

## BACKGROUND

Advocating for My Relationships (ADMYRE) is a dating violence awareness program designed to address the present-day challenges youth face in romantic relationships. Developed by the Child Welfare Research and Training Project (CWRTP) in collaboration with the Iowa Department of Health and Human Services, ADMYRE uses contemporary scenarios to help students recognize and respond to unhealthy relationship behaviors. This report explores how students responded to and engaged with the ADMYRE program content.

Data were collected from youth in 19 Iowa schools or youth-serving organizations that voluntarily requested the team to facilitate ADMYRE from September 2024 to June 2025. The ADMYRE program was structured to administer both pre- and post-program surveys to assess participants' perceptions and knowledge related to healthy relationships. As part of this design, pre-program surveys were administered 1 to 7 days prior to the scheduled ADMYRE session at each school, while post-program surveys were administered immediately after the facilitated session concluded, using either electronic or paper-based formats.

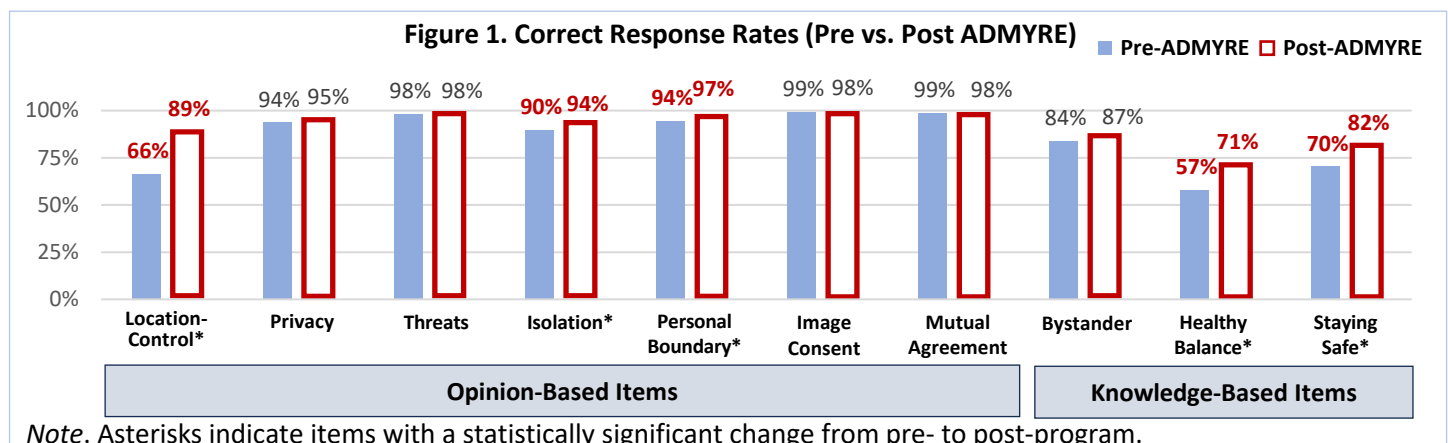
The pre- and post-surveys included eighteen quantitative questions. Also, the pre-survey included one qualitative question, and the post-surveys included two qualitative questions. Survey items measured attitudes toward romantic relationship characteristics, content knowledge, beliefs about dating violence, and relationship experiences. Among 823 pre-survey and 750 post-survey responses, this report focuses on the 567 youth who completed all or nearly all items on both pre- and post-program surveys. The analytic sample was primarily female (61.6%) and White (approximately 73%), with 82% identifying as non-Hispanic. Nearly half of the participants (49%) were in 9th grade, and the majority (60.5%) were 14 or 15 years old.

## RESEARCH QUESTIONS

1. What changes are observed in participants' understanding of dating violence from before to after participating in the ADMYRE program?
2. In what ways do participants plan to apply the knowledge gained from the ADMYRE program to their personal lives or relationships?
3. How do participants evaluate their overall experience with the ADMYRE program?

