

Safe Alternatives to Violent Environments

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SAVESM
Safe Alternatives to Violent Environments

About SAVE



- Located in Fremont in Alameda County
 - Affluent immigrant community
- SAVE started in 1976 as a Safe Home
- Domestic Violence Organization



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Youth Services Program

SAVE's Prevention Philosophy

- Youth Centric
- Harm Reduction
- Trauma Informed
- Non-Binary Language
- Sex Positive
- Take A Bold Approach

YSP's Curriculum Topics

TDV 101

Youth learn how to define TDV, and understand what is healthy/unhealthy/abusive in a relationship. Youth are able to recognize warning signs, identifying the Cycle of Violence, and discuss their rights and resources.

Healthy Relationships

Youth engage in a discussion about what is important to them in a relationship, "deal breakers", and equality signs. Youth are able to brainstorm solutions to relationship conflicts, and discuss breaking-up.

Consent & Boundaries

Youth engage in discussions about establishing boundaries and affirmative consent. Youth have an opportunity to explore their boundaries, learn how to refuse, delay, or negotiate with a partner, and where to get help if they have been violated.

Why Survivors Stay & Victim Blaming

Deepens youth understanding of patterns of abusive relationships, including why survivors stay & learn to recognize victim blaming. Youth gain insight on how to help a friend.

Gender Stereotypes

Youth identify societal expectations placed on each men & women, the emotional or internal impact of these expectations, and the verbal & physical consequences that can arise for those who may not fit into the norms.

YSP's Curriculum Topics Continued



Connect & Disconnect: Dating in the Digital World

Youth discuss safely engaging in online dating, and connecting with new partners in person. Youth think about online boundaries, digital safety, and how to end things in a safe and healthy way.

Jr. High 6th Grade (DAY 1-3)

Day 1: Communication & Conflict

Day 2: Communication Pathways & Multiple Feelings

Day 3: Hot Buttons & Calming Strategies

Safer Sexting

Takes youth through risk assessment strategies & builds communication skills to better navigate sexual exploration via technology. Youth also discuss healthy community responses to sexting (as opposed to bullying).

Jr. High 7th Grade (DAY 1-3)

Day 1: Friendships & Dating

Day 2: Gender Stereotypes & Dating Violence

Day 3: Healthy Relationships

DV in the Media

Youth are shown various forms of media and learn about messages the media sends about love, gender and relationships. Youth learn to identify harmful relationship characteristics in multimedia.

Jr. High 8th Grade (DAY 1-3)

Day 1: Consent & Boundaries

Day 2: Heart Exercise & Hearing No + Saying No

Day 3: Getting Together & Breaking-Up



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Why Virtual Presentations?

YSP's Virtual Presentations

- Recorded Presentation of Choice
- Handouts
- Youth Resources
- Follow-Up Questionnaire/Discussion Guide/Activity
- Program Evaluation
- Presentation Set-Up Email for Educators



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Youth Leadership Class @ Centerville MS

Youth Leadership Class @ Centerville MS--Prior to Pandemic



- Current Group: 24 youth leaders (7th & 8th graders)
- Meets weekly for 1 hour during the school year
- Jesse Rhodes, Leadership Class Teacher, continuously advocating for Leadership's ability to put on big lunchtime awareness events.
- For TDVAM new leadership cohort was able to put on 21 days of healthy relationships for their campus
- Leadership group ended TDVAM w/ a lunchtime event for the entire school.

Youth Leadership Class @ Centerville MS--During Pandemic

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- Weekly meetings with Centerville Jr. High's leadership class (Via Zoom during SIP), Coordinated by Jesse Rhodes
- Youth leaders were able to participate in SAAM by submitting personally designed awareness ribbons
- YSP team was able to present on Centerville's final TDV Policy, and receive feedback from youth leaders via zoom
- A positive that has come out of the pandemic, is a longer meeting time with the leadership over zoom
- Leadership students have received presentations on TDV, Friendships & Dating, and Consent & Boundaries.

The background of the image shows three young women with colorful face paint, smiling and holding a rainbow flag. The scene is dimly lit, with blue and orange balloons visible in the background. The overall mood is celebratory and supportive.

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**Team Stronger Than You
Think**

Team Stronger Than You Think



- Group of 13 leaders (9th - 12th grade)
- All youth members exemplify leadership skills in their community with interest in raising awareness on TDV
- Meet bi-weekly for 2 hrs
- Go through a series of workshops, assist with editing curriculum, and put together our annual Symbiosis

Team Stronger Than You Think--Challenges

1

Staff Changes

Youth had a strong rapport with previous coordinator.

2

Fremont's School District was Inactive

All programs and student activities were put on hold. Fremont schools were not in session.

3

Spring Break

When Rubi came on board students were about to go on "spring break".

4

Uncertainty of Youth Participation

We didn't anticipate many students staying committed to the team.

Team Stronger Than You Think

Metamorphosis

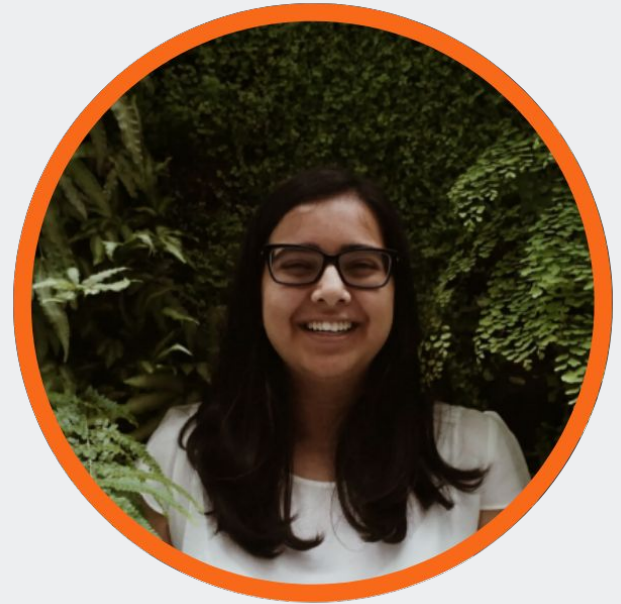
- Sent out a get-to-know-me bio before working with the youth
- Set aside a few zoom meetings to talk about what the youth leaders experience was like (highs and lows)
- Made space to talk about what the youth leaders wanted out of the group
- Set up 1:1 meetings with each of the youth over zoom (recorded)

Team Stronger Than You Think **Metamorphosis** **Continued**

- Brand new activities for team building:
 - About Us - Jeopardy
 - Tiny Teach
 - High's and Low's
 - Netflix Parties
- Piloting new presentations with STYT
- Orientation training

Zara, STYT Youth Leader

“I’m really happy about the direction STYT is going in with doing more community outreach. Also being able to educate ourselves further to help others and grow from where we are now. After being with STYT for close to 2 years, making this kind of progress is exciting. I can’t wait to have more people know about us and our cause to help end Teen Dating Violence”



Thanks!

Further ?'s:

- Email us:
 - youthservices@save-dv.org
- Follow us on social media:
 - IG: [@saveagainstdv](https://www.instagram.com/saveagainstdv)
 - FB:
[@safealternativestoviolentenvironments](https://www.facebook.com/savealternativestoviolentenvironments)