



## **DOMESTIC VIOLENCE AND YOUR WORKPLACE**

Victims and survivors of domestic violence are all around us. This custom training ensures that managers and employees understand the realities of relationship violence, the laws put in place to make workplaces safe, and the specific steps they can take to support coworkers around this issue. *(Hosted in partnership with Employers Against Domestic Violence.)*

## **40-HOUR DOMESTIC & SEXUAL VIOLENCE ADVOCACY TRAINING**

This comprehensive training complies with all Department of Public Health requirements for new domestic and sexual violence advocates. It is offered on a rolling basis and can be taken in part or in full. Learn more and register via the link below.

### *For specialized professions:*

#### **SURVIVOR-CENTERED CARE FOR CLINICIANS & HEALTHCARE PROVIDERS**

Healthcare professionals are in a unique position to provide support to patients who have been victimized. Host New Hope for a this training to learn real-life strategies for talking with patients about current or past sexual/domestic violence and how to support survivors in seeking safety.

#### **DOMESTIC AND SEXUAL VIOLENCE 101 FOR SALON & BARBERING PROFESSIONALS**

This program focuses on the unique and intimate relationships that salon professionals develop with clients to raise awareness, develop bystander skills, and provide local referrals to resources to help combat domestic and sexual violence.

### **LEARN MORE & REQUEST A WORKSHOP:**

<http://www.new-hope.org/prevention-education-outreach-services/>



## Training & Professional Development

*Our training opportunities for professionals are designed to provide your team with the knowledge, skills, and resources to work successfully with survivors. Choose a workshop listed below, or work with us to design a unique training based on your team's areas of interest.*

### **SEXUAL & DOMESTIC VIOLENCE 101**

This workshop provides an overview of the dynamics and prevalence of intimate partner violence and sexual assault, as well as resources available to survivors. Participants will build advocacy skills to promote empowerment and safety in their community and workplace.

### **THE POWERHOUSE: EXAMINING IDENTITY, PRIVILEGE, & OPPRESSION**

With great power comes great responsibility - but who decides who has the most power? Power is a driving force behind sexual and domestic violence. Explore how identity can inform our beliefs, shape our experiences, and even impact our relationships.

### **SELF CARE & COPING SKILLS FOR PROFESSIONALS**

Professionals working around issues of trauma, violence, and crisis experience astounding rates of vicarious trauma. Learn strategies for preventing burnout and creating a work culture that supports the health and well-being of every single employee.

### **BYOW (BUILD YOUR OWN WORKSHOP!)**

Tell us what you're looking for, and we'll work with you to design a unique workshop that meets your team's needs! Check out our website for ideas, and get in touch with our educators to start planning.

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## Sexual Assault Awareness Month OUTREACH & EDUCATION GUIDE

*April is Sexual Assault Awareness Month. At New Hope, we believe prevention education is a crucial piece of putting an end to all kinds of sexual violence. Our educators provide trauma-sensitive, LGBTQ/T-inclusive, consent-based programming for students and professionals.*

### THE CLOTHESLINE PROJECT

This powerful visual display features real survivors' stories written on t-shirts and hung at your school. The Clothesline Project doesn't just raise awareness; it centers and amplifies the voices of the movement to end sexual violence.

### CONSENT PIZZA PARTY

People use all kinds of metaphors, euphemisms, and coded language to talk about sex. Join New Hope's educators for a conversation about how to *change* the problematic ways we talk about sex, and start engaging in healthy, consensual, sexy communication! (Hint: it's a lot like ordering pizza.)

### SEX & POWER IN THE MEDIA

Join our educators for a deep dive into how the media is working to uphold harmful power structures and perpetuate sexual violence. In order to create cultures of consent, we need to fully understand the messages we're getting about sex, dating, power, gender, attraction, and more.

### BYOW (BUILD YOUR OWN WORKSHOP!)

You know your school best. Tell us what you're looking for, and we'll work *with* you to design a tailor-made workshop! Check out our website for ideas, and get in touch with our educators to start planning.

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## Domestic Violence Awareness Month OUTREACH & EDUCATION GUIDE

*October is Domestic Violence Awareness Month. At New Hope, we believe prevention education is a crucial piece of putting an end to all kinds of intimate partner violence. Our educators provide trauma-sensitive, LGBTQ/T-inclusive, consent-based programming for students and professionals.*

### **THE CLOTHESLINE PROJECT**

This powerful visual display features real survivors' stories written on t-shirts and hung at your school. The Clothesline Project doesn't just raise awareness; it centers and amplifies survivors' voices to end intimate partner violence.

