

## Learn More About Healthy Relationships

- **Say Something Youth Initiative**

- [www.saysomethingnow.org/youth](http://www.saysomethingnow.org/youth)
- The Say Something Youth Initiative is Safe Passage's youth-focused violence prevention program designed to meet the unique needs and strengths of young people in our community, especially LGBTQ+ youth. We have an interactive website providing information about our programming and resources for further learning and 24/7 support.

- **Report Your Say Something Action**

- <https://forms.gle/det6pMqbHdgEjG6C8>
- An interactive form where you can tell us about growing and using your Say Something skills! For each submission, you get 1 raffle prize entry!

- **Say Something Prevention LAB (18+)**

- [www.saysomethingnow.org](http://www.saysomethingnow.org)
- The Prevention LAB is a free, interactive, virtual community workshop series where participants gain knowledge and practice skills around how to prevent and interrupt violence in their everyday lives. For more information, visit our website or email [saysomething@safepass.org](mailto:saysomething@safepass.org)

- **Love is Respect**

- [www.loveisrespect.org](http://www.loveisrespect.org)
- Love is Respect is the national resource to disrupt and prevent unhealthy relationships. Love is Respect offers interactive quizzes, 24/7 chat and hotline, toolkits, and resources for educators and parents to support healthy relationships.

- **RESPECTfully MA**

- [www.mass.gov/respectfully](http://www.mass.gov/respectfully)
- Massachusetts public awareness and prevention campaign providing various resources for young people, parents, and educators to access resources to support youth building healthy relationships based on respect, communication, and honesty.

- **Sexuality and Gender Identify Resources**

- [LGBTQ Glossary](#)
- [68 Terms that describe gender 47](#)
- [terms that describe sexuality](#)

## Learn More About Health Relationships, cont.

- **Real Love, Real Talk Podcast**
  - <https://www.thehallsboston.com/our-podcast>
  - "This podcast creates a space for critical conversations about teen relationships, covering topics from consent and communication to the impact of media and systems of oppression and intersectionality."
- **Social Media Playbook**
  - **■ Youth Advisory Board Internet Playbook.pdf**
  - A social media safety resource developed by The Northwestern District Attorney's office's Youth Advisory Board.

## Learn More About Leadership and Advocacy

- **Coins of Strength:** [Virtual index cards](#)
  - [Hint:](#) This link will turn this activity into a memory-matching game if you want extra practice!
- [Ella Taught Me: Shattering the Myth of the Leaderless](#)
- **Movement Community Action Youth Programs**
  - <https://www.communityaction.us/youth-programs>
  - Youth & Workforce Development Programs provides free youth development programs for those ages 14-24 in Hampshire County, Franklin County, and the North Quabbin region. Select programs are offered to youth ages 10-13.

## Learn More About Adulthood

- [True Colors Youth Collaboration Toolkit:](#)
  - Includes some useful resources
- [Our Gender Revolution](#)
  - An example of a fully youth-led violence prevention and gender equity curriculum, including lots of great videos made by young activists

## Grounding and Emotion Regulation Activities

### Breathing & Stillness Exercises

1. Breathing that returns your body to stasis-- count to 4 on the inhale, hold for 3, count to four on the exhale - -repeat 3x
2. Put your hand on your stomach or chest and try to breathe so that you can feel your hand moving up and down with each breath.
3. Acupressure: Pinch the inside of your hand between your thumb and pointer finger. It's an acupuncture trigger point, super discreet, and causes relaxation.

### Observation Exercises

1. Close your eyes or lower your gaze and think to yourself: Name five things that you know are in the room, four that you feel, three that you hear, and two that you smell or taste, and then name one good thing that you like about yourself
2. Notice five blue things, then 4 red things, 3 green things, 2 yellow things, notice the color of your shirt and close your eyes.

### Quick Movement Activities

1. Rub your palms together as fast as you can and then release.
2. Rip up a piece of paper.
3. "Knock" on your arms with one closed fist and the other arm outstretched, go all the way down the top of your arm, then the bottom, then switch hands.
4. Squeeze each forearm, pinch each fingertip and touch the inside of each palm
5. Tense all your muscles as hard as you can for 10 seconds, then relax them all for 10 seconds (repeat as many times as desired).

### Apps for Mindfulness and Emotion Regulation

**Headspace**- Meditation and sleep stories. The app and some content is free, you can pay to access additional resources. The app and resources are all free.

**Smiling Mind**- Mindfulness app to support regulation and stress reduction.

**Calm Harm**- Created to support young people in finding an alternative to self-harm. It can be used by anyone looking for tools to regulate emotions and ground themselves. The app is free.