



Middle School Age

Name	Grade Level	Description
Healthy Relationships	7-12	Youth explore the spectrum of relationships to understand the signs and indicators of a healthy, unhealthy or abusive relationship. We use the Teen Power and Control & Equity wheels as a tool to further identify the dynamics of relationships Youth are given an opportunity to analyze some scenarios. In addition, participants are encouraged to think about the role the healthy relationships skills play in helping others and creating safer communities. *
Gender Roles, Stereotypes, Identity, and Sexuality	6 - 12	This workshop supports students in developing a holistic understanding of the way binary gender roles and stereotypes promote harm. We discuss the impact of gender roles and stereotypes on our ability to have healthy relationships, cultivate safe communities, and prevent interpersonal harm. *
Safe Communities	6 - 8	Youth identify what makes a community feel 'safe' and what is possible in a safe school community. Youth also name cultural norms and practices that can make a school community feel unsafe (bullying, harassment, etc) and how to challenge these harmful norms when they arise. *
Consent & Boundaries	7-12	This workshop intends to support students in developing a holistic understanding of consent as an everyday life practice in order to combat harmful cultural norms which promote & build tolerance of sexual violence. Participants will be supported in recognizing the connection between consent, boundaries and healthy relationships. *
Online Safety & Safe Online Communities	6-12	In this workshop youth will learn the legalities behind sending sexual images online and have a better understanding of online safety. Participants explore what it means to ensure online community spaces feel safe, and how to ask for support when needed. *

Safe-T	6-8	An Evidence Based program from Prevent Child Abuse Vermont focused on sexual violence prevention. Presentation description from PCAV: "Through ten lessons, SAFE-T continues the process of developing social emotional skills, and introduces age-appropriate information about topics such as sexual harassment and sexually abusive behaviors." https://www.pcavt.org/safe-t
Bystander Intervention	7-12	This interactive workshop is designed to support youth to knowledge and tools necessary to engage as a positive bystander within their spheres of influence. There is a focus on exploring healthy versus unhealthy relationships. We will explore the positive impact that intentional bystander intervention can have and ways youth can increase skills for effective approaches to difficult situations. *
We Care Middle School	5-6	An evidence based program by Prevent Child Abuse Vermont "Each grade focuses on different topics related to healthy relationships. We Care moves beyond the concrete and physical nature of the Care for Kids lessons, capitalizing on children's' capacity for generalizing information and reflecting on their emotions and experiences." - Program description from PCAV * https://www.pcavt.org/we-care-elementary

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