

# Safeteen is Proud to Present

## Girls Secondary Program – Level 1

The Level 1 program introduces our highly acclaimed violence prevention assertiveness model. The topics covered delve into many 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 and gender stereotypes and more. Safeteen offers them strategies to navigate these issues as well as critical safety and self-defense techniques. This is a dynamic, skills based, experiential workshop.

### **Assertiveness**

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

### **Healthy Relationships**

- Attraction to Unhealthy/Unsafe Relationships
- Breaking Abusive Patterns
- Building and Respecting Boundaries
- Giving Up Power/Reclaiming Power
- Victim Blaming

### **Verbal Violence**

- Sexual Harassment
- Bullying and Intimidation
- Racism, Sexism and Homophobia
- Exclusion, Gossip, Intimidation

### **Physical Violence**

- Sexual Assault
- Girl – Girl Violence
- Physical Self-Defense Skills