

Requestable Workshops

Healthy Relationships: Desires and Deal-breakers *

Explore what healthy relationships look like by identifying red flags, important partner qualities, and personal relationship values. Participants engage in reflection and small group discussion. *Duration: 45–60 minutes.*

Healthy Relationships: Love Shouldn't Hurt

This interactive workshop examines unhealthy dynamics in romantic relationships and explores ways to intervene and support peers experiencing harm. *Duration: 60–90 minutes.*

Healthy Relationships: Pop Culture Detectives

Analyze portrayals of relationships in popular media and identify unhealthy behaviors through guided discussion and engaging group activities. *Duration: 60–75 minutes.*

Green Dot Overview *

This overview introduces bystander intervention strategies through interactive activities focused on reducing violence and promoting a safer campus culture. *Duration: 60–90 minutes.*

Digital Dating Safety

Learn about online red flags, safety tips for meeting others, and how to protect yourself while navigating dating apps and online platforms. *Duration: 60–90 minutes.*

Respectful Communication

Practice shifting from debate to respectful dialogue using interactive scenarios and real-life examples. *Duration: 60 minutes.*

Stalking: Know It, Name It, Stop It

Identify stalking behaviors, debunk myths, and discuss how to safely intervene and support someone experiencing stalking. *Duration: 60–90 minutes.*

Hazing Prevention: 10 Signs of Healthy & Unhealthy Groups *

Participants explore group dynamics and hazing prevention using discussion-based activities, scenarios, and guided reflection. *Duration: 45–90 minutes.*

*** Most requested workshops**



University of Idaho

Violence Prevention
and Education Office

In Their Shoes *

Step into the lives of teens experiencing dating violence through a powerful, interactive simulation based on real stories. Includes group debrief. *Duration: 90–180 minutes.*

Domestic Violence Overview

Learn the basics of domestic violence including definitions, warning signs, and ways to support those at risk. *Duration: 45–75 minutes.*

Violence Prevention as a Public Health Issue

Understand how public health frameworks address the root causes of violence and promote long-term prevention. *Duration: 60–75 minutes.*

Sexual Assault Awareness and Prevention

A trauma-informed session to increase awareness, build empathy for survivors, and explore ways to prevent sexual violence. *Duration: 45–75 minutes.*

Understanding Power-Based Violence & Intersections *

This workshop explores the full spectrum of power-based violence, including sexual assault, stalking. Participants will learn how to recognize warning signs and take action to support those at risk. *Duration: 50–75 minutes.*

Responding to Disclosures of Interpersonal Violence *

Gain skills and confidence to support survivors who disclose experiences of violence. Includes Title IX guidance, referral options, and response strategies. *Duration: 60–90 minutes.*

How to Help a Friend or Family Member

Learn how to offer nonjudgmental support when someone you care about experiences violence. Includes practical tips and reflection. *Duration: 30–45 minutes.*

Safety Planning

A session focused on developing safety strategies for those at risk of or experiencing interpersonal violence. Includes practical tools and resource connections. *Duration: 60–90 minutes.*

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