



## In Touch With Teens: Relationship Violence Prevention Curriculum

This evidence-based curriculum was created by Peace Over Violence, and was designed to promote healthy relationships through education, advocacy, and organizing. We hope to help teens create violence-free relationships by encouraging peer-to-peer education. In this curriculum, there are 11 units:

1. Roots of Violence: Global and Local. Discuss violence, oppression, and gender stereotypes
2. Power and Control: Manage power and control, strengthen personal power
3. Recognizing Unhealthy Relationships: Discuss abusive relationships and types of abuse
4. Bullying: Define bullying and bullying situations, as well as ways to respond to bullying
5. Breaking the Cycle of Violence: Identify the stages of the cycle and ways to break it
6. Creating Healthy Relationships: Define characteristics of a healthy relationship and ways to resolve conflict
7. Issues of Sexual Assault and Coercive Control: Discuss sexual assault, the myths that surround it, and strategies for providing peer support
8. Respectful Sexuality: Identify healthy sexuality, what consent is, and strategies for creating health sexual relationships
9. Sexual Harassment: Characteristics of sexual harassment and the physical and emotional effects of it, as well as the skills to discourage incidents
10. Media Impact on Gender Roles and Violence: How media gender representation shapes perceptions and attitudes, as well as how media impacts our choices and behaviors
11. Choose Peace Over Violence: Help youth build a peaceful community and world through goals and advocacy.

Ultimately, In Touch With Teens will show our youth that violence is preventable. If we can learn it, we can unlearn it. Violence is not healthy for people and other living things. If we can see it, we can stop it. Silence is violence. If we can talk about it, we can change it.

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