



*“Secure Your Heart” – Presented by Chidori Lively (Sarah’s Inn) & Ngozi Harris (WOW)
October 31, 2020 11:25am-12:05pm*

Breakout Description:

For today’s youth, navigating the world of relationships can sometimes feel complicated. And with the current pandemic changing the way that we socialize, maintaining relationship virtually can also provide its own set challenges. That’s why the Sarah’s Inn Prevention team works to engage youth through school-based programming on these topics -- helping them to learn how to prevent future relationship violence. And Youth Guidance’s multifaceted group counseling and clinical mentoring program, Working On Womanhood (WOW), strives to empowers participants around these issue with direct support.

This interactive debrief will explore the balance of the different relationships in your life—family, friends, and romantic partners—while exploring how to create healthy relationships that best serve you.

Starter: 7-10 minutes

Introduction --

- Who we are,
- What we do; and
- The goal of this session.

Reflection Question –

- Any initial reactions to the panel in the program track?
- What information would you looking to get out of our conversation today?

Scenario Activity: 10-15 minutes

Participants will be shown 4-5 scenarios, and asked to think about how they would feel if placed in those situations. Using the reaction buttons to indicate their comfort around being okay, not okay, or unsure with the behavior in question in the specific scenario, the floor will then be open for discussion around their rating.

Scenarios:

- Giving them my passwords
 - Topic: personal boundaries + space

- Threatening to “out” you to friends and/or family when they’re upset at you
 - Topic: trust + support + safety
- Spending quality time with them
 - Topic: quality time
- Texting me non-stop for 20minutes straight
 - Topic: communication + boundaries
- Pressuring me to drink alcohol
 - Topic: personal boundaries + respect
- Posting embarrassing photos of me on social media
 - Topic: personal boundaries + trust + respect

Key Talking Points

- This activity has participants think through their boundaries, how to communicate them, and how to address breach of boundaries.
- What does trust look like in relationships? What does it look like when we trust someone?

Follow Up Discussion: 10-12 minutes

Discussion Questions

If what is considered a “normal” relationship doesn’t serve you, what can you do?

Answers:

- Talk to that person about how you’re experiencing it.
- Try to find the root cause of the issue.

How might consent and boundaries effect one another in a relationship?

Answers:

- Together they reinforce trust in the relationship.
- When you observe boundaries you demonstrate respect for the other person.

Key Talking Points

- Define boundaries: The rules for how you want to be treated.
- Physical vs Emotional boundaries
- Body cues: butterflies vs moths in the stomach
- Refusal skills: different ways to say no

Take Away Questions: 5-7 minutes

- What’s important to you?
- What lens is the other person looking through? / What’s the other person’s goal?

Closure: 5 minutes

Thank attendees for their participation and connect them to local and national resources.



Chidori Lively Bio

As the Prevention Program Supervisor for the domestic violence agency Sarah's Inn, Chidori brings with her a vast array of experience working with youth. Through that work she became curious about the effects of community violence on youth, which led her to pursuing a Master's in Public Health from the University of Illinois at Urbana-Champaign. At Sarah's Inn Chidori works to break the cycle of violence for future generations and is afforded the opportunity to empower the next generation to create the change needed to make her job obsolete.



Ngozi Harris Bio

As a counselor, Ngozi Harris specializes in helping individuals and families overcome trauma. Ngozi is a Licensed Clinical Professional Counselor who received her master's in clinical professional psychology from Roosevelt University. She helps individuals and families navigate trauma, grief, anxiety, and depression and explore life transitions, identity concerns, relationships, and self-esteem concerns. Trained in multiple interventions, she draws from them all, including Trauma-Focused Cognitive Behavior Therapy, Acceptance and Commitment Therapy, and Narrative Therapy. As the Training Manager for the Working on Womanhood program, she is responsible for bringing her wealth of knowledge to the program. She ensures that the WOW program is implemented with fidelity and that WOW counselors have what they need to implement the program with fidelity.

