

★ **Technology and Youth**

Cyberbullying, online predators, and other risks of electronic communication are all discussed in this program. Since the effects can be devastating for the victim, this program will educate students to recognize the possible dangers of cell phone and Internet use. It is imperative for teens to be aware of the consequences of their actions, and to respond appropriately to others. Different tools and approaches to safety will be discussed in an effort to prevent victimization. Upon request this program can also include information on sexting. This program is best done in two class sessions in order to include all information.

★ **Healthy Relationships**

This program prompts students to take a closer look at how they interact with their peers. The issues covered are those that are essential to *any* relationship: trust, maintaining emotional and physical boundaries, assertive communication, conflict resolution, recognizing abusive behaviors, and anger management.

★ **Bullying**

While often dismissed as “just a part of growing up,” bullying is a major issue for students of all ages. This program addresses the types of bullying and harassment that are common in middle schools. While exploring this topic, students will understand the perspectives of the victim, bully, and bystander. Together the group will discuss realistic solutions to bullying and understand how bystander intervention can stop bullying.

★ **Sexual Harassment**

Reports say sexual harassment is at its peak in middle school. This program teaches students the definition of sexual harassment and the impact it has on its victims. Through a guided discussion, participants will learn about both physical and emotional boundaries and why we must respect the boundaries of others. They will also become familiar with how to appropriately respond should one’s boundaries be crossed – whether in peer-to-peer situations, in the workplace, or on the street. Upon request, this program can also include information on sexting and other sexual assault laws.

★ **Sexual Violence**

This program expands on the sexual harassment and healthy relationships programs. Myths about dating and sexual violence are examined along with the roles of boundaries and power. This program does include a discussion on sexting, which can be removed upon request. Students will learn what to do if they are in a violent relationship as well as how to help a friend.

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*The programs described above are provided during one regular class period, unless otherwise noted. ALL ARE PROVIDED AT NO COST. If you would like to schedule a series of programs for your school or classroom, we can usually accommodate such requests. In addition, many of these programs can be adapted to parent education workshops.*

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