

Resources for Teachers and Schools

Preventing Relationship Violence

April 2013 Created by Be the Peace project www.bethepeace.ca

OFFERED LOCALLY:

1) Sexual Health Centre Lunenburg County

Contact: Katie Boudreau, ED 527-2868

www.lunco.cfsh.info/educators.html
www.theSHaC.org Facebook & Twitter @shclc
8-4 Hillcrest Street, Bridgewater, NS B4V 1S9

- Presentations or workshops on any subject related to sexual health, from bullying to menopause. Most are customized for the requested subject and group of participants.
- Professional development sessions for educators, guidance counsellors, or others who work with youth/in the schools such as youth health centre staff. Some examples of topics for PD/educator sessions:
 - Becoming a more effective sexual health educator
 - Bullying (cyber bullying, homophobia, and/or sexual harassment)
 - Sexuality/sexual health education and disability
- Resources for distribution and on loan, to give out to students or to help support curriculum. Some resources are available on our website.
 - The SHIFT series of pamphlets for youth available to print
 - Safer sex supplies are also available (condoms, lubricant, and other supplies); a donation is requested.
- For students, the most commonly requested workshop is contraception and STI transmission prevention. Can be delivered in a "Lunch n' Learn" format (very successful last year). Other topics include:
 - Anonymous Q & A (a very effective tool)
 - Relationships/consent
 - Homophobia
 - Cyberbullying
 - Puberty
 - Condom & oral dam demos
 - Sexual health games/activities

2) Harbour House

Contact: Diane or Cindy -543-9970

www.harbourhousebw.com

In keeping with the Harbour House mandate for public education in dealing with the effects of violence against women, the child/teen workers offer the following presentations for students in Lunenburg/Queens counties.

- Grade 6: Our Relationship with Ourselves and Others is an interactive workshop that will increase student self awareness and improve their emotional vocabulary by the use of interactive games and role play.

- Grade 7: Anger-You can Handle It is a workshop involving flip chart exercises, handouts, and a video that will promote anger awareness and encourage discussion.
- Grade 8: Gender Stereotypes is an interactive workshop using flip chart exercises, brainstorming, and group work to examine gender roles in society.
- Grade 9: Abuse in Teen Dating Relationships, presents an overview of teen dating abuse and how it may impact both the abuser and the victim. Through the use of video and discussion questions, we raise the student's awareness and understanding.
- High School: Abuse in Intimate Relationships gives students an overview of abuse in intimate relationships and the forms it may take. Through the use of video and discussion questions, we raise the student's awareness and understanding.

GIRL'S GROUPS: We are offering an 8 session self-esteem group for girls in **junior high**. This group, **Girls "I" View**, was designed to help girls identify their strengths and celebrate their unique qualities.

ONE-ON-ONE COUNSELLING SESSIONS: Our child/teen workers are available for one on one counseling both at Harbour House and in area schools.

3) Second Story Women's Centre Contact Staff: 543-1315 or 640-3040 www.secstory.com

- **Girl Talk** - A free 4-day camp program for girls 9-12 years old to enhance self-esteem and confidence, empowering girls in a fun and safe environment where they are able to express their creativity, engage in active games, and voice their opinions on various issues. Generously supported by United Way Lunenburg County.
- **Striking Balance** - A free program to support young women age 13-15 in creating balance in their lives in five areas: physical, emotional, intellectual, spiritual, and interpersonal. Youth-centred discussions and activities on media and body image; healthy relationships; self-defence; emotion regulation, etc. Facilitated by Liz McCurdy and Anna MacLennan.
- **Customized presentations/workshops** by request