



## FREE EDUCATION & TRAINING PROGRAMS

**WORKING**  
to **END**  
**VIOLENCE,**  
**ONE**  
**WORKSHOP**  
at a time.

- ✓ Anti-bullying
- ✓ Primary prevention of violence
- ✓ Cybersafety
- ✓ Healthy relationships
- ✓ Consent and healthy sexuality
- ✓ and much more

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## About Us

Since our founding in 1975, the Women's Center has been a safe haven as the sole provider of services to victims of domestic and sexual violence in the Northern Fairfield and Southern Litchfield County areas. All programs can be modified to meet the specific needs of an audience. If a program does not currently exist that you would like, please contact us. In addition, we welcome the opportunity to work with individuals with disabilities or special needs.

## Education is the Key

We firmly believe that the path toward ending violence lies in education. Toward that end we provide free educational programs throughout our communities. Primary prevention and education programs are provided in schools from pre-K through college level, as well as to local businesses, social and civic groups, and faith-based organizations. We also provide trainings to community professionals to develop skill sets to combat the issues of domestic violence, sexual assault, and other experiences tied to gender and sexual identity.

Our free programs (and other services) serve a thirteen town area:

Bethel  
Bridgewater  
Brookfield  
Danbury  
Kent

New Fairfield  
New Milford  
Newtown  
Redding

Ridgefield  
Roxbury  
Sherman  
Washington

## **Statewide K-12 Sexual Abuse and Assault Prevention & Awareness Program as required by Connecticut General Statute Sec. 17a-101q**

Effective October 1, 2016, all local and regional school districts in Connecticut are required to implement sexual assault awareness and prevention programs in grades kindergarten through twelve, as per Section 17a-101q of the Connecticut General Statutes. The Department of Children and Families (DCF), in collaboration with the Connecticut State Department of Education (SDE) and the Connecticut Alliance to End Sexual Violence, have developed standards as well as core performance indicators for these programs. An asterisk (\*) next to our program indicates that the program is in full compliance with these standards, meeting all of the requirements within the framework of the law.

### **Pre-K to 1st Grade**

#### **Care & Kindness\***

This puppet show teaches children the difference between respect and mean behaviors. Our puppets, Lucy and Sebastian offer children techniques for dealing with feelings of anger, frustration, or silliness so they can always act respectfully towards others.

#### **Safe Touch, Unsafe Touch\***

During this interactive puppet show, Lucy and Sebastian teach children the difference between safe, unsafe, and confusing touches. Children learn how to speak up for themselves in a respectful manner and how to ask for help.

### **Elementary**

#### **Choose Respect**

Through discussion, children learn how they can go from being a bystander to an “upstander” when they witness mean behavior. They are then given the opportunity to put their ideas into action through role-playing.

## **Boundaries & Our Bodies\***

Through an interactive activity, students will come to understand that all people are unique, with different boundaries. Students will learn how to recognize non-verbal communication cues from others and the importance of respecting everyone's boundaries, including their own. Combined with empowering messages of body autonomy, students learn the steps to take if anyone makes them feel uncomfortable. Students learn that no matter what, it is always ok to assert their boundaries.

## **Digital Citizenship\***

Digital citizenship involves the norms of appropriate, responsible behavior with regard to the use of technology. The program also teaches students basic guidelines for using technology and ways to stay safe online.

# **Middle School**

## **Healthy Relationships & Conflict Resolution\***

Students learn the necessary elements of healthy interactions and relationships. Students will use critical thinking skills as they play an interactive game asking them to identify healthy and unhealthy behaviors. Students explore how to resolve conflicts in a healthy way, and learn active listening skills and "I Statements." This program can be split into two sessions or offered in one session.

## **Challenging Stereotypes**

This program focuses on respect and tolerance. Children will learn what prejudice and stereotypes are, where they come from, and what they can do to stop them. Through an interactive activity, students will have the chance to practice challenging stereotypes and offering evidence that the stereotype is false.

