

Y.O.U.T.H L.I.F.E.

(You only understand the hate—Learn instead from each other)

“A Better Way”/Victor Valley Domestic Violence, Inc. has updated their teen prevention program entitled Y.O.U.T.H L.I.F.E. for ages 12-18. This program is designed to educate at-risk youth in the community about domestic violence, relationship abuse and anger management. It was used widely both in the Junior Highs and high schools. Classes are conducted at our outreach office located at 14114 Hesperia Road, Victorville. The following topics are covered:

- ❖ **STEP UP:** Introduce yourself
- ❖ **VIOLENCE:** Where does it start?
- ❖ **BULLYING/CYBER VIOLENCE**
- ❖ **SEXUAL ASSAULT/SEXUAL HARASSMENT**
- ❖ **WHEN LOVE HURTS** (2 Weeks) Teen Dating Dos and Don'ts
- ❖ **BUILDING BLOCKS OF GOOD RELATIONSHIPS**
- ❖ **TEENS, SEX AND ITS CONSEQUENCES**
- ❖ **ANGER MANAGEMENT**
- ❖ **SUBSTANCE ABUSE**
- ❖ **SUICIDE**
- ❖ **GOAL SETTING/SELF-DEVELOPMENT:** Who you are makes a difference
- ❖ **GRADUATION & REVIEW**

Classes are held on Tuesday nights from 5:30-6:30 p.m.

FOR MORE INFORMATION CALL

(760) 955-8010 **“A BETTER WAY”**/

VICTOR VALLEY DOMESTIC VIOLENCE, INC.