

# Teen Training Topics

---



The Center for Family Safety and Healing (TCFSH) provides free training and resources to promote change and raise awareness of family violence in our community. The following training topics are available individually or as a series. Please do not hesitate to request a training topic that is not listed; we would be happy to accommodate your needs.

## **Dating in a Digital World (1 – 2 hours)**

Instagram. Twitter. Snapchat. This interactive session will explore the use of technology as a tool for power and control as well as prevention in teen dating relationships, from Snapstreaks to stalking and beyond.

## **How We Feel, How We Deal (1 hour)**

Through a “Hot Buttons” discussion, students will understand the importance of acknowledging and communicating their feelings and identify situations that may escalate their anger. Students will engage in mindfulness activities to increase emotional regulation.

## **Miss Representation (1 – 3 hours)**

Miss Representation is a documentary film that examines representations of women in media and the impact of media on gender based violence. The curriculum features film content and lessons tailored for middle and high school audiences.

## **Relationship Spectrum (1 hour)**

All relationships exist on a spectrum from healthy to unhealthy to abusive. This interactive session asks participants to decide where real life scenarios belong on the relationship spectrum. Participants will also examine facts and myths about teen dating abuse.

## **Sound Relationships (1 hour)**

Music often plays an important role in the lives of teens and sometimes, music can have an effect on the health of teens and their dating relationships. This session helps teens to explore healthy and unhealthy messages found in popular music.

## **The Mask You Live In (1 – 3 hours)**

The Mask You Live In is a documentary film that examines representations of healthy and unhealthy masculinity and the impact of gender socialization on relationships. The curriculum features film content and lessons tailored for middle and high school audiences.

*Other customized options are available.*

### **For trainings or presentations contact:**

*Judy Mathis, Administrative Assistant for Training and Development  
Judy.Mathis@FamilySafetyandHealing.org  
614-722-5911*