



RY Inc.

Prevention resources, programs and services for any audience

Youth Programs



Reconnecting Youth (RY)

An engaging, interactive **middle or high school class**, offered for a grade/credit, for teens at risk for school dropout and co-occurring problems. RY is designed for **10-12 students** and builds **skills and support resources for goal attainment**.



Coping and Support Training (CAST)

A psycho-educational **small group** that can be delivered in **12 sessions over 6-12 weeks**. Peer and adult **support** frame this **skills training** program focused on setting and accomplishing **personal goals**.



Teen Dating Violence Prevention Presentation

This 1-hour engaging assembly or classroom presentation educates teens on **healthy relationships**, as well as **signs, types, and consequences of abuse**. Appropriate for high school students and middle school students (modified).



Coaching for Today's Student Athletes

Training for **coaches** and **athletic directors** to use their positive influence to build character, promote healthy relationships and prevent sexual and dating violence in **male and female student athletes**.



Taking S.T.E.P.S. to Healthy Decision Making

This fun 2-hour interactive presentation teaches STEPS, a **deliberate decision-making process**, and then helps youth practice how to use STEPS for healthy decisions, to **improve moods, decrease drug use, and improve school smarts**.



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Family Programs



Family Engagement Program

A **family-centered, trauma-informed intervention**, designed to engage the caregivers of RY and CAST Program youth. Through **four sessions**, these important adults learn **skills to support** their middle and high school-aged teens.



Domestic Violence 101

This 2-hour, engaging training **discusses healthy and unhealthy relationships**, recognizing **the dynamics of violence – including teen dating violence** – and the complex impact of domestic violence on families, individuals, and communities.



Social Media 101

A 1-hour overview of **current trends and typical pitfalls** of social media popular with today's youth. We'll discuss **finding a healthy balance** of screen time and optional **parental controls** for safeguarding your child.



The Basics of Substance Abuse

From a place of non-judgment, we'll cover **prevalent trends** in teen drug use, **current terminology**, and **signs** of that a teen may be using drugs or alcohol. We'll share some **promising data** about today's teens' choices and as well as **harm reduction and prevention techniques** that concerned parents can utilize.



Human Trafficking Prevention

Human trafficking survivors are often trafficked by those familiar or close to them, including family members or romantic partners. Learn about the **intersection of domestic violence and trafficking**, how to identify **warning signs** that someone may be a victim, and **safe help-seeking techniques**.



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Resources for Professionals



Emotional Intelligence & Self-Care for Adults

This training emphasizes the importance of Emotional Intelligence and **provides techniques to increase** EI within oneself, along with additional information on **self-care**, so that you can **be most effective** in your work and personal lives and **avoid burn-out**.



Trauma-Informed Approaches with Youth

Learn about the various ways in which trauma affects youth and gain a **theoretical understanding and practical approaches** to working with these youth in order to **promote healthy, positive behavior** and **optimal brain development**.



Prevention Development for Adult Learners

Adapted for various audiences, from secondary and higher ed personnel to parents and community agency staff, this engaging **Workshop Series** cover the latest science on **SEL, Safe vs Unhealthy Relationships** and **Trauma-Informed Practices**.



Social Emotional Learning (SEL) Workshop

Providing an overview of SEL, its short-term effects and long-term benefits, this 1-day interactive workshop prepares your staff to **engage with youth (or adults!) in trauma-informed, supportive ways**. Participants leave this event inspired with **action plans and concrete goals based on the latest SEL science**.



Developing Adult Allies

This **Workshop Series** will help you engage and earn trusting relationships with youth while building the capacity of young people to eventually lead. Workshop topics include **Staying Fluid in your Leadership Roles, Developing Positive and Supportive Relationships**, and the **Transformative Power of Reversing Responsibility**.