

Prevention Programs

Education **Advocacy**

Awareness **EMPOWERMENT**

SUPPORT **RESPECT** **SAFETY**

Mindfulness **trust** **RIGHTS**

KNOWLEDGE Positivity Trainings

Diversity **Collaboration** Resiliency



Hope♥Help♥Healing®



Mission Statement:

Our mission is to cultivate safety, empowerment and healing in an alliance with the adults, teens and children affected by domestic and sexual violence while mobilizing the community to promote social change that will reduce power-based violence, control and oppression.

Join us in mobilizing the community to promote social change which will reduce power-based violence, control, and oppression

Vision Statement:

We envision a community with the strength and knowledge to support all individuals in their journey to maintain physical and emotional safety.

*Serving victims and survivors of
domestic and sexual violence
for over 40 years*

What is Prevention:

Prevention refers to efforts intended to stop the perpetration of unhealthy, harmful, dangerous, and illegal behavior and acts, as well as victimization and re-victimization by others (Association for the Treatment of Sexual Abusers.)

Prevention Goals:

Prevention efforts include developing the attitudes, knowledge, skills, behaviors, and resources necessary to promote individual and community health, safety, and wellbeing (Association for the Treatment of Sexual Abusers.)

Primary Prevention:

Approaches that are employed **before any** sexual violence has occurred to prevent initial perpetration and victimization. Primary prevention includes building an environment that encourages well-being and healthy choices (Association for the Treatment of Sexual Abusers.)

Programs:

1. Healthy Relationships

What do healthy relationships look like? What do unhealthy relationships look like? Students will be able to identify both after attending this workshop. They will also be able to identify the different types of violence; recognize resources that are available to them; and understand warning signs of an unhealthy relationship, if they or a friend are experiencing difficulties.

2. 1 in 5 and Title IX

1 out of every 5 women is sexually assaulted on a college campus. In this workshop, students will learn about the prevalence of sexual assault on college campuses. They will be provided with information about Colleges and Universities that are enforcing Title IX, which are rights afforded to students, especially survivors of sexual assault.

*Optional: A showing of the documentary, *The Hunting Ground*.

3. Human Trafficking

The U.S. department estimates that 600,000—800,000 people are being trafficked in the United States annually. Human trafficking is a form of modern day slavery. This program will define what human trafficking is, the various types of human trafficking, and will include a viewing of a TedTalk on human trafficking followed by a discussion.

Programs:

4. Pre-Prom Safety Tips

Prom season is all about dates, dresses, tuxes, and...alcohol. A study by AAA found that approximately 53% of teens admitted to drinking during or after prom. Students will learn about the effects of alcohol and how substance use can lead to sexual violence. Students will learn about legal consent while under the influence and expand their knowledge of understanding sexual violence, its impact, and resources. Each student will be presented with a pledge to personally commit themselves to help keep all individuals safe from sexual assault.

5. Bystander Intervention

"The bystander approach gives everyone in the community a specific role in preventing the community's problem of sexual violence." (Banyard et al, 2004). This workshop teaches students the importance of safely intervening in a situation when a friend or peer is in need. Students will learn safety tips and be provided with examples on various intervention techniques that they can apply to their daily lives.

*Optional: an interactive performance.

6. Teen Dating Violence

1 in 3 adolescents in the U.S. are a victim of physical, emotional, sexual, or verbal abuse from a dating partner. In this program we will discuss the different types of abuse in a teen dating violent relationship using facts, interactive activities, stories, visuals and resources.

Programs:

7. Cyberbullying & Sexting

Cyberbullying can happen 24 hours a day, 7 days a week, and reach adolescents even when he or she is alone.

Around half of all teens experience cyberbullying and 10-20% experience it on a regular basis. Sexting is also a large problem and it is considered to be a form of cyberbullying. In one research study, it shows that 20% of teens, ages 13-19 have sent or posted nude pictures or videos of themselves on the internet through a cell phone. In this workshop, students will be able to identify the dangers of cyberbullying and sexting and they will learn how to be safe on the internet.

8. Media & Gender Equity

The average American teenager spends 10 hours and 45 minutes of media consumption a day (Miss Representation.) This program will focus on the views, beliefs and effects that the media has on middle school and high school aged students regarding gender equity. Also, we will define gender equity and break down stereotypes that the media uses to define each gender and correlate how these can lead to unhealthy and abusive relationships.

9. Student Mentorship

Students can request to meet with the prevention team to receive assistance with school projects, presentations, and research papers that focus on domestic or sexual violence.

Violence Awareness Months:

January:

Human Trafficking Awareness

February:

Teen Dating Violence Awareness

April:

Sexual Assault Awareness

October:

Domestic Violence Awareness

Partners Promoting Healthy Relationships in Hunterdon County Coalition:

SAFE in Hunterdon has a coalition that meets bi-monthly to discuss the issues of bullying, teen dating violence, sexual violence, and more. If you would like to receive more information about the coalition, please email Maddy at mzijdel@safeinhunterdon.org.

Additional Program Information

Other trainings are available upon request.
Trainings can be done at your site or ours.
We can accommodate up to 20 participants.
Trainings typically run 45 to 60 minutes; the length can be adjusted to your preference.

*All services are confidential.
All crisis services are free of charge.*

Agency services include:

24 Hour Hotline Assistance
Emergency Safe House
Transitional Housing
Legal Advocacy
Creative Arts Therapy
Individual and Group Counseling
Crisis Intervention
Financial Empowerment
Community and Prevention Education

Address:

**47 East Main Street
Flemington, NJ 08822**

Office Hours:

**Monday—Thursday 9:00am - 8:00pm
Fridays 9:00am - 5:00pm
By appointment only.**

24 Hour Hotline: **908-788-4044**
Toll Free Hotline: **1-888-988-4033**

Texting Hotline for the Hearing
Impaired:
908-455-2927

Office: **908-788-7666**
Fax: 908-806-4725

Contact Information:

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