

# Advocating for My Relationships

## Frequently Asked Questions

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

- During the program, students walk through one of eight short stories based on real-life scenarios of unhealthy relationships. Students make decisions as if they are the main character and then discuss how the relationship impacted the life of their character.
- Students complete debrief activities to identify unhealthy relationship characteristics and empower them to use their words and resources to promote healthy relationships.
- A school counselor should be present in case students 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 school.
  - A room for the simulation large enough to allow groups of students 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 students 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 students called "ADMYRE: Advocating for My Relationships" created in collaboration with the Iowa Coalition Against Domestic Violence and Iowa Child Support.