



PRIMARY PREVENTION CURRICULUM

Grades K-5

Presented by:

Abigail Baeckeroot

Community Education and Prevention
Awareness Coordinator

Phone: 850-243-1201

Email: abigail@shelterhousenwfl.org

Website: shelterhousenwfl.org

Address: 16 Ferry Rd SE, Fort Walton
Beach, FL 32548

PREVENT DOMESTIC VIOLENCE BY
HELPING YOUTH BUILD SKILLS FOR
HEALTHY RELATIONSHIPS!

sessions 1-6

Session 1: Healthy vs. Unhealthy
Relationships

Session 2: Power and Responsibility

Session 3: Bullying

Session 4: Boundaries

Session 5: Dealing with Anger

Session 6: Review

**Each session
is one hour!**



Session Highlights

1 Discussing key components
of healthy vs. unhealthy
relationships

2 Defining and discussing
power and responsibility
in relationships

3 Discussing the 3Ws of bullying,
the different types of bullying,
and the effects of bullying

4 Defining boundaries and
what to do if boundaries
are crossed

5 Recognizing feelings,
exploring anger, and
identifying calming strategies

6 Reinforce and strengthen
information from the
previous sessions

Early Education is Important!

Healthy Relationships

Learn important life skills to develop future healthy relationships

Self-Respect & Confidence

Learn how to value yourself by understanding boundaries and standing your ground against bullies

Prevent Future Abuse

Stop future abuse by understanding unhealthy relationships and learning to control your anger

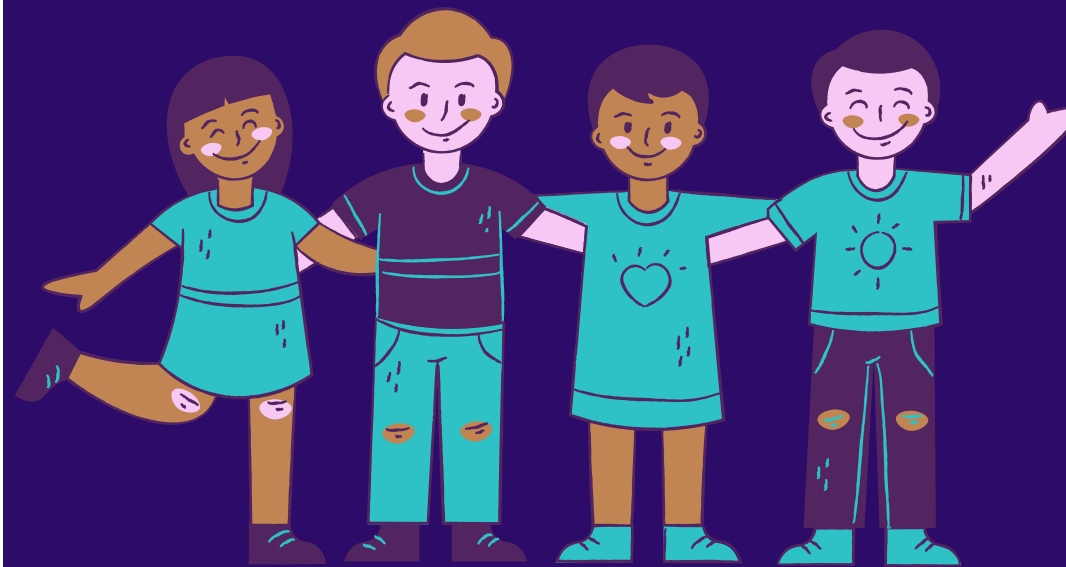
SESSIONS ARE...

Age Appropriate

Fun & Engaging

Informative

Action-Packed



What is Shelter House?

We are the certified domestic violence shelter for Okaloosa and Walton counties. We provide life skills education to the community to prevent domestic violence before it occurs.

For any inquiries or further information, please contact us at:
850-243-1201
or
www.shelterhousenwfl.org