**Live On Prevention Workshops**

Prevention, Outreach, & Education Department

To request one of the below workshops, email [poe.training@msu.edu](mailto:poe.training@msu.edu) .

**Cards Against Harm (60 mins)**

* Have a fun card game night in your community! In this interactive workshop, participants explore different ways to intervene when witnessing potential instances of harm. Participants will each take turns drawing different scenario cards while others choose action cards that address how to intervene in the given scenario. This card game follows a similar structure to Cards Against Humanity, but explores different Bystander Intervention techniques.

**So You Think You Know Consent? (60 mins)**

* What is consent? Why is it important? Consent exists in many aspects of our lives. Whether its friendships, relationships, dating, or romance, consent is VERY important! This session will be facilitated through a game show formatting (i.e. Jeopardy). Participants of this interactive workshop will define consent and learn about resources for survivors and co-survivors. Use this session to help connect important information and resources with your community members. So bring your roommate, friends, and floor to play the best game show at MSU!

**Vision Boarding Healthy Relationships (60 mins)**

* Let's all strive for healthy relationships with friends, roommates, romantic or intimate partners, and ourselves! This interactive workshop guides participants through a crafting activity that will culminate in a vision board of their healthy relationship goals. Students will learn to describe the ten key qualities of healthy relationships identified by the One Love Foundation, discuss how healthy relationships can manifest differently in platonic vs romantic or intimate relationships, and identify examples of healthy relationships in the popular media.

**Spin the Wheel: Bystander Edition (60 mins)**

* This is an interactive workshop where students will receive an overview of bystander intervention principles and techniques, then take turns spinning the wheel and answering trivia-style questions. Individuals will approach, spin the wheel, answer the question provided. Students can ask audience members for assistance. After answering and spinning the wheel, students will get POE swag (stickers, pens, and more!). This workshop is fun, engaging, and is ideal for second-year students who have taken their required Bystander Network workshop.

**Healthy Relationships in College (60 mins)**

* What qualities exist within a healthy relationship? How can we create relationships with our family, friends, roommates, and partners that are healthier? In this discussion-based, presentation-style workshop participants will learn about the characteristics of healthy and unhealthy relationships, reflect on how to create, maintain, and communicate boundaries, and engage in guided small group discussions using scenario-based learning.

**Premade Bulletin Boards**

Have an idea for a relationship & sexual violence prevention-based bulletin board? Let us know!

Email us at [empower@msu.edu](mailto:empower@msu.edu) to collaborate or request a kit.

**Consent as F.R.I.E.S.**

* An informational bulletin board focused on consent. Materials will provide MSU's definition of consent and detail Planned Parenthood's model of consent as F.R.I.E.S. (Freely Given, Reversible, Informed, Enthusiastic, and Specific).

**Bystander Basics**

* An informational bulletin board focused on bystander intervention techniques. Materials will provide the 3 Ds of intervention with suggested techniques and detail MSU's Medical Amnesty policy.