

## Wellspring Presentation Programs



Wellspring is the relationship and sexual abuse service provider for Saratoga County and the sexual assault service provider for Washington County. Our mission is to support survivors and engage the community to end relationship and sexual abuse.

To end relationship and sexual abuse, Wellspring works to foster the social change necessary to ensure relationship and sexual abuse never occur in the first place. To achieve this goal, Wellspring offers learning opportunities reinforcing healthy relationship behaviors, building a culture of consent, and creating communities that do not tolerate relationship and sexual abuse. Programming is available for both students and/or staff on a variety of topics regarding relationship and sexual abuse. Listed below are short descriptions of the programs Wellspring offers. We can present these individually or in combination to create larger presentations covering multiple areas of interest.

Please check all programs you are interested in:

**Healthy Relationships vs Abusive Relationships**

Participants will work together to identify healthy and unhealthy relationship behaviors. With their answers, group members will participate in a demonstration of the differences between healthy, unhealthy and abusive behaviors. After a short video, participants will work together to identify warning signs of abusive behaviors and understand ways to reach out and support others who may be experiencing relationship abuse.

**Consent**

Participants will be introduced to the concept of consent in everyday scenarios. Through discussion of mainstream media examples and life experience examples they will be able to identify harmful messages regarding consent. Participants will watch a short video and work together to create a list of the necessary components of consent and how they apply to every day interactions.

**Exploring Abuse via Technology**

Participants will work together to analyze scenarios that may or may not depict relationship abuse. Scenarios are given through a technological platform to demonstrate the connection between the virtual and physical worlds. This will lead to a larger discussion delineating the differences between unhealthy and abusive behaviors.

**In Their Shoes (80 minutes needed for activity)**

Participants will take on the life of a teenager experiencing relationship abuse. Throughout the activity participants will have to make choices regarding that relationship. In a larger group, participants will discuss their experience and identify unhealthy behaviors they witnessed. Additionally, participants will work to identify the normalization of unhealthy relationship behaviors that we see in mainstream media and ways to reach out and support others who may be experiencing relationship abuse.

**Bystander Intervention**

This program is most often presented in combination with one or two of the programs below. We start with providing information that creates a base understanding of the dynamics of relationship or sexual abuse. Then, through the use of various cases of relationship and sexual abuse, group members will work together to identify potential areas of bystander intervention. Through discussion, participants will learn various ways to intervene and the steps needed for safe bystander intervention.

***All presentations include information about  
the services available to victims of relationship and sexual abuse.***

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If you are interested in having a Wellspring Advocate present to your class or staff, please fill out the attached sheet and return. If you have any questions or comments, please call our office at (518) 583 – 0280.



## Classroom Presentation Request Form

Please complete this form and return to [prevention@wellspringcares.org](mailto:prevention@wellspringcares.org)  
or fax to (518) 583-2215.

Any questions or comments, please call our office at (518) 583 – 0280.

School Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_ Position: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

- Healthy Relationships vs Abusive Relationships**
- Consent**
- Exploring Abuse via Technology**
- In Their Shoes (80 minutes needed for activity)**
- Bystander Intervention**

Please fill out the following table with requested presentation dates, times and class sizes:

Dates:						
Times with corresponding class size:						

Additional Comments: \_\_\_\_\_

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