



Metropolitan Organization to Counter Sexual Assault

## **Programs for Youth**

*All programs include information on personal safety and risk reduction.*

**Awareness Presentations:** Awareness presentations are single topic presentations to a class or group. These presentations are effective in increasing knowledge and awareness. Topics that are available for awareness presentations include: **Sexual Harassment, Date and Acquaintance Rape, Healthy and Unhealthy Relationships, and Dating Violence** (see these topic descriptions below).

### ***Sexual Harassment***

Students will learn about the different types of sexual harassment, the important difference between flirting, friendship and sexual harassment and what to do if they are being sexually harassed. NOTE: The school's sexual harassment policy can be easily incorporated into this presentation upon request.

### ***Date and Acquaintance Rape (Sexual Assault)***

Students will learn the definitions of sexual assault, date and acquaintance rape. Additional topics include dating rights, consent laws, drugs used to facilitate rape, and commonly accepted myths about rape. Safety, prevention, and resource information will also be discussed.

### ***Healthy and Unhealthy Relationships***

Students will learn the differences between healthy and unhealthy relationships by examining personal relationships. Discussion focuses on communication, respect, personal rights and setting personal boundaries.

### ***Dating Violence***

Students will learn about the cycle of violence and power and control in abusive relationships. Discussion topics include identifying the warning signs of dating violence, safety strategies and how to support a friend in an abusive relationship.

### ***Drug Facilitated Rape***

Students will learn the common drugs used to facilitate rape, including their origin, characteristics, symptoms and side effects. Consent laws and the consequences of possessing and administering date rape drugs to another person will also be covered. Safety information for themselves and their friends and family will also be addressed. \* *Available only in multi-session curriculum or in conjunction with other topics.*

### ***Gender Stereotypes***

Students will learn the definition and concepts of gender stereotypes, and how they perpetuate sexual violence. Discussion topics will include the role the media plays in creating and reinforcing gender stereotypes and the myths that accompany them. Group activities will support discussion about the messages youth hear regarding what it means to "be a man" and to "be a lady." \* *Available only in multi-session curriculum or in conjunction with other topics.*

### ***Teen Exchange: Foundations for Personal Safety and Healthy Relationships***

*Teen Exchange* is a comprehensive multi-session curriculum focusing on identifying and developing healthy relationships and preventing sexual violence. Core topics include healthy relationships, sexual harassment, date and acquaintance rape, drug facilitated rape, dating violence, gender stereotypes and seeking help and/or resources for youth and others. Additional discussion topics may include victim empathy, media, and gender attitudes. If possible, time is allotted for developing a communication piece such as posters, songs or a play to illustrate what was learned.

\* *An abbreviated Teen Exchange is available in the form of a "Pick Three" format. For more information on the "Pick Three" Programs please contact the Coordinator of Education and Outreach Services.*

\* *Internet Safety programming is also available as a specialized Teen Exchange program. MOCSA youth educators are certified "i-SAFE" curriculum trainers, and utilize this curriculum in conjunction with modules from the Teen Exchange program to address sexual violence perpetrated through the internet. For those interested in Teen Exchange + Internet Safety please contact the Coordinator of Education and Outreach Services.*

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