



PREVENTION EDUCATION

For Ages 11-24

At BLOOM365, we believe in preventing domestic violence, sexual violence, teen dating violence and gender based violence at the root causes. Our research-based, trauma informed and measured universal BringLove365 education curriculum "doses" remove the barriers to seeking help, spark conversation about root cause prevention and inspire peer to peer action to prevent and respond to interpersonal violence in all forms.



For more information, kindly email us at
hello@bloom365.org or
TEXT/CALL 1.888.606.HOPE (4673)

7-DOSE BRINGLOVE365 CURRICULUM

SEXUAL ASSAULT | DOMESTIC VIOLENCE | DATING VIOLENCE PREVENTION & RESPONSE

GRADES 7-COLLEGE | AGES 13-24

The following 45-50 minute "Doses" can be delivered individually or together, over the course of a day or multiple days, online or in person.

DOSE 1: Healthy v. Unhealthy Relationships

- o Friendships v. Dating
- o Caring v. Controlling
- o Deal Makers v. Deal Breakers

DOSE 2: Red Flags & Help Seeking

- o Red Flags/Warning Signs
- o Anger v. Abuse
- o Barriers to Seeking Help
- o Safety Planning
- o LEVEL Peer Support
- o 10 Ways to Ask for Help

DOSE 3: Root Causes

- o Unhealthy Gender Norms & Stereotypes
- o Adverse Childhood Experiences
- o Choice

DOSE 4: Media Literacy & Social Acceptance

- o Media Influences
- o Societal Influences

DOSE 5: Self-Esteem

- o Self-Care
- o Social Connectedness
- o Skill Building (Coping & Self-Control)



DOSE 6: 3 C's of Healthy Relationships

- o Communication-Setting Boundaries
- o Conflict Resolution- Navigating Boundaries
- o Consent- Respecting Boundaries

DOSE 7: 4 D's of Bystander Intervention

- o 4 D's of Bystander Intervention: Direct, Distract, Delegate, Delay
- o Tipping Point Theory of Change
- o Peer to Peer Awareness in Action



We include and welcome everyone.

bloom365®



5 DOSE BRINGLOVE365 CURRICULUM

HEALTHY & SAFE FRIENDSHIPS | GRADES 5-6 | AGES 11-12

The following 45-50 minute "Doses" can be delivered individually or together, over the course of a day or multiple days, online or in person for students in grades 5 & 6.

DOSE 1: Self Awareness

- o Defining Friendships
- o Identifying Emotions
- o Understanding Empathy
- o Recognizing Insecurity

DOSE 2: Relationship Skills

- o Communicating Effectively
- o Resolving Conflicts Constructively
- o Caring About Self & Others
- o Respecting Boundaries/Consent
- o Offering Peer Support

DOSE 3: Social Awareness

- o Understanding the Roots of Bullying
- o Demonstrating Empathy
- o Recognizing Healthy & Unhealthy Social Norms
- o Identifying Trusted Adults on Campus

OBJECTIVE

Develop the skills of children to build healthy, abuse-free, friendships and relationships.

GOALS

- o Teach healthy relationship skills early.
- o Introduce caring v. controlling concepts.
- o Involve teen Peer Advocates in mentoring.
- o Introduce better bystander behaviors.
- o Improve help seeking.
- o Reinforce 5 core social emotional learning standards.

DOSE 4: Self-Management

- o Managing Emotions/Coping Skills
- o Building Self-Esteem
- o Practicing Self-Care
- o Seeking Help

DOSE 5: Responsible Decision Making

- o Practicing Bystander Intervention Skills
- o Social Media for Social Good
- o Identifying Solutions at the Individual, Relationship, Community and Societal Levels



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