

P.A.C.E.

Parent and Child Education

PACE is New Directions' **Parent And Child Education** (PACE) program that addresses youth facing multiple risk factors and their parents/caregivers in an effort to bridge the gap and decrease child abuse and neglect. The PACE program includes two tracks, one for the parent/caregiver and one for the youth.

Parents/Caregivers

Session 1: Healthy Relationships

- Learn how to identify signs of dating violence with your youth
- Learn skills to help create healthy boundaries, communicate more effectively, and build the bond with your youth
- Understand the real-life experiences of your youth

Session 2: Teens & Technology

- Learn about the popular apps teens use and how to help youth navigate them safely
- Gain awareness of the challenges teens face with social media, relationships, and consent
- *Age appropriate content ages 10+*

Session 3: Hidden in Plain Sight

Gain knowledge about items that may be found in your youth's room, book-bag, closet, or car that indicate risky behaviors such as:

- Drug and alcohol use/abuse
- Teen dating violence
- Suicide/mental health

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Youth

Session 1: Healthy Relationships

- Define what a healthy relationship looks like
- Learn about consent and red and green flags in relationships
- Identify different forms of abuse

Session 2: Digital Respect

- Learn about appropriate use of technology
- Learn how to safely use apps
- Gain awareness of how these apps can be used for power and control in relationships

Session 3: Risky Behaviors

- Learn about healthy ways to cope with stress
- Learn skills to set healthy boundaries in friendships and relationships
- Learn how to intervene with your friends in concerning situations

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New Directions

newdirectionsknox.org

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