



# DOMESTIC VIOLENCE PREVENTION PROGRAM

A MALDEF Community Education Initiative

## “HEALTHY RELATIONSHIPS AND DOMESTIC VIOLENCE PREVENTION WORKSHOPS”

## Mexican American Legal Defense and Educational Fund (MALDEF)

**Session 1: Introduction:** MALDEF and the Domestic Violence Prevention Program.

- Facilitator and students' introduction
- Workshop rules (confidentiality and respect)
- Ice breakers.

**Session 2: Recognizing domestic violence.**

- What is Domestic Violence?
- Types of abuse
- Causes of Domestic Violence (Cultural aspects of abuse)
- Sex-gender system.

**Session 3: Healthy Relationships**

- Cycle of Violence
- Warning signs of abuse
- Safety Planning/ Masculinities
- Effects of domestic violence on children
- What healthy relationships look like?

**Session 4: Financial Education:** A key tool for preventing domestic violence (*Guest speaker*).

**Session 5: Legal Resources I: Family Law**

(*Guest speaker*)

- Knowing your human and legal rights
- Family Law (Restraining Orders, Custody, Divorce and Paternity).

**Session 6: Legal Resources II: Immigration Law**

(*Guest speaker*)

- Immigration Law (VAWA, U-Visa)
- Public Benefits.

**Session 7: Navigating the community resources**

- Housing: domestic violence shelters
- Community domestic violence organizations
- Legal Aid
- Batterer's intervention programs
- Other community services.

**Session 8: Teen Dating Violence Prevention for Parents**

- Resources for parents about teen dating violence prevention.

**Session 9: Final evaluations and graduation ceremony**