

DOORWAYS PREVENTION PROGRAM

Educational Programming

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Prevention Innovation and
Investment Gift



MISSION

VISION

The Doorways Prevention Program envisions a world free of intimate partner and sexual violence where everyone is empowered to have healthy relationships, respectful love, and full lives.

MISSION

Create a culture that serves to prevent sexual and intimate partner violence with communities across Arlington by ensuring everyone has the tools to build healthy relationships based on respect, equality, and safety.

TARGET POPULATION

Doorways Prevention Program (DPP) intentionally seeks to work with and for youth (12-24), adults in parental or educator roles, and community leaders from underserved populations throughout Arlington county with a specific focus on marginalized communities



EDUCATIONAL PROGRAMMING

Doorways aims to promote and provide education for youth and their caregivers to establish protective factors against dating and sexual violence and develop skills that allow them to engage in healthy relationships in a responsible, respectful, and non-violent way.

The Doorways prevention education staff is available to adapt, design, and facilitate stand-alone workshops or dedicated series for partner organizations using any of the topics or curriculums listed below.



[Request a workshop](#)

DESIGNED WITH INTENTION

Workshops and lesson plans are designed and facilitated with a foundation that is trauma-informed, anti-oppression, culturally-humble, person-centered, and inclusive.

Workshops can be offered in English or Spanish. At this time additional interpretation and translation is not available but can be accommodated if host organization is able to provide these services.

Virtual and hard-copy large font version of materials with image descriptions are also available and other accessibility needs can be met.

EDUCATIONAL STANDARDS



STANDARDS TO FIT YOUR NEEDS

All workshops and presentations facilitated by Doorways can be adapted to correspond with the following educational standards as needed:

- The Virginia Family Life Education Guidelines and Standards of Learning 2020
- Virginia's Guidelines for the Primary Prevention of Sexual Violence & Intimate Partner Violence published by the Virginia Sexual & Domestic Violence Action Alliance
- Collaborative for Academic, Social, and Emotional Learning (CASEL)'s Social and emotional learning (SEL) Framework
- National Sexuality Education Standards: Core Content and Skills, K-12 by The Future of Sex Education (FoSE) Initiative is a partnership between Advocates for Youth, Answer and the Sexuality Information and Education Council of the U.S. (SIECUS)

EDUCATIONAL TOPICS & CURRICULA

Ages	Topics	Source Curriculum	Notes
13-16	<ul style="list-style-type: none"> • Build compassion • Identify internal and external strengths and protective factors • Learn to model fairness and equality • Analyze media messages • Healthy sexuality • Active listening and assertiveness 	Do You by Virginia Sexual & Domestic Violence Action Alliance	<p>Arts-based curriculum designed to enhance protective factors and build resilience in teens to prevent experiencing or perpetrating intimate partner violence. Designed to be delivered as a 10-session series. Can be adapted as needed.</p> <p>*Trained Facilitator*</p>
10-25	<ul style="list-style-type: none"> • Signs of healthy and unhealthy relationships • Self-love • Online dating and hook up culture • Combating microaggressions and stereotypes • Consent 	Understanding & Navigating Healthy LGBTQIA+ Relationships by One Love Foundation & Free State Justice	<p>Explores the beauty, challenges, and situations LGBTQIA+ people may face in the context of healthy and unhealthy relationships.</p> <p>*Trained Facilitator*</p>

