

Dating Matters

Dating Matters is a comprehensive, evidence-based teen dating violence prevention model developed by the Centers for Disease Control and Prevention (CDC) to stop teen dating violence before it starts. Dating Matters focuses on teaching middle school students the knowledge and skills they need to have healthy, safe relationships. The program focuses on supporting teens' social-emotional health, encouraging positive nonviolent attitudes and behaviors, and fostering the development of healthy, safe relationships.

Healthy relationship attitudes and behaviors start developing early. Research shows that supporting healthy emotional development can prevent a wide variety of negative outcomes, including teen dating violence.

Dating Matters for Grade 6 is designed to provide youth with opportunities to learn and enhance relationship skills in an engaging and non-threatening manner. Through seven 50-minute sessions, youth learn about healthy teen dating relationships by first exploring what it means to have healthy friendships.

Dating Matters for Grade 7 reinforces the information and skills developed in the Grade 6 program. There are seven 50-minute sessions with modules that provide further information on sexual violence, teen dating safety, and relationship rights, as well as access to supportive resources.

The general description of the curriculum was adapted from information provided on the publisher's website.

Reference

Centers for Disease Control and Prevention. (2019). *Dating Matters Toolkit*. Retrieved from <https://vetoviolence.cdc.gov/apps/dating-matters-toolkit>.

Opt-Out Process

For information about sexual health education and the opt-out process, visit <https://www.hawaiipublicschools.org/TeachingAndLearning/HealthAndNutrition/sexed>.

For information about controversial issues and the opt-out process, visit <https://www.hawaiipublicschools.org/ConnectWithUs/FAQ/Pages/Parent-opt-out-for-child.aspx>.