



Bringing Communities Together To End Sexual Violence

# EDUCATION SERVICES

## Program Catalog

### *Prevention Through Education*

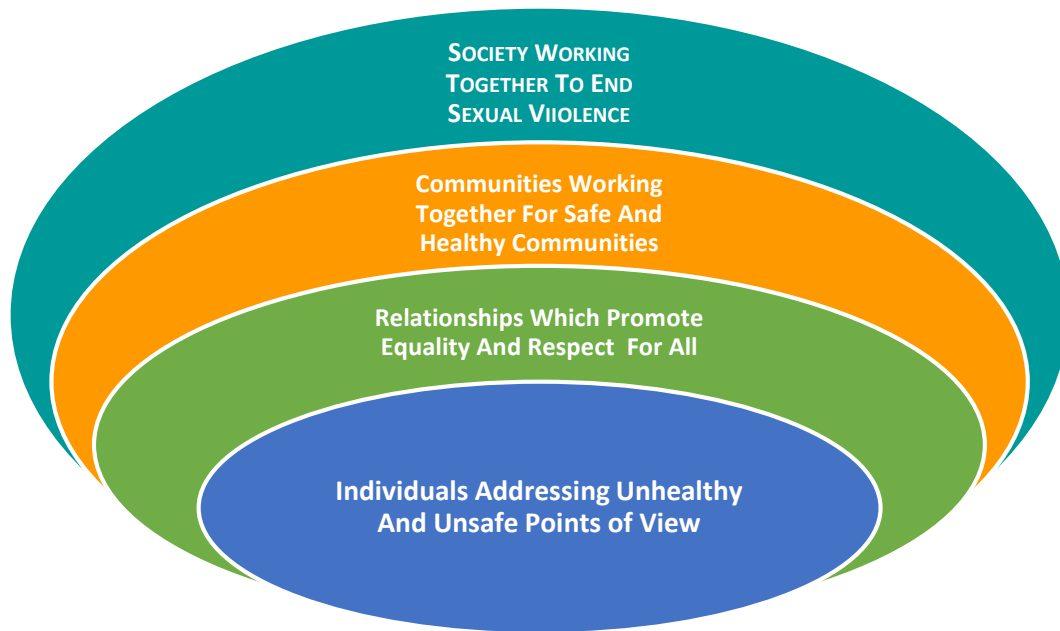


Chart modeled after CDC's Primary Prevention Diagram

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# **The Mission of WOAR**

The mission of Women Organized Against Rape (WOAR) is to eliminate all forms of sexual violence through specialized treatment services, comprehensive prevention education programs and advocacy for the rights of victims of sexual assault and sexual abuse.

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## **Education and Training Services**

- College/University/Technical Institute Trainings
- Community-Based Workshops
- Parent Trainings
- Professional Development
- Psycho-educational Groups
- Workshops for Children and Youth

# Promoting Primary Prevention to End Sexual Violence

According to the Center for Disease Control and Prevention, sexual violence is a public health epidemic. Stopping sexual violence before it happens is the focus of WOAR's Education and Training Department. WOAR's programming challenges beliefs which foster harmful behaviors such as bullying, harassment and acts of sexual violence.

Working with youth and adults, WOAR promotes mutual respect, healthy lifestyles, safe decision making, quality life skills and active bystander intervention.

Conducted by a qualified staff of professionals, trainings and programs provide participants with skills and tools which increase protective factors which support sexual violence prevention efforts.

For more information and to schedule trainings, complete the on-line Program Request Form or contact the Education and Training Department at (215) 985-3315, ext. 180. You can also fax in your request to the Education and Training Department at (215) 985-9111.

## Honorariums

Honorariums support WOAR's efforts to provide **free-of-charge** counseling and treatment for survivors of sexual assault and sexual abuse.

*Todos nuestros servicios están disponibles en español, por favor no dude en llamarnos al 215-985-3315 en extensión 180, o simplemente llenar el siguiente formulario. Los honorarios para los servicios en WOAR son libres de cargo, consejería y tratamiento para sobrevivientes de abuso y asalto sexual.*

# **Professional Development and Community Education**

WOAR's Professional Development and Community Education trainings provide professionals and community partners with up-to-date information about sexual violence and related topics. Professionals and community partners alike can attend trainings to gain knowledge to effectively work with survivors of sexual assault and to increase protective factors which support efforts to end sexual violence.

Organizations can also receive on-site training at their location on any of the following topics or trainings offered in this catalog:

- Adult Survivors of Child Sexual Assault
- Child Sexual Assault Prevention
- Comprehensive Sexual Violence Overview
- Family Violence Prevention Seminar
- Mandated Reporter Training (2hr. and 3 hr.)
- Sexual Harassment in the Workplace
- WOAR Services

Certificate of participation provided. ACT 127 and Act 48 Credits provided with Mandated Reporter trainings.

