



Teen Outreach Program

PowerBack is a teen dating abuse outreach, awareness, and prevention program designed to give teens the “power back” to effect change in their lives and to play a role in stemming the tide of dating abuse. The program is operated by **A Partnership for Change (APFC)**, a New Jersey-based non-profit organization dedicated to ending domestic violence and dating abuse through the provision of comprehensive educational programs.

APFC Offers **FREE** Presentations to Community and School-based Teen Groups

- PowerBack presentations run from 45 minutes up to 1.5 hours (based on your needs)
- There must be a **minimum of ten (10) teens** in attendance and they must be between 13 and 18 years of age
- APFC provides a PowerBack booklet, hotline cards, and a brief evaluation (results provided to your group or school)
- Presentations may be in-person (if your organization is in north or central NJ) or via webinar

Topics Discussed

- Types of abuse (physical, verbal, emotional, technological, sexual)
- Warning signs of abuse
- How to safely help a friend or family member
- Healthy relationships
- Safety planning
- Resources for support

Since 2009, APFC has reached more than 25,000 teens in our PowerBack program; confidential evaluations reveal that 72% say dating abuse is happening at their school and 74% would first go to a friend for help (before an adult, school counselor or hotline). The message is clear: teens need information and support. Our program is designed to:

- *Create* a lasting impact on attitudes, behaviors, and beliefs regarding dating abuse
- *Increase* the number of teens who reach out for support
- *Reduce* the incidents of dating abuse
- *Change* the prevailing mind-set that often blames victims and rarely holds abusers accountable

**To Schedule Your Free Presentation:
Email us at PowerBack@APartnershipForChange.org**

Comments from teens on past confidential evaluations:

- ✓ *This presentation was eye opening because such "little" things we ignore and don't realize it's abuse or a warning sign. I liked how the environment is really encouraging and it makes it easy to speak.*
- ✓ *I wasn't aware of some of the signs of abusive relationships like I thought jealousy was normal!*
- ✓ *This presentation was very helpful. It taught me how to talk to a friend if I realize they are being abused. I learned a lot today.*
- ✓ *Thank you for letting me know that if I'm ever in a situation like this, it isn't my fault.*
- ✓ *I knew my sister was getting abused, but I didn't know how to react to it. I now know that telling her to just break up without a safety plan wasn't the right thing to do. Thank you.*
- ✓ *This presentation made me realize that I'm in an abusive relationship.*
- ✓ *This was the first time I was legitimately exposed to all aspects of dating abuse and where to go or call for help. I think all high school girls should have the opportunity to hear this.*



Visit us at www.APartnershipForChange.org to learn more about our work