



# WELLSPRING'S COMMUNITY PROGRAMS

**Domestic violence affects 1 in 4 women and 1 in 7 men. A sexual assault occurs every 92 seconds in America. These acts of abuse are happening in our own community, and together, we can work to make the violence stop.**

As part of our mission to end relationship and sexual abuse, Wellspring offers a variety of educational programs to area schools, community members, and local businesses to:

- help people understand the dynamics of abuse and services available
- reinforce healthy relationship behaviors & build a culture of consent
- and create a community that doesn't tolerate relationship and sexual abuse

All of our programs are completely free and designed to be discussion-based and interactive. **While we offer a variety of standard programs, we can also work with individuals to customize presentations based on the needs of the participants.**



## Relationships

Approximately 40 minutes

In this interactive presentation, participants work together to identify warning signs of abusive behaviors and develop ways to support others who may be experiencing relationship abuse.

Recommended for high school students, college students, and community members 18+.



## Understanding Consent

Approximately 40 minutes

Participants discuss the concept of consent using examples from real-life experiences. Individuals will be able to identify harmful messages, and work together to create a list of necessary components of consent.

Recommended for high school students, college students, and community members 18+.



## Bystander Intervention

Approximately 40 minutes

After gaining a base understanding of the dynamics of relationship abuse and sexual abuse, participants will learn various ways to intervene, and steps needed for safe bystander intervention.

Recommended for high school students, college students, and community members 18+.



### Coaching Boys Into Men

Approximately 12 weeks

This character development program engages coaches to have weekly 10 to 15 minute talks with their team to model respect and promote healthy relationships.

Recommended for high school students.



### Athletes As Leaders

Approximately 10 weeks

Wellspring offers a complementary program to Coaching Boys into Men for girls' athletics teams called "Athletes as Leaders," which aims to promote healthy relationships and empower young women through sports.

Recommended for high school students.



### The Employer Toolkit

Approximately 60 minutes

We help employers and employees understand the impact of domestic violence in the workplace, recognize the signs of abuse, and identify ways employers can make a difference.

Recommended for staff and managers of businesses of all sizes and industries.

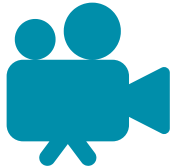


### Upstanding Hospitality

Time dependent on program option selected

We help employers and employees of hotels, bars and restaurants recognize when unsafe things are happening so they can ensure staff and patrons are safe.

Recommended for owners and staff at Saratoga County hospitality businesses.



### The Escalation Workshop

Approximately 90 minutes

The film, Escalation, follows a college-aged couple and shows how unhealthy behaviors can escalate into abuse. The screening is then followed by a guided discussion led by a trained facilitator.

Recommended for high school seniors and college-aged students.



### Exploring Abuse & Technology

Approximately 40 minutes

Participants analyze scenarios on social media to identify signs of relationship abuse then discuss the difference between healthy and unhealthy behaviors, and identify opportunities to help their friends.

Recommended for high school students, college students, and community members.



### In Their Shoes

Approximately 80 minutes

In this experiential program, participants get a glimpse into the lives of teens experiencing dating abuse so they can identify abuse and help others.

Recommended for high school students, college students, and community members.



### In Her Shoes

Approximately 80 minutes

In this empathy-based program, participants take on the role of someone experiencing relationship and sexual abuse to identify challenges and resources.

Recommended for high school students, college students, and community members 18+.