# Parent Trainings

**WOAR's Parent Trainings provide skills to support parents' efforts to protect their family members. Parents learn how to speak to their family members about personal safety and strategies to reduce both interpersonal violence and sexual violence.**

## **Learn How to Prevent Sexual Violence**

Learn How to Prevent Sexual Violence offers strategies to parents for discussing prevention with children, teens, and with those we trust to safeguard families. This training provides an overview of various forms of sexual assault, how offenders access children and youth, prevention strategies to support adults in discussing sexual assault prevention with their family and friends, and the importance of therapy for loved-ones who have been harmed.

## **Internet Safety - What Parents Can Do Now**

Research by Cox Communications suggests 58% of teens don't think posting photos or other personal information on social networking is unsafe. This training gives an overview of basic internet safety and the many outlets that children and adolescents can use to access the internet. It provides parent with methods to hold children accountable as well as steps parents can perform if their child is an experienced internet user. The training summarizes the dangers and vulnerability of revealing too much information and how that can potentially expose children to hidden and unknown threats.

## **What Dating Violence Means to Your Family**

According to the Center for Disease Control and Prevention, young women between the ages of 10 and 19 suffer abuse more than adult females. Yet, less than 53% of parents have discussed dating violence prevention with their sons and daughters. This training provides parents with information on the severity of teen dating violence and offers discussion strategies for prevention.



## **Parents in the Know**

This 4 - session training is an educational and skill building initiative that strives to prevent child sexual abuse by raising parental awareness about factors which contribute to child sexual abuse and how to protective children and decrease the risk of child sexual abuse through proactive behaviors.

# College/University and Technical Institutes (Title IX Trainings—Clery Act Services)

WOAR's Education and Training Department conducts Title IX Trainings for area colleges/universities and technical institutes for students and professional development for faculty and Campus Law Enforcement and Safety Teams. To schedule a training, complete the on-line request form or contact the Education and Training Department at (215) 985-3315, Ext. 180.

## Understanding Consent and the Law

The issue of consent must be clearly and mutually understood between dating partners. When should consent be obtained, who's responsibility is it to obtain consent and what consent is and is not form the foundation of this training.

## Sexual Assault 101

Sexual Assault 101 is a comprehensive training which provides clarity regarding what is sexual violence, examines the mindsets which promote sexual violence, legal repercussions which offenders face, why counseling is vital in the recovery process of sexual violence, how to support a survivor of sexual violence and active bystander intervention.

## Becoming an Active Bystander

All of us have witnessed conflicts or unacceptable behaviors; however few know how to safely intervene to stop a potentially harmful situation. It is vital to everyone's safety to play a part in making social changes and establishing what is right. ***Becoming an Active Bystander*** is a method of harassment intervention that will teach skills which encourage everyone to pay attention and to safely take action if they see someone being placed in an uncomfortable situation.

# Psycho-Educational Groups

**Psycho-educational groups build upon concepts which strengthen resiliency skills and increase safety factors which contribute to a violence free safe healthy lifestyle. Groups are conducted in 6-week and 8-week cycles.**

**Safe Dates Prevention Program For Dating Abuse** – For youth ages 10-19. **Safe Dates** is an evidence-based curriculum that is designed to support the prevention of dating abuse which often involves the use of drugs, alcohol and other substances. Safe Dates helps teens recognize the difference between caring, supportive relationships and controlling, manipulative and abusive dating relationships.

**Expect Respect**—For youth ages 12 to 18. **Expect Respect** addresses **gateway** behaviors which can escalate into acts of bullying, harassment and sexual harassment. Expect Respects promotes healthy dating relationships and healthy lifestyles.

**Building Healthy Relationships** - For youth ages K-12. **Building Healthy Relationships** is an educational and entertaining curricula which teaches participants assertiveness skills, conflict resolution skills and healthy decision making skills.

**Girls In Real Life Situations** - For females ages 11 to 18. Girls in Real Life Situations develops self-esteem, promotes conflict resolution skills, goal setting and healthy decision making skills.

**Owning Up**—For youth ages 11 to 18. **Owning Up** provides direction to trouble teens who engage in acts of violence upon others. The curriculum fosters empathy and works with teens to develop healthy behaviors.

**Today's Boys-Tomorrow's Men (TBTM)** - For males ages 10 to 18. **TBTM** supports healthy male development and socialization skills.



## **Workshops for Children and Youth**

*Workshop content is delivered in an age appropriate manner. Topic areas include the following:*

### **Bullying Prevention`**

Bullying-Not Just a Guy Thing  
Frenemies: Unhealthy Friendships and What to Do About Them  
Harassment Hurts: Gossiping, Taunting and Bullying  
How Bystanders Can Help  
Internet Safety  
It's Time to Take a Stand Against Bullying  
Learning about Cliques  
Learning about Harassment  
Play It Safe: Strategies for a Safe School Environment  
Silent on the Sidelines: Why We Ignore Bullying  
Wise Owl Says: When Telling Isn't Tattling  
Words That Hurt  
You're Mean-When Words Hurt Us

### **Character Education**

***Character Education workshops expose children to the concepts of fairness, respect and responsibility.***

Auto B Good Character Education *(In English and Spanish)*  
Making Friends...Keeping Friends  
Popcorn Park Presents: The Six Pillars of Character *(In English and Spanish)*  
Surviving Middle School  
That's So Rude – 10 Rules of Common Courtesy  
What Does It Mean to Be a Friend?  
Your Reputation: Enhancing It, Repairing It