EDUCATIONAL TOPICS & CURRICULA

Ages	Topics	Source Curriculum	Notes
13-18	<ul style="list-style-type: none"> • Love and relationships • LGBTQ relationships • Communication and silence • Sexual orientation • Consent • Gender identity • Power and privilege • Race, gender, and class • Building community 	What's the Real Deal with Love and Solidarity?	<p>Curriculum designed by BiPOC & LGBTQ+ youth and educators that uses video scenarios to engage students in discussion</p> <p>*Trained Facilitator*</p>
14-18	<ul style="list-style-type: none"> • What is pornography? • History of sexually explicit images in society • Norms related to violence and gender equality • The adolescent brain and compulsive pornography use • What is Healthy Intimacy • Pornography and sexual exploitation • Disseminating sexually explicit images and the law • Talking with peers about pornography 	<p>The Truth About Pornography: A Pornography-Literacy Curriculum for High School Students</p> <p>Designed to Reduce Sexual and Dating Violence</p>	<p>Designed to teach youth to deconstruct mainstream and sexually explicit media to give them the tools to make choices about what they want to view and how it impacts them.</p> <p>There is NO sexually explicit media used in any of these lessons.</p> <p>*Trained Facilitator*</p>

EDUCATIONAL TOPICS & CURRICULA

Ages	Topics	Source Curriculum	Notes
11-14	<ul style="list-style-type: none"> • Healthy relationships • Communication skills • Coping with feelings • Supporting friends in unhealthy relationships • Recognizing dating and sexual violence 	CDC Dating Matters Youth and Parent program	<p>4-part program to provide middle school students with the knowledge and skills to have healthy, safe relationships before they start dating. The parent program provides skills that encourage positive interactions and communication with their children.</p> <p>*Trained Facilitator*</p>
5-18	<ul style="list-style-type: none"> • Different kinds of families • Understanding bodies • Body autonomy and personal space • Friendships • Gender roles • Reproduction and family life cycle • Teasing and bullying • Personal boundaries • Respecting others • Puberty 	Rights, Respect, Responsibility: A K-12 Sexuality Education Curriculum developed by Advocates for Youth	<p>Age-appropriate lessons that follow the National Sexuality Education Standards for what students should learn and be able to do at each grade level; inclusive of learners of all genders and sexual orientations</p>

EDUCATIONAL TOPICS & CURRICULA

Ages	Topics	Source Curriculum	Notes
13-18	<ul style="list-style-type: none"> • Age of consent and the law • Supporting a friend in unhealthy relationship • Power in relationships • Problematic relationships between teens and adults • Sexual orientation and power dynamics • Messages in the media about healthy relationships 	Unequal Partners: Teaching about power and consent in adult-teen and other relationships	Designed to support efforts to prevent unplanned pregnancies for people with uteruses and problematic romantic relationships between teens and adults. Heavy focus on cis-gender teen girls and cis-gender adult men; can be adapted for all genders
18-25	<ul style="list-style-type: none"> • Dating during COVID • Healthy digital relationships • What is a healthy relationship? • Consent in the media • Safer sex practices 		Workshops designed by Doorways Prevention Program for college-aged students

EDUCATIONAL TOPICS & CURRICULA

Ages	Topics	Source Curriculum	Notes
12-15	<ul style="list-style-type: none"> • Examining values • Body awareness • Gender & Gender identity • Disability & other diversity • Sexual orientation • Healthy relationships • Sexual abuse & harassment 	Our Whole Lives: Sexuality Education for Grades 7-9	Comprehensive sexual health and relationship curriculum designed by the Universalist Unitarian religious organization. Most lessons are about 45-60 mins
15-18	<ul style="list-style-type: none"> • Reproductive and sexual health • Gender identity and sexual orientation • Pregnancy & parenting realities • Relationships and people with disabilities • Healthy boundaries • Recognizing unhealthy relationships • Gender equality 	Our Whole Lives: Sexuality Education for Grades 10-12	Comprehensive sexual health and relationship curriculum designed by the Universalist Unitarian religious organization. Most lessons are about 45-60 mins

EDUCATIONAL TOPICS & CURRICULA

Ages	Topics	Source Curriculum	Notes
18-35	<ul style="list-style-type: none">• Young adults & sexuality• Exploring gender expression, roles, and expectations• Sexual Orientation• Relationships and commitment• Boundaries• Family planning & parenting	Our Whole Lives: Sexuality Education for Young Adults	Comprehensive sexual health and relationship curriculum designed by the Universalist Unitarian religious organization. Most lessons are about 45-60 mins

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