



Independence House Student Workshops



“Up to 80 percent of adolescents report being bullied during their school years.” Massachusetts Department of Public Health (MDPH)

All workshops are designed with interactive activities to engage students in facilitated conversations around selected topics.

“Around 160,000 school children stay home from school each day out of fear, often without telling their parents why.” (MDPH)

“Forty percent of 5th-8th graders say they have experienced sexual harassment by their peers.” (MDPH)

Bullying is characterized by an imbalance in power, similar to the power and control displayed in abusive relationships.

“Adults who were bullies as children have higher rates of substance abuse, domestic violence and other violent crimes.” (MDPH)

Independence House Prevention, Education & Outreach staff are dedicated to raising youth awareness on Cape Cod regarding intimate partner violence and related issues by offering age appropriate educational workshops.

In accordance with the Massachusetts Department of Education Comprehensive Health Curriculum Framework, we have tailored our workshops to meet the learning standards for each grade level in the following areas: interpersonal relationships, violence prevention, and safety and injury prevention.

Furthermore, we will change any lesson plans to fit specific needs of administrations, teachers and students.

Workshop Topics & Brief Description

- ☛ **Bullying**
 - Types of bullying; cyber bullying, bystander intervention and empowerment; snitching vs. telling
- ☛ **Conflict Resolution**
 - Understand conflict; understand your feelings; recognize your triggers; active listening; resolution skills
- ☛ **Establishing Boundaries**
 - Define boundaries: physical vs. emotional; boundaries related to our friendships; communication skills
- ☛ **Healthy Relationships**
 - Characteristics of good friends; how to be a good friend; boundaries related to our friendships
- ☛ **Sexual Harassment**
 - Define sexual harassment; examples in a school setting; what to do if we experience sexual harassment

Many of these workshops may be combined as time permits.

To schedule a session, or for more information, please contact:

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