

# Violence Prevention Programming

eliminating racism  
empowering women

**ywca**

Richmond

The YWCA of Richmond currently offers multiple programs for the middle school and high school population. While these are the current programs we offer, we are able to tailor programs to your school or organization's needs.

## Single-Session Programs:

Provide youth basic skills & knowledge

- **Teen Dating Violence Awareness:**
  - Learn about dynamics of teen dating violence and how to help a friend involved in an abusive relationship. *Available in half hour, one hour, & one and a half hour sessions.*
- **Bullying Awareness & Prevention:**
  - Learn about dynamics of bullying, how to respond when a friend is being bullied, and discuss how bullying affects the community. *Available in half hour, one hour, & one and a half hour sessions.*
- **Healthy Relationships:**
  - Explore the basics of a healthy relationship, what students want in a relationship, and healthy ways to resolve conflict. *Available in one hour & one and a half hour sessions.*
- **Creating an "Upstander" Community: Bystander Intervention:**
  - Engage in dialogue and activities about bystander intervention and how to intervene safely and appropriately when someone is in danger. *Available in one and a half hour & two hour sessions.*

## Multi-Session Programs:

Youth dive deeper to help change behaviors & norms

- **Safe Dates:**
  - Evidence-based program that raises awareness of healthy and abusive dating relationships and the causes and consequences of abusive relationships. Provides skills and resources to help themselves or friends and develop healthy dating habits. *Available in four, six, or ten fifty-minute sessions.*
- **DO YOU:**
  - Through creative expression, this evidence-informed program addresses violence by confronting root causes, challenging risk factors, and building resilience to promote positive development and healthy relationships. *Available in ten one hour or one and a half hour sessions or can be adjusted to your availability.*
- **Shifting Boundaries:**
  - Middle school evidence-based program that utilizes school-wide and classroom lesson interventions to reduce dating violence and sexual harassment by highlighting consequences for perpetrators and increasing faculty surveillance. *Available in six sessions over 6-9 weeks and three school-wide interventions throughout the year.*

Contact Robin Sawyer at [rsawyer@ywcarichmond.org](mailto:rsawyer@ywcarichmond.org) or (804) 643-6761, ext.150 for more information and scheduling.