
WORKSHOP A: 10:00am – 10:45am

A1: Boundaries and Limit Setting in Relationships
By, Betsy's Friends from Simmons College

Setting personal boundaries and limits can be very important as you lead your life. This interactive workshop will define boundaries and limits and help you to define what those are in a relationship. We will talk about the positive and challenging aspects of this. We will have scenarios to discuss, and we will teach you how to say "no" when "no" feels right. Each student will develop and leave with a personal plan.

A2: Teen Dating Violence 101
By, Qingjian (QJ) Shi from the Asian Task Force Against Domestic Violence

This beginner's workshop is designed for an introduction to defining dating violence. Activities ask students to define how they see dating violence manifest from their own experiences, whether it be from television, movies, music videos, or their own peers. Topics and exercises covered are: myths and facts about teen dating violence, warning signs, definition and types of dating violence, the cycle of violence and how to help a friend.

A3: TESTIFY! Recording Your Story for Electronic and Internet Media
By, Toni Amato from Write Here Write Now

The internet can be a powerful tool for education and outreach about teen dating violence. You Tube, FaceBook, MySpace and many others offer the opportunity to post audio and visual content. After first writing and sharing personal stories, participants will record video and audio testimony to bring their voices to their individual communities and then to the larger world.

A4: Project Teamwork: A Bystander Approach to Ending Discrimination and Violence
By, Jarrod Chin, Antonio Arrendel, Dave Hoffman and Liz Feldhusen from Sport in Society

Project TEAMWORK (PTW) is a diversity awareness and violence prevention program facilitated by former collegiate student-athletes. This multi-racial, mixed gender team is trained to work with middle and high school students to combat all forms of discrimination, and teach practical conflict resolution skills. This interactive presentation will explore how issues of diversity, such as race, gender, sexual orientation, and disability, can lead to conflict. Moreover, how young people can play a role in ending discrimination and violence associated with the lack of understanding of diversity.

A5: Building Confidence through Self-Defense: Having the Courage to Start Conversations about Abuse
By, Meg Stone from IMPACT

Changing people's minds about sexual assault and domestic violence requires the bravery and skills to challenge people. IMPACT's realistic self-defense training gives people the experience of being effective when they're afraid. Come learn some basic skills and how to use those skills to advocate for healthy relationships.

WORKSHOP B: 10:55am – 11:40am

B1: How to Create a Healthy Relationship
By, Betsy's Friends from Simmons College

This up-beat interactive session will focus on aspects of what makes a healthy relationship healthy. We will explore personal values, limitations, and compromises and talk about healthy strategies that can be used daily. This will be done by discussing various scenarios about real life situations, looking at factual information about relationship violence, and demystifying myths about relationship violence. There will be opportunities and time to participate and share your views. You will take away information that will help you, a friend, and family member.

B2: Teen Prostitution: Breaking Down the Myths and the Facts
By, Nikki Valila from HarborCOV

Have you ever wondered how pimps recruit potential victims of teen prostitution? Did you know that prostitution isn't just selling your body in exchange for money? If you have ever asked yourself these questions, come join me in a discussion about recruitment, the grooming process, what "life" is really like for victims of sexual exploitation and how to stay safe on the streets.

B3: Girls' LEAP Self-Defense: Keeping Girls Safe and Strong!
By, Kristen Cuneo from Girl's LEAP

Girls' LEAP (Lifetime Empowerment and Awareness Program) is a violence prevention program that combines traditional self-defense skills (Physical Skills) with everyday life skills (Reflective Skills) in a strength-based environment. This workshop will be co-taught by youth and adults, and aims to empower participants by teaching them some Introductory Skills and foster conversation around methods of personal boundary setting in order to stay safe and strong.

B4: Paint the World Orange! Muraling as tool for violence prevention.

Pick up a brush and paint the world orange! Or green! Or blue! In this workshop we will learn the techniques of muraling and discuss how mural can be used to promote anti-violence messages in your community. Come prepared to be creative, design a message, and begin painting your first portable mural!!! Good for small groups.

B5: Organizing in High School
By, Peter Holtz and TADA Leaders from Ipswich High School

Dating abuse is a problem in every high school – so what can we do about it? Ipswich Teens Against Dating Abuse (TADA) is in its 6th year at IHS as a student group focused on raising awareness, providing education, and being a resource of peers for peers. We haven't made the problem go away, but we have brought the discussion to the mainstream. This workshop will include discussion of some of our successes and our challenges as we share some ideas about how you can organize in your school, too.

WORKSHOP C: 12:00pm – 12:45pm**C1: Breaking Up is Hard to Do**

By Betsy's Friends from Simmons College

Yes, breaking - up can be very hard to do. But, if it does not feel right anymore it something that needs to happen--when you are ready. This energized conversation about relationships, how to break up, and what signs along the way are helpful for safety will be covered. We will talk about why people get together and why they break-up, how to do it in a way that is positive way, the best "words" to use when breaking - up, planning for the break - up , and then how to move on. There will be scenarios to talk about and you will be able to give others personal advice.

C2: Inside Eating Disorders: A Personal Perspective

By, Kristin Tyman from the Multi-Service Eating Disorder Association, Inc.

This workshop educates participants about eating disorders and how to promote a positive self-image. Topics discussed include eating disorders, diets, misrepresentation by the media, body image/confidence, treatment and recovery. Suggestions on how to help a friend who may be suffering will also be discussed.

C3: Why I care/ What I do: Community Organizing to Prevent Dating Violence

By, Heather Benjamin from Close to Home

The Close to Home Youth Team works to prevent dating, domestic and sexual violence by creating projects to raise awareness, educate and inspire others to act. Workshop attendees will learn about community organizing, and various strategies they can use to get the community involved in issues they care about.

C4: Domestic Violence amongst Gay, Bisexual, and Trans Youth

Iain Gill from the Gay Men's Domestic Violence Project

A look at how domestic violence affects the gay, bisexual and trans youth in Massachusetts. A gay man who survived domestic violence will share his story of escaping an abusive relationship from an early age. This will be followed by role plays in which you are encouraged to debate the issues that are culturally specific to the gay, bi, and trans community.

C5: Practicing Prevention – BARCC

By, Stephanie Trilling and Meg Bossong from Boston Area Rape Crisis Center

In this workshop participants will discuss some of the challenges of educating their peers about sexual violence, define and illustrate primary prevention strategies and how they differ from traditional intervention or risk reduction models, and come up with community action steps that they can take individually and as a group to work towards ending sexual violence.
