

## YOUTH PRESENTATION MENU

### ELEMENTARY SCHOOL

Presentation Topic	Information Covered
<p><b>TACO: Teaching About Caring for Others</b> Grades K-3 4 sessions – 30 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> ©Wettersten 2011 Grades 4-5 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> Grades 6-8 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> Grades 6-8 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> <i>a NCADV curriculum for healthy relationships</i> Grades 6-8 6 sessions – 50 minutes each 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> <i>a One Love Foundation interactive presentation comparing healthy and unhealthy relationships through discussion</i> Grades 6-8 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>Sexual Harassment: Impact Matters</b> Grades 7-8 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> Grades 7-8 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> <i>a CVIC developed multi-session leadership program for girls to empower youth to actively promote healthy relationships</i> Grade 8 8 sessions – 45 minutes each 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> <i>a multi-session healthy relationship program for young men developed by A Call to Men</i> Grade 8 8 sessions – 45 minutes each 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> Grade 8 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>
<b>Love is...</b> <i>a Break the Cycle interactive presentation</i> Grade 8 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
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**CVIC Overview**  
Grades 6-12  
1 session – 45 minutes

- History and Mission of the Organization
- Outline of Programs
- Resources to Get Help

## HIGH SCHOOL

Presentation Topic	Information Covered
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**#RelationshipGoals 2.0**  
Grades 9-10  
1 session – 45 minutes

- Equality and Power & Control Wheels
- 10 signs of a Healthy Relationship
- 10 signs of an Unhealthy Relationship
- Relationships Spectrum
- Warning Signs
- How to Help A Friend
- Scenario Practice

**Break-Up 101**  
*a Boston Public Health lesson on healthy break-ups through respectful and effective communication*  
Grades 9-10  
1 session – 45 minutes

- Identify Healthy Break-Up
- Relationship Spectrum
- Deal-Breakers
- How Are Teens Breaking Up?
- Effective Communication
- Scenario Practice

**Behind the Post Workshop** *developed by the One Love Foundation*  
Grades 9-12  
1 session – 45 to 60 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

**Love Labyrinth Workshop**  
*developed by the One Love Foundation*  
Grades 9-12  
1 session – 45 to 60 minutes

- Warning signs of emotional abuse, and behavior patterns
- How to talk about healthy and unhealthy relationships
- How to understand and manage jealousy
- Tools needed to intervene if they see unhealthy behaviors

**Athletes As Leaders**  
*a program empowering student athletes to take an active role in promoting healthy relationships created by Harborview Center for Sexual Assault and Traumatic Stress*  
Grades 9-12  
10 sessions – 20 minutes each

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

# HIGH SCHOOL

Presentation Topic	Information Covered
<b>Stay/Talk/Go</b> <i>a Break the Cycle 30-minute interactive presentation</i> Grades 9-12 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> Grades 11-12 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> Grades 11-12 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> <i>*only available for students who will be attending the Clothesline Project</i> Grades 10-12 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>

## EVIDENCED BASED CURRICULA

Presentation Topic	Information Covered
<b>The Fourth R</b> <i>a research-based comprehensive school-based prevention program</i> ©2016 - The University of Western Ontario Grades 7-9 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>
<b>Safe Dates</b> <i>a research-based dating abuse prevention curriculum</i> ©2004, 2010, 2021 - Hazelden Foundation Grades 9-12 4, 6, or 10 sessions – 45 minutes each	<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>

# EVIDENCED BASED CURRICULA

Presentation Topic	Information Covered
<b>Coaching Boys Into Men</b> <i>a 12-session athletic prevention program that educates young male athletes on healthy relationship skills developed by futures without violence</i> Grades 9-12 12 sessions – 15 minutes each	<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:



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