



HelpLine is excited to be able to once again present prevention workshops to your students in the 2011-2012 academic year. We offer programs to meet the needs of our community partners while incorporating “best practices” in the areas of violence

prevention and mental health.

Please review this brochure or refer to our catalog online at www.helplinedelmor.org for detailed descriptions of all of the offerings available to you and your students. If you have additional questions or would like to schedule prevention programming, please contact HelpLine at 740.363.1835 ext. 109 or by e-mail at: violenceprevention@helplinedelmor.org.

Please contact HelpLine to schedule programs, if possible 4 to 6 weeks in advance. **Most of our prevention programs are offered free of charge.** A confirmation notice will be sent to you so that everyone is aware that we will be in the building.

“It helped me because if you’re a girl who doesn’t like to stand up for herself, you can learn how.”

- Jessica K., 4th Grade, Schultz Elementary School



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Delaware County Office

11 N. Franklin Street
Delaware, Ohio 43015
Hotline: 211 or 740.369.3316
Business Line: 740.363.1835

Morrow County Office

950 Meadow Drive, Suite B
Mt. Gilead, Ohio 43338
Hotline: 211 or 419.947.2520
Business Line: 419.946.1350

Toll Free: 1.800.684.2324
Deaf or Hard of Hearing: 711 or 1.800.750.0750
Language Services Available

**www.helplinedelmor.org
Check us out on facebook and twitter!**

**Empowering People Through
Knowledge, Support and Resources**

HelpLine of Delaware and Morrow Counties, Inc. is a contract provider of the Delaware-Morrow Mental Health & Recovery Services Board, a member agency of the United Ways of Delaware and Morrow Counties, with partial funding provided by Council for Older Adults. HelpLine is accredited by the American Association of Suicidology, National Alliance of Information & Referral Systems and certified by the Ohio Department of Mental Health. Equal Opportunity Employer/Provider.



HelpLine

Of Delaware and Morrow Counties, Inc.

**Prevention
K-12 Programs for Schools**



Programs Offered



HelpLine endorses the public health approach to preventing perpetration and victimization of sexual and dating violence. Our programs use a universal strategy which ensures that every student, without regard to exposure to the problem, has access to improving their wellness, knowledge, attitudes, and skills related to these issues.

Purple Hands Bear (preschool): “Hands and Words are Not for Hurting” Project’s Purple Hands Bear Preschool Curriculum sets the foundation for youth participants to become lifelong peace makers. It is designed for age two through five.

“...when students go through Safe Dates and Love All That & More, they report increased knowledge on ending relationship violence.”

Boys and Girls Empowerment Groups

(4th-8th grade): It’s a Girls World! and It’s a Guy Thing! are multi-session age focused groups that seek to cultivate a healthy self-image, promote healthy relationships and lifestyle development through the use of critical thinking and creative activities for girls and boys.

The program is offered over 10-weeks with a one-hour session format for up to 12 girls or boys per group. Groups can be held during the school day or as part of an extra-curricular program. Students are able to self-select into the group and the group closes after the second meeting to create a safe atmosphere.

Safe Dates & Love: All That & More (middle and high school): Safe Dates, for middle school students, and Love: All that and More, for high school students are both curriculums that address dating and sexual violence prevention and can be implemented by HelpLine educators in four 50 minute class sessions.

These programs address the underlying causes of dating and sexual violence, they equip students with the skills to make a difference in their own relationships and assist in relationships their peers experience.



STAND UP Leadership Team (SULT) (high school): Every teen is invited to become a part of SULT; no matter his/her decisions in the past. It is about making positive, healthy choices **now**, and giving teens the tools/resources to sustain those choices. Bi-monthly Tuesday night meetings keep teens connected to SULT activities, friendships with teens like themselves and their pledge to remain violence and drug free throughout high school.

For more information on upcoming events / meetings email Brande Urban at burban@helplinedelmor.org or call her at 740.363.1835 ext. 102.

Thank Goodness I’m Female (TGIF) (middle school): The strength of TGIF is that middle school girls take it upon themselves to advocate and support healthier girl relationships. Due to its unnoticed, hidden nature, teachers and parents, often, have no idea that relational aggression (RA), a pervasive form of female bullying is taking place.

Depression and Suicide Programs (middle and high school): Red Flags for middle school and Signs of Suicide for high school are programs to raise the students’ awareness of the symptoms/signs of depression and suicide and give students the tools to recognize and respond to them. The high school program also includes a self-assessment.

For more information on email Max Lencl at mlencl@helplinedelmor.org or call at 740.363.1835 ext. 112.

Stewards of Children (adults):

The Stewards of Children program is a revolutionary sexual abuse prevention training program that educates adults to prevent, recognize, and react responsibly to child sexual abuse. The free, 3-hour training program is designed for those who serve and engage with children and youth. The program believes and teaches that ensuring a child safety is an adult’s job.

To schedule one or more of these programs for your school or organization please email: violenceprevention@helplinedelmor.org

In 2010, **1,895** middle and high school students participated in multi-session violence prevention programs.

