

PREVENTION & EDUCATION PROGRAMS

At Wellspring, we see firsthand the need for awareness and change in our culture. 1 in 4 women and 1 in 7 men have experienced domestic abuse by a partner. For teens, 1 in 12 experience physical and sexual dating violence. Many instances go unreported because they are afraid or embarrassed to tell family and friends.

Our programs help attendees **understand the dynamics of domestic abuse, give them the tools to build healthy relationships, make them aware of local services, and foster a culture of consent.** Trained Wellspring advocates provide these FREE programs as part of our mission to end relationship and sexual abuse in our community.

Connect with our educators at programming@wellspringcares.org for a standard or customized program for your classroom, business, group, or organization.



In Their Shoes

Recommended for: high school and college students, parents and educators of teens.

Participants get the chance to step into the lives of six teenage couples experiencing dating abuse and make decisions for each couple that may affect the outcome of their stories. Advocates follow up this interactive activity with an in-depth facilitated discussion that enhances the participants' understanding of the dynamics of dating abuse.



Healthy Relationships & Dating Abuse

Recommended for: high school students, college students, and community members. Tailored for middle school with a focus on healthy relationships with friends and cyber safety.

Participants become familiar with the pillars of healthy relationships, warning signs of abusive behaviors and ways to support others who may be experiencing relationship abuse.



Cyber & Digital Abuse

Recommended for: high school and college students. Tailored for middle school with a focus on healthy relationships with friends.

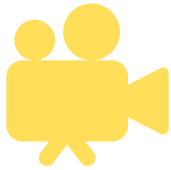
Participants learn to identify signs of relationship abuse using social media scenarios, with a focus on the differences between healthy and unhealthy behaviors and developing strategies to help their friends.

Connect with us to set up a program schedule or to learn more!



In Her Shoes

Recommended for: college students, and community members.
Participants get assigned cards to take on the roles of diverse adult couples experiencing relationship and/or sexual abuse. They follow their lives, making decisions that affect the outcome of each story. Advocates follow up this interactive activity with an in-depth facilitated discussion that enhances the participants' understanding of the dynamics of relationship and sexual abuse.



The Escalation Workshop - coming soon

Advanced workshop recommended after "In Their Shoes."
Recommended for: high school seniors and college students.
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.



Understanding Consent

Recommended for: high school students, college students, and community members.
In this presentation, participants engage in a discussion about consent in everyday life as well as in intimate relationships, learning the importance of consent and the different ways it can be given and even rescinded.



Programs for High School Athletics & Coaches

Approx. 12 week program for high school students.
The character development programs, Coaching Boys into Men and Athletes as Leaders, use cards to facilitate coaches engaging in talks with their teams to model respect and promote healthy relationships.



Student Activists Ending Dating Abuse (SAEDA)

4 day program for high school students grades 9-12
SAEDA is a program designed for high school students to interact and learn through discussions and activities with their peers about various oppressions and privileges, and how those contribute to violence in our communities. The time they spend together helps prepare them for leadership roles in a wide variety of settings.
At the end of the program, students receive 28 community service hours and \$40. Wellspring provides free breakfast and lunch every day as well as transportation if needed.