### **THE POWERHOUSE: EXAMINING IDENTITY, PRIVILEGE, & OPPRESSION**

With great power comes great responsibility - but who decides who has the most power? Power is at the root of the domestic violence epidemic in our communities. Explore how identity can inform our beliefs, shape our experiences, and even impact our relationships.

### **NAVIGATING DATING, LOVE, & HEARTBREAK**

Where is the line between healthy, unhealthy, and abusive? Discuss real-life scenarios and learn tools to communicate your needs and wants effectively, recognize red flags for abuse, prevent breakup violence, and support friends who might be in unhealthy relationships.

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## High School OUTREACH & EDUCATION GUIDE

*Our educators provide dynamic workshops that teach teens to build healthy relationships, recognize signs of dating violence, and know where to go for support.*

### HEALTHY RELATIONSHIPS

This workshop was developed for high school students, and it invites them to dive deeper into understanding teen dating, recognizing their own values, and engaging in healthy, safe relationships. The real-life scenarios discussed in class will provide teens with the tools to communicate their needs and wants effectively, recognize red flags for abuse, prevent breakup violence, and support friends who might be in unhealthy relationships.

### CONSENT 101

In this workshop, teens will discuss consent, boundary-setting, and healthy communication in dating relationships. Students will learn what consent is and how to navigate healthy sexual decision-making. Teens will leave this workshop having developed skills and language for having open, honest conversations about consent in their relationships.

### THE POWERHOUSE: EXAMINING IDENTITY, PRIVILEGE, & OPPRESSION

With great power comes great responsibility - but who decides who has the most power? Power is at the root of the domestic violence epidemic in our communities. Explore how identity can inform our beliefs, shape our experiences, and even impact our relationships.

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## High School OUTREACH & EDUCATION GUIDE

### **UNEQUAL PARTNERS: EXPLORING POWER, CONSENT, AND HEALTHY RELATIONSHIPS**

Unequal Partners is a customizable curriculum for high school students focusing on power, consent, and healthy relationships. Over one or multiple sessions, facilitators will engage students in dynamic conversations, activities, brainstorms, projects, and group work that invites them to examine their understanding of dating and relationships. Students leave these workshops equipped with knowledge, skills, and attitudes that foster healthy relationships. Unequal Partners lessons include:

- Building Healthy Relationships
- Understanding Power and Control
- Navigating Consent
- Finding Support and Helping Skills

### **BYOW (BUILD YOUR OWN WORKSHOP!)**

You know your students best. Tell us what you're looking for, and we'll work *with* you to design a tailor-made workshop! Examples of workshop topics include:

- Media Messages
- Bystander's Role
- Information for students transitioning out of High School

#### **LEARN MORE & REQUEST A WORKSHOP:**

<http://www.new-hope.org/prevention-education-outreach-services/>



## Elementary & Middle School OUTREACH & EDUCATION GUIDE

*Our educators provide dynamic workshops that teach young people to build healthy friendships & relationships, recognize signs of violence, and know where to go for help.*

### **THE WEIRD SERIES**

(Grades 3-5) Three true-to-life short stories about bullying in schools explore the perspective of the person being bullied, the bystander, *and* the person doing the bullying. This series is presented over 3 classes, and includes icebreaker games and lively discussion. The final class includes an anti-bullying poster contest.

### **BULLYING & CYBERBULLYING**

(Grades K-5) This workshop guides students through defining a healthy friendship, understanding the difference between bullying and equal power conflict, and identifying the emotions evoked from bullying on- and offline.

### **GET REAL: COMPREHENSIVE SEX ED THAT WORKS**

(Grades 6-8) This evidenced-based sexuality education curriculum is best done over 9 sessions. Based in social emotional learning skills, this age-appropriate program dives into real-life challenges youth face while going through puberty.

*(Created by PPLM)*

### **SHIFTING BOUNDARIES**

(Grades 6-8) This 6-session, evidence-based curriculum was created for young teens and adolescents. Students will understand what boundaries are, how they apply in friendships and dating relationships, and how to build positive relationships.

### **BYOW (BUILD YOUR OWN WORKSHOP!)**

You know your youth best. Tell us what you're looking for, and we'll work *with* you to design a tailor-made workshop! Check out our website for ideas!

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