



Metropolitan Organization to Counter Sexual Assault

24 Hour Crisis Line:
MO (816) 531- 0233
KS (913) 642-0233
www.mocsa.org

Safety in Relationships Outline

Objectives:

- Identify the three stages of the cycle of abuse.
- Understand that abusive relationships are about power and control.
- Identify three ways to support a friend who is in an abusive relationship.
- Identify one way to reduce the risk of sexual violence.
- Define and identify sexual violence, how to support victims and where victims can seek supportive services.

Agenda:

1. Introduce MOCSA
2. Definitions
 - a. Dating Violence
 - b. Abuse
 - c. Healthy/Unhealthy relationships
 - d. Domestic vs. Dating Violence
3. Stay & Leave Activity
4. Characteristics of Healthy/Unhealthy Relationships
5. Types of Abuse
 - a. Physical
 - b. Verbal/Emotional
 - c. Sexual
 - d. Financial/Property
6. Videos (optional)
7. Statistics
8. Additional Questions
9. Handouts: Cycle of Abuse
10. How can you help if someone you know is in an abusive relationship?
11. Review - If you or someone you know has experienced sexual violence it's important to tell a trusted adult. You can call MOCSA's 24-Hour Crisis Line.
12. Post-Survey