



Sustaining Prevention in Times of Physical Distancing

As we navigate periods of physical distancing, here are some things to consider to sustain prevention, and maintain community connectedness during these times. What ideas do you have? Please share them with us at OCADSV and SATF.

Center Sustainability and Explore Organizational Transformation

- Explore new ideas of Self-Care and create a Sustainability Plan. One tool that can be helpful to create a sustainability plan, is the Sustainable Prevention chapter of SATF's Comprehensive Prevention Toolkit, which looks at sustainability across the socio-ecological model.
- Revisit organizational policies and practices to consider how prevention, anti-racism, anti-oppression, human-centered approaches are being incorporated into the work.

Continue Learning: Read, Watch, and Listen

- Read books and articles that help explore the depth and complexities of our work. Here are some book lists you might want to check out:
 - A Mighty Girl – A book list (for ages birth to teen) covering everything from Abuse and Violence, to Oppression, Immigration and Migration, Prejudice and Discrimination, and Environmental Issues, Etc.
 - Bitch Media Book Section – Quarterly lists of fiction and nonfiction, from young adult to adult. Check out their timely recommendations covering everything from gender justice to handling sudden grief, etc.
 - Well-Read Black Girl - a book club dedicated to Black women writers.
 - Understanding & Dismantling Racism: A Booklist for White Readers from Chari's Books and More.
- Catch up on some documentaries, like: 13th, Rape on the Night Shift, Paper Tigers, Audrie and Daisy, The Mask you Live in, It Happened Here, The Invisible War, Oregon Experience, etc.
- Check out these podcasts: SATF's Exploring Prevention in Oregon Audio Series - Learn about cool prevention efforts happening in Oregon! Our Better Half - a Podcast about Sex Over 50. Esther Perel's Podcasts Where Should we Begin? on healthy/unhealthy relationships, and How's Work? on workplace relationships. This series of Podcasts from Teaching Tolerance.

Catch up on (and Maybe Make Space for Different) Work

- Work on marketing/branding materials (letters/messages/materials/etc. for community members, youth, admin, parents, etc.)
- Process evaluation data you've collected - or look at your data in new ways
- Review curricula (either yours or another one)
- Create (or revisit) social media plans and accounts for prevention messaging from your organization
- Work on prevention strategies you've wanted to explore, but couldn't because of time restraints

