**Not Alone at the Beach**

**Spring 2024 Prevention Programs**

**Healthy Relationship Skills Workshop**

Not Alone at the Beach’s Healthy Relationship Skills Workshop covers a wide range of topics related to healthy sexual, interpersonal, and romantic relationships.  Utilizing a range of interactive activities and discussions, the workshop encourages participants to explore characteristics of healthy and unhealthy relationships, including self-reflections about what they do and do not want in relationships, how to treat others in ways that help their partner grow and thrive, how to avoid microaggressions, and how to set and accept boundaries.  The workshop also explores characteristics of healthy sexual relationships, including healthy and unhealthy reasons for having sex, how to ensure enthusiastic consent, and how to negotiate safe sex.  Finally, the workshop also explores several forms of sexual and relationship violence and provides guidance on inappropriate behaviors to avoid, effective communication strategies, danger cues to pay attention to, strategies for staying safe, bystander interventions to help others, and how to help a friend.

**Who can participate?** Any CSULB student

**How long is the program?** 8 hours (must attend all 8 hours)

**When is it held?**

Session 1: Tuesday, 4/23 & Thursday, 4/25, 4-8pm each day

Session 2: Saturday, May 4, 9am-5pm

**How much does it cost?** FREE to all CSULB students

**How to register?** <https://cla.csulb.edu/natb/events/>

**How can I find more information?** <https://cla.csulb.edu/natb/events/>

**Flip the Script with EAAA**

**Flip the Script with EAAA,™**is an evidence-based sexual assault resistance program that has proven effective in reducing the likelihood of experiencing a completed or attempted rape.  The program focuses on female gender roles that make it difficult for college students to identify warning cues, take steps to avoid or escape risky situations, enlist help from bystanders, verbally resist attempts to manipulate or coerce them into unwanted sexual behavior, and utilize physical self-defense techniques to protect themselves from imminent harm.  The program includes four distinct units (3 hours per unit for a total of 12 hours) and includes a variety of interactive discussions, activities, videos, and physical self-defense techniques.

**Who can participate?** Any CSULB student who identifies with female gender roles (cis, trans, or non-binary)

**How long is the program?** 12 hours (four separate 3-hour units); must attend all four units in a session

**When is it held?**

Session 1: Saturday, Feb. 24 & Sunday, Mar. 2, 9am-4pm each day

Session 2:  Tuesday, 3/19, Thursday, 3/21, Tuesday, 3/26, & Thursday, 3/28, 5-8pm each day

Session 3:  Saturday, 4/27 & Sunday, 4/28, 9am-4pm each day

**How to register?**  <https://cla.csulb.edu/natb/spring-2023-with-eaaa/>

**How can I find more information?** <https://cla.csulb.edu/natb/flip-the-script-with-eaaa/>

**Every Kiss Begins with Consent**

Not Alone @ the Beach has developed “Every Kiss Begins with Consent,” 45-minute interactive workshop where we discuss consent within various romantic partnerships. Students will learn different strategies on how to give and ask for consent within sexual contexts. This training will discuss the definition of consent, the FIRE components of consent, and assumptions around consent. With real-life scenario practice and open peer discussion, the workshop aims to empower students to make their own sex-cessful decisions.

**Who can participate?** Any CSULB student

**How long is the program?** 60 minutes

**When is it held?** Tuesday, Feb. 13, 4-5pm (virtual)

**How to register?** Advance registration required. Updated registration information will be available on the NATB homepage (<https://cla.csulb.edu/natb/>) and natb\_csulb Instagram (will have QR code) closer to event date

**How can I find more information?** <https://cla.csulb.edu/natb/consent-education-workshops/>

**Community Partner Workshops**

Throughout the semester, Not Alone at the Beach collaborates with community-based rape crisis centers, domestic violence shelters, and other non-profit organizations or counseling centers to host one hour workshops both on Zoom and in person. These workshops may include awareness events such as Denim Day or Take Back the Night, healing and recovery sessions focused on self-care and mindfulness, advice on helping friends or family, and a wide range of other topics related to gender-based violence prevention and recovery.

Wed., Feb. 28, 5-6pm (virtual): Trauma 101 (Long Beach Trauma Recovery Center)

Wed., Mar. 13, 5-6pm (virtual): Post-Traumatic Growth (WomenShelter Long Beach)

Wed., Mar. 27, 5-6pm (virtual): Sexual Assault 101 (YWCA Sexual Assault Services)

Wed., Apr. 10, 11am-2pm (on campus): Clothesline Project (Women’s Gender Equity Center)

Tues., Apr. 16, 6-8pm (on campus): Take Back the Night (Women’s Gender Equity Center)

Wed., Apr. 24, 11am-2pm (on campus): Denim Day (Women’s Gender Equity Center)

**How to register?** <https://cla.csulb.edu/natb/>

**How can I find more information?** <https://cla.csulb.edu/natb/events/>

**Interact Performance Troupe**

interACT is a nationally recognized sexual assault prevention program that uses dramatic techniques to engage audience members in “rehearsing” effective bystander interventions. interACT invites audience members onto the stage to actively try out their ideas about what they would do in a given scenario, make alterations in these strategies with feedback from the cast and audience members, and to practice these behaviors in a safe, supportive environment. The performance theory behind this effort is that empowerment to act is more likely to occur when there is an emphasis on social action (of “doing” and actual practice) rather than on passive knowledge acquisition.

**Who can participate?** Any CSULB student

**How long is the program?** One hour

**When is it held?** Exact dates TBA

**How to register?** TBD

**How can I find more information?** <https://cla.csulb.edu/departments/communicationstudies/interact/>