



**COURAGEOUS
ACCESS**

YOUTH HEALTHY RELATIONSHIPS FOR YOUTH OF COLOR AGES 11 - 17

***This program has been incredibly impactful in 2022-2023 with Black teens who were co-survivors of DV (domestic violence), that means their mothers were victims of DV. ***

DMPS Disclaimer: This is not a Des Moines Public Schools activity. The district shares this information as a courtesy to create awareness of community opportunities available to our students, staff, and their families.

FOOD!



Support

It's less daunting to consider learning about healthy relationships when you and your peers tackle it - together

01

MEDIA LITERACY



Knowledge

Before you can choose healthy, you have to know the difference between healthy and unhealthy

02

CONCEPTS THAT WORK



Food & Fun

If you're having a good time *while* you're learning *AND* eating good for FREE, who doesn't love that?

03

RELATABLE Facilitators



Prevention

- 1 in 12 teens are victims of TDV (teen dating violence)
- In 2021, 16.1% of multiracial teens and 9.7% of Black teens reported experiencing TDV
- Youth who experience TDV are more likely to experience DV (domestic violence) as adults

04

Experts agree that knowledge is one of the *best* paths to prevention



515-428-0077

[Click to learn more and sign up \(link's under the video!\)](#)