

PROJECT H.E.A.R.T.S



1 million youth are victims of dating abuse

1 of 4 girls and **1 of 6** boys are sexually abused

23%

of teens have been bullied online

1 in 14 children **eyewitness** domestic violence

YOUTH NEED RELATIONSHIPS THEY CAN COUNT ON...



The mission of Project H.E.A.R.T.S is to strengthen and uplift the youth of Frederick County through programming and networks that promote healthy relationships and sexuality.

Peer leadership
Healthy friendships
Mature decision-making
Self-respect & confidence
Digital safety & citizenship
Emotional & physical safety
Consent & boundary-setting

SKILLS WE FOSTER

OUR PROGRAMS

- ♥ Workshops for FCPS middle and high school students
- ♥ Training for parents, teachers, and adult allies
- ♥ After-school programs
- ♥ Support and referrals for at-risk youth



GET IN TOUCH

24-Hour Helpline: 301-662-8800

Website: heartlyhouse.org

Email: youth@heartlyhouse.org

A program of  **Heartly House, Inc.**

YOUTH OFFERINGS



At every grade level, we use developmentally appropriate language to teach consent and help youth spot and respond to the 10 signs of healthy and unhealthy relationships.

School Workshops

6th grade: Establishes an age-level grasp of consent, such as the right to set boundaries around personal space and to agree or disagree to activities with friends.

Fosters “pro-social bystander” skills like recognizing inappropriate situations and supporting others.

7th grade: Defines respect in relationships and the opposite, such as belittling, volatility and guilt. Teaches strategies for dealing with a friend or romantic interest who displays volatile emotions or unhealthy behaviors.

8th grade: Develops social media savvy, so kids can recognize red flags, guard their personal information, and protect themselves from manipulation in the form of online grooming, sexting, digital abuse, or sextortion.

9th grade: Delves deeper into dynamics of unhealthy/abusive romantic relationships at an age when many young people or their friends are exploring dating. Empowers teens to make wise choices in partnerships and set their boundaries.

Upper high school/college: Equips youth for more complex situations, including sexual assault and exiting negative relationships. Addresses common misconceptions around assault and reinforces crucial components of true consent.

After-school Opportunities

Clubs, activities and day trips designed to foster healthy friendships and expands young people's horizons, inspiring them to choose role models and set positive life goals.



ADULT OFFERINGS

Learn to be an #Askable adult

- ♥ Parent workshops
- ♥ Educational mini-videos
- ♥ Teacher & school staff trainings

Want to become a
Project H.E.A.R.T.S. ALLY?

Allies are adults who support our mission through educating themselves and contributing their time, expertise, or financial gifts. Contact us to find out more!

All programs are evidence-based and trauma-informed to meet each young person where they are. Our curriculum draws heavily from the work of OneLove Foundation, a non-profit founded in Baltimore that has reached over 3 million workshop participants with life-saving prevention education on healthy relationships.

