

# SafeArt Residencies:

These innovative programs are offered for middle schools, high schools and colleges and are designed to allow participants to express themselves about relationship issues and develop the confidence to make healthy relationship choices. This includes highly interactive education about power and control, and Trauma 101 – a lesson in the neurology of trauma. Topics are presented at the appropriate level for each group and typically include family violence, sexual abuse, substance abuse, self-harm, peer bullying, body image and eating disorders. SafeArt addresses these issues across the spectrum of prevention, intervention and healing.

Participants learn about the importance of Proactive Bystanders who know how to safely intervene or respond to an abusive situation and speak up for themselves and others.

Among SafeArt's top priorities are bringing people out of their perceived isolation and educating others who are naive about the pervasiveness of traumatic abuse. The two most oft-expressed responses to SafeArt's teachings are:

*"Now I know that I am not alone... I thought I was the only one enduring this experience of abuse."*



*"I had no idea my classmates/peers/students had experienced this level of abuse, these traumatizing events."*

While engaging in experiential large and small group activities, participants are respected for sharing their thoughts and opinions. No one is judged for her/his beliefs, and from the start there is an agreement of confidentiality. These activities include role-playing, creative writing, dramatic and musical improvisation and drawing. Everyone is invited to explore artistic media of their choosing, which may serve them over time as a source of joy and a creative outlet for emotion.

Individually or in small groups, participants create pieces with Content and Form of their choice. These pieces must present a progress towards resolution or healing, to teach about the choices one might make in a real relationship circumstance. The 'stories' may be truth or fiction, and no one is required to share their piece aloud. Most participants choose to share their creations and feel empowered by this act.

We recommend starting the residency with a performance by the SafeArt Teen Ensemble and a minimum weeklong residency of full or half days. The last day culminates in a sharing of the works created during the residency. This may be for the residency core groups only, or open to the school community. We always leave time for a closing circle after the sharing.

SafeArt is flexible and open to creating a residency structure that will work with each school's schedule, finances and focus of interest.

**Contact SafeArt**  
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