



Kent County Violence Prevention Programs



HEALTH
DEPARTMENT
Caring today for a healthy tomorrow

2007

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Raising Boys to be Good Men in the New Millennium

The changing roles of men and the evolving definition of masculinity have created anxiety and confusion. People disagree about the roles of men and women and their relationships.

Our boys and those who are raising them are troubled too. Boys are ten times more likely to be diagnosed with ADHD, and four to six more times likely to commit suicide than girls. Statistics demonstrate that boys' account for seventy-one percent of school suspensions, seventy per cent of the special education population, and ninety three percent of juvenile homicide. Why the precipitous drop in male enrollment in Michigan colleges with an average of only 40% male? What is going on in boys' lives?

Society has traditionally socialized boys to be tough, aggressive, and competitive. They're supposed to be in control of their relationships, and careers. At the same time, contemporary society is also telling boys and men to communicate, emote, and connect with others.

Clearly, it's a challenge to raise boys today. At the Men's Resource Center we believe it's important to socialize boys to embrace their full humanity, and prepare them for the diverse challenges of the twenty first century.

Presented in a one-hour, half or full day workshop.

Standing Up: Men's Roles in Ending Gender Violence

Historically, women have fought to end gender violence. But in reality, domestic and sexual violence are men's issues. Since men are the primary perpetrators of gender violence, they need to take a visible role in ending violence. We examine the obstacles that keep men from taking stands against gender violence. We identify ways to educate, equip, and mobilize men to be accountable for their own behavior as well as how to intervene in other's behavior.

We often provide this presentation as an hour-long consciousness-raising activity, but it can be expanded into a half-day workshop.

Men and Sexual Addiction

The hidden addiction. We all know sexual addiction is a problem, but we often don't recognize its extent and severity. While seldom diagnosed and treated, fifteen percent of men are sexually addicted, engaging in voyeurism, exhibitionism, promiscuity, compulsive masturbation, use of adult establishments and/or prostitutes. In the last few years, the use of pornography has escalated with the advent of cyber-porn and cyber-sex. Sexual addiction is progressive and the consequences magnify, leading to a duplicitous and deceitful life. Of all the addictions, sexual addiction is predominantly a male problem, emanating from the toxic aspects of male socialization.

So many consequences. The costs of sexual addiction, though less evident than alcoholism or gambling, are as pernicious for the addict as for those who love him: divorce, disease, shame, anxiety, depression and increased compulsivity.

Effective interventions. We explore the range, causes, and treatment of sexual addiction. We examine factors such as male socialization, family of origin, non-relational intimacy, and personality styles that contribute to an addictive process which results in dysfunction and despair. We provide knowledge and tools to better understand and more effectively work with sexually addicted men and the people who love them.

We have offered trainings and workshops on sexual addiction in a number of venues. We are available for consultation as well.

Men Who Abuse Women

Men abuse women to achieve power and control, and their behavior needs to change. Although accountability training is the cornerstone of batterer intervention, psychological deficits influence the need for and tactics of control. The more we understand the diversity among men, the more effective our interventions will be.

How can we treat the whole of the problem without abandoning our commitment to making men accountable? We explore the standard models of batterer intervention work, including the Duluth approach. We look at diagnostic models for identifying batterers and explore how we can design and deliver treatment for each of these personalities. Our goal is to help human service professionals be more effective in our work to end domestic violence.

We offer informational presentations, professional trainings, and full day workshops, which provide individuals and organizations with the knowledge and tools to work more effectively in the challenging field of domestic violence. We also offer individual counseling and group therapy for men who want to create peaceful lives and more respectful relationships.

Programs for Youth

Program: *Face It*

Suitable for: Girls age 5-13 years

Fee: \$5.00 per workshop

To schedule contact:

Girl Scouts of Michigan Trails

Program Director: Lucy Joswick

Phone: 616.784.3341 ext. 123

Email: lj Joswick@gsm t.org

Website: www.girlscoutsrock.org

Description: *The Face It program* consists of a group of high school teens in Kent and Ottawa Counties who present one-hour social issue workshops to Girl Scout troops and outside groups during the school year. *Face It's* primary goal is social problem prevention achieved by providing young women with the skills and knowledge needed to combat social pressures. Please contact Lucy Joswick to request a Face It catalog for your school group or troop.

