

Workshop Menu

Title:	Description:	Objectives:
<p>Love Labyrinth (A One Love Workshop) (45 minutes)</p> <p>In-Person ✓ Virtual ✓</p>	<p>This session discusses how feeling trapped in a love labyrinth is a very real and frightening sign of relationship abuse. Students will recognize the differences between healthy and unhealthy relationships, as well as identify the signs and impact of emotional abuse.</p> <p>Trigger Warning: Content in this session depicts examples of relationship abuse.</p>	<ul style="list-style-type: none"> - Recognize the signs of emotional abuse and controlling behavior - Summarize what healthy relationships look like - Apply healthy behaviors in relationships - Identify the resources available at UND
<p>Behind the Post (A One Love Workshop) (45 minutes)</p> <p>In-Person ✓ Virtual ✓</p>	<p>Billions of photos are posted to social media every day, but you don't always see the big picture, especially when it comes to unhealthy relationships. There is more to a relationship than what we see on social media. Students will understand the differences between healthy and unhealthy relationships and the role that technology and social media can play.</p> <p>Trigger Warning: Content in this session depicts examples of relationship abuse.</p>	<ul style="list-style-type: none"> - Recognize the differences between healthy and unhealthy relationships - Identify how social media can have an impact in unhealthy relationships - Summarize what healthy relationships look like - Apply healthy behaviors in relationships - Identify the resources available at UND
<p>Escalation: Based on a True Story (A One Love Workshop) (1.5 hours)</p> <p>In-Person ✓ Virtual ✗</p>	<p>The Escalation Workshop from the One Love Foundation includes a 38-minute film that follows a college relationship from its exciting beginning to its end. The film is followed by a 30-45-minute discussion. The film covers a variety of topics including dating abuse, bystander intervention, and more. The goal of the Escalation Workshop is to provide students with the tools to recognize warning signs, understand the differences between healthy and unhealthy relationship behaviors, and to develop a larger conversation around this issue.</p> <p>Trigger Warning: Content in this session depicts examples of relationship abuse.</p>	<ul style="list-style-type: none"> - Recognize warning signs of relationship abuse - Summarize the difference between healthy and unhealthy relationship behaviors - List ways to safely intervene to help a friend - Identify the resources available at UND

Because I Love You – Delete (A One Love Workshop) (30-45 minutes)

In-Person ✓
Virtual ✓

Relationship abuse often begins with subtle manipulation that can be difficult to detect. Phrases like “Because I love you” hold a lot of power and may be used as a means to control their partner. Students will learn to recognize when words of love are used as a control tactic. Students will be able to interpret how technology and social media can be used to control someone as well as name and identify the signs of emotional abuse.

Trigger Warning: Content in this session depicts examples of relationship abuse.

- Interpret how technology and social media can be used as a control tactic
- Identify what signs of emotional abuse look like
- Use healthy ways to cope with feelings of jealousy and insecurity
- Outline how to set boundaries in their relationships
- Identify the resources available at UND

Because I Love You - Double Whiskey (A One Love Workshop) (30-45 minutes)

In-Person ✓
Virtual ✓

Many times, in abusive relationships a partner will use excuses to justify unhealthy behavior. “Because I Love You” may seem like such a sweet and simple statement, but in an unhealthy relationship, it’s often used as a tool for manipulation and control. It can be a cover for a put-down, a way to assign blame, or a deflection of responsibility. Students will recognize signs of emotional abuse and identify them in everyday scenarios.

Trigger Warning: Content in this session depicts examples of relationship abuse.

- Interpret the role alcohol plays in the acceptance of abuse
- Identify what signs of emotional abuse look like
- Use healthy ways to cope with feelings of jealousy and insecurity
- Identify the resources available at UND

Breaking Up & Bouncing Back (45 minutes)

In-Person ✓
Virtual ✓

Break ups are not easy! Your entire world seems to change, and it is all happening while you feel down. Even break ups that you know are for the best can be really difficult. So, let’s talk about how we can break up in a healthy and safe way, but we also can’t forget how to “get over” a breakup. By that, we mean navigating your feelings in a healthy way, practicing self-care, finding positivity again, and leaning on your support system. You got this!

Trigger Warning: Content in this session depicts examples of relationship abuse.

- Identify healthy and safe approaches to ending a relationship
- Summarize the basics of safety planning when ending a relationship/after a relationship ends
- Use CVIC at UND or other resources for safety planning
- Identify healthy methods to cope and practice self-care
- Identify the resources available at UND

Fries & Pizza: A Guide to Consent (45 minutes)

In-Person ✓
Virtual ✓

What is consent and what does it have to do with fries and pizza?! In this workshop, students will understand the necessary elements of consent and learn a new way to view sexuality. Students will put their knowledge to the test through videos, scenarios, and group discussion.

Trigger Warning: Content in this session includes discussion of sexual assault.

- Define consent and its necessary components
- Discuss what consent looks and sounds like
- Ask for consent
- Identify the resources available at UND

I Ask: A Conversation about Preventing Sexual Violence

(45 minutes)

In-Person ✓
Virtual ✓

Sexual assault is not an easy topic to talk about and unfortunately chances are we all know someone who has been impacted by sexual violence. What we all can do is have conversations around consent and speak up to help stop sexual violence before it even occurs.

Trigger Warning: Content in this session includes discussion of sexual assault.

- Define sexual assault
- Summarize statistics regarding sexual violence
- Define consent and its necessary components
- Identify strategies for effectively intervening
- Identify the resources available at UND

Let's Chat: Changing the Culture around Sexual Violence

(45 minutes)

In-Person ✓
Virtual ✓

Rape culture is a culture in which sexual violence is considered the norm. We are constantly surrounded by media, words, and actions that fuel the flames for rape culture to thrive. Let's start the conversation to change the culture around sexual violence

Trigger Warning: Content in this session includes discussion of sexual assault.

- Summarize statistics regarding sexual violence
- Recognize where rape culture is pervasive
- Identify ways to prevent rape culture
- Define consent and its necessary components
- Identify strategies for effectively intervening
- Identify the resources available at UND

Step Up @ UND

(45 minutes)

In-Person ✓
Virtual ✓

Have you ever seen a situation where your gut knew something wasn't right? You may have felt that you should do something but weren't quite sure exactly what to do. Step Up @ UND provides students with the confidence and skills to step up and help when they see a harmful situation. Additionally, students will be able to recognize the impact of the bystander effect, navigate barriers, and utilize the 3 D's.

Trigger Warning: Content in this session includes discussion of sexual assault, harassment, and relationship violence.

- Identify strategies for effectively intervening in harmful situations
- Apply helping behaviors when witnessing a harmful situation
- Define the bystander effect
- Recognize barriers that impact intervention
- Identify the resources available at UND

Stalking: Know It, Name It, Stop It

(Content Adapted from SPARC)
(45 minutes)

In-Person ✓
Virtual ✓

Stalking is a serious, prevalent, and dangerous crime. We frequently see depictions of stalking behavior in popular media without realizing it or it is romanticized. In this session we will define stalking and recognize how popular media influences perceptions of stalking behaviors and identify available resources.

Trigger Warning: Content in this session includes discussion of stalking and harassment.

- Recognize stalking dynamics and behaviors
- Recognize that stalking often co-occurs with relationship violence
- Identify how popular media influences perceptions of stalking behaviors
- Identify the resources available at UND