

Safe Dates Prevention Education

for High Schoolers

from Crime Victims' Center of Chester County, Inc.

Safe Dates is a 3-session program offered to high school students that includes discussions on healthy dating, red flags, consent, and how to be an active bystander. Derived from the evidence based curriculum (Foshee, Ph. D. & Langwick, Ph. D), CVC adapted the program to 3-sessions that are highly interactive and encourages students to reflect on their relationships and the ones around them. Safe Dates helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive ones. It also gives students tools and strategies for navigating difficult conversations with a loved one, how to seek support from community, as well as how to look out and stand up for the people around them.

Safe Dates Objectives

- to reaffirm everyone's right to a healthy relationship
- to increase awareness of qualities of healthy vs unhealthy relationships
- to teach skills to navigate consent and boundaries
- to have better tools on how to navigate conflict
- to practice bystander intervention strategies
- to overcome barriers in asking for help

Session Break Down

One

Session 1 focuses on identifying healthy and unhealthy relationship qualities. First we reflect on healthy qualities in our relationships to loved ones now which allows students to reflect on qualities they want to see in a romantic relationship. Students will learn about harmful dating behaviors, and be introduced to the different types of abuse. At the beginning of both session one and two students will be given the opportunity to ask anonymous questions and educators will answer them, in an effort to make students comfortable asking difficult questions.

Two

Session two begins by discussing the power of bystander intervention, and how to help a friend who has potentially experienced sexual violence or dating abuse. Students then will work through scenarios to identify relationship red flags, harmful gender stereotypes and their connection to abusive behaviors, and identify different types of abuse. Students will also practice bystander intervention within these scenarios. Like in session one students have the opportunity to ask anonymous questions to educators.

Three

In the final session of Safe Dates students will touch on healthy conflict resolution strategies and dive into the topic of consent. Students will learn the importance of consent and how it directly can prevent harm in all relationships. We read a scenario where consent is not present and learn what consent can sound and look like and what it is not. Educators will close the final session with reminding students they have people to support them when relationships get tough, and allow students to brainstorm trusted adults in their life.

To learn more about our programs or to ask for a program that addresses a specific topic that is a need for your educational institution, please contact education@cvcofcc.org or call our office at 610-692-1926 and ask to learn more about Prevention Programming.

Prevention Education

for **College**

from The Crime Victims' Center of Chester County, Inc.

The Link- Sexual Assault and Consent Overview

The Link is a 45-minute program tailored to college aged young adults that highlights the link between sexual assault/violence and consent. Using a powerpoint visual, our educators will teach how consent directly prevents sexual violence and is a foundational piece of life and essential in every healthy relationship. In this program students will learn about the definition of sexual assault, the complexity of consent, and how to use bystander intervention strategies if/when we see harm in the community.

The Link Objectives:

- Learn the definition of sexual violence.
- Learn what consent looks, sounds like, & what consent is not.
- Learn and practice bystander strategies to prevent harm and violence

Trauma Informed Response

Adverse Childhood Experiences (ACEs) are incredibly common, more than 60% of people have at least one ACE. Whether you are teaching or facilitating, its guaranteed you'll encounter participants with trauma in their past. In our Trauma Informed Response program we discuss ways to facilitate, teach, and work in ways that prioritize the Trauma-Informed Principles: Collaboration, Trustworthiness & Transparency, Safety, Peer support, Empowerment, and Humility & Responsiveness. Building a learning or community space around these principles makes the content more accessible to survivors of trauma.

Learning Objectives:

- Learn trauma informed principles and examples of how to apply them to your space
- Practice responding to a disclosure of harm or abuse
- Discuss the specific policies and resources available to your community for survivors

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