## Results by Research Question

◆ **Research Question 1:** After participating in the ADMYRE program, participants demonstrated positive changes on seven of the 10 binary-response quantitative items, which included seven opinion-based items on healthy versus unhealthy relationships and three knowledge items on teen dating violence (TDV). Of these, five items showed statistically significant improvement according to McNemar's test (Figure 1).



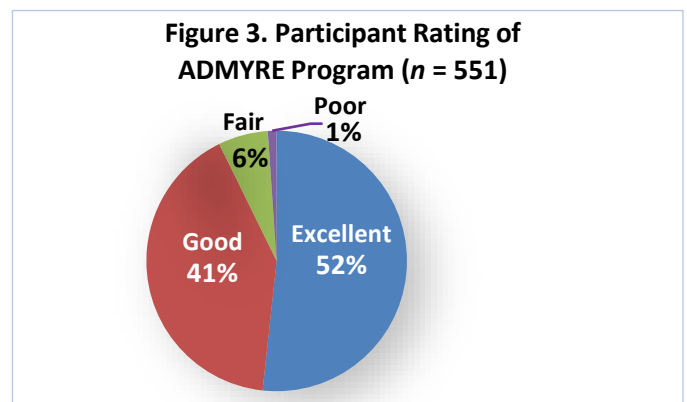
◆ **Research question 2:** Seven themes emerged from the 567 qualitative responses in which participants described how they planned to apply the knowledge gained from participating in ADMYRE. Building on themes from the previous year, a primary researcher developed and applied the coding framework, with certain themes added or removed to reflect patterns in this year’s responses. As shown in Table 1, the most common theme (46%) reflected participants' intentions to recognize and avoid unhealthy relationships, as well as to build healthy ones. Examples of responses and their corresponding percentages are also included in the table.

**Table 1. Thematic Codes of Qualitative Responses After ADMYRE Program**

Code	Example	% of Responses
<b>Healthy/Unhealthy Relationships</b>	- I will place comfortable boundaries in my relationships and stay true to my morals - Catching red flags that either I do or my partner does	46% (263)
<b>General Application</b>	- being proactive - identifying tactics people use	12% (66)
<b>Self-Help or Helping Others</b>	- speak out if I need help - if I see a friend who may be in danger I will offer help	11% (60)
<b>Seeking Help or Resources</b>	- That there is always someone there for me if I need it	10% (57)
<b>Communication Strategies</b>	- Be good at communication	1% (6)

*Note.* Verbatim quotations from participants’ responses are included, and grammatical errors were intentionally left unchanged; NA (15%) & Multiple themes (5%) are omitted. Values in parentheses are raw counts.

◆ **Research Question 3:** When prompted to evaluate their overall experience with the ADMYRE program, 93% of participants rated it as “Excellent” or “Good,” indicating strong positive feedback (see Figure 3). This feedback is based on responses from 551 out of 567 final samples, reflecting a high response rate of 97%. These results suggest that most participants responded positively overall and also found the content, activities, and facilitation to be engaging, relevant, and meaningful to their understanding of healthy relationships.



### LIMITATIONS TO ACKNOWLEDGE

- The report is based on a pre-post design with a short interval between surveys, limiting the ability to capture lasting changes or long-term impacts.
- Participants were overwhelmingly White ninth-grade students, and the use of self-reported data may limit the generalizability of the findings.

### RECOMMENDATIONS AND NEXT STEPS

- **Explore** cross-state partnerships to pilot ADMYRE in contexts beyond Iowa, allowing for greater diversity in racial, and cultural backgrounds and strengthening the generalizability of findings.
- **Enhance** outreach to diverse communities in Iowa (e.g., cultural associations or more diverse schools) to broaden representation in ADMYRE, while 78.1% of the state’s youth was white in 2020.

#### Key Finding 1

- Participants showed significant improvement on key TDV and relationship knowledge items, suggesting a positive program impact.

#### Key Finding 2

- Most participants reported plans to apply what they learned from the ADMYRE program to avoid unhealthy relationships while pursuing healthy ones.

#### Key Finding 3

- Overall, participants had a positive experience with the ADMYRE program.