This program is provided by the Girls Scouts of Michigan Trails.

Program: *KIDZ Have Rights: Your Body Belongs to You*

Suitable for: 3rd Grade Youth

Fee: Free to schools. Nominal fee for other sites.

To schedule contact:

The Children's Assessment Center

Program Coordinator: Tanya Muehlbauer

Phone: 616.336.4265

Email: atmuehlbauer@comcast.net

Description: *KIDZ Have Rights: Your Body Belongs to You* is a one hour child sexual abuse prevention program. Students learn about 3 different types of touch; nurturing, confusing, and selfish. Students discuss the feelings associated with these different touches and complete a touch board activity that empowers them to identify different types of touches. To teach prevention of sexual abuse students are taught to identify who are the "safe adults" in their lives and complete a take home bookmark activity listing their chosen safe adults. Students view the 12 minute video, *Your Body Belongs to You*, (described below) and participate in a class discussion of the video. Parents of participating students receive the *KIDZ Have Rights* program brochure. Teachers are provided with *KIDZ Have Rights* reinforcement packets that include 4 two-sided worksheets for students to complete over the next 4 months. The first side of the worksheet is completed by the student in class and the second side of the worksheet is to take home and complete with their parents.

Video: *Your Body Belongs to You*

The video follows the story of a young boy named John who is being sexually abused by his step-dad. John struggles with being able to tell an adult about his situation because he is afraid that he won't be believed and will be in trouble. John finds support from his friends and tells his teacher about his abuse.

This program is funded by the Children's Trust Fund and The Children's Assessment Center.

Gender Sensitivity and Sexual Harassment

Before World War II, the United States had a divided workplace. For the most part women stayed at home or had one of three professions: nurse, secretary, or teacher. Today, men and women work in teams and often share power. While these changes bode well for women and the workplace, gender socialization often lags behind.

Socialization is the process by which young people learn how they're supposed to think, feel, and behave. Male socialization has promulgated the belief that men have the right to be in control, to have their sexual needs met, to make decisions. In spite of advances in the workplace, many men hang on to outworn stereotypes that maintain their sense of entitlement. We help organizations and individuals learn to appreciate and respect gender differences. In fact, we help others see how men and women are more similar than different. The goal is to help men and women work together in teams, respecting differences and building strengths. We offer consultations and workshops to corporations and other organizations.

Male Socialization: The Training that Kills

In spite of increasing awareness, most men are still at the mercy of rigid male training. They struggle with intimacy, self-disclosure, identity, and their inability to express the range of feelings. As a result, they often drink too much, work too hard, violate their marriage vows, and die young.

This workshop (1) describes the problem, (2) explores the maladaptive strategies used to deal with the pressure of male socialization, and (3) provides men with a more holistic definition of masculinity so they can experience greater intimacy and wholeness.

We offer this workshop to churches and other community groups. We design specific seminars to meet the needs of particular groups.

Empowering Teens Against Violence

Teenagers are increasingly exposed to gratuitous and graphic images of violence. Through multi-media, like video games, teens get to act out and witness violence without experiencing any negative consequences. They develop beliefs and values that support using violence to gain power and respect. This is an insidious problem in our society with school shootings, dating violence, and bullying. This presentation teaches teens how to respect themselves and others while empowering them to make more positive choices. It illuminates the culture in which we live in, helping teens to understand the repercussions of violence, while discovering the benefits of alternatives to violence.

We offer a one-hour presentation or a series of 1 hour workshops over the academic year.

Hyper-masculine Sports Culture: Breeding Grounds for Violence, Control, and Objectification of Women

Sports provide a great context to train boys to be men. In fact, sports have historically been the training grounds to teach boys to be tough, powerful, aggressive, and even violent. In the process of this training, boys and men can experience being cut off from emotion while learning to objectify and disrespect women. This can lead to athletic environments that condone or overlook sexual harassment, dating violence, and other social ills. In the twenty first century, men need to be healthy humans, knowing how to be in respectful relationships and in safe and caring communities. While sports need to teach boys how to reach their athletic potential to pursue team goals, sports are also influential training grounds for helping boys to become successful partners, fathers, and citizens.

