

MARCH 2021

# YOUTH PROGRAM

*through the pandemic*



## CONNECT WITH US!

### REQUEST A WORKSHOP

The peer leaders facilitate workshop series virtually during the pandemic, please click the link above for more information!

### JOB APPLICATION

We are hiring youth for our new cohort of peer leaders! if you are interested please apply with the link above.



## WHO ARE WE?

The peer leader program at Casa Myrna focuses on the education and prevention of dating / domestic violence among young people in our communities.

Our peer leaders help design the healthy relationship curriculum they use to educate their peers. We discuss topics including sexuality, dating violence, healthy relationships, media influence and intimacy. The pandemic made us pivot the way we deliver our workshops but it did not stop us! We revised our curriculum to make it virtually friendly and are able to accommodate new workshop requests.

## HOW HAS THE PANDEMIC CHANGED OUR YOUTH PROGRAMMING THIS YEAR?

A CONVERSATION BY CAMILA MEJIA (FIRST YEAR) AND LASHAE FERGUSON-RIDLEY (THIRD YEAR)

**Camila:** How has Covid changed your experience at Casa Myrna?

**Lashae:** It definitely shifted things a lot. We had to alter the program to fit a virtual setting since we couldn't be in person. Although the change was a bit difficult, it definitely improved my ability to be flexible with change.

**Camila:** How has being a peer leader helped you impact your community?

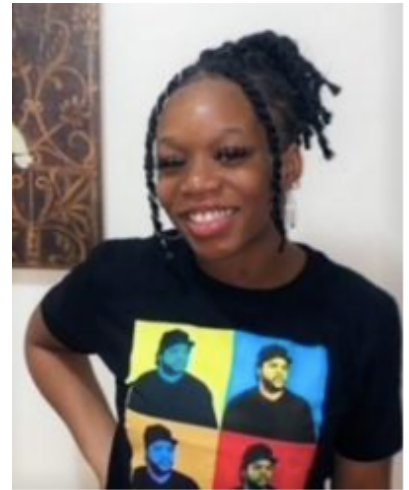
**Lashae:** It has educated a lot of youth in my community about healthy relationships. We talk about the norms and challenge them. I take the knowledge that I learned at Casa Myrna and help others.

**Lashae:** How do you feel about doing the program virtually?

**Camila:** Initially, I had my doubts about the program being virtual since I imagined not being able to create friendships or doing interactive activities. Then, when Summer Training began, all my doubts went out the window because everyone was very welcoming, and all the activities were fun but also educational. Now, that I almost have a year in the program, I'm glad I joined, even if it is virtual because I learned the importance of a healthy relationship while being a part of a community.

**Lashae:** What is one thing that you like about Casa Myrna and the work you do?

**Camila:** One thing I like about Casa Myrna is its flexibility, because not only is it a domestic violence shelter but, it is preparing future generations to end it. I enjoy the work I do, because it has helped me learn about myself, and how the world works.



**LASHAE FERGUSON-RIDLEY**



**CAMILA MEJIA**

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**I learned the importance of a healthy relationship while being a part of a community.**

# 5 LOVE LANGUAGES

BY LEARNING AND  
ACKNOWLEDGING  
EACH OTHER'S LOVE  
LANGUAGE, WE CAN  
BEST SUPPORT EACH  
OTHER IN OUR  
RELATIONSHIPS

BY

CHELSEA, KAYLAH & ANHTHU

This summer we learned about the importance of love languages and we wanted to share a quick glimpse of a new lesson and how we made it virtually friendly. If you have never taken the 5 Love Languages quiz, we encourage you to do so.

## What is a love language?

There are 5 love languages that describe how we receive love in our relationships and friendships. These types of love languages are important for teen and adult relationships because when in a relationship we should know and respect the way we want to be loved. By learning and acknowledging each other's love language, we can best support each other in our relationships. Love languages are how we communicate and express love. Here are our tips to express each one in a COVID safe way!



**Words of Affirmation:** Send a thoughtful text telling them what you appreciate, handwrite a letter & mail it, and give compliments often.

**Acts of Service:** Send someone an Uber, order some takeout so they don't have to cook, do a chore they usually are responsible for.

**Receiving Gifts:** Send them a gift they mentioned they wanted, make them a personal gift, and plan something special for events like a birthday.

**Quality Time:** Look into virtual activities you can do together, watch a movie while on FaceTime together, and if you are able to see each other practice all CDC recommended guidelines like social distancing.

**Physical touch:** Give them one of your hoodies with your scent on it, get a stuffed animal they can hug, and if you are able to see each other practice all CDC recommended guidelines like social distancing and quarantining.

# RESOURCES



## LOVE IS RESPECT

Love is more than just the way you feel.” Are you worried about the state of your relationship? Do you struggle with relationships? Love is respect, provides relationship advice and tips on your relationship and about relationships in general. At any time you struggle or have any questions about relationships you can reach this too free line at 1-866-331-9474. We also have a 24/7 virtual chat service with our great experienced representatives.

## SAFELINK

SafeLink is Massachusetts’ statewide 24/7 toll-free domestic violence hotline and a resource for anyone affected by domestic or dating violence. Are you worried about someone or do you have questions about abuse? Do you need help or support? Call us. Each call is answered by a trained advocate who provides non-judgmental support, assistance with safety planning, and information on appropriate resources.

**SafeLink**  
**1.877.785.2020**

**MA Statewide Toll-Free Domestic Violence Hotline**



**barcc**

**Boston Area Rape Crisis Center**

## BARCC

At Boston Area Rape Crisis Center, our mission is to end sexual violence, have you or someone you know suffered from sexual violence? We empower and uplift survivors of sexual violence and our goal is to heal and provide education and advocacy for social change to prevent sexual violence. Our hotline is available 24/7 at 800-841-8371.