



The YWCA is dedicated to promoting healthy relationships and making our resources and services readily available to those who seek them.

Using videos, open and honest dialogue, and interactive learning experiences, the YWCA Healthy Relationships Community Education Series works to raise awareness, build personal and collective responsibility and provide skills to challenge violence throughout our community.

To schedule a presentation or request a speaker for your next event contact:

Attn: Community Educator
YWCA Kalamazoo
353 E. Michigan Avenue
Kalamazoo, MI 49007

phone (269) 345-5595
fax (269) 345-8230
email: czarvas@ywcakalamazoo.org

visit: www.ywcakalamazoo.org
for more information

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Community
Education

raising awareness about
healthy relationships



In 2014.....

162 educational presentations were made to 6,394 people in middle and high school groups, colleges, at-risk programs, and community groups.

41 Preventive Education Presentations (of our Healthy Relationships Series) 51.5 hours, talked to more than 706 people.

20 sessions with at risk youth, more than 30 hours, 178 students.

90% of participating students agreed or strongly agreed that the presentation helped increase their awareness of sexual assault, domestic violence or social media safety.

follow us





healthy relationships community education series

very Important people (VIP)
Recommended for 1st through 3rd grade students. Topics covered include: an introduction to private parts and boundaries, saying NO!, reporting inappropriate touches and bad secrets to trusted adults. Every participant will receive a YWCA VIP coloring book.

middle school healthy relationships

A basic introduction to boundaries, healthy relationships and dating recommended for middle school students. Students will learn tips for creating healthy foundations for relationships warning signs of abuse and how to help a friend in an unhealthy dating relationship. Emphasis on digital/online dating abuse.

building boundaries and social media safety

Recommended for middle and high school students. Topics include: identifying healthy and unhealthy characteristics within relationships, building and respecting boundaries and social media safety.

introduction to sexual assault and rape culture

A basic introduction to violence within relationships and the central role of power and control. Recommended for high school and above.

introduction to dating and domestic violence

This presentation is a basic introduction to violence within relationships and the central role of power and control. It is recommended for high school and above.

our hope

is that you will embrace this opportunity to become part of the growing number of groups and schools committed to developing a deeper understanding of sexual assault, domestic violence, and other forms of violence in society, and to commit to becoming agents of change.

who should participate

The YWCA strongly encourages schools, universities, community groups, organizations, churches and companies to participate.



testimonials

“Great attitude and good ability to relate to youth on their level with a very important lesson. Thank you!”

- Shelter Care Worker, The Ark Shelter for Youth



“Good presentation, the material was helpful, informative and will be used in my future.”

- Kalamazoo Valley Community College Student



“This class is exactly what we all need to hear. This program needs to be taught to every class, every year.”

- Loy Norrix High School Student



“This was a very powerful class. It is a sensitive subject matter, but it was handled very well. Very professional and informative. Thank you!”

- Empire Beauty School Student



Healthy Relationships Community Education Series:

THEMES

- Healthy Relationships
- Empowerment
- Prevention
- Survivor focused

STRUCTURE

- Discussion
- PowerPoint Presentation
- Videos
- Activities

TOPICS

Very Important People (VIP)

- 1st-3rd Grade
- Introduction to boundaries and private parts
- Saying NO! to unsafe touches
- Reporting to trusted adults

Building Boundaries and Social Media Safety

- Middle School - High School
- Understanding healthy, unhealthy and abusive characteristics within relationships
- Establishing and respecting boundaries
- Social media safety

Middle School Introduction to Dating & Healthy Relationships

- Middle School
- What makes a relationship healthy?
- Introduction to types of violence in relationships
- Warning signs and reporting

Introduction to Dating and Domestic Violence

- High School and above
- Introduction to violence in relationships
- Understanding power and control
- Cycle of Violence
- Warning Signs

Introduction to Sexual Assault and Rape Culture

- High School and above
- Introduction to sexual assault, sexual harassment and rape
- Emphasis on culture change and UPstander intervention

Note: Presentations vary in length and should be scheduled at least 1-2 weeks in advance. For more information, questions and scheduling contact the YWCA of Kalamazoo Community Educator.

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Also available:

Small group facilitated discussions on healthy relationships

- 6 week, 1 hour sessions recommended for youth groups and at-risk youth.
- Ages 13-18
- Participants are encouraged to suggest additional or related topics, so to reflect their interests and needs.

THEMES

- Healthy Relationships
- Empowerment

TOPICS

WEEK 1: Healthy Relationships Introduction

WEEK 2: Gender Stereotypes

WEEK 3: Body Image

WEEK 4: Stress and Conflict Resolution

WEEK 5: Building Boundaries + Social Media

WEEK 6: Media Messages

STRUCTURE

- Discussion-based
- Hands-on and creative activities

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