

Break the Cycle believes that knowledge is power. Whether you are a middle school student, guidance counselor, attorney or state legislator, you are never done learning -- especially about how to have healthier relationships and promote healthy behaviors among others.

Break the Cycle's training workshops are grounded in the principles of effective adult instruction. Our trainers employ a variety of techniques to engage participants, including lecture, guided discussion, interactive lessons, and performance-based activities.

You may mix and match workshops to suit your group's level of expertise and your time limitations

If these options do not meet the needs of your group, we offer custom workshops for an additional fee.

If you are an OVW grantee, you may be able to receive these trainings at no cost.

Please contact us to request a training and to learn about our fees.

Training Workshops

Dating Abuse 101

Length: 1 -2 Hours

Audience: Any adult

This is an introductory workshop that defines dating abuse and covers types of abuse, prevalence of dating abuse and the impact of dating abuse on youth.

Talking to Youth about Dating Abuse

Length: 1-2 Hours

Audience: Service providers; advocates; parents

This session focuses on strategies for how to talk to young people about dating abuse. It covers the warning signs of abuse and includes the characteristics of healthy and unhealthy relationships and how to help a friend. Longer versions can include best practices for engaging youth in prevention programming.

The Dynamics of Dating Abuse

Length: 3 Hours

Audience: Any adult

This workshop delves into the youth experience of dating abuse, including the health and academic impacts of dating abuse and how it differs from adult experiences. This workshop breaks down the definition of dating abuse and types of abuse, the warning signs of abuse and obstacles to recognizing and ending an abusive relationship.

Working with Young Victims of Dating Abuse

Length: 1-2 Hours

Audience: Service providers; advocates; legal professionals

The topics covered in this session include being a youth-friendly provider, helping youth overcoming obstacles to seeking help, and safety planning.

The Impact of the Law on Serving Youth

Length: 1-4 Hours

Audience: Service providers; advocates; legal professionals

This workshop covers the basic legal issues when working with minors, including civil protection orders, obstacles to seeking legal remedies, mandated reporting, confidentiality and statutory rape. This workshop also includes an overview of the legal system for non-legal professionals.



**Empowering Youth to End
Domestic Violence**

Role of Technology in Dating Abuse

Length: 1-2 Hours

Audience: Service providers; advocates; legal professionals

Why do teens use technology? How can technology be used to perpetuate abuse? This training addresses how to engage and talk to youth about technology and can be adjusted for legal professionals who desire information about laws pertaining to tech-based dating abuse.

The Role of Schools in Dating Violence Prevention and Intervention

Length: 2-4 Hours

Audience: Educators; School Administrators; School-based professionals; Parents; SROs

This workshop covers the importance of school-based prevention and intervention programs; key elements of effective school-based programs; school policy development; legal issues for schools and educators; differences between bullying and dating violence.

Creating a Coordinated Community Response

Length: 1-2 Days

Audience: Coordinated Community Response taskforces

This workshop includes conducting a community needs and strengths assessment; best practices for inter-agency communication and cooperation; key organization policies for the CCR team and member organizations working with youth.

Law Enforcement Response to Dating Abuse

Length: 2-4 Hours

Audience: Law enforcement professionals

This workshop addresses best practices for working with youth; impact of the law on working with minors; incident reporting and evidence collection for dating abuse cases; safety planning; role of school and campus law enforcement.

Addressing Dating Violence in the Healthcare Setting

Length: 2-4 Hours

Audience: Healthcare Professionals

This workshop will define and discuss the health impacts of dating violence; the role of health care providers in prevention and intervention of dating violence; best practices for safely promoting disclosures of abuse; screening tools and practices.

Break the Cycle Product Implementation Training

Length: 1.5 Hours – 2 Days, depending on product

Audience: Users of Break the Cycle products

These workshops will help users effectively implement Break the Cycle's curriculum and school change products, including [Ending Violence], Speak.Act.Chance, and the School Policy Kit.