

# PREVENTION EDUCATION<sup>SM</sup>

## MIDDLE SCHOOL SERIES

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The middle school series of the Prevention Education package introduces the topics of nonviolence, social-emotional learning, and healthy relationship skills that prevent interpersonal relationship violence and is designed for auditory, visual, and kinesthetic learners. The curriculum is divided into two distinct sections per grade level, one **Community Circle** session and one **Art Empowerment Workshop (AEW)**. Community Circles are trauma-informed, empowerment-centered spaces where students learn about violence prevention and healthy relationship skills through group discussion and interactive activities. Art Empowerment Workshops (AEWs) are strengths-based, trauma-informed workshops that teach a specific social-emotional learning or healthy relationship skill using the arts.

### 6TH GRADE | Emotions

**Community Circle: Identifying and Communicating Emotions** - Students will learn how to 1) identify, validate, and communicate their emotions in a healthy way; 2) overcome barriers related to identifying and communicating their emotions; and 3) foster emotional safety in their relationships.

**Art Empowerment Workshop (AEW): Self-Care Stones** - Students will create self-care stones that can be used as a coping and self-regulation tool when they experience difficult emotions.

### 7TH GRADE | Healthy Relationships

**Community Circle: What Healthy Relationships Are (And Are Not)** - Students will learn how to 1) identify the qualities of healthy relationships, unhealthy relationships, and harmful (abusive) relationships, 2) identify the relationship values that are important to them, and 3) communicate their relationship values in a healthy way.

**Art Empowerment Workshop (AEW): Values and Relationship Garden** - Students will create a garden that represents their healthy relationship values.

### 8TH GRADE | Challenging Conversations

**Community Circle: How to Have Challenging Conversations** - Students will learn how to 1) identify the conversations that are challenging for them to have, 2) address the barriers they experience when having these conversations, and 3) approach these conversations in a healthy way.

**Art Empowerment Workshop (AEW): My Connections** - Students will create a mural that represents the personal connections they have in their lives.