

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

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.

Making a Difference on Campus: 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 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 technology to stalk, and how to protect themselves.

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