## **Boundaries & Consent\***

Students learn the concept, definition, and application of consent in various situations. This includes a discussion on personal boundaries and how to respect others' personal boundaries. Comparisons are used to demonstrate the use of consent on a broad spectrum of behaviors, such as crossing physical or emotional boundaries, or crossing boundaries around possessions. The Boundaries and Consent program uses real life scenarios so students can apply their knowledge inside and outside of the classroom.

## **Shifting Boundaries\***

This evidence-based prevention program covers relationships, sexual harassment and precursors to dating violence. The program involves both school-wide interventions and 4-6 classroom lessons in order to maintain fidelity with its evidence-based results.

## **Middle & High School**

*These programs are tailored to fit the age and maturity level of the students.*

### **Healthy Relationships Series**

These programs explore the topics of dating violence, sexual assault, sexual harassment, and gender in the media. Programs are offered individually or in a series. Multiple sessions increase program effectiveness and provide a more in-depth understanding of the issues and how they are all related.

### **Healthy Relationships Series: Healthy Relationships & Dating Violence\***

In this program, students discuss which elements are necessary and present in healthy dating relationships. Students learn to identify these elements and learn how to navigate through

issues such as jealousy or conflicts. In the United States, 1 in 3 teens is a victim of sexual, emotional, verbal, or physical abuse by a dating partner. This program also sheds light on unhealthy relationship dynamics rooted in power and control. Students will learn to identify “red flag” behaviors and where to seek help for themselves or a friend.

### **Healthy Relationships Series: Got Consent? Addressing Sexual Assault\***

This program teaches students the definition of consent, how to ask for consent before engaging in sexual activity, and when consent can and/or cannot be given. It also informs students about sexual assault by explaining specific laws, statistics, and debunking myths about perpetrators and victims. Our interactive clicker technology allows teens to anonymously input answers for all to see, creating a meaningful and profound discussion. Through activities and conversation, students will learn about the options and resources available in the aftermath of an assault.

### **Healthy Relationships Series: Flirting or Hurting? Addressing Sexual Harassment\***

This program about sexual harassment focuses mainly on understanding and communicating personal boundaries. Students identify the difference between flirtatious behaviors and sexual harassment, along with the continuum of harmful acts which can constitute sexual harassment. Students learn laws and consequences associated with harassment.

### **Healthy Relationships Series: Gender Images in the Media**

Through exploring how the media portrays men and women, teens come to a deeper understanding of society’s rigid gender roles, and why abuse and sexual violence are so prevalent in connection to these expectations. For young audiences, this program can focus solely on gender roles and expectations.

## **Cybersafety\***

This program explores the permanence and anonymity of technology, and teaches students about online dangers such as bullying, online strangers, sexting, and geotagging. Students learn what they can do to stop these behaviors and protect themselves. If appropriate, students will also come away with an understanding of what sexting is, why it happens, and the legal, social, and emotional consequences associated with it.

## **Bystander Intervention**

Through discussion, students learn how they can go from being a bystander to an “upstander” when they witness problematic behaviors. Problematic situations that can be explored include bullying, sexual harassment, abusive relationships, and sexual violence. Different bystander intervention techniques are explored and students are given the opportunity to brainstorm how they would intervene in real-life scenarios.

## **Body Image**

This lesson focuses on how cumulative exposure to media images affects how we perceive ourselves, and the harmful effects of negative body image. Students will practice critical thinking skills when looking at unrealistic body images in the media.

## **Self-Esteem**

This lesson is designed to bring awareness to students about how they live each day, and how outside influences can affect their thoughts. Students will see that they have the ability and power to change their thoughts for the positive, connecting to their true, authentic self. Through various activities, students will not only explore more about themselves, but also work to help support classmates in the process. The goal is for the students to leave feeling important and balanced.



