

Advocating for My Relationships

Frequently Asked Questions

What does the dating violence awareness program look like?

- During the program, youth walk through one of eight short stories based on real-life scenarios of unhealthy relationships. Youth make decisions as if they are the main character and then discuss how the relationship impacted the life of their character.
- Youth complete debrief activities to identify unhealthy relationship characteristics and empower them to use their words and resources to promote healthy relationships.
- A domestic violence advocate should be present in case youth need to talk to someone about what they experienced during the simulation.

Where can you get more information?

- For more information about ADMYRE, [click on the ADMYRE trailer.](#)

What do you need for the program?

- The following is a list of what we need to create the best simulation at your organization.
 - 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 participants 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. Click on the In-person kit or online access button to learn more about other free options.

[Request ADMYRE in Iowa](#)

[In-Person Kit or Online
Access](#)



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