



Teen Training Topics

The Center for Family Safety and Healing (TCFSH) provides free training and resources to promote change, build resilience and raise awareness of family violence in our community. The following training topics are available individually or as a series. We would be happy to customize trainings based on your individual/organizational needs.

Dating in a Digital World (1-2 hours)

Instagram. Snapchat. Tik Tok. 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)

Students will understand the importance of acknowledging and communicating their feelings and identify situations that may escalate their anger. Students will learn mindfulness activities to increase emotional regulation.

Mindfulness Series (Custom Series)

Each session will focus on how to use mindfulness to help calm the mind and body. Participants will learn mindfulness techniques and skills that can help with everyday challenges, and walk through how the brain responds to stress.

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.

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.

For trainings or presentations contact:

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