



Alternatives to Violence of the Palouse

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Help for victims and survivors of all crimes including  
domestic and sexual violence, stalking and identity theft

**Overview/Awareness:**

Shorter (30 min – 1 hour) presentations to raise awareness/introduce the issue

**Trainings:**

Longer (1 hour +) workshops and presentations to facilitate discussion/train individuals for action

**Ages:**

Presentations can be adapted to any age group.

**Cyberbullying & Cybersafety**

Understand the roots of bullying, and how it looks online and through technology. Learn what you should do to help those who are being bullied online, and what they can do to protect themselves from further harm.

**Dating Violence**

Dating violence is a pattern of behavior used to frighten, hurt, or control a dating partner. As dating violence can take many forms, including physical, emotional, sexual, and digital, it is important for individuals to learn how to identify indicators of abuse. Participants will also learn red-flags and how to support a loved one who may be in an unhealthy relationship.

**Gender Roles & Stereotypes**

Studies show that rigid gender roles contribute to the perpetuation of gender-based violence. This is a facilitated discussion of gender roles and socialization, as well as how to have conversations about gender roles and stereotypes with others.

**Hate Crimes**

What are hate crimes, and what do they look like? Learn about the causes of hate crimes, the rights victims have, and what resources are there to support victims and survivors of prejudicially-driven violence. Presentations can be specific to certain marginalized/targeted populations (ex, people of color, LGBTQ+, religious groups, etc.)

**Healthy Relationships**

Knowing how to build and maintain healthy relationships is a lifelong skill that deserves a strong foundation. Along with knowing how to build strong friendships and relationships, individuals also need to know how to recognize unhealthy or potentially abusive situations within relationships. This training will help individuals clarify aspects of a healthy dating relationship, including what they can expect from a partner and what a partner should expect from them.

**In Her Shoes: Domestic Violence (*workshop requires 2 hours*)**

This workshop is a simulation activity that allows participants to become one of six female characters. The characters are based on the experiences of real women who have experienced domestic violence in Washington state. Participants will see the complexities of domestic violence and the obstacles that survivors face in abusive relationships

**In Her Shoes – Economic Justice & Domestic Violence (*workshop requires at least 1.5 hours*)**

Similar to “In Her Shoes”, this version focuses on the aspects of economic control in situations of domestic violence.

**In Their Shoes: Teens & Dating Violence (*workshop requires 1 hour*)**

Participants become one of six teen characters. The teen characters are based on the experiences of real teens and include scenarios of sexting, pregnancy, homophobia, and stalking. The goal of the training is to raise awareness as a community of the dynamics of teen dating violence and provide a community response to help end it on the Palouse.

### **Intersectionality & Gender-Based Violence**

Intersectionality argues the importance of the different factors that play a role in someone's identity (race, class, gender, ability, etc.) Different identity groups experience gender-based violence in different ways, and at different rates. The presentation will provide an overview of what intersectionality is, as well as provide an introduction to understanding the specific barriers and experiences of different groups and how gender-based violence impacts them.

### **Media Influences**

How does the media influence our understandings and assumptions of gender, dating, relationships, etc.? A discussion and analysis of movies, music, and TV shows can be eye-opening for youth as well as adults.

### **A Parent's Guide to Teen Dating Safety**

As a parent, having discussions with your teens about respect and safety can be difficult to navigate. The types of relationships your teen forms with his or her friends early on often set the stage for the types of friendships and dating relationships they will choose later on in life. Join us for a discussion about recognizing the signs of abusive teen relationships and how to help if you suspect a teen is being abused. These sessions are open to all parents, guardians and caregivers.

### **Understanding Sexual Assault**

What is sexual assault, and why does it happen? Participants will receive information about sexual assault, consent, and how to support a friend/family member who has experienced sexual assault.

### **Stalking**

Stalking is repeated, unwanted behavior that threatens or harasses a person, causing that person to experience fear. Oftentimes stalking behaviors are seen as romantic or a joke. Learn about stalking behaviors, its impacts, and how to help a friend who may be experiencing stalking.

### **Violence Prevention Concepts**

Preventing violence in our communities can seem overwhelming, even impossible. Through an understanding and discussion of what causes violence, we will be able to move forward together to end violence in the Palouse.

### **Why Words Matter**

Can words ever be "just words"? We'll discuss how language shapes the way we see and understand the world around us, as well as impacts our relationships and how we interact with others.