



## Summary of Community Preventive Services Task Force Recommendation

The Community Preventive Services Task Force (CPSTF) recommends primary prevention interventions that aim to prevent or reduce intimate partner violence and sexual violence among youth. Evidence shows these interventions decrease the perpetration of intimate partner violence and sexual violence and increase bystander action.

The CPSTF recommendation aligns with and supports strategies and approaches described in [CDC's Technical Packages<sup>1</sup>](#) on intimate partner violence and sexual violence. These packages are designed to help states and communities use the best available evidence to prevent violence.



## Major Findings

The CPSTF recommendation is based on a systematic review of 28 studies published through June 2016.

- Studies reported favorable and consistent decreases in perpetration of intimate partner violence and sexual violence.
- There were consistent increases in bystander action within the first six months following intervention. Bystanders are people close to a situation who can challenge violence-supportive norms by directly reducing risk (e.g., by noticing a risky social situation and intervening) or by indirectly reducing risk (e.g., by challenging hostile attitudes towards women such as offensive jokes or objectifying language).

## What are primary prevention interventions to reduce intimate partner violence and sexual violence?

- Primary prevention programs for youth ages 12 to 24 years aim to prevent or reduce intimate partner violence and sexual violence and promote healthier relationships between peers and partners.
- Studies included in this systematic review combined educational information about intimate partner violence and sexual violence with one or more of the following strategies designed to do the following:
  - Teach healthy relationship skills
  - Promote social norms that protect against violence
  - Create protective environments
- Interventions target groups at high risk for violence or the general population, both of which may include youth who have already experienced or perpetrated intimate partner violence or sexual violence.
- Primary prevention programs aim to prevent violence from happening before it starts by reducing participants' risk of committing violence.

## Facts about Intimate Partner Violence and Sexual Violence Among Youth

- Nearly 9% of high school females reported physical violence and nearly 11% reported sexual violence from a dating partner in the 12 months before they were surveyed. For high school males, more than 7% reported physical violence and about 3% reported sexual violence from a dating partner.<sup>2</sup>
- A CDC report found that among victims of contact sexual violence, physical violence, or stalking by an intimate partner, nearly 26% of females and 15% of males first experienced some form of violence by that partner before age 18.<sup>3</sup>
- Unhealthy, abusive, or violent relationships can have short- and long-term negative effects on a developing teen. Youth who experience dating violence are more likely to experience depression and anxiety, engage in unhealthy behaviors like drugs or alcohol, and think about suicide.<sup>4</sup>

- In the United States, 7.4% of high school students report having ever been physically forced to have sexual intercourse when they did not want to.<sup>2</sup>
- Data from the National Intimate Partner and Sexual Violence Survey show that among female victims of completed or attempted rape, 43% (an estimated 11.0 million victims) reported that it first occurred prior to age 18. Among male victims of completed or attempted rape, 51% (about 1.5 million victims) first experienced such victimization prior to age 18.<sup>3</sup>

## Learn More

### Summary of Evidence and CPSTF Finding

<https://www.thecommunityguide.org/findings/violence-primary-prevention-interventions-reduce-perpetration-intimate-partner-violence-sexual-violence-among-youth>

**CDC, Division of Violence Prevention**  
<https://www.cdc.gov/ncipc/dvp/dvp.htm>

**HHS, Office on Women's Health**  
<https://www.womenshealth.gov/about-us/>

<sup>1</sup>CDC. [Technical packages for violence prevention: using evidence-based strategies in your violence prevention efforts](#). Atlanta (GA): National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2018.

<sup>2</sup>Kann L, McManus T, Harris WA, Shanklin SL, Flint KH, et al. [Youth risk behavior surveillance — United States, 2017](#). MMWR Surveill Summ 2018;67(8).

<sup>3</sup>Smith SG, Zhang X, Basile KC, Merrick MT, Wang J, Kresnow M, Chen J. [National Intimate Partner and Sexual Violence Survey: 2015 Data Brief](#). Atlanta (GA): National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2018.

<sup>4</sup>CDC. [Teen Dating Violence](#). Atlanta (GA): National Center for Injury Prevention and Control, Centers for Disease Control and Prevention; 2018. Centers for Disease Control and Prevention; 2018.

Established in 1996 by the U.S. Department of Health and Human Services, the Community Preventive Services Task Force (CPSTF) is an independent, nonfederal panel of public health and prevention experts whose members are appointed by the director of CDC. The CPSTF provides information for a wide range of decision makers on programs, services, and other interventions aimed at improving population health. Although CDC provides administrative, scientific, and technical support for the CPSTF, the recommendations developed are those of the CPSTF and do not undergo review or approval by CDC. Find more information at [www.thecommunityguide.org](http://www.thecommunityguide.org).



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