

EDUCATIONAL WORKSHOPS FOR YOUTH:

Our Workshops for Youth directly complement the Howard County Public School System's Health Education curriculum. Workshops facilitated in schools are adapted to fit within class schedules and are intended for audiences of no fewer than 8 and no more than 30. **Please choose only one.** (Note "PP" indicates PowerPoint is used as part of the program & (V) indicates the workshop is available virtually and in-person).

WORKSHOPS for YOUTH

- Is This Love? Recognizing Dating Violence and Building Healthy Relationships** – Designed for teens, this workshop combines an introduction to recognizing violence with practical suggestions and tools for building healthier relationships. "Is this Love?" is PowerPoint based with discussion elements. Goals include being able to recognize red flags for abuse and how to respond to a friend in need. This workshop pairs well with "The Good, the Bad, & the Abusive" for a 90-minute workshop or a workshop series. **(PP) (V)**
- The Good, the Bad & the Abusive** – Sometimes it's difficult to know the difference. In this interactive workshop, participants will explore the spectrum of healthy, unhealthy, and abusive behaviors that can occur in relationships. This workshop pairs well with "Is This Love? Recognizing Dating Violence and Building Healthy Relationships" for a 90-minute workshop or a workshop series. **(PP when Virtual)**
- In Their Shoes** – In this interactive workshop, participants become one of six characters based on the experiences of real teens. They make choices about the character's relationship and move through scenarios by reading about interactions with their character's dating partner, family, friends, and others. The activity is followed by a debriefing discussion on dating violence. This workshop can fit into a 45-50 minute class period or be extended into a 90 minute workshop (preferred).
- Beyond Active Bystanders: Stopping Violence Before It Starts** – Violence is not an anomaly. Primary prevention focuses on stopping violence before it starts by examining the cultural norms that allow violence to thrive. This workshop explores how we can collectively work to create a culture of equality, safety, and respect. It can fit into a 45-50 minute class period or be extended into a 90 minute workshop. As a series, it pairs well with "Yes Means Yes: Creating a Culture of Consent." **(PP) (V)**
- Yes Means Yes: Creating a Culture of Consent** – Current and popular understandings of sexual consent are gravely limited. Participants in this workshop will expand their understanding of consent by exploring its elements: capacity, action, and relationship. This workshop will define "affirmative consent" and participants will develop skills necessary for healthy communication and relationships. Appropriate for all high school students, though it can be tailored to focus on college-bound students and campus settings. This program combines interactive activities and PowerPoint based learning and discussions. **(PP) (V)**
- Out of the Box: Understanding Gender to End Violence** – In this interactive workshop (requiring at least 90 minutes), participants will explore gender stereotypes and the ways in which our beliefs about gender shape societal expectations of boys and girls, men and women. Goals include understanding how gender beliefs and expectations are connected to power, control, and violence. Schedule this workshop alone or as a primer for workshops related to teen dating violence and consent.

*Additional gender-focused workshops are available for those looking to deepen their knowledge in this area.

- Recognizing Human Trafficking** – This workshop defines modern-day human trafficking with an overview of trafficking in Maryland and Howard County. Participants will learn how to identify potential trafficking sites and victims as well as risk factors that increase vulnerability. Additionally, participants will make connections between forced sexual exploitation, IPV, and SV. **(PP) (V)**

**Please note: Some VIRTUAL workshops involve interactive exercises or audience participation. Depending on the workshop you choose, the event may need to be hosted by HopeWorks via Zoom to allow us to facilitate these interactive components effectively.*

EDUCATIONAL WORKSHOPS & TRAININGS FOR ADULTS:

Generally, workshops are 60 minutes long, plus an additional 30 minutes to include Q&A and a brief overview of HopeWorks' services. Workshops are intended for audiences of no fewer than 8 and no more than 30. **Please choose only one.** (Note "**PP**" indicates PowerPoint is used as part of the program & **(V)** indicates the workshop is available virtually and in-person).

WORKSHOPS for ADULTS & PROFESSIONALS

Beyond Active Bystanders: Stopping Violence before It Starts – Participants in this foundational workshop will learn about primary prevention – what it is and what current prevention efforts look like. The program includes an exploration of cultural norms and differentiates between risk reduction and primary prevention. Participants will develop the awareness and capacity to serve as agents of change in their communities. **(V)**

Dating Abuse: Tools for Talking with Teens – Explore the dynamics of dating abuse and how to start conversations with teens. In this interactive program, participants will learn how to identify abuse in teen relationships and gain skills and strategies to intervene in an abusive situation. **(PP) (V)**

First Steps: An Introduction to IPV and SV – This introduction explores the dynamics of sexual and intimate partner violence, understanding the scope of prevention work, and an overview of services and programs at HopeWorks. **(PP) (V)**

HopeWorks in the Community – A 90 minute presentation outlining the mission, vision, and services of HopeWorks of Howard County. At the end of the presentation, participants will be able to articulate the mission of HopeWorks, identify the six service areas of the agency, and engage in a discussion about five important facts related to the prevention of sexual and intimate partner violence. **(PP) (V)**

Living with Violence: Effects on Children/Teens – Learn the warning signs for children who are impacted by violence at home. **(PP) (V)**

Out of the Box: Understanding Gender to End Violence – In this interactive workshop, participants will explore gender stereotypes and the ways in which our beliefs about gender shape societal expectations of boys and girls, men and women. Goals include understanding how gender beliefs and expectations are connected to power, control, and violence. We recommend using this program as a primer for workshops related to building healthy relationships and understanding/recognizing abuse.

*Additional gender-focused workshops are available for those looking to deepen their knowledge in this area.

Recognizing Human Trafficking – This workshop defines modern-day human trafficking with an overview of trafficking in Maryland and Howard County. Participants will learn how to identify potential trafficking sites and victims as well as risk factors that increase vulnerability. Additionally, participants will make connections between forced sexual exploitation, IPV, and SV. **(PP) (V)**

Recognizing Love and Building Healthy Relationships – This workshop combines an introduction to recognizing unhealthy relationships with ways to build healthy ones. Interactive scenarios are included to learn how to tell the difference. **(PP) (V)**

Recognizing, Responding & Referring: When a Client Shows Signs – A training workshop designed for human services professionals that examines the dynamics of sexual and intimate partner violence, including risk and protective factors, red flags of abuse, an overview of root causes, and the importance of trauma-informed response and care. **(PP) (V)**

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□ **Stewards of Children Child Sexual Abuse Prevention** – A nationally acclaimed prevention training program that teaches adults how to prevent, recognize and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. There is \$20 materials fee for each person. **Maximum workshop size is 25.** The National Association of Social Workers has approved the Stewards of Children training for two (2) contact hours of continuing education. The Stewards certificate has the approval and provider numbers included. **(PP) (V)**

□ **Yes Means Yes: Creating a Culture of Consent** – Current and popular understandings of consent are gravely limited. Participants in this program will expand their understanding of consent by exploring its elements: capacity, action, and relationship. This workshop will define “affirmative consent” and participants will develop skills necessary for healthy communication, healthy relationships, and navigating consent while under the influence. (PP)

PLEASE RETURN PAGE 1 TO:

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Please note that HopeWorks staff will do their best to accommodate your program, date, and time requests, however, this form does not signify a contract or confirmation for products or services from HopeWorks.



If there are other needs not addressed on this form please contact me at (410) 997-0304.

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