

## YOUTH PRESENTATION MENU

### ELEMENTARY SCHOOL

| Presentation Topic   | Information Covered  |
|--|--|
| <p><b>TACO: Teaching About Caring for Others</b><br/>Grades K-3<br/>4 sessions – 40 minutes each</p>     | <ul style="list-style-type: none"> <li>• Ingredients of a Good Friend</li> <li>• Having Healthy Conversations</li> <li>• Disagreeing Kindly</li> <li>• Good vs. Bad Actions</li> </ul>   |
| <p><b>Friendships That Work</b><br/>©Wettersten 2011<br/>Grades 4-5<br/>5 sessions – 45 minutes each</p> | <ul style="list-style-type: none"> <li>• Evaluating Friendships/Skills</li> <li>• Asking Meaningful Questions</li> <li>• Advanced Listening/Acknowledging</li> <li>• Dealing with Hard Feedback</li> <li>• Conflict</li> </ul> |

### MIDDLE SCHOOL

| Presentation Topic   | Information Covered  |
|--|--|
| <p><b>Rise Above Bullying</b><br/>Grades 6-8<br/>1 session – 45 minutes</p>  | <ul style="list-style-type: none"> <li>• Definition and Methods of Bullying</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>Digitalizing Healthy Relationships</b><br/>Grades 6-8<br/>1 session – 45 minutes</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>• Scenario Practice</li> <li>• How to Help a Friend</li> </ul> |
| <p><b>Take A Stand</b><br/><i>a NCADV curriculum for healthy relationships</i><br/>Grades 6-8<br/>6 sessions – 50 minutes each<br/>minimum of 3 sessions usually implemented</p> | <ul style="list-style-type: none"> <li>• Developing Emotional Intelligence</li> <li>• External Influencers</li> <li>• Respect</li> <li>• Creating Healthy Relationships</li> </ul>   |

# MIDDLE SCHOOL

| Presentation Topic   | Information Covered  |
|--|--|
| <b>Couplets Workshop</b><br><i>a One Love Foundation interactive presentation comparing healthy and unhealthy relationships through discussion</i><br>Grades 6-8<br>1 session – 60 minutes   | <ul style="list-style-type: none"><li>• Healthy vs Unhealthy Relationships</li><li>• Tactics used in Unhealthy Relationships:<ul style="list-style-type: none"><li>◦ Intensity, Put-downs, Anger, Disrespect, Guilt, Control, Obsession, Isolation</li></ul></li></ul>     |
| <b>PACT: Bee an Upstander</b><br><i>a research based, CVIC created program focusing on bystander intervention</i><br>Grade 7<br>5 sessions – 45 minutes  | <ul style="list-style-type: none"><li>• Overview of four bystander intervention strategies: pass it off, approach, check in, and turn attention</li><li>• Benefits and Barriers</li><li>• Practical ways to intervene</li><li>• Activities and video discussions</li></ul> |
| <b>Sexual Harassment: Impact Matters</b><br>Grades 7-8<br>1 session – 45 minutes   | <ul style="list-style-type: none"><li>• Sexual Harassment Definition</li><li>• The Truth About Sexual Harassment</li><li>• Flirting vs. Sexual Harassment</li><li>• Reporting</li><li>• Impact vs Intent</li></ul>   |
| <b>#RelationshipGoals 1.0</b><br>Grades 7-8<br>1 session – 45 minutes  | <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>             |
| <b>Upstanders</b><br><i>a CVIC developed multi-session leadership program for girls to empower youth to actively promote healthy relationships</i><br>Grade 8<br>8 sessions – 45 minutes each<br>minimum of 5 sessions usually implemented | <ul style="list-style-type: none"><li>• Respectful and Healthy Relationships</li><li>• Setting Boundaries and Conflict Resolution</li><li>• Self-Image and Media Influence</li><li>• Understanding Privileges</li><li>• Rumor Spreading</li></ul>                          |
| <b>Live Respect</b><br><i>a multi-session healthy relationship program for young men developed by A Call to Men</i><br>Grade 8<br>8 sessions – 45 minutes each<br>minimum of 5 sessions usually implemented                                | <ul style="list-style-type: none"><li>• Promote conversation on healthy manhood</li><li>• Critical thinking about societal beliefs on gender roles</li><li>• Inspire boys to redefine manhood and focus on developing healthy behaviors</li></ul>                          |
| <b>“R U Dating a Jerk(ette)”</b><br>Grade 8<br>1 session – 45 minutes  | <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>                                      |

