

Introduction

Ally is a comprehensive, evidence-based abuse and violence prevention program housed in the Appalachian Peace and Justice Network in Athens, Ohio. All our programming is designed to give students the knowledge and skills to have positive relationships with their peers and romantic partners. Below is a basic list of our programs, but we are always creating and adapting new and existing programming.

1. Be Kind to Your Peers: Bullying Prevention

This programming utilizes The Second Step Bullying and Violence Prevention curriculum. Second Step is an internationally used program (reaching millions of students in 70 countries) that teaches social and emotional skills to prevent bullying and violence in schools. It teaches children skills in empathy, problem solving, impulse control and anger management. It is story-based and includes group discussion, role-plays, interactive games, songs and puppets for younger students and video vignettes for older children. These lessons not only improve social skills in the classroom, but they offer guidelines for effective, respectful behavior throughout a child's lifetime. Although this programming can be implemented in as few as two class periods, to obtain the full effect of this training reported by research on the effectiveness of Second Step, the full 23 session curriculum is recommended.

Key concepts & skills: empathy, emotion management, feelings/emotions, problem solving, and impulse control.

2. Bystander Intervention

Bystander intervention is a philosophy and strategy for the prevention of various types of violence including bullying, sexual harassment, sexual assault, and intimate partner violence. This workshop teaches students various strategies to intervene in abusive or potentially abusive situations and provides the opportunity to practice these skills.

Key concepts & skills: assertive communication, peer disclosures of abuse, problem solving, and bystander intervention.

3. Cyberbullying: Abuse in Online Space

As students interact more and more in online spaces, concerns related to cyber bullying have also increased. This program aims to inform students about the attitudes and behaviors associated with cyberbullying and teaches students the skills to treat each other with respect in online spaces. Programming gives students information about how to get help if they or someone they know are cyberbullied.

Key concepts & skills: cyberbullying, bystander intervention, cyber ethics, cyber safety, cyber security, and peer disclosure of abuse.



4. Healthy Ways to Resolve Conflict in Relationships

Although conflict is natural in relationships, conflict management in relationships is incredibly difficult. This workshop is designed to teach students healthy strategies to deal with and peacefully resolve conflict in their relationships both with friends and romantic partners.

Key concepts & skills: emotion management, conflict resolution, feelings/emotions, listening, and problem solving.

5. Dissecting Relationships in the Media

Movies, television, and other media are an enjoyable part of our modern lives, but sadly, the relationships portrayed in these media often exhibit more unhealthy relationship behaviors than healthy. This programming is designed to utilize media examples to help students learn to critically analyze media for the subtle messages they send about being in relationships with friends and romantic partners. Older students will learn how these subtle messages impact our ability to negotiate sexual boundaries.


Key concepts & skills: gender roles, media literacy, cycle of abuse, desensitization, and sex roles.

6. Romantic Relationships Using Digital Media

Students are increasingly creating and maintaining relationships utilizing digital media increasing the need for students to understand the risks and benefits of utilizing digital technologies in relationships. In this programming, students will explore the pros and cons of utilizing digital media to share sexually suggestive and/or explicit photographs/messages and brainstorm best-practices while fostering relationships through digital media.

Key concepts and skills: sexting, cyber privacy, cyber security, cyber ethics, and non-consensual sext messages.

7. Characteristics of Healthy Romantic Relationships

 Romantic relationships are full of “ups” and “downs”, but how does one tell the difference between “downs” and unhealthy relationship behaviors? This programming helps students identify healthy and unhealthy feelings and behaviors in romantic relationships and offers healthy strategies on how to deal with emotions in relationships. This programming also discusses the complexities of intimate partner violence and the characteristics of those relationships.

Key concepts and skills: intimate partner violence, cycle of abuse, feelings/emotions, and unhealthy relationship behaviors.

8. How to Talk about Sexual Boundaries

Although talking about our desires related to physical intimacy in relationships is very difficult, it is important to be able to communicate your sexual boundaries to your romantic partners. This programming aims to give students strategies on how to talk about their sexual boundaries with their partner and learn how to avoid crossing someone else's sexual boundaries.





Key concepts and skills: abstinence, consent, sexual intimacy, and barriers to talking about sexual intimacy.

9. Staying Healthy in Sexual Relationships

It is important that students understand how to stay healthy when they decide to become sexually active. This programming aims to give students an overview of contraception, STI (sexually transmitted infections), and reproductive health, but also covers issues of emotional health in sexual relationships.

Key concepts and skills: abstinence, consent, contraception, sexually transmitted infections, reproductive health, feelings/emotions, and sexual intimacy.

10. Relationships that Hurt: Sexual Assault & Intimate

Partner Violence     Although our society has made great strides in understanding and combating sexual assault and intimate partner violence (IPV), there are still many myths about the perpetrators and victims of these types of abuse. Holding such myths makes it more difficult to identify such abuse in our own relationships and in that of others. This programming takes a public health approach to teaching students about the prevalence of sexual assault and IPV in our communities and how to combat it in our relationships and in those of others.

Key concepts and skills: sexual assault, intimate partner violence, consent, cycle of abuse, and bystander intervention.

11. Nonviolent Communication (NVC)

This workshop builds on the foundational work of Marshall Rosenberg. NVC is a way to communicate that emphasizes personal responsibility and feelings. Participants will learn the four components of NVC: observation, feelings, needs and requests. We will then practice using NVC in our personal lives and at work.

Key concepts and skills: observation, listening, feelings/emotions, needs/requests, and problem solving.

