

# Advocating for My Relationships

## Frequently Asked Questions

### What does the dating violence awareness program look like?

- During the program, participants walk through one of eight short stories based on real-life scenarios of unhealthy relationships. Participants make decisions as if they are the main character and then discuss how the relationship impacted the life of their character.
- After the simulation, participants learn how to identify unhealthy characteristics, the basics of safety planning, how to support a friend, and resources available. Participants are empowered to use their words and resources to promote healthy relationships.
- PIAL recommends inviting a domestic violence advocate to presentations in case participants need to talk to someone about what they experienced during the simulation.

### Who do you present to?

- ADMYRE can be presented to any college group. Our program is suitable for academic classes, learning communities, student organizations, community organizations, fraternity or sorority chapters, residence hall/apartment communities, and more!

### What do you need for the program?

- The following is a list of what we need to create the best simulation with your group.
  - A room for the simulation large enough to allow groups of participants to walk around to 12 stations on the perimeter of the room
  - 6 tables large enough to allow for 5 students per table
  - A **minimum** of 90 minutes to complete the program
  - A **maximum** of 30 participants per session
  - Access to a projector

Please provide the necessary information by clicking on the ADMYRE program request if you would like our team to present ADMYRE.



Parenting: It's a Life offers a teen dating violence awareness program for students called "ADMYRE: Advocating for My Relationships" created in collaboration with the Iowa Coalition Against Domestic Violence and Iowa Child Support.