



## Triangle Abuse Prevention & Safety Programs

*The following is a list of the topics that we teach to people of all abilities. Each topic ranges between 30-90 minutes per class, depending on class size and needs. Clients are encouraged to meet with the instructors to arrange a customized program to meet their specific goals and needs for participants. Instructors can also develop and teach topics customizable to the client or agency.*

### Topic Options: Safety, Self-Advocacy & Self-Defense

- Safety, awareness, self-protection strategies against strangers that make one uncomfortable
- Creating and reinforcing personal boundaries around touch with familiar people
- Defending oneself against a familiar person insulting, harassing, or bullying them
- Safely & appropriately confronting a familiar person who is spreading rumors about them
- Self-defense against a familiar person touching them inappropriately
- Communicating & upholding boundaries in dating/ intimate partner relationships
- Physical skills for self-defense in dangerous situations

### Topic Options: Understanding, Maintaining & Respecting Mutual Boundaries

- Setting & respecting other people's boundaries & responding appropriately
- Boundary setting with classmates
- Boundary setting around social media & personal information
- Boundary setting against peer pressure
- Advocating on behalf of someone else who is uncomfortable
- Travel safety training on public transportation
- Personal boundary setting around ableism
- Boundary setting & appropriately communicating wants/needs in dating relationships
- Boundary setting & appropriately communicating wants/needs with parents & guardians
- Boundary setting with professionals
- Boundary setting in the workplace

### Topic Options: Navigating Social Situations

- Relationships & Appropriate Types of Touch
- Social Environments & Appropriate Types of Touch
- Effective & Healthy Communication
- Making Healthy Decisions
- Safe, Uncomfortable & Unsafe Social Behaviors
- Consent
- Setting Boundaries

### Topic Options: Online & Social Media Safety

- Connecting with People on Social Media
- Red Flags on Social Media
- Consent on Social Media
- Making Healthy Decisions on Social Media
- Setting Boundaries on Social Media
- Safety Against Scams
- Online Dating Safety
- Safety Against Cyberbullying & Harassment on Social Media
- Privacy Settings on Social Media