We offer a one-hour presentation or a half-day workshop on boys and sports. We also provide consultation to improve sports and recreational programs to coaches as well as athletic and recreational directors.

Program: *Girls Incorporated*

Suitable for: Girls age 9-14 years

Fee: Nominal fee and scholarships are available

To schedule contact:

Girls Inc. at YWCA West Central Michigan

Program Director: Anika Smith

Phone: 616.459-7062, ext. 160

Email: asmith@ywcawcmi.org

Description: Girls Inc. Action for Safety® is a self defense and violence prevention program for girls ages 9-14. This 10 week comprehensive initiative is aimed at addressing the impact of violence on the lives of girls and young women. The overarching goals of this initiative are to build and strengthen critical thinking skills that will help protect their physical autonomy and personal safety; help girls and young women recognize and claim their right to be free from sexual harassment in their neighborhoods, schools and work environments; and to provide girls and young women with opportunities to act collectively to reduce the level of violence in their lives and in their communities.

All Girls Inc.. curricula are researched based and established for 10-12 sessions to utilize all information, knowledge and activities. Girls Inc. pre/post evaluations and Search Institute Developmental Asset Surveys are utilized to measure expected outcomes.

Girls Inc. curricula are designed to incorporate many facilitation techniques to maximize participant learning. These techniques include: hands on activities, team work skills, group discussion, role plays, speakers, volunteer partnerships, and presentations from community organizations.

Incentives are provided for participation in each session.

Resources for youth scholarship opportunities are explored.

A celebration ceremony is provided for participants after program completion.

Program: *Project Respect*

Suitable for: Youth age 12-18 years (Available in Spanish)

Fee: None

To Schedule Contact:

Kent County Health Department
Program Coordinator: Amy Piddington
Phone: 616.632.7123
Email: amy.piddington@kentcounty.org

Description: The goal of *Project Respect* is to reduce the risk that young people will become either victims or perpetrators of sexual violence. The curriculum includes six one-hour lessons. Topics included: criminal sexual conduct law, sexual harassment, myth and facts about sexual violence, media literacy, power and control in relationships, alcohol and drugs, healthy relationships, assertive communication, and where to get help for a victim. English and Spanish speaking facilitators are available to teach *Project Respect*. The curriculum can be modified for use with developmentally disabled youth and adults. Teacher and parent trainings are also available.

This program is funded by the Michigan Department of Community Health and the Kent County Health Department.

Anti-bullying Initiatives in Schools

Twenty-five percent of students in schools today are either perpetrators or victims of bullying. Seventy-five percent are innocent bystanders who are nonetheless affected by harassment and violence. Our schools need to implement initiatives that challenge the systemic nature of bullying. We help you confront bullying through the development of innovative administrative policies, effective student curricula, and assertive intervention and prevention strategies.

It's easy for students and staff to ignore bullying, and many think that bullying has little impact on the school as a whole. However, studies demonstrate that bullying impacts all students' sense of emotional and physical safety. Research also shows that when schools empower staff and innocent bystanders to intervene in bullying, they cultivate a safe and respectful school climate conducive to learning and growing for all students.

We employ a program that features elements of Jackson Katz's MVP model and the Johnson Institute's No-Bullying Program. The latter program is research based and has been proven effective in all K – 8 school environments. We empower, educate, and enable schools to address bullying internally rather than fostering dependence on the "expert".

We help administration, teachers, parents and students better understand:

- Their roles in challenging bullying both as incidents that harm individual students and as a systemic problem;
- The difference between bullying behavior and peer conflict;
- The impact of bullying behavior on students, teachers, and the overall school climate;
- The array of effective intervention and prevention strategies.
- We offer awareness presentations, comprehensive consultation, and training to schools and other community organizations.

Men's Resource Center Workshops

Anger: The Amperage for Violence

Men's rage can be destructive in so many ways and so many places, particularly in their homes and places of work. In our workshop, we teach different types of male anger, their relationship to other emotions, and an array of effective intervention and management strategies. We offer education and skill-building for therapists and other professionals to help men to recognize and manage their anger, express themselves assertively, resolve conflict, and work constructively in teams.

