



## Community Education

Community Education at Human Options aims to engage the community in our mission to reduce and prevent domestic violence. In order to change the societal attitudes and beliefs that perpetuate the cycle of domestic violence, we place a priority on prevention programs and awareness campaigns designed to bring light to an issue that thrives in silence. Our community educators use storytelling, lecture, and interactive lessons to engage participants of all ages in our mission. Partnering with Orange County schools, community groups and organizations, we educate more than 10,000 people a year.

## PREVENTION CAMPAIGNS

Our prevention campaigns challenge youth to spread advocacy and awareness on their school campuses. Participating schools receive free educational presentations and various resources for hosting an awareness week on campus. The following campaigns are recognized during the school year:

### October is Domestic Violence Awareness Month - #PledgePurple

Our #PledgePurple campaign is specifically designed to engage male athletic teams in the fight to end domestic violence. Participating teams are provided with purple socks and pledge to wear these socks during one Friday night sporting event in the month of October. In October of 2016, five Orange County high schools participated in this campaign.

### February is Teen Dating Violence Awareness Month - #LoveShouldntHurt

Our #LoveShouldntHurt campaign is designed to educate teens, parents, teachers and administrators on the red flags of dating abuse and highlight characteristics of a healthy relationship. Every February, Human Options creates a campaign toolkit for schools across Orange County to utilize when creating awareness campaigns on campus. Toolkits are filled with information, hands-on activities, and interactive social media opportunities that allow youth to spread awareness on dating abuse and discuss the components of healthy relationships.

## EDUCATIONAL PROGRAMMING

Human Options' educational programs target two main audiences: *youth and first responder professionals.*

The goals of our **youth programming** are to prevent domestic violence or teen dating violence from occurring in the lives of adolescents and/or to provide early intervention at a time when dating abuse is less likely to be physically violent in nature. These goals are achieved through educational opportunities that promote leadership and character development.

The goals of our **first responder programming** are to provide education, resources and tools that support the appropriate response to occurrences of domestic violence in our communities. Such professions include: law enforcement, healthcare providers, human resource officers and educators.

# YOUTH PROGRAMMING



**All programming is available in English and Spanish.**

The following hour long presentations are available all year round and are free of cost:

## **Love Shouldn't Hurt—Part 1**

**Audience:** Teens/Young Adults

This introductory presentation provides an overview of teen dating violence, warning signs, and strategies for responding to, and coping with, teen dating violence.

## **Love Shouldn't Hurt—Part 2**

**Audience:** Teens/Young Adults

This presentation provides a more in-depth look at the role of healthy relationships in an adolescent's life, the role of gender norms, and the Bystander Approach.

## **LAB: Leaders as Active Bystanders**

**Audience:** Teens/Young Adults

This workshop describes the impact of healthy and unhealthy teen dating relationships and how to be an Active Bystander. This highly interactive workshop addresses how to recognize abuse and explores safe strategies for peers to provide support for those experiencing dating abuse.

## **Teen Dating for Parents/Guardians**

**Audience:** Parents/Guardians

This presentation discusses the role of parents in guiding their teen's dating habits and provides tips on how to respond to unhealthy dating relationships.

## **Teen Dating for Educators**

**Audience:** School Officials, Educators

This presentation highlights the role that educators can take to prevent and mitigate the effects of teen dating violence. It provides an overview of teen dating violence, adolescent development, preventing and responding to teen dating violence, and strategies to foster a healthy school environment.

## **Prevention Groups & Conferences**

**Safe Dates**—Safe Dates is a six week evidence based dating abuse prevention education curriculum intended for middle school and high school youth focused on healthy relationships. The group run time is 90 minutes. Safe Dates can be offered in gender specific groups.

**Families for Safe Dates**—Families for Safe Dates is six week evidence based educational curriculum focused on educating parents on healthy relationships and providing them with skills and opportunities to engage their child in meaningful conversations. The group run time is 90-120 minutes.

**Love Shouldn't Hurt: Teen & Parent Conferences**—Conferences focus on building healthy relationships, preventing teen dating abuse, and promoting healthy communication between parents and teens. Conferences are day long events made up of individual workshops for parents and teens and workshops that bring parents and teens together to practice effective communication strategies.

# FIRST RESPONDER PROGRAMMING

The following trainings are available all year round and may be associated with a cost:

## **TRAINING: Healthcare and Domestic Violence**

**Length:** 90 min **Audience:** Healthcare Professionals, Providers, Advocates

This in-depth training highlights domestic violence as a public health concern, especially for women and children. Negative health impacts caused by domestic violence are discussed and the role of health care providers in screening of dating violence, and the best practices for safely promoting disclosures of abuse.

## **TRAINING: Domestic Violence and the Workplace**

**Length:** 90 min **Audience:** Human Resource Professionals

This in-depth training describes how domestic violence affects the workplace. It provides an overview of domestic violence and discusses the role of the employer, how to identify a potential victim of domestic violence at work, how to help, and what the labor rights of a victim. **Cost: \$250-\$500**

## **TRAINING: Criminal Justice Response to Domestic Violence**

**Length:** varies **Audience:** Law Enforcement Officers

In order to meet the needs of police departments, Human Options provides an array of 'micro-learnings' (15min. in length) delivered during regular officer briefings. Information on how to provide trauma-informed and victim-centered responses to domestic violence are covered.

# GENERAL EDUCATION

The following presentations are available all year round and are free of cost:

## **Overview of Domestic Violence**

**Recommended Audience:** Teens/Young Adults, Adults

This is an introductory presentation that gives a general description of domestic violence. Various types of abuse are described, as well as the prevalence of domestic violence and the impact it has on victims, children, friends/family, and the community at large.

## **Effects of Domestic Violence on Children**

**Recommended Audience:** Adults, Parents, Childcare Providers

This presentation describes the impact of domestic violence on children and overall adolescent development. It provides an overview of domestic violence and how to address family violence.

## **Later Life Family Violence**

**Audience:** All Ages, Health Practitioners, Advocates, Caregivers

This presentation describes elder abuse and late-life family violence in our community. It provides an overview of domestic violence and discusses the underlying dynamics and impact of elder abuse, while also identifying intervention strategies and resources.

## **Legal Advocacy**

**Audience:** Adults, Advocates, Legal Professionals

This presentation describes how the legal system can be utilized to enhance the safety of victims of domestic violence. It defines domestic violence, cultivating trust, and client centered advocacy. It discusses the role of the legal advocate, policies and procedures, and overall empowerment of the client.

