



Lindsay Stawick is an Indianapolis native, and is the Youth Program Manager at the Domestic Violence Network (DVN). She received her bachelor degree in social work from Indiana University - Indianapolis, and she has worked in the field of child welfare and domestic violence for over 6 years. Lindsay facilitates a violence prevention club at Crispus Attucks Medical Magnet High School, and she founded DVN's **Youth Network**. **Lindsay's organization receives Region 10 Indiana Department of Child Services funding** which requires her to have local and state background checks. She is going into her third year of teaching, and she has made wonderful relationships with many Central Indiana schools and youth organizations.



Healthy Relationships/Teen Dating Abuse Program:

The Change Project

Changing the culture that leads to violence in our schools and communities

In honor of Heather Norris and Coriana Johnson

As part of the Domestic Violence Network's training and education repertoire, our youth program manager, Lindsay Hill Stawick, provides healthy relationship education to Central Indiana schools. The free program is designed for four sessions over the course of a school year or semester, and the sessions are adapted from [The Dibble Institute's](#) curriculum, Relationship Smarts Plus.

Relationship Smarts Plus is originally a 12-lesson evidence-based relationship skills curriculum for teenagers and is listed on the National Registry of Evidence-Based Programs and Practices, a service of the Substance Abuse and Mental Health Services Administration. Our program follows Social Health Association of Indiana's new [C.A.R.E program](#) (Communicating with And Respecting Each other), healthy relationship education for Indiana 8th grade students.

Healthy vs. Unhealthy Relationships

During the sessions, teenagers will learn about healthy versus unhealthy relationships, how to be empathetic, kind, and compassionate community members, community resources, teen dating abuse, breaking up safely and how to create and maintain healthy boundaries with friends and dating partners. Each session will provide the students with a fun, interactive and comfortable environment to learn and grow. The curriculum uses activities that empower students rather than focusing on the negative aspects of relationships.

Session breakdown

This curriculum model is designed for four classroom sessions of 45 minutes each. Additional activities can be added if more time is available. If four sessions are not available, modifications will be made to incorporate key components of healthy relationships and teen dating abuse education.

Day 1

Goals

- Students will reflect on their dreams, goals, and values both personally and professionally.
- Students will examine their strengths and growth areas.
- Students will connect strengths/growth areas to their impact on relationships.

Activities

- Pre-Assessment
- *Kindness* discussion
- Values auction activity
- *Values* worksheet

- Introduction to Project Podcast (only for four session program)

Day 2

Goals

- Students will learn and understand the dynamics of control and abuse.
- Students will compare/contrast healthy and unhealthy relationships.
- Students will understand how to contact local and national resources.

Activities

- *Empathy* discussion
- *What makes a great relationship* quiz
- *Is it a healthy relationship* worksheet
- *Consent* worksheet
- Consent and Radio Rookies video

Day 3

Goals

- Students will connect with those who have been abused
- Students will learn how to help a friend experiencing an unhealthy relationship
- Students will have the tools to identify healthy relationships and know how to respond if it is not

Activities

- Teen Dating Abuse Simulation
- *Healthy relationship* quiz
- *Compassion* discussion
- Record podcasts (4 session program)
- Post-Assessment

Day 4 (optional)

Goals

- Students will use the power of podcasting to find his/her voice on a topic related to relationships
- Students will interpret their experiences as it relates to healthy relationships and current events
- Students will learn how practicing healthy relationships is an integral part of everyday life

Activities

- Record podcasts and share with class (if time permits)
- Podcast debrief/discussion
- Trivia game
- Post-assessment