There are many anger management workshops. Most deal with what men should do when anger gets out of control. Ours does, too. But, we go further, explaining the real causes of destructive anger.

- Feelings that breed anger (fear, hurt, and shame)
- Family of origin issues and how they get played out
- Male socialization and how it leads to acting out
- Spiritual voids.
- Anger being the amperage for escalating violent acts

We provide presentations on anger management in half-day and full-day workshops. We also offer consultation on how to manage anger and acting out in organizational settings.

Program: *RAVE (Resources Against Violent Encounters) In Touch With Teens*

Suitable for: Youth age 12-18 years (Available in Spanish)

Fee: None

To schedule contact:

Child and Family Resource Council

Program Coordinator: Annie Funke

Phone: 616.454.4673

Email: annief@childresoure.cc

Website: www.childresource.cc

Description: The mission of *RAVE* is to break the cycle of relationship violence. The eight session *In Touch With Teens* program includes lessons on: roots of violence, power and control, relationship violence, the cycle of violence sexual harassment, sexual assault, coercive control, media literacy, and healthy relationships. The *In Touch With Teens* program includes interactive role-plays, videos, hand-outs and discussion to engage students and to increase their awareness of relationship violence. English and Spanish speaking facilitators are available. Parents receive educational materials at the beginning of the series to encourage dialogue between parent and child.

This program is funded through grants from Governor's Discretionary Fund and the United Way.

Professional Workshops and Consultation

Program: *Raise Hope Violence Prevention Program*
(Under development. Coming summer 2007)

Suitable for: Youth age 12-18 years

Fee: None

To schedule contact:

Safe Haven Ministries
Raise Hope Program
Project Coordinator: Sarah TenBroek
Phone: 616.452.6664, ext 22
Email: stenbroek@safehavenministries.org

Description: The *Raise Hope Program* of Safe Haven Ministries provides violence prevention education, information, and support to the community. *Raise Hope* violence prevention presentations will address healthy relationships and dating violence from a faith-based perspective. These presentations can be tailored to fit the needs of the specific group and are specifically developed for youth in church groups and religious schools.

These presentations are funded through the Safe Haven Ministries Raise Hope Program and through a grant from the Michigan Women's Foundation.

Agency: *Grand Rapids Institute for Information Democracy (GRIID)*

To make arrangements contact:

Jeff Smith
424 LaGrave SE
Grand Rapids, MI 49503
Phone: 616.459-8423
Email: jsmith@mediamouse.org

The Grand Rapids Institute for Information Democracy conducts workshops, trainings and presentations on the role of both news and entertainment media in promoting and normalizing violence against women, hyper-sexuality and the objectifying of women's bodies. We look at how news frames the issues of sexual assault when it is reported on and how entertainment media perpetuates negative images of women and promotes sexist behavior for men and boys. Trainings can be done for parents, educators, professionals, students and community organizers. We also have a library of books, videos and curriculum materials we make available at no charge.

Agency: *Men's Resource Center at Fountain Hill*

Suitable for: *Men's Resource Center* offers consultation and workshops to foster personal growth and create safe, caring, and strong communities. We provide these services to community groups, schools, churches, human service agencies, businesses, and other organizations. Please call us to discuss how we can tailor our programs to fit your organization's needs.

To make arrangements contact:

Randy Flood, MA, LLP
Limited Licensed Psychologist
Director, Men's Resource Center
Phone: 616.456.1178
Email: RFlood@fountainhillcenter.com

Education Materials

Contact:

Mary Ann Keough, Executive Director
The Arc Kent County
1331 Lake Dr. SE, Suite 2
Grand Rapids, MI 49506
PHONE: 616-459-3339
FAX 616-459-5299
Email: thearc@iserv.net
www.arckent.org

Videos and Educational Materials for loan

The Ethics of Touch: Establishing and Maintaining Appropriate Boundaries In Service to People with Developmental Disabilities

All human beings need touch. We need to be held. We need to hold.

