SECTION ONE: PREVENTING TEEN DATING VIOLENCE

Introduction
- Explanation of the individual and group exercises - Rules of the group
Chapter 2 - A Young Native American Woman's Self-Care Guide to Preventing Teen Dating Violence
Chapter 3 - The Importance of Building a Set of Friends and People to Support You - Exercise 8: Supportive family and friends
Chapter 4 - A Young Native American Woman's Guide to Healthy Relationships, Part I: What is a Healthy Relationship?
Chapter 5 - A Young Native American Woman's Guide to Healthy Relationships, Part II: Understanding Boundaries - The importance of boundaries - Exercise 11: Setting your own boundaries
Chapter 6 - A Young Native American Woman's Guide to Healthy Relationships, Part III: Assertiveness and Communication Skills

Chapter 7 - A Young Native American Woman's Guide to Safe Dating
SECTION TWO: UNDERSTANDING AND DEALING WITH TEEN DATING VIOLENCE
Chapter 8 - Defining Abuse / Teen Dating Violence
Chapter 9 - How Gender Stereotypes and Misconceptions Can Lead to Teen Dating Violence
- Exercise 17: Taking a good look at gender stereotypes and false beliefs - Exercise 18: Relationship stereotypes
Chapter 10 - Understanding Sexual Assault/Date Rape - Defining sexual assault and date rape - Exercise 19: Clarifying your perceptions of rape - Consent/ non-consent - Exercise 20: Clarifying your perceptions of consent
Chapter 11 - What to Do in Case of an Assault - Important first steps - Getting immediate help
Chapter 12 - Your Legal Rights
Chapter 13 - Understanding the Results of Trauma page 34-35 - Trauma syndrome—reacting to the abuse - Processing feelings - Expressing anger - Exercise 21: Letter writing
Chapter 14 - Healing from Dating Violence: More on Understanding Feelings
Chapter 15 - Closing
Resources