12. Peer Mediation

Peer mediation teaches students how to help other students deescalate conflict. Students will practice remaining neutral and helping others share their perspectives. They will get training in identifying the core problem as well as brainstorming solutions. Participants will leave the training with all of the tools necessary to successfully implement a peer mediate program. The full workshop includes a 12 hour training for peer mediators, the creation of a coordinating committee, and follow up after the mediation group has been established.

Key concepts and skills: neutrality, listening, confidentiality, perspective, deescalate, brainstorming solutions, and problem solving.

Programing by Suggested Grade Level							
	Pre-K	K - 1 st	2 nd - 4 th	5 th - 6 th	7 th - 8 th	9 th - 10 th	11 th - 12 th
Be Kind to Your Peers: Bullying & Violence Prevention	X	X	X	X	X		
Healthy Ways to Resolve Conflict in Relationships		X	X	X	X	X	X
Bystander Intervention			X	X	X	X	X
Cyberbullying: Relational Abuse in Online Space				X	X	X	X
Dissecting Relationships in the Media				X	X	X	X
Characteristics of Healthy Romantic Relationships				X	X	X	X
Non-violent Communication				X	X	X	X
How to Talk about Sexual Boundaries					X	X	X
Staying Healthy in Sexual Relationships					X	X	X
Romantic Relationships Using Digital Media					X	X	X
Relationships that Hurt: Sexual Assault and Intimate Partner Violence					X	X	X
Peer Mediation				X	X	X	X

Programs by Key Concept & Skills with Definitions

Abstinence-A choice to not participate in any genital contact. The choice is usually made for a specific moral, religious, legal, or health reason. (8; 9)

Assertive communication-Being able to stand up for your own or other people's rights in a calm and positive way, without being either aggressive, or passively accepting 'wrong'. (2)

Barriers to talking about sexual intimacy; Reasons why it's hard to talk about sex. (8)

Brainstorming solutions-A group problem-solving technique that involves the spontaneous contribution of ideas from all members of the group. (12)

Bystander intervention - The practice intervening in abusive or potentially abusive situations (2; 3; 10)

Confidentiality - The state of keeping or being kept secret or private. (12)

Conflict resolution - The process by which two or more parties engaged in a disagreement, dispute, or debate reach an agreement resolving it. Several skills are needed for you to resolve conflicts in the workplace effectively. (4)

Consent - Give permission for something to happen. (8; 9; 10)

Contraception - The deliberate use of artificial methods or other techniques to prevent pregnancy as a consequence of sexual intercourse. (9)

Cyber ethics - Informal code of positive conduct used whenever someone is using the Internet. (3; 6)

Cyber privacy - Security level of personal data published via the Internet. (6)

Cyber safety - Responsible rules and behaviors designed to keep individuals safe whenever connected to the Internet. (3)

Cyber security - The protection of information and computer systems and networks while connected to the Internet. (3; 6)

Cyberbullying - The use of electronic communication to bully a person, typically by sending messages of an intimidating or threatening nature. (3)

Cycle of abuse - In 1979, psychologist Lenore Walker found that many violent relationships follow a common pattern or cycle. This cycle has three parts: the tension building phase, the acute battering episode and the honeymoon phase. This cycle continues over and over, and may help explain why victims stay in abusive relationships. (7; 10)

Deescalate - To decrease in intensity, magnitude, etc. (12)

Desensitization - The elimination or reduction of natural or acquired reactivity or sensitivity to an external stimulus. (5)

Emotion management -The ability to be open to feelings, and to modulate them in oneself and others. (1; 4)

Empathy - The ability to understand and share the feelings of another. (1)

Feelings/emotions - An emotional state or reaction/ a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others. (1; 4; 7; 9; 11)

Gender roles - The role or behavior learned by a person as appropriate to their gender, determined by the prevailing cultural norms. (5)

Impulse control - To resist a temptation, urge or impulse that may harm oneself or others. (1)

Intimate partner violence - Physical violence, sexual violence, stalking and psychological aggression (including coercive acts) by a current or former intimate partner. (7; 10)

Listening - Make an effort to hear something; be alert and ready to hear. (4; 11; 12)

Media literacy - The ability to access, analyze, evaluate and create media in a variety of forms. (5)

Needs/requests - Circumstances in which something is necessary/ politely or formally ask for. (11)

Neutrality - The state of supporting or helping both sides equally in a conflict, disagreement, etc. (12)

Non-consensual sext messages - The receipt of a unsolicited digital sexual message. (6)

Observation - The action or process of observing something or someone carefully or in order to gain information. (11)

Peer disclosure of abuse - The act of a peer disclosing abuse that has occurred to them. (2; 3)

Perspective - A particular attitude toward or way of regarding something; a point of view. (12)

Reproductive health - A state of complete physical, mental and social well-being in all matters relating to the reproductive system (9)

Sex roles - The role or behavior learned by a person as appropriate to their sex, determined by the prevailing cultural norms. (5)

Sexting - The sending of sexually explicit photos, images, text messages, or e-mails by using a cell phone or other mobile device. (6)

Sexual assault - Any unwanted sexual contact (e.g., groping, cat-calling, rape, inappropriate sexual touching, etc.). (10)

Sexual intimacy - A broad range of sexual activities (e.g., hugging, calling each other sweet names, kissing) that are shared between intimate partners in relationships. (8; 9)

Sexually transmitted infections - Also known as Sexually Transmitted Diseases (STDs) or Venereal Diseases (VD), are diseases that are passed on from one person to another through sexual contact, and sometimes by genital contact. (9)

Unhealthy relationship behaviors - Physical, sexual, psychological, or emotional violence occurring between intimate partners. (7)