

# Safeteen is Proud to Present – Level 1

## Boys Program

The Level 1 program introduces Safeteen’s highly acclaimed violence prevention model. The topics covered delve into the social and emotional survival issues youth are facing in their day-to-day lives. Teens can experience tremendous pressure and anxiety both online and face-to-face. They struggle with the need to fit in, body image issues, gender stereotypes, sexual consent and violence de-escalation techniques. This is a dynamic, skills-based, experiential workshop.

### **Assertiveness**

- Connecting With Inner Power & Wisdom
- Standing Up and Speaking Up Without Violence
- Fear and Anger Management
- Body Language Skills

### **Healthy Relationships**

- Defining Healthy Relationships
- Defining Consent
- Preventing Emotional and Physical Abuse
- Building and Respecting Boundaries

### **Cracking the Boy’s Code**

- Sex Role Stereotyping
- Examining Traditional Masculinity
- Embracing a Full Humanity
- Choosing Non-Violence

### **Verbal Violence**

- Speaking Up Without Violence
- Sexual Harassment
- Racism, Sexism and Homophobia

### **Physical Violence**

- De-escalating Potentially Violent Situations