

# YOUTH PRESENTATIONS

## ELEMENTARY & MIDDLE SCHOOL

Presentation Topic	Information Covered
<p><b>Friendships That Work</b> A 5-session healthy friendship curriculum ©Wettersten 2011 <i>*Grades 4-6 (5 sessions - 45 minutes each)</i></p>	<ul style="list-style-type: none"> <li>- Evaluating Friendships/Skills</li> <li>- Basic Building Blocks of Friendships</li> <li>- Asking Meaningful Questions</li> <li>- Advanced Listening/Acknowledging</li> <li>- Dealing with Hard Feedback</li> <li>- Conflict</li> </ul>
<p><b>Rise Above Bullying</b> <i>(1 session - 45 minutes)</i></p>	<ul style="list-style-type: none"> <li>- Definition and Methods</li> <li>- Victim Resources</li> <li>- Signs You Are A Bully</li> <li>- Effects of Bullying</li> <li>- Bystanders/How to Help</li> </ul>
<p><b>#RelationshipGoals 1.0</b> <i>*Grades 7-8 (1 session - 45 minutes)</i></p>	<ul style="list-style-type: none"> <li>- Healthy vs Unhealthy Relationships</li> <li>- Layers of a Healthy Relationships Cake</li> <li>- 10 signs of a Healthy Relationship</li> <li>- 10 signs of an Unhealthy Relationship</li> <li>- Scenario Practice</li> </ul>
<p><b>Digitalizing Healthy Relationships</b> <i>(1 session - 45 minutes)</i></p>	<ul style="list-style-type: none"> <li>- Digital Boundaries</li> <li>- Relationship Social Media Health</li> <li>- Sending Images Through Technology</li> <li>- Tips and Tricks to Online Safety</li> <li>- How to Help a Friend</li> <li>- Scenario Practice</li> </ul>
<p><b>"R U Dating a Jerk(ette)"</b> <i>*Grade 8 (1 session - 45 minutes)</i></p>	<ul style="list-style-type: none"> <li>- "Love" and Intimacy</li> <li>- Relationship Spectrum</li> <li>- Dating Rights/Responsibilities</li> <li>- Red and Green Flags in Relationships</li> <li>- Relationship Attachment Model</li> </ul>

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**Sexual Harassment: Impact Matters**  
*\*Grades 7-8 (1 session - 45 minutes)*

- Sexual Harassment Definition
- The Truth About Sexual Harassment
- Flirting vs. Sexual Harassment
- Reporting
- Impact vs Intent

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**Upstanders**, a CVIC developed multi-session leadership program for girls to empower youth to actively promote healthy relationships.  
*\*Grade 6-8 (8 sessions - 45 minutes each - minimum of 5 normally implemented)*

- Respectful and Healthy Relationships
- Setting Boundaries and Conflict Resolution
- Self-Image and Media Influence
- Understanding Privileges
- Rumor Spreading

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**LIVERESPECT**, developed by A Call to Men, this is a multi-session healthy relationship program for young men  
*\*Grade 8 (8 sessions - 45 minutes each - minimum of 5 normally implemented)*

- Promote conversation about healthy manhood
- Critical thinking about societal beliefs on gender roles.
- Inspire boys to redefine manhood and focus on developing healthy relationships and behaviors.

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**Love is...** a Break the Cycle interactive presentation  
*\*Grade 8 (1 session - 50 minutes)*

- What is Love?
- Healthy Relationships
- Abusive Relationships
- Unhealthy Behaviors

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**Take A Stand**, a NCADV curriculum for healthy relationships.  
*\*Grades 6-8 (6 sessions - 50 minutes each - minimum of 3 normally implemented)*

- Developing Emotional Intelligence
- External Influencers
- Respect
- Creating Healthy Relationships

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**Couplets Workshop** a One Love Foundation interactive presentation comparing healthy and unhealthy relationships through discussion  
*\*Grades 6-8 (1 session - 60 minutes)*

- Healthy vs Unhealthy Relationships
  - Tactics used in Unhealthy Relationships
  - Intensity, Put-downs, Anger, Disrespect, Guilt, Control, Obsession, Isolation
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# HIGH SCHOOL

