



Teen Vision Curriculum

TDV 101:

Lesson 1: Let's Talk Teen Show and Types of Abuse.

Objectives:

- Identify the 5 types of abuse
- Understand that abuse is a pattern of behaviors and not just physical violence
- Identify myths about abusive relationships

Lesson 2: Types of relationships and warning signs.

Objectives:

- Identify the warning signs of an abusive relationship
- Identify types of relationships that are unhealthy
- Understand the complexity of how abusive relationships begin

Lesson 3: Wave of abuse and consent.

Objectives:

- Understand why people stay in abusive relationships
- Understand and identify consent and not having consent
- Learn how to create healthy boundaries around emotional and physical consent



Lesson 4: Gender 101 and Oppression.

Objectives:

- To understand the dynamics of oppression and how they relate to intimate partner violence.
- Have teens think about what messaging and delivery of healthy relationships message.
- To understand the different roles of an advocate

Lesson 5: How to help a friend.

Objectives:

- To identify a complex scenario of victimhood and why jumping to conclusions about why they're being abused when it can be more complicated than that
- To understand what victim-blaming and bystander effect mean and what they look like in action
- To build empathy around victims and able to critically think about who should be blamed for abuse



TDV 201:

Lesson 6: Colorism.

Objectives:

- The purpose of this workshop is to raise teen awareness of the negative stigma of Colorism
- Define colorism its origin, identify at least three ways colorism affects our community,
- To explain the difference between racism and colorism

Lesson 7: Puppet Master.

Objectives:

- Identify the dating cycle and how to engage in healthy relationships and break ups
- Identify differences and similarities in how TDV works among different cultural groups
- Identify how to evaluate decisions to create a Healthy Relationship

Lesson 8: Visual Spectrum.

Objectives:

- Understand dynamics of gender based violence
- Understand the effects of homophobia
- Understand influence of their values and how it affects their work



Lesson 9: Healthy Relationship Café

Objectives:

- Participants will work together to figure what aspects of healthy relationships are best for their group and what to prioritize

Lesson 10: Equity and Equality

Objectives:

- Understand the difference between equity and equality
- Explore how this may affect teens lives and relationships

Lesson 11: Racism

Objectives:

- Understand four levels of racism
- Explore the difference between racism and prejudices



Healthy Relationship Series

Lesson 12: Communication.

Objectives:

- Identify 3 common practices in good communication, reflective listening, and empathizing, asking questions.
- Understand the difference between inferred information and deduced information.
- Understand how to implement 3 common good communication practices.

Lesson 13: Conflict Resolution

Objectives:

- Identify personal triggers in conflict
- Learn reflective listening skills and how to apply them
- Understand your own boundaries and how to create compromise

Lesson 14: Trust.

Objectives:

- Explore the roots of trust.
- Challenge the messages they receive around mistrust and relationships.
- Explore what it means to build trust and the steps they can take to build trust in their relationships



Lesson 15: Support.

Objectives:

- Have candid, honest conversations on the multiple ways to support your partner
- Help participants define for themselves what support they respond best to
- Give participants the skills to communicate with their partner the ways they like to be supported and how they can support their partners in a healthier way

Lesson 16: Break Ups.

Objectives:

- Explore the challenges of breaking up, including miscommunication
- Explore the pros and cons of different ways of breaking up with someone
- Explore how to break up in a healthy way that respects the feelings of all involved



Media Literacy Series

The next time you're ready to download that song from iTunes or watch that music video, you may want to check out how healthy it is for you. Just as a nutritional label allows you to count the calories in a fast food hamburger, the Boston Public Health Commission's Start Strong Initiative has made it easier to measure what's in the songs you listen to or music videos you watch. The Sound Relationships Nutritional Label is a tool to help music lovers evaluate how healthy – or unhealthy – songs are. TrueView is a music video scoring tool that helps users assess the healthy or unhealthy relationship images in music videos.

Lesson 17: Sound Nutrition Label.

Objectives:

- The Sound Relationships Nutritional Label is a tool to help music lovers evaluate how healthy – or unhealthy – songs are.

Lesson 18: TrueView.

Objectives:

- TrueView is a music video scoring tool that helps users assess the healthy or unhealthy relationship images in music videos.

Lesson 19: The Reel Binary.

Objectives:

- The Reel Binary is a tool used to critically view any show or movie and explore stereotypes, gender norms and healthy or unhealthy behavior



The Halls Series

THE HALLS tells the stories of three young men in Boston, and their struggles sifting through *relationships, trauma, masculinity and their own identities*. Tension starts building in their worlds when rumors swirl around the school about an accused rape of a student. Watch and explore their journey through... THE HALLS!

THE HALLS web series is co-funded by the Office on Violence Against Women Engaging Men in Preventing Sexual Assault, Domestic violence, Dating Violence and Stalking Grant Program and the Office on Juvenile Justice and Delinquency Prevention Defending Childhood Initiative. The program is designed to engage young men in the conversation to end gender based violence against women and girls. The Boston Public Health Commission seeks not only to work to prevent gender based violence but to also promote healthy relationships amongst adolescent populations.

Our hope is that through storytelling, the web series inspires viewers to think and challenge themselves about all the messages that we are fed about how young men and young women are taught to act in relationships and free themselves to engage in positive alternatives.

View it at www.thehallsboston.com