

# Schools for Change

## Yellow Brick House Public Education Workshops

### For High School Students

Yellow Brick House offers a variety of workshops covering a multitude of topics related to building and understanding healthy relationships. Our interactive presentations all begin with a brief overview of Yellow Brick House, who we are and what we do, and offer many opportunities for discussion. **All boys and young men workshops are now available upon request**

#### Exploring Relationships

A preliminary overview of what is healthy and what is not in relationships. We discuss the definition and types of violence, power and control, risk factors and examine real life examples of unhealthy relationships. Students will also learn effective ways to assert their boundaries, acknowledge their own behavior and understand how these pieces impact their decisions.

#### When Caring Becomes Controlling

Students will explore common trends and characteristics of controlling relationships. Through an interactive activity, students are able to recognize that those who experience violence often become overwhelmed and feel stuck. We discuss ways to seek help and offer supports to leave violent or abusive situations.

#### The Heart and the Mind

The Heart and the Mind presentation focuses on prevalent impacts including mental health challenges that arise throughout abusive relationships. Students will learn how self-esteem affects our daily lives and our relationships. We discuss the importance of establishing boundaries, a task that becomes easier to do and commit to when one has a strong(er) sense of self and confidence to recognize the warning signs of abusive relationships.

#### Cyber World and Your Relationships

Why is cyber abuse so prevalent and what makes it different from other types of abuse? Students will gain a better understanding of what cyber abuse is, why it is becoming normalized in our society and how we can help stop it.

#### **Please note:**

**Price for each presentation, excluding the Survivor Series Workshops, is \$100**

**Recommended audiences are a suggestion, not fixed.**

**Excluding the Survivor Series Workshops, presentations run about 75 minutes.**

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#### Your Rights and Responsibilities in Relationships

Respect, trust and communication – Why are these three components important in a healthy relationship? How can we recognize when the three components are lacking in our relationships and how to effectively respond to it? Everyone has a right to feel safe and secure within their relationships. Students will also learn about Enthusiastic Consent and the importance of giving / receiving it.

#### Genders in Media

Media is everywhere and it plays a large role in creating gender norms. We take an in-depth look at how the media affects our sense of self, our relationships and the way we treat and view others. We aim to engage youth in exploring different perspectives and challenge them to be critical in their response and interpretation of everyday media. Real life stories and media discussed will change to fit the current news and media popularity.

Note: This presentation is recommended for an older audience, grades 11 and 12.

#### Recognizing and Responding to Abuse

This presentation helps the audience gain an in-depth understanding of abuse, the different types of abuse, and how someone becomes trapped in an abusive relationship. We look at reasons why so many people stay in abusive relationships as well as what to do if you think someone you know may be experiencing abuse.

Note: This presentation is recommended for an older audience, grades 11 and 12.

#### Survivor Series Workshops

Yellow Brick House now offers Survivor Series Workshops. These presentations provide a unique opportunity for students to hear from a survivor of domestic violence. Partnering with our Public Education Workshops, the survivor shares her story of lived experience, providing an impactful, unique, and unforgettable experience for students.

Our Survivor Series Workshops are ideal for larger audiences and run for 60 minutes. The cost for these workshops is \$200.

#### **Please note:**

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**Recommended audiences are a suggestion, not fixed.**

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