

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: (45 Minutes Minimum)

1. Introduce MOCOSA
2. Definitions
 - a. Dating Violence
 - b. Abuse
 - c. Healthy/Unhealthy relationships
 - d. Domestic vs. Dating Violence
3. Pre Work Questions
4. Activity
 - a. Relationship Stay or Leave Activity
5. Identifying Healthy/Unhealthy Relationships
6. Types of Boundaries
7. Cycle of Relationship Abuse
8. Types of Abuse
 - a. Physical
 - b. Verbal/Emotional
 - c. Sexual
 - d. Financial/Property
9. Statistics
10. Why does an abuser abuse?
11. Barriers to leaving an abusive relationship
12. How can you help if someone you know is in an abusive relationship?
13. Review - If you or someone you know has experienced sexual violence it's important to tell a trusted adult. You can call MOCOSA's 24-Hour Crisis Line.

14. Post-Survey