

HEALTHY RELATIONSHIP PROMOTION

Healthy relationships are a health priority in Eau Claire County because...

A lifetime of healthy, positive relationships helps create safer communities. Unhealthy familial, peer, or dating relationships may serve as risk factors for a variety of harmful health issues including violence, injury, risky sexual behaviors, absence of social support that can contribute to mental health effects, and more. Our community feels this impact, as 60% of community health survey respondents felt that injury and violence prevention is a problem in Eau Claire County because people are not aware of resources available for survivors of violence. 59% felt that people are not aware of how to prevent violence in relationships.⁵ When it comes to positive adult relationships, only 69% of high school students in Eau Claire County reported having at least one supportive adult besides parent(s), which is lower than percentages reported at the state (72%) and national levels (84%)⁸.

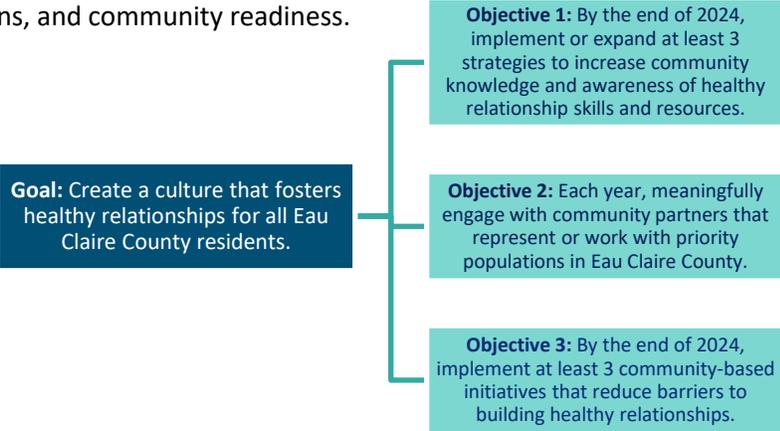
Healthy relationship promotion is important to Eau Claire County.

Healthy parent-child relationships, positive family dynamics, peer-peer relationships, and supportive communities provide a strong foundation for children and people of all ages. Enhancing protective factors, like positive engagement in school, or sound peer relationships, help youth avoid behaviors that place them at risk for adverse health outcomes, cope with stressful or negative conditions, and perform better academically. Additionally, a strong sense of belonging and social connection is associated with physical and mental well-being. Meanwhile, people in unhealthy relationships are at a higher risk for substance misuse, eating disorders, risky sexual behavior that can lead to pregnancy or sexually transmitted infections, and dating violence²³. Positive, healthy teen dating and peer relationships have many benefits for youth, and healthy adult relationships benefit entire communities. Healthy relationships positively impact all people.



Goal and Objectives

Members of the Healthy Relationship Promotion Action Team identified the following goal and objectives based on several factors: root cause, evidence, community input, [assets](#), alignment with [state](#) and [national](#) plans, and community readiness.





How We Know We Are Making a Difference

Data indicators that will be used to measure success over time.

Key: ✓ or ✗ indicates whether Eau Claire County did better or worse compared to Wisconsin or the nation.

Data indicator	Eau Claire County	Wisconsin	United States
Percentage of high school/middle school students who have at least one supportive adult besides parent(s) ⁸	69% HS 69% MS	72% HS ✗ —	84% ✗ —
Percentage of sexually active high school students who used condoms the last time they had intercourse ⁸	65%	57% ✓	54.3% ✓
Percentage of high school/middle school students who have been electronically bullied in the past 12 months ⁸	17% HS 19% MS	17% HS = —	17.4% ✓ —
Percentage of high school/middle school students who strongly agree that they feel like they belong at school ⁸	64% HS 72% MS	61% HS ✓ —	61.1% ✓ —



Current Stakeholders

Stakeholders involved in Healthy Relationship Promotion Action Team work

Augusta High School
 Bolton Refuge House
 Community Representatives
 Eau Claire Area Hmong Mutual Assistance Association
 Eau Claire City-County Health Department
 Eau Claire County SPARK Program
 Fall Creek High School

Family Support Center
 Life Without Limits
 Marshfield Clinic Health System
 McKinley Charter School
 Northwest Regional Juvenile Detention Center
 Restorative Justice
 United Way of the Greater Chippewa Valley



Strategies

Some practices and policies considered by Healthy Relationship Promotion Action Team to encourage a culture of healthy relationships for all (= evidence-informed strategies)*

- Safe Dates program and other evidence-based healthy relationship promotion programs for community youth*
- Policy recommendation for updated agency/organizational values around healthy relationships
- Resource toolkit for youth, youth-serving professionals, and priority populations
- Support of social and emotional instruction in schools*
- Engage and empower LGBTQ youth, BIPOC youth, and/or disabled youth around healthy relationships and sexual violence prevention*
- Community initiatives to reduce stigma or change social norms around healthy relationship-related topics.



Alignment with State & National Plans

State and national plans were reviewed to help form health priority goals, objectives, and strategies that align with the vision of the state and nation that also consider disparate populations.

Below are some of the specific state or national goals and/or objectives that align with healthy relationship promotion efforts included in the 2021-2024 Eau Claire County CHIP.

Healthy Relationship Promotion
<p><u>Healthiest Wisconsin 2020 Objectives:</u></p> <ul style="list-style-type: none"> • Reduce disparities in injury and violence among populations of differing races, ethnicities, sexual identities and orientations, gender identities, educational or economic status. • Establish a norm of sexual health and reproductive justice across the life span as fundamental to the health of the public. • Establish social, economic, and health policies that improve equity in sexual health and reproductive justice.
<p><u>Healthy People 2030 Objectives:</u></p> <ul style="list-style-type: none"> • <u>Increase the proportion of adolescents who have an adult they can talk to about serious problems — AH-03</u> • <u>Increase the proportion of children and adolescents who communicate positively with their parents — EMC-01</u>