



Independence House Workshops



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

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

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

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

Children who witness domestic violence often exhibit separation anxiety, low self-esteem, bullying behavior, phobias, depression and/or withdrawal.

“One study found that 87 percent of mothers reported their children ‘knew about’ the abuse. Experts estimate that number to be even higher.”
(www.janedoe.org)

The Prevention, Education & Outreach staff at Independence House has created a diverse selection of workshops to raise awareness on Cape Cod regarding these critical issues.

Workshop Topics & Brief Descriptions

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

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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