**Day of Change**

**Fresh Start**

Originally launched in District 2’s Harrison High School, Fresh Start began from a recognized need to reduce fighting and negativity within the community. This one-day event offered to all freshman included six breakout sessions facilitated by teachers, TESSA staff and local police. Breakout session topics included: Communication, Emotional Intelligence, Conflict Resolution, Mental Health and Coping Skills, If You Really Knew Me, and Meet Your SRO’s/Local Police. Topics covered during Fresh Start can be adjusted to meet needs within the school district.

**Available Curriculum**

**Love Notes**

Love Notes is a comprehensive healthy relationship education curriculum that teaches adolescents and young adults (ages 14-24 years old) how to build healthy romantic relationships, prevent dating violence, and improve impulse control. The program is designed to build young people's skills for cultivating healthy relationships, selves, and sexual behaviors through planning and pacing relationships and sex, self-efficacy and resilience around relationships, proven communication skills, and understanding how family formation impacts children. Love Notes consists of 13 one-hour lessons on decision-making, communication, sexual safety, and overall safety. The program can be delivered in multiple settings such as classrooms, community-based organizations, faith-based agencies, community centers, social service agencies, and resource centers in schools.

**Coaching Boys into Men**

Athletic coaches play an extremely influential and unique role in the lives of young men, often serving as a parent or mentor to the boys they coach. These special relationships allow coaches to positively influence how young men think and behave both on, and off, the field. Coaching Boys into Men (CBIM) program facilitates these connections by providing high school athletic coaches with the resources they need to promote respectful behavior among their players and help prevent relationship abuse, harassment, and sexual assault.

**Available Presentations**

**Healthy Relationships**

Discussions on the characteristics of healthy relationships, identifying red flags in all relationships, the differences between healthy, unhealthy and abusive relationships as well as characteristics of both. Overview of consent and boundaries while offering interactive activities throughout the presentation to ensure understanding of content.

**Teen Dating Violence**

Advocates partner with students to dissect the different types of abuse and explore the dynamics of power and control in abusive relationships. Review red flags in abusive relationships, discuss what emotional and physical safety planning is and offer solutions to students who may be using abusive behaviors and how to help someone else who may experience teen dating violence.

**Bullying, Bystanders and Upstanders**

Discussion around types of bullying, effects and consequences of bullying, differences between being a bystander and an upstander, distinguishing what situations merit reporting and how bullying and teen dating violence/domestic violence are related.

**Mental Health and Coping Skills**

Advocates offer interactive discussions around mental health and stigmas of mental health, the impacts of unhealthy and abusive relationships and bullying, creating healthy boundaries, coping and conflict resolution skills, and how to be a support to someone else.

**Consent and Sexual Assault**

Discussions are facilitated by advocates about what consent means -- in relationships, in every day interactions, in intimate relationships. Advocates break down what sexual assault is, while exploring different ways one could experience sexual assault, and identifying resources and ways students can support one another if there is such an experience.

**Consent and Boundaries**

Students are offered conversations around what consent means in relationships, in everyday interactions, and in intimate relationships. Advocates assist students with identifying boundaries such as digital, physical, and emotional boundaries. Students and advocates complete interactive activities to assist students with understanding both topics.

**Stalking and Cyber Safety**

Advocates partner with students to identify safety measures with online dating and cyber interactions with friends and strangers, safety with social media and app use, discussing different types of stalking behaviors and how to facilitate healthy virtual communication, all while connecting it back to healthy relationships, consent, and boundaries.

*All presentations can be arranged to accommodate class times. Handouts related to content are offered to students in various presentations, along with resources for students to keep for themselves or for a friend in need. Sign-in sheets and surveys are given to each student for data collection purposes.*

**For more information or to schedule a presentation, please contact:**

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