



R.A.P. CURRICULUM OVERVIEW

For information about implementing the R.A.P. curriculum in your school, please contact Sherry Wise, FVLC's Prevention Education Director, at 510.540.5370.

Session One – What is Abuse? What is Dating Violence?

This workshop introduces students to the goals and activities of the R.A.P. Project and provides students with a general overview of domestic and dating violence. After viewing an MTV music video that focuses on relationship violence, students begin to discuss the types of abuse that can occur in relationships and the consequences of this behavior. Through interactive activities and discussions, students also have the opportunity to explore the cycle of violence in dating and domestic relationships and learn how this cycle often gets perpetuated by those who have been abused or witnessed abuse themselves.

Session Two – Gender Stereotypes and Abuse

This first part of this workshop gets students thinking about gender stereotypes and how early boys and girls get stereotyped into certain categories of dress, activities, and behaviors. Students participate in an interactive role play that enables them to confront the gender stereotypes they have about one another. This activity inspires discussion about how inaccurate gender stereotypes can be. The second part of this workshop focuses on abuse and how boys and girls (and men and women) who fall outside of these stereotypical categories are frequently subject to various types of abuse including verbal, sexual, and physical assaults. Then we turn toward investigating how these sometimes harmful stereotypes can play a part in abusive relationships.

Session Three – Power & Control in Abusive Relationships

This workshop examines the multiple uses of power and control in abusive relationships. After looking at numerous abusive behaviors used to gain power and control over an intimate partner, students read short scenarios to the class and then collectively identify which behaviors the abuser used. During this session, students begin to see how abusive behaviors work in relation to one another and start to recognize potential warning signs of abusive behavior.



Session Four – Teen Survivors of Dating Violence

This workshop gives students the opportunity to hear true stories of teens who have been the victims of dating violence. These stories give students an opportunity to experience the authenticity of previous R.A.P. lessons. Although the stories can be somewhat difficult to hear due to the severity of violence they contain, they effectively lay out the progression of violence and demonstrate how tightly one can become bound within the cycle of violence. This session leads into discussions around why people might choose to abuse their partner and the difficulty the survivor has in leaving an abusive relationship.

Session Five – Handling Dating Pressures and Harassment

The majority of this session consists of watching a Peace Talks video. This video is designed to give students another medium through which they can witness the real life experiences of other youth affected by dating violence. It is useful because the teens in the video are not actors and speak from direct experience. The video also covers topics such as sexual harassment in a way that other activities included in the R.A.P. curriculum do not. After the video, the students discuss the differences between acceptable flirting and sexual harassment.

Session Six – Healthy Relationships & How to Be an Ally

The first part of this workshop focuses on productive communication between dating partners and what healthy relationships look like. By this time students are aware of the prevalence of abusive relationships and the dynamics therein and this session is an opportunity for students to define what they believe makes up a healthy relationship. The second part is designed to show students how to be an ally to friends or family in abusive relationships. This part contains telephone advocacy role plays wherein students can practice active listening skills and supportive techniques. It also allows students to react to their role plays: did they feel supported and listened to? Why or why not?

Session Seven – Safety Planning & Teen Resources

This final workshop outlines safety planning and productive strategies to use if someone is in an abusive relationship. Students think about who they could talk to, where they might go, places they might avoid, etc. in order to keep themselves safe. R.A.P. educators also provide resource cards for students to keep which outline local emergency and support services for teens. During this session, students are also able to review previous sessions and discuss any topics or situations that they would like reviewed or discussed in more detail. At the end of this session, each student receives a certificate of completion of the program, a R.A.P. poster that was designed by students, and a R.A.P. t-shirt.