### **Dating Relationships**

Avoiding the Teen Pregnancy Trap  
Coping with Dating Violence and Abuse  
Dating For Real  
Loved You to Death  
Real People: Relationships – When They Need Help  
Safe Dating  
Sex Education – Teen Mothers and Fathers Speak Out  
Teen Dating Violence Prevention  
The Ten Signs of Relationship Abuse

# **Workshops for Children and Youth**

## **Decision Making Skills**

Building and Repairing Your Reputation  
Conflict Resolution – How to Resolve Conflicts with Adults  
Dangerous Decisions  
Growing Up Online  
How Not to Fight  
How School Skills Become Work Skills  
How to Say No and Really Mean It  
Say No to Negative Peer Pressure  
Setting and Achieving Goals  
Steps to Decision Making  
Think Before You Click: Playing It Safe Online

## **Health and Hygiene**

About Hygiene  
Healthy Nutrition  
Nutrition: Preventing Obesity – It's Up to You  
Nutrition: Understanding Eating Disorders  
Teen Depression: Signs, Symptoms and Getting Help

## **Juvenile Justice and Incarceration**

A Visit to Ryker's Island  
Extreme Consequences  
Juveniles and the Law  
The Realities of Prison Life

## **Post High School Preparation**

Exploring Careers: What Would I Be Good At?  
How to Build a Resume  
Non-College Opportunities for High School Graduates  
Promoting Awareness of the College Transition (PACT Program)  
Spitting Game – The College Hookup Culture  
Study Skills for People Who Hate to Study  
Understanding Financial Aid  
What's the Difference? Overview of Higher Education Option

## **Self-Management and Life Skills**

Anger Management: Own Our Anger  
Anger Management: Ten Things to Do Instead of Hitting  
Blow-Ups and Rages: Learning to Manage Your Anger

# Workshops for Children and Youth

## **Self-Management and Life Skills**

Building Healthy Relationships  
Developing Confidence & Self-Esteem  
Managing Emotions  
My Best Me-All About Self-Esteem  
Negotiation and Compromise  
Nobody's Perfect: Learning Self-Acceptance  
Shyness Busting Skills  
Standing Tall – Learning Assertiveness Skills  
Surviving Peer Pressure-You Can Do It!  
The Emotion Commotion Series  
Time Out on Anger-Learning Self-Control  
What is Hate All About  
You're Fired! - Strategies for Maintaining Employment

## **Sexual Assault Prevention**

Be Careful When You Text  
Flirting or Hurting  
Sexual Assault Prevention for Teens  
The Safe Touch Rule  
When to Speak Up About Abuse  
Yes, You Can Say No!  
You Are in Charge of Your Body

## **Puberty and Sexual Health**

Brush Up On Hygiene  
Stress: The Good the Bad and the Healthy  
Teens & Sex: What You Think You Know, What You Need to Know, What You Don't Know  
The New Me – Boys  
The New Me – Girls  
The Puberty Workshop Series  
Understanding Puberty  
What You Should Know About STD's

## **Substance Abuse Prevention**

Don't Drain Your Brain – How Alcohol Damages Your Brain  
Drugs: Crime and Punishment  
Everything You Need to Know About Drugs and the Teen Brain  
Steering Clear of Drugs

## Program Request Form

**Instructions: To schedule services, complete the on-line Program Request Form or call the Education and Training Department at (215) 985-3315, ext. 180 or fax the request form to (215) 985-9111.**

<b>Date of Request:</b>	
<b>Organization Requesting Services:</b>	
<b>Organization Address:</b>	
<b>Contact Name and Title:</b>	
<b>Contact Phone No.:</b>	<b>Best time to call:</b>
<b>Event Date:</b>	<b>Number of Sessions:</b>

EVENT TYPE

Workshop/Training    
  Professional Development Training    
  City-wide Event  
 Health Fair    
  Meeting    
  Other: \_\_\_\_\_

Workshop/Training Title: \_\_\_\_\_

Workshop/Training Title: \_\_\_\_\_

Workshop/Training Title: \_\_\_\_\_

Audience Type:   
 PreK   
 K-5<sup>th</sup> Grade   
 6<sup>th</sup>-8<sup>th</sup> Grade   
 9<sup>th</sup>-12<sup>th</sup>Grade  
 Parents   
 Community Organization   
 Professionals   
 Mixed Audience

Assigned To: \_\_\_\_\_ Staff ID #: \_\_\_\_\_

**Funded by**

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Women's Way Action Partner

**WOAR**

**One Penn Center  
1617 JFK Blvd.  
Suite 1100  
Philadelphia, PA 19103  
Office: (215) 985-3315  
Fax: (215) 985-9111  
TTY: (215) 564-1413**

**Education Services Department: (215) 985-3315, ext. 180**

24-Hour Hotline

(215) 985-3333

Visit us on the web at [www.woar.org](http://www.woar.org)



**@WOARphila**



**Facebook.com/woarinc**