This training package looks at the delicate issue of touch. Those who provide direct care to people with developmental disabilities are often asked to be in private places performing intimate services. From bathing to toileting to dressing, we are necessarily in close proximity to those we serve. Given this situation, it is imperative that staff be aware of how to provide these services while maintaining appropriate professional boundaries. How do we appropriately express affection toward those we serve? This video suggests new and healthy ways of helping people with disabilities fulfill their deepest needs.

The package includes over 2 hours of lecture on 'touch', 'privacy' and 'boundaries' by renowned trainer Dave Hingsburger and a manual, co-authored by Mary Harber of the Sexual Health Resource Network, which staff can use to participate in the training.

No! How!!! What People With Disabilities Need To Know To Stop Victimization

For too long others have determined what people with disabilities need to know to stop victimization. This video involved people with disabilities in acting, writing, producing and directing a film aimed at others with disabilities. From discussing disability to teaching boundaries and body parts, people with disabilities take the lead.

Produced by people with disabilities and co-written by Dave Hingsburger.

Table Top display suitable for health and resource fairs

The display provides information about the four social factors that contribute to increased vulnerability to sexual victimization of people with developmental disabilities.

These resources are made possible by a generous donation from The Nokomis Foundation.

Programs for Adults

Program: *Project Respect Training of Trainers Workshop*

Suitable for: Teachers, counselors, college students, peer educators, parents and community members that work with youth

Fee: None

To schedule contact:

Kent County Health Department
Program Coordinator: Amy Piddington
Phone: 616.632.7123
Email: amy.piddington@kentcounty.org

Description: The *Project Respect Training of Trainers* is a two-day workshop taught by the Kent County Health Department to prepare teachers, counselors, school resource officers and youth group leaders to teach the *Project Respect* program to youth. Training participants will learn about the child protection law and mandated reporting of child abuse and neglect. The complete *Project Respect* sexual assault program for youth, including educational materials and technical assistance for program implementation are available free of charge to those completing the workshop.

This program is funded by the Michigan Department of Community Health and the Kent County Health Department.

Program: *In Touch With Teens Training of Trainers Workshop*

Suitable for: Teachers, counselors, college students, peer educators, parents and community members that work with youth

Fee: None

To schedule contact:

Child and Family Resource Council
Program Coordinator: Annie Funke
Phone: 616.454.4673
Email: annief@childresource.cc
Website: www.childresource.cc

Description: The *In Touch With Teens Training of Trainers* is a two-day workshop taught by the Child and Family Resource Council to prepare teachers, counselors, school resource officers and youth group leaders to teach the *In Touch With Teens* program to youth. Training participants will receive a binder of facilitation materials and a copy of the *In Touch With Teens* curriculum. The training is held once a year in February and registration information can be found on www.childresource.cc.

This training is funded by the Governor's Discretionary Fund and the United Way.

Program: *Sexual Assault Prevention Presentation*

Suitable for: Parents, adults, college students

Fee: None

To schedule contact:

Kent County Health Department
Program Coordinator: Amy Piddington
Phone: 616.632.7123
Email: amy.piddington@kentcounty.org

Description: This one to two hour presentation taught by the Kent County Health Department includes a brief overview of sexual assault prevention including: sexual assault statistics, criminal sexual conduct law, sexual assault myth and facts, community resources for victims, media literacy, and mandated reporting for child abuse and neglect.

Program: *Prostitution: Reframing Issues, Making Connections*

Suitable for: Teen, College and Adult

To schedule contact:

The Prostitution Round Table
United Methodist Community House
904 Sheldon SE
Grand Rapids, MI 49507
Program Coordinator: Rose Simmons,
Family Development Program Manager
Phone: 616-452-3226
Email: rsimmons@umchousegr.org

Description: The Prostitution Round Table offers presentations for social service providers, college classes, civic groups, faith-based groups, and other organizations. The presentation enhances participants' awareness of varied perspectives on prostitution and key factors that contribute to vulnerability to exploitation through prostitution, including poverty, homelessness, violence and its after-effects, and addictions. The presentation also explores key components of an effective system of support, including reducing demand by making the harm of prostitution visible. Tailored to each audience's specific interest and concerns, the presentation can range from 30 minutes to a three-hour workshop.