



Title IX course that focuses on safe and healthy interpersonal relationships

Students will explore crucial concepts for building self-esteem, emotional health, communication, and conflict resolution skills. The course also covers abusive relationship awareness, strategies for recognizing coercive behavior, and safe, positive, active bystander strategies.

Designed in the Motivational Interviewing style, Respect & Resolve allows students to identify strategies for overcoming peer pressure and other coercive pressures.

Students complete the course at their own pace, receiving personalized feedback through each lesson.

LEARNING OUTCOMES

After taking Respect & Resolve, the individual will be able to:

- Identify characteristics of healthy relationships
- Identify steps for building self-esteem
- Make healthy decisions and set boundaries in all kinds of relationships
- Identify reasons for waiting on sex and non-sexual ways to show affection
- Categorize different kinds of abusive actions
- Identify potentially illegal bullying behavior
- Identify the consequences of bullying for the bully, the bullied student, and the bystander
- Identify positive and negative conflict resolution strategies
- Identify positive communication strategies
- Identify bystander strategies and their preferred bystander intervention style
- Apply bystander strategies in various situations
- Identify how likely their behaviors are to lead to violent situations
- Identify strategies for minimizing the risk of violence in relationships
- Identify effective resistance strategies and strategies for exiting risky situations
- Identify coercive statements and strategies for overcoming coercion in relationships
- Resist coercion in various situations
- Differentiate between confidentiality and privacy when reporting an incident
- Identify "next steps" after relationship violence for themselves or others
- Discuss their Title IX rights
- Understand definitions for consent, sexual assault, dating violence, and stalking



PREVENTION // INTERVENTION // PERSONALIZED FEEDBACK // COMPLIANCE TRACKING
EVIDENCE-BASED // OUTCOME REPORTING // CONFIDENTIAL // INTEGRATIONS