

Together Prepare
The 8th Grade Prevention Unit of Sarah's Inn *Together Strong Project*

Dear 8th Grade Parents and Families,

2018-2019

Our organization is partnering with your school to provide a 4-day healthy relationships program as an integrated part of your child's health class rotations this year. This year, Sarah's Inn will be in your students' 8th grade health classes to facilitate a 4-day healthy dating relationships program.

The ***Together Prepare*** program for 8th grade students involves determining personal boundaries and healthy expectations for adolescent relationships. Each lesson contains real life social and emotional situation in which our teens are increasingly finding themselves. Students are asked to articulate their individual rights and corresponding responsibilities within interpersonal relationships, and to practice thinking critically about the causes and consequences of their choices. Students will participate in engaging activities that are foundationally based on the Illinois' Social and Emotional Learning standards. Every session will include an opportunity to analyze realistic scenarios, determine healthy interpersonal behaviors and learn positive coping skills. Additionally, students will have a homework assignment every day to further evoke self-reflection and critical thinking. Each student will take a pre and post test as a way for Sarah's Inn to evaluate the effectiveness of our programs.

The curriculum is a component of Sarah's Inn's *Together Strong Project's* violence prevention sequence offered to middle and high school students. The ***Together Strong Project*** was created by Sarah's Inn to prevent relationship violence by teaching youth about the impact their choices can have on society, giving them the tools to lead healthy lives, and empowering them to make a difference in their community.

Students will learn and be expected to:

- **Identify healthy and unhealthy relationship behaviors**
- **Detail how to deal with conflict in a healthy manner**
- **Employ positive coping skills**
- **Create personal boundaries**

Sarah's Inn will provide resources that will enable students to seek out additional information and assistance if they, or someone they know, needs further support around program topics.

If you would like more information, please do not hesitate to call, email, or visit www.sarahsinn.org. We look forward to meeting your children and invite their feedback, as well as yours.

Sincerely,
Chidori Lively
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