

IPV Prevention Part 2: Building Skills

Module 4



Self Esteem and IPV Prevention

- High self-esteem = feels deserving of good things
- Helping teens value their accomplishments in all areas of their life increases self-esteem
- Ask teens to think about how others may reduce their self esteem
- Teens can reject those negative things to build their own self-esteem.
- 40 Developmental Assets handout



Developing Relationships



Developing Relationships

- **Some people define building relationships as ‘creating intimacy’**
- **How do you create intimacy?**
- **What are different types of intimacy?**



Types of Intimacy

- **Mental**
- **Emotional**
- **Spiritual**
- **Physical**

How will you use this info with teens?



Core Messages for Service Providers

Communicate these things to clients:

- **Safety-**“I am a safe place”
- **Respect-**“Your relationship matters”
- **Resiliency-**“What is right with you is more powerful than anything that is wrong with you

Core Messages for Service Providers

Communicate these things to clients:

- **No person deserves abuse-you deserve a healthy relationship**
- **You can learn ways to have a healthy relationship**

Activity

- **Get into groups of 2**
 - **Service Provider**
 - **Client**
- **Service Provider asks client to describe something they like about their relationship**
- **Ask client one thing they would change**
- **Help client reframe desire into a statement that says clearly what they want in their relationship**