Presentation Topic	Information Covered
<b>#RelationshipGoals 2.0</b> <i>(1 session - 45 minutes)</i>	<ul style="list-style-type: none"><li>- Equality and Power &amp; Control Wheels</li><li>- 10 signs of a Healthy Relationship</li><li>- 10 signs of an Unhealthy Relationship</li><li>- Relationships Spectrum</li><li>- Warning Signs</li><li>- How to Help A Friend</li><li>- Scenario Practice</li></ul>
<b>Break-Up 101</b> a Boston Public Health lesson on healthy break-ups through respectful and effective communication. <i>(1 session - 45 minutes)</i>	<ul style="list-style-type: none"><li>- Identify Healthy Break-Up</li><li>- Relationship Spectrum</li><li>- Deal-Breakers</li><li>- How Are Teens Breaking Up?</li><li>- Effective Communication</li><li>- Scenario Practice</li></ul>
<b>FRIES: A Guide to Consent and Sexual Assault</b> <i>(1 session - 45 minutes)</i>	<ul style="list-style-type: none"><li>- Define Consent</li><li>- FRIES to Consent</li><li>- What is Not Consent</li><li>- Sexual Assault Umbrella</li><li>- Scenarios</li><li>- How to Help a Friend</li></ul>
<b>SAAM: The Truth Behind Sexual Assault</b> <i>(1 session - 45 minutes)</i>	<ul style="list-style-type: none"><li>- Jeopardy or Quizizz Activity</li><li>- Defining Sexual Assault</li><li>- The Truth about Sexual Assault</li><li>- Your Support System</li></ul>
<b>The Power of the Clothesline Project</b> <i>*this is only available for students who will be attending the Clothesline Project</i> <i>(1 session - 45 minutes)</i>	<ul style="list-style-type: none"><li>- Definition of Dating Violence</li><li>- Power and Control Wheel</li><li>- Warning Signs</li><li>- Clothesline Project Activity</li><li>- What to expect at the Clothesline Project Event</li></ul>
<b>Stay/Talk/Go</b> a Break the Cycle 30-minute interactive presentation. <i>(1 session - 30 to 45 minutes)</i>	<ul style="list-style-type: none"><li>- Relationship Scenarios</li><li>- Students will decide if they want to stay in the relationship, talk about the issue, or leave the relationship.</li><li>- <i>Optional 15 Minute Addition</i> – qualities of healthy/unhealthy relationships</li></ul>

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**Behind the Post Workshop** developed by the One Love Foundation  
(1 session - 45 to 90 minutes)

- Scenario Video with discussion
- Healthy vs Unhealthy Relationships
- Role of social media in relationships
- Provide tools to explore healthy ways to handle emotions in a relationship

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**Love Labyrinth Workshop** developed by the One Love Foundation  
(1 session - 45 to 90 minutes)

- Warning signs of emotional abuse, and behavior patterns that show up in everyday situations.
- How to talk about healthy and unhealthy relationships
- How to understand and manage jealousy
- Tools needed to intervene if they see unhealthy behaviors in a friend or their relationship.

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**Because I Love You Workshop** developed by the One Love Foundation  
(1 session - 45 to 90 minutes)

- Control through technology in an unhealthy relationship
- Understand what signs of emotional abuse look like
- Explore ways to cope with feelings of jealousy and insecurity
- How to set boundaries in their relationship

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**LIVERESPECT**, a multi-session healthy relationship program for young men developed by A Call to Men.  
(8 session - 45 minutes each - minimum of 5 normally implemented)

- Promote conversation about healthy manhood
- Critical thinking about societal beliefs on gender roles.
- Inspire boys to redefine manhood and focus on developing healthy relationships and behaviors.

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**Upstanders**, a CVIC developed multi-session leadership program for girls to empower youth to actively promote healthy relationships.  
(8 session - 45 minutes each - minimum of 5 normally implemented)

- Respectful and Healthy Relationships
- Setting Boundaries and Conflict Resolution
- Self-Image and Media Influence
- Understanding Privileges
- Rumor Spreading

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**Athletes As Leaders** created by Harborview Center for Sexual Assault and Traumatic Stress, a multi-session program that aims to empower student athletes to take an active role in promoting healthy relationships.  
(10 sessions - 20 minutes each)

- Gender Stereotypes
- Privilege and Oppression
- Self-Image and Rumor Spreading
- Relationships and Consent
- Messages About Manhood

## EVIDENCE BASED CURRICULA

Curriculum	Information Covered
<p><b>Safe Dates</b>, a research-based dating abuse prevention curriculum ©2004, 2010, 2021 by Hazelden Foundation. <i>*Grades 9-12 (4, 6, or 10 sessions – 45 minutes each)</i></p>	<ul style="list-style-type: none"><li>- Evaluating Relationships/Skills</li><li>- Defining and Discussing Dating Abuse</li><li>- Preventing Sexual Dating Abuse</li><li>- Helping Friends in Abusive Relationships</li><li>- Coping with Emotions</li><li>- Advanced Listening/Acknowledging</li><li>- Equal Power Through Communication</li></ul>
<p><b>The Fourth R</b>, a research-based comprehensive school-based prevention program ©2016, The University of Western Ontario. <i>*Grades 7-9 (27 sessions – 45 minutes each)</i></p>	<ul style="list-style-type: none"><li>- Personal Safety and Injury Prevention</li><li>- Substance Use, Addictions, and Related Behaviors</li><li>- Human Development and Sexual Health</li><li>- Healthy Eating</li></ul>
<p><b>Coaching Boys Into Men</b> a 12-session athletic prevention program that educates young male athletes on healthy relationship skills developed by futures without violence. <i>(12 sessions – 15 minutes each)</i></p>	<ul style="list-style-type: none"><li>- Respectful Language and Behavior</li><li>- Digital Disrespect</li><li>- Aggression</li><li>- Sexual Reputation and Consent</li><li>- Bullying</li><li>- Boundaries</li></ul>

## CONTACT

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