the CG. The results for intention of how to deal with dating violence showed a decrease of intention of resignation, violence use and break-up and an increase of intention of negotiation.

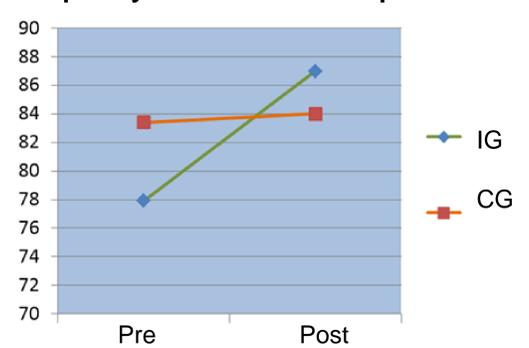
Frequency of Hostile Sexist Responses



Frequency of Explicit Homophobic Responses



Frequency of Non-Sexist Responses



Reports collected during the intervention pointed that most of the participants were using the life skills discussed during the program, such as decision making, communication, self-knowledge, empathy, critical thinking, problem solving and emotion management.

A follow-up questionnaire was applied five months after the intervention and it revealed changes into the way of thinking and acting for more than 50% of the participants.

CONCLUSION

The general results pointed to the effectiveness of the intervention since it produced a reduction of hostile expressions and the maintenance of subtle expressions. It's suggested an increase of the duration of the program.

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