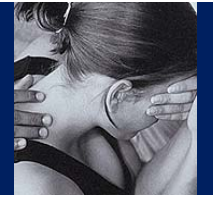




Independence House Student Workshops



“About 1 in 4 teens reports verbal, physical, emotional or sexual abuse each year.” (www.chooserepect.org)

Teen dating violence perpetuates other common issues affecting American teens, such as depression, anxiety, eating disorders, binge drinking and drug use. (www.ncadv.org)

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

In June of 2008, “driven by recent domestic violence killings, the Massachusetts Department of Public Health... issued a public health advisory on domestic violence.” (www.mass.gov)

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 lessons plan to fit specific needs of administrations, teachers and students.

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

Workshop Topics & Brief Descriptions

- ☛ 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 and dating relationships; communication skills
- ☛ Healthy Relationships
 - Characteristics of healthy dating relationships; boundaries related to our dating relationships; communication
- ☛ Sexual Harassment
 - Define sexual harassment; examples in a school setting; what to do if we experience sexual harassment
- ☛ Gender Stereotypes & Sexism
 - Gender vs. sex; define stereotype; examples; how do stereotypes influence violence; what can you do to change
- ☛ Sexual Assault & Consent
 - Legal definitions; statistics; understanding consent; communication skills; drugs and alcohol; help a friend
- ☛ Teen Dating Violence
 - Types of abuse; warning signs; characteristics of healthy relationships; help a friend
- ☛ Violence in the Media
 - Media and advertisement affecting intimate partner violence

Many of these workshops may be combined as time permits.

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

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