

Student Workshop

Healthy Relationships

10 HOURS

This training is designed to teach students ages 12 – 22 about healthy relationships in order to prevent sexual harassment and assault. Our teaching material and activities are scaled to age, inclusive of different social identity groups and are trauma informed. Participants in this program will:

- ✓ Develop community agreements for respectful communication and engagement
- ✓ Unpack the “Man/Woman Box” to explore the impact of gender socialization
- ✓ Analyze and critique gender messages promoted through media and pop culture
- ✓ Discuss the concept of rape culture and its manifestations in society
- ✓ Create a template for healthy relationships
- ✓ Learn about and practice consent through games and activities
- ✓ Examine and cultivate social boundaries; learn strategies for getting help when needed
- ✓ Explore the social psychology of “bystander effect” and target-blaming
- ✓ Learn tools for being an active bystander
- ✓ Practice supportive communication and behavior toward those who are being targeted
- ✓ Utilize a template for respectfully “calling in” their peers who are causing harm
- ✓ Practice boundary setting, consent and active bystander skills using a variety of scenarios

