All community education is provided by a Licensed Professional Counselor at no cost to the school.

**Safe Dates** is a school-based program designed to stop or prevent the initiation of psychological, physical, and sexual abuse on dates or between individuals involved in a dating relationship. Intended for male and female middle- and high-school students 12 to 18 years of age, the Safe Dates program can stand alone or easily fit within a health education, family, or general life skills curriculum. Each topic can be stand-alone or included in a series.

**The nine session topics include:**

- Session 1: Defining Caring Relationships
- Session 2: Defining Dating Abuse
- Session 3: Why Do People Abuse?
- Session 4: How to Help Friends
- Session 5: Helping Friends
- Session 6: Overcoming Gender Stereotypes
- Session 7: Equal Power through Communication
- Session 8: How We Feel, How We Deal
- Session 9: Preventing Sexual Assault