



## our participants say...

"The presentation gives kids the power to protect themselves."

-4th grade teacher

"You make a difficult topic easy to talk about."

-11th grade teacher

"Sexual violence is a human issue that affects everyone"

-College student

"I learned stereotypes hurt us all."

-High school student

"I learned that alcohol is the #1 date rape drug."

-College student

"I AM to be respected!"

-Middle school student



**our mission:**  
YWCA Lancaster is dedicated to eliminating racism, empowering women and promoting peace, justice, freedom and dignity for all.

eliminando el racismo, potenciando a la mujer

eliminating racism  
empowering women

**ywca**

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A United Way Agency

**ywca  
empowerment  
center**



**prevention  
education and  
support groups**

eliminating racism  
empowering women

**ywca**

8/31/2011

## Empowerment



### Our programs...

*Individual and series presentations*

*Weekly support groups*

*Specialized summer activities*

*Topics can be customized to the needs of your group*

*Fees are flexible*

*Educators are trained by Pennsylvania Coalition Against Rape (PCAR) and the Drug & Alcohol Commission of Lancaster*

## Programs

### Personal Safety

*Geared to elementary school ages*

- Defines age-appropriate boundaries
- Discusses different types of touches
- Empowers children and identifies adult allies

### Healthy Relationships

*Geared to middle school, high school & adults*

- Defines harrassing behaviors
- Differentiates flirting from sexual harrassment
- Teaches healthy relationships

### Relationships & Dating Violence

*Geared to high school & adults*

- Defines warning signs of dating violence
- Introduces dynamics of power and control
- Identifies the qualities of healthy relationships

### The Red Zone

*Geared to high school, college freshmen & adults*

- Defines warning signs of dating violence
- Introduces dynamics of power and control
- Identifies the qualities of healthy relationships

### Sexual Assault 101

*Geared to high school to adult*

- Defines rape and clarifies consent
- Examines cultural rape myths.
- Introduces bystander prevention skills/ men as allies

### Sexual Harassment in the Workplace

*Geared to high school and adults*

- Defines sexual harassment in the workplace
- Teaches proven techniques to respond appropriately
- Defines your rights and legal requirements

## Support Groups

### Sisters Program

*Geared to grades 2 - 6*

Sisters is a mentoring program which strengthens how elementary school girls (Little Sisters) feel about themselves and the world around them. We pair them with high school Big Sisters who serve as role models and friends.

The weekly program helps girls avoid the pitfalls of teen pregnancy, alcohol and substance abuse and dropping out of school by teaching them about healthy relationships.

Sisters operate in several Lancaster County school districts. Little and Big Sisters are carefully chosen by school counselors, then interviewed and monitored by YWCA staff to ensure there is a good match.



### Girl Power

*Geared to grades 6 - 8*

Girl Power is a program for adolescent girls aimed to ease the transition between the last year of elementary school and the first year of middle school.

The curriculum focuses on healthy relationships, social skills academic growth and community involvement. Drug and alcohol prevention is also emphasized.

Girl Power groups meet once a week during the school year.

## Summer Activities

### TechGYRLS

*Geared to grades 4 - 6*

TechGYRLS is a Hallmark Program of YWCA geared to getting girls excited about technology, math, science and the trades. Girls have an opportunity to explore a variety of career fields in carpentry, plumbing, computers and more. The girls also participate in programs that focus on team building, self awareness/self esteem, workplace skills and business etiquette.