



Welcome to our series of youth-centered and youth-created empowerment lessons! Crafted with a deep understanding of the unique needs and perspectives of young individuals, each lesson is a collaborative effort driven by the voices and experiences of the youth themselves. Spanning approximately 45 to 60 minutes, these engaging sessions are thoughtfully designed to foster open conversations, interactive activities, and personal growth. While we encourage a series format to enable topics to build upon one another, many lessons are also designed to stand alone, offering the flexibility to fit your schedule and priorities. Every session is led by two trained presenters who are well-equipped to handle any sensitive disclosures that may arise during discussions. Should you wish to tailor the lessons to suit your timeframe or specific context, Mey Espinoza is available to assist you in selecting the most relevant and impactful sessions for your needs. Please reach out to Mey by email at YEspinoza@casamyrna.org

Lesson 1: Social Norms & Types of Relationships

- Identify myths about abusive relationships and learn preconceived notions
- Assess level of understanding of abusive relationships
- Learn different aspects of a healthy relationship
- Understanding the current complexities of relationships

Lesson 2: 5 Types of Abuse & Warning Signs

- Identify the 5 types of abuse and what they look like in everyday life
- Understand that abuse is a pattern of unhealthy behaviors and not just physical violence
- Identify warning signs of an abusive relationship
- Understand the complexity of how abusive relationships begin

Lesson 3: Wave of Abuse and Relationship Spectrum

- Understand why people stay in abusive relationships
- Understand that abuse is a pattern of behaviors
- Explore the difference between an unhealthy and abusive relationship

Lesson 4: Communication and Conflict Resolution

- Identify 3 common practices in good communication, reflective listening, and empathizing, asking questions.
- Identify personal triggers in conflict
- Learn reflective listening skills and how to apply them
- Understand your own boundaries and how to create compromise

Lesson 5: Consent

- Identify ways in which we already ask for consent
- Learn how to create healthy emotional and physical boundaries
- Understand the difference between enthusiastic consent and coercion
- Identify words and actions that may be used to pressure someone for sex
- Identify words and actions that mean "No"
- Explore ways in which consent can be sexy

Lesson 6: Trust and Support

- Explore the roots of trust in each person
- Understand the importance of trust in a relationship
- Identify how you want to be supported in a tough situation
- Understand that everyone deals with situations differently

Lesson 7: Boundaries

- Explore and identify personal boundaries.
- Explore how you set your boundaries to make yourself feel safe
- Understand the consequences of lack of boundaries (get manipulated)
- Accepting when someone says no to you (respecting someone else's boundaries)

Lesson 8: Healthy Breakup Workshop

- Understand what can lead to a breakup
- Identify myths of what a breakup should look like
- Learn the aspects of a healthy breakup
- Understand the difficulty and complexity of a breakup

Lesson 9 Identity Workshop

- Explore what values mean the most to you and why that guides your decisions
- Reflect on who you are now and who you want to be in the future

Lesson 10: Gender & Sexuality

- Introduce the topic of gender stereotypes and gender socialization through cultural messaging.
- Discuss how social gender norms may affect how individuals act towards one another.
- Learn correct terms and definitions related to gender and sexuality