

# SARAH'S INN TOGETHER STRONG PROJECT

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## PROGRAM DESCRIPTION

Founded in 1981, Sarah's Inn works throughout the socioeconomically diverse region of Chicago's West Side neighborhoods and Western suburbs. Sarah's Inn works to improve the lives of those affected by domestic violence and break the cycle of violence for future generations through advocacy, crisis intervention, community education and violence prevention initiatives. The **Together Strong Project** was created by Sarah's Inn to prevent relationship violence by teaching youth about the impact their choices can have on society, giving them the tools to lead healthy lives, and empowering them to make a difference in their community.

### PARENT WORKSHOPS AND PROFESSIONAL DEVELOPMENT TRAINING AVAILABLE



**Together Connect** (6th grade) helps students navigate peer relationships and identify the emotional consequences for choices made in person and online. The curriculum is a week-long program which highlights topics including healthy friendships, methods for addressing interpersonal differences, positive decision making skills, and responsible online interactions. Students are asked to think critically about the behaviors of themselves and those of their peer groups.



**Together Discover** (7th grade) helps students better understand what it takes to be a healthy individual and learn the tools necessary to develop a strong sense of self. The curriculum is a week-long program which highlights topics including identifying personal values, developing empathy, mastering positive coping skills and building healthy relationships. Students are asked to think critically about their actions, feelings and motivations in order to better navigate the challenges and obstacles they face.



**Together Prepare** (8th grade) helps students understand adolescent dating relationships and identify the emotional consequences for the choices they make. The curriculum is a week-long program which highlights topics including healthy dating relationships, conflict management, positive coping skills and responsible online interactions. Students are asked to articulate their individual rights and corresponding responsibilities within interpersonal relationships, and to practice thinking critically about the causes and consequences of their choices, and to create healthy personal boundaries.



**Together Strong** (High School) is designed to raise awareness of all forms of interpersonal, adolescent violence and provides students with the knowledge and resources to critically evaluate restrictive cultural stereotypes and foster healthy relationships. The curriculum is a two to three week course for high school students covering topics such as: dating and domestic violence, harassment, sexual assault, digital abuse, and suicide. Additionally, the program specifically teaches students non-violent conflict resolution and how to be an advocate against violence as a bystander.

Activities supported in part by the Community Mental Health Board of Oak Park Township, the Mental Health Committee of River Forest Township, and the Mental Health Board of Berwyn.

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# HIGH SCHOOL CURRICULUM

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**PARENT WORKSHOPS AND PROFESSIONAL DEVELOPMENT TRAINING AVAILABLE**

## **DATING 101**

- Healthy Dating
- Boundaries

## **GENDER ROLES AND DATING**

- Gender Roles And Dating Expectations
- Toxic Masculinity

## **TYPES OF ABUSE**

- Healthy vs Unhealthy Behaviors
- Types of Abuse
- Cycle of Violence

## **UNDERSTANDING ABUSIVE RELATIONSHIPS**

- Why Do People Stay?
- Cycle of Violence
- Types of Abuse

## **GENDER ROLES AND DV**

- How Gender Roles Reinforce DV
- Dating Expectations

## **SEXUAL HARASSMENT**

- Sexual Harassment vs Flirting

## **HEALTHY RELATIONSHIPS**

- Keys to a Healthy Relationship
- Boundaries
- Healthy vs Normal Dating Behaviors

## **THE WHY BEHIND ABUSE**

- Why Abusers Abuse
- Why do Victims Stay?

## **BOUNDARIES**

- Defining What Boundaries Are And They're Significance
- How We Can Communicate Boundaries To Others

## **BECOMING AN ALLY**

- How To Create Positive Change

## **EMOTIONAL ABUSE**

- Signs of Emotional Abuse
- Signs of Unhealthy Boundaries
- Setting Emotional Boundaries

## **SEX IN THE MEDIA**

- Gender Roles in the Media
- Male Stereotypes in the Media

## **BYSTANDER INTERVENTION**

- How To Help A Friend
- Local and National Resources

## **SEXUAL CONSENT**

- Defining Consent
- What Consent Should Sound Like

## **SEXUAL ASSAULT**

- Defining Assault
- The Consequences of Assault
- Victim Blaming

## **VICTIM BLAMING**

- Why Do People Blame The Victim?
- How To Be An Ally

**NOTE: THESE ARE NOT IN ANY PARTICULAR ORDER,  
AND CAN BE ADAPTED TO MEET THE NEEDS OF YOUR ORGANIZATION.**

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