



# Family Tree Workshops

Domestic violence affects over 12 million Americans each year. Family Tree’s Domestic Violence Outreach Program provides professional training and education on how to recognize domestic violence and support those experiencing abuse. *We are happy to tailor trainings to the needs of your group.*

## Workshops for Professionals and Community Members

Our **Domestic Violence Workshop** will discuss the myths, realities, dynamics, and impact of domestic abuse. We will explore options and services that are available to victim/survivors. Participants will leave with concrete knowledge, tools and resources to support those who have experienced domestic violence.

—Additionally, we can include the following areas of focus to the workshop as requested:

### **Impact of Domestic Violence on Youth**

Learn the impact of domestic violence on youth and resiliency factors that create healing.

### **Safety Planning**

Acquire skills and tools in developing short and long-term safety strategies with survivors.

### **How to Support Survivors**

Explore conversation starters and gain tools to support friends, family, or clients in an abusive relationship.

### **Effects of Trauma on the Brain**

Learn how the brain and body react to crisis and common trauma responses of survivors.

### **In Her Shoes Interactive Activity**

This education tool allows participants to move through the experiences of a victim/survivor.

### **Digital Abuse and Technology Safety**

Examine digital tactics of abuse, safety planning considerations, and how technology can support survivors.

### **Family Tree Domestic Violence Services**

Hear an overview of Family Tree’s Domestic Violence Services and how to refer survivors for services.

## Workshops for Youth

### **Healthy Relationships 101**

Young love can be exciting, but exploring new relationships can also be confusing. In this session, we’ll talk about what a healthy relationship looks like, as well as what behaviors are unhealthy and even abusive. We’ll talk about how to recognize red flags in your relationships and how to set up boundaries to make sure yours stays healthy.

### **Healthy Digital Relationships**

As relationships play out online, it can be hard to know where the line between healthy and unhealthy falls. In this session, we’ll talk about what a healthy digital relationship looks like, as well as what behaviors are unhealthy and even abusive. We’ll look at how to recognize red flags and how to set boundaries to make sure yours stays healthy.

### **In Their Shoes: Teens and Dating Violence**

Designed with the classroom in mind, *In Their Shoes* is an engaging way to talk about dating abuse and healthy relationships. Participants become one of six characters based on the experiences of real teens. They make choices about their relationships and move through the scenario. This role-playing activity is highly interactive, involving movement and discussion.

## Workshops for Teachers, Parents, and Youth Service Providers

### **Healthy Relationships and Teen Dating Abuse**

In this session, we’ll discuss the dynamics and warning signs of teen dating abuse, including technology and digital abuse. You’ll leave with tools to talk to teens about dating, help them recognize red flags and empower them to form healthy relationships. You’ll also leave with concrete ways to support a teen who is experiencing abuse. This session will be interactive, involving both discussion and activities.

## Implementation Ideas

- All Staff/Team meetings
- In-Service days
- Community Service groups
- Brown Bag Lunches
- Church groups
- Staff Trainings



**For questions or to schedule a workshop, please contact:**

Family Tree Domestic Violence Outreach Program | [outreach@thefamilytree.org](mailto:outreach@thefamilytree.org) | 303-463-6321