



Audiences:

- 9th- 12th grades; college students
- Parents (parallel program)

(75 mins – 90 mins) *It's Not Love*® is a choose-your-own-path workshop in which participants assume the role of a character who is in an abusive dating relationship or is a witness to one. As the character, the participant makes the tough choices that one faces in these situations.

According to the national dating abuse prevention organization, Break the Cycle, one in three adolescents is a victim of dating abuse. However, only one-third of teens who experience dating abuse tell someone. This workshop provides an opportunity to introduce young people to the skills they need to form positive relationships. Participants learn to identify signs of unhealthy relationships and to use tools to help themselves or a friend.

The goal of this unique workshop is to create a safe and open environment to discuss where relationships fall on a healthy-to-abusive continuum.



Audiences:

- Youth who have participated in *It's Not Love*®, 9th- 12th grades

(75 mins – 90 mins) *Part II* builds on the ideas and tools introduced in the original *It's Not Love*® program. During this workshop, participants examine different methods of verbal and emotional abuse. It gives participants the space to practice responding when someone they care about is being abusive. Participants discuss the challenges of speaking up in an unhealthy situation and ways to respond.

#healthyfriendships

Audiences:

- 6th - 8th grades
- Parents (parallel program)

(75 mins – 90 mins) Navigating friendships and what it means to be a good friend in middle school is challenging. Research shows that developing positive interpersonal skills with peers in early adolescence can help foster healthy relationships later in life.

In this workshop, participants assume the role of a character who is navigating one of the many friendship issues individuals in middle school confront including changing friend groups, relational aggression, and being a bystander. As the character, the participant has to make the tough choices that one may face in these situations. This workshop utilizes experiential tools including **icebreakers, creative brainstorming, and role-play** in a developmentally appropriate way that meets the unique needs of middle school students.

Bring an AWARE® Workshop to Your Organization!

For a fee quote or for more information, contact the AWARE® team at aware@awarenow.org or 301-315-8040.

Program Logistics

AWARE® will provide:

- a Staff Information Packet complete with workshop information and additional resources to share with teens;
- a confirmed workshop date and time; and
- trained workshop facilitator(s).

Host organization's staff person will be responsible for:

- including *AWARE*®'s logo in all collateral, publicity and publications relating to this program;
- promoting an open dialog about the program by notifying parents ahead of time about this workshop, if applicable;
- providing staff assistance with engaging participants during the workshop, specifically the debrief; and
- ensuring participants complete the program's evaluation.

Program Fee

The program fee varies according to the size and the needs of the group. *AWARE*® is supported by the Tikkun Olam Women's Foundation of Greater Washington, which allows JCADA to offer our workshops at a subsidized rate to all of our community partners.

Trainings for Educators and Youth Professionals

AWARE®'s trainings can be tailored for any staff that works with youth. This includes educators, guidance counselors, youth advisors and camp counselors. We facilitate training workshops for staff who work with young people focused on issues related to healthy relationships, friendships and abuse. Educators learn how to recognize red flags, tools to use when talking with young people and where to go for help. Additionally, we look at the resources available to the staff to support them within their organization as well as in the community.

Topics include:

- facilitating tough conversations with teens;
 - using active listening and empathy to train youth leaders;
 - recognizing signs of unhealthy friendships or dating relationships in campers/students/participants; and
 - taking action to prevent or interrupt unhealthy or abusive behaviors.
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About *AWARE*® & JCADA

AWARE® is dedicated to empowering teens and young adults with the skills and knowledge they need to build healthy relationships. *AWARE*® is the prevention initiative of the Jewish Coalition Against Domestic Abuse (JCADA).

JCADA is a nonprofit whose mission is to **support** victims of domestic abuse to become empowered and live safely; **educate** the community about domestic abuse and appropriate responses; and **prevent** future generations from suffering domestic abuse. JCADA is committed to providing high-quality services to all residents of the Greater Washington DC community without regard to race, national origin, ability, background, faith, gender, or sexual orientation.