

Violence Prevention and Action Center Programs

Alcohol, Sex and Consent: When someone is drinking, it's not always clear whether they can consent or not. Participants will have a dialogue about our responsibility, the law, and making sure that we know where we stand when it comes to alcohol and consent.

Empowerment (female audience): Participants will discuss what it means to expect respect in a relationship, setting boundaries, and ways to build up one another.

Everyday Heroes: Participants will learn why it is important to intervene if they think that someone could be a potential victim of sexual or relationship violence, the signs to look for, and skills to safely intervene.

The Masculinity Tightrope (male audience): Most guys don't ever think about gender, even though we definitely have a gender. What are the things that make someone a man? What parts of the "script" of masculinity work for us? What parts do we want to leave behind?"

Healthy relationships: Participants will learn about the essential elements in healthy relationships, tips on having conversations with their partner to help them decide if they are in a healthy relationship, and red flags that would indicate a potential unhealthy relationship.

Helping a friend through a crisis: Participants will learn about the signs that may indicate a friend is experiencing some form of interpersonal violence, tips on how to talk with a friend about their situation, ways to be supportive, and how/where to refer a friend for help.

I love the way you lie: Participants will watch the music video *I Love the Way You Lie* by Eminem and Rihanna, discuss their thoughts of the video, which aspects of the video represent reality, and which things do not represent reality.

Law and Order SVU vs. Reality: Participants will view clips from criminal dramas that deal with investigating sexual violence, discuss what aspects they think represent reality versus things that promote myths. Participants will also learn what constitutes sexual violence.

The survivor perspective: Participants will hear from a local survivor about her experience of dating violence or from a former John Carroll student about being sexually assaulted her freshman year.

Who's watching you: Participants will learn ways to handle a situation in which they feel "creeped out", ways in which people can use of technology to stalk, and how to protect themselves.

Customized Program: The VPAC program coordinator will work with the group/individual requesting the program in developing a program to fit your specific needs.