## MIDDLE SCHOOL

| Presentation Topic  | Information Covered   |
|---|---|
| <b>Love is...</b><br><i>a Break the Cycle interactive presentation</i><br>Grade 8<br>1 session – 50 minutes | <ul style="list-style-type: none"><li>• What is Love?</li><li>• Healthy Relationships</li><li>• Abusive Relationships</li><li>• Unhealthy Behaviors</li></ul> |

## MIDDLE & HIGH SCHOOL

| Presentation Topic  | Information Covered   |
|---|---|
| <b>CVIC Overview</b><br>Grades 6-12<br>1 session – 45 minutes | <ul style="list-style-type: none"><li>• History and Mission of the Organization</li><li>• Outline of Programs</li><li>• Resources to Get Help</li></ul> |

## HIGH SCHOOL

| Presentation Topic   | Information Covered   |
|--|---|
| <b>#RelationshipGoals 2.0</b><br>Grades 9-10<br>1 session – 45 minutes   | <ul style="list-style-type: none"><li>• Equality and Power &amp; Control Wheels</li><li>• 10 signs of a Healthy/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><br><i>a Boston Public Health lesson on healthy break-ups through respectful and effective communication</i><br>Grades 9-10<br>1 session – 45 minutes | <ul style="list-style-type: none"><li>• Identify a 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>Behind the Post Workshop</b><br><i>developed by the One Love Foundation</i><br>Grades 9-12<br>1 session – 45 to 60 minutes  | <ul style="list-style-type: none"><li>• Scenario Video with discussion</li><li>• Healthy vs Unhealthy Relationships</li><li>• Role of social media in relationships</li><li>• Provide tools to explore healthy ways to handle emotions in a relationship</li></ul>                    |
| <b>Love Labyrinth Workshop</b><br><i>developed by the One Love Foundation</i><br>Grades 9-12<br>1 session – 45 to 60 minutes   | <ul style="list-style-type: none"><li>• Warning signs of emotional abuse, and behavior patterns</li><li>• Talking about healthy/unhealthy relationships</li><li>• How to understand and manage jealousy</li><li>• Tools needed to intervene if they see unhealthy behaviors</li></ul> |

# HIGH SCHOOL

| Presentation Topic  | Information Covered  |
|---|--|
| <b>Athletes As Leaders</b><br><i>a program empowering student athletes to take an active role in promoting healthy relationships created by Harborview Center for Sexual Assault and Traumatic Stress</i><br>Grades 9-12<br>10 sessions – 20 minutes each | <ul style="list-style-type: none"><li>• Gender Stereotypes</li><li>• Privilege and Oppression</li><li>• Self-Image and Rumor Spreading</li><li>• Relationships and Consent</li><li>• Messages About Manhood</li></ul>  |
| <b>Stay/Talk/Go</b><br><i>a Break the Cycle 30-minute interactive presentation</i><br>Grades 9-12<br>1 session – 30 to 45 minutes   | <ul style="list-style-type: none"><li>• Relationship scenarios in which students decide if they want to stay in the relationship, talk about the issue, or leave the relationship</li><li>• Optional 15 Minute Addition – qualities of healthy/unhealthy relationships</li></ul> |
| <b>FRIES: A Guide to Consent and Sexual Assault</b><br>Grades 11-12<br>1 session – 45 minutes   | <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><br>Grades 11-12<br>1 session – 45 minutes  | <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><br><i>*only available for students who will be attending the Clothesline Project</i><br>Grades 10-12<br>1 session – 45 minutes  | <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 at UND</li></ul>                                |

# EVIDENCE BASED CURRICULA

| Presentation Topic   | Information Covered   |
|--|---|
| <b>The Fourth R</b><br><i>a research-based comprehensive school-based prevention program</i><br>©2016 - The University of Western Ontario<br>Grades 7-9<br>27 sessions – 45 minutes each | <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> |

# EVIDENCED BASED CURRICULA

| Presentation Topic  | Information Covered  |
|---|--|
| <p><b>Safe Dates</b><br/><i>a research-based dating abuse prevention curriculum</i><br/>©2004, 2010, 2021 - Hazelden Foundation<br/>Grades 9-12<br/>4, 6, or 10 sessions – 45 minutes each</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>Coaching Boys Into Men</b><br/><i>a 12-session athletic prevention program that educates young male athletes on healthy relationship skills developed by futures without violence</i><br/>Grades 9-12<br/>12 sessions – 15 minutes each</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



For more information about youth programs or to schedule a presentation contact:



**Ciera Bohm**

School Liaison

Primary Contact for Grand Forks Public Schools

[cierab@cviconline.org](mailto:cierab@cviconline.org)

701-746-0460

**Naudia Lewis**

Consolidated Youth Project Coordinator

Primary Contact for Rural Schools

[naudial@cviconline.org](mailto:naudial@cviconline.org)

701-746-0405 ext. 265