## High School

### Media & Sexuality\*

The Media & Sexuality program examines the influence different media outlets have on our societal views, attitudes, and behaviors regarding sexuality and sexual violence. It analyzes advertisements, TV shows, movies, and songs and the messages we receive about sexuality. In the program, students are given a creative opportunity to change the unhealthy messages to healthy messages in their own words. This lesson teaches participants to view the media with a critical lens, and understand the impact of media on sexuality and social norms.

### Know Before You Go\*

This program is for students in 12th grade and explores campus sexual assault and the importance of consent. Analyzing campus culture and social norms, students will learn to identify behaviors, attitudes, and customs which lay the groundwork for sexual violence to flourish. The second half of this program will focus on empowering students to be “upstanders” in potentially harmful situations. Attendees will gain tools that will allow them to intervene in safe, non-violent ways to help end sexual harassment and sexual abuse. Students will also learn about Affirmative Consent and the policies and laws in place regarding college campuses’ response to sexual assault.

### Safe Dates\*

Safe Dates is a ten-session, evidence-based program that deals with attitudes and behaviors associated with dating abuse and violence. This program also involves school-wide interventions, including a poster contest and school play. In order to achieve the same evidence-based results, all nine lessons need to be taught and the school-wide interventions also need to take place.

## **Our Bodies Are Not Commodities**

This program explores the issue of human and sex trafficking here in the United States, dispelling myths and assumptions, as well as providing insight into the tactics that people might use to exploit others. It examines risk factors regarding relationships, self-esteem, our social environments, and other individual vulnerabilities. This sex trafficking prevention program works to empower students with the tools and knowledge to recognize risky or dangerous situations, or people that may be harmful or exploitative. It offers students resources and help available in their local communities.

## **College**

We offer a wide variety of campus education programs in many different settings, including academic classes, sports teams, Greek life, clubs, organizations, and in residence halls. Programs offered at the high school level (descriptions on pgs. 4-8) can be adjusted to be appropriate for college adults and address these issues from a campus life perspective.

## **Act Out**

Act Out is our live interactive theatre program that utilizes theatrical scenarios depicting real-life situations. Facilitated by our educator, audience members are allowed to interview the actors, who remain in character. This allows for lively and thought-provoking discussions. The program can be tailored to address any topic, including bullying, online safety, healthy relationships, dating violence, and sexual assault.

## Adult Programs

### Healthy, Unhealthy, & Abusive Relationships

Through this program, participants will learn about the characteristics of healthy relationships, to identify aspects of unhealthy relationships, and how to recognize how relationships may shift from healthy to unhealthy, and then abusive. Participants also walk away with a basic understanding of domestic violence, types of abuse, and how to support survivors.

### Abuse Later in Life

This program discusses the dynamics of domestic violence against elderly individuals. Statistics, unique aspects of power and control, and red flags for recognizing abuse are discussed. This program can be altered for professionals serving the elderly and responding to disclosures in this context.

### Gender in the Media

This program engages participants in a conversation about the ways gender is defined in the media. Gender stereotypes and expectations are discussed in a context of a “rape culture,” or one which society dismisses, ignores, and/or normalizes rape and sexual violence. Ways to rise above these harmful expectations are then discussed. This program can be altered to examine any specific aspect of gender in the media or rape culture.

### Sexual Violence 101

Through activities and group discussion, this program addresses the dynamics of sexual violence. Sexual violence, sexual assault, and consent are defined, along with relevant statistics about the impact of sexual violence in the United States. Social perceptions of sexual violence are also discussed in defining “rape culture” and understanding its impact on survivors. Primary prevention and bystander intervention are presented as tools to combat sexual violence.

## **Love, Sex, & Happiness: A Conversation about Healthy Sexuality**

This program discusses and defines healthy sexuality. The multiple spheres of sexuality are explored and connected to healthy relationships. Participants gain skills in having conversations about consent and healthy relationships, as well as a better understanding of what one's sexuality encompasses in relation to other aspects of their individuality.

## **Child Sexual Abuse: The Stranger Danger Myth**

This program teaches parents the real risks and the myths about child sexual abuse. The grooming process and forms of abuse are explored, while giving parents the skills to have age-appropriate conversations about bodily autonomy with their children. Primary prevention strategies can be explored.

## **Foundations of Feminism**

This program gives participants an introduction to the core tenets of feminism, both as a movement and theoretical philosophy. Intersectionality and social privilege are defined and discussed in the context of domestic violence and sexual assault. Participants will leave with skills to apply feminist theory to practice in supporting survivors.

## **Cybersafety for Parents**

Designed for parents, this program discusses children's use of technology and the risks associated with this use. This program gives parents tips for discussing the permanency and anonymity of technology with their children, and explores skills children can learn to protect themselves online. The issue of sexting can also be explored and parents will come away with an understanding of what sexting is, why it happens, and the legal, social, and emotional consequences associated with it.

## Trainings for Professionals

### Responding to Domestic Violence in Healthcare Settings

This training discusses the health impacts of domestic violence and the importance of universal screening by healthcare providers. Healthcare providers will learn about the specific health consequences of domestic violence, their role in responding to disclosures, and recommendations for patient screenings.

### LGBTQ+ 101 Training

This training provides an introduction to supporting individuals whom identify with the LGBTQ+ community. The material covered centers on relevant terms and concepts, the “coming out” process, and supporting LGBTQ+ individuals as an active ally. This program can be modified to focus on any topic in connection to the LGBTQ+ community.

### Supporting Transgender Students

This training provides participants with techniques to support transgender students. The content focuses on relevant terms and concepts, the “coming out” process, transgender students’ rights and legislative mandates supporting them. This program can be modified for teachers, resident assistants, school administrators, or other individuals working in an education setting.

### Safe School Climate

This program, for teachers and student teachers, provides tools for creating a classroom with a positive climate. It offers tips for addressing a bullying situation in the classroom, as well as assisting students to become “upstanders” instead of bystanders.

## **Trauma Sensitive Classroom**

This program, for teachers and student teachers, explains what the warning signs are for a child who has experienced trauma in regard to domestic violence or sexual abuse, how to handle disclosures, and offers strategies for creating a classroom sensitive to the needs of all children. If appropriate, this program can also explore the impact of witnessing domestic violence on a child's social, emotional, and academic development.

## **Child Sexual Abuse: Dynamics, Response, & Prevention\***

This training will equip professionals with the skills and knowledge they need to supportively respond to students/children who disclose abuse. The training will include information about the dynamics of child sexual abuse, warning signs and identification, primary prevention strategies, and the impact of trauma on survivors during and after experiencing sexual assault. This training fulfills the requirement of providing instructional modules for teachers on child sexual abuse as per Section 17a-101q of the Connecticut General Statutes, A Statewide K-12 Sexual Abuse and Assault Prevention & Awareness Program.

## **Sensitive Response to Domestic Violence or Sexual Assault**

This training explores the dynamics and impact of domestic violence and sexual assault, identifying and responding to a victim, and appropriate referrals. This training can be specifically tailored for social workers, counselors, health care providers, police, EMTs, lawyers, massage therapists, hair stylists, and other professionals. For hair stylists and massage therapists, research has highlighted these professions as likely to receive disclosures because of their intimate professional-client relationships.

## **Domestic Violence in the Workplace for Managers and Employees**

This program can be modified for managers or employees. The dynamics and impact of domestic violence, economic costs of domestic violence, techniques for identifying and responding to victims, and victim rights in the workplace are explored.

## **Sexual Harassment Solutions for Managers & Employees**

This training can be modified for managers or employees. Participants learn about the statutory definition of sexual harassment, legislation prohibiting sexual harassment, types of conduct which constitute sexual harassment, the effect on victims, and remedies fulfilling victims' rights. This training can supplement sexual harassment training required by Connecticut Statute 46a-54-200 through 207.





## Contact Us

To schedule any of our free education and training programs or if you have any questions, contact:

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or

**(203)731-5200**

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