

# GENEY HANDS ARE FOR HOLDING



Photo by Scott Shaw

**HANDS ARE FOR HOLDING® IS A YOUTH-CENTERED, IN-PERSON WORKSHOP SERIES WHICH USES DANCE AND MOVEMENT TO ENGAGE IN CONVERSATION ABOUT HEALTHY RELATIONSHIPS, BULLYING, EQUITY, AND CHOICE IN EVERYDAY INTERACTIONS.**

Developed in close partnership with Day One and the Mayor's Office to End Domestic & Gender-Based Violence, Hands Are For Holding® has reached over 35,000 young people, across the nation, in the past six years.

Appropriate for grades 3-12, the Workshop Series addresses the socio-emotional health of young people, tailored to their age group. Choreographed dances combined with conversation, resource sharing, and participatory opportunities create a well-rounded educational experience that includes:

- Space to discuss healthy and unhealthy relationships while considering the negative impact from COVID-19 on young people's socio-emotional well-being
- Pre-recorded dances to start conversations around complex issues that affect young people everyday
- Best practices on how to support a friend
- Interactive self-care exercises that promote mindfulness
- Resources for young people to seek help and support

Offered in a series of 3, 5, or 9 workshops, each workshop will use choreographed live dance performance as a jumping off point to engage young people in conversations around healthy relationship characteristics, respect, equity, and more. As students are offered the space to consider and express what these concepts mean to them and what they want their own relationships to look like, the conversations will be supported and deepened by a variety of interactive embodied activities, which allow students to physically explore the concepts—alone and with one another.

## TOPICS

The Workshop Series can be tailored to fit the needs and interests of each school, with a variety of activities and dances choreographed to explore specific topics:

- *"Connections"* covers the topic of cyber-abuse and how to support a friend who is experiencing harassment or other forms of violence.
- *"Boundaries"* conveys how boundaries and consent can shift from person to person, and how to communicate with and respect each other.
- *"Isolation"* addresses bullying and how to support a friend who is being bullied.
- *"Side by Side"* presents two similar duets performed simultaneously, but with different dynamics, demonstrating the clear dichotomies between healthy and unhealthy relationships.

## PROFESSIONAL DEVELOPMENT WORKSHOP FOR EDUCATORS

This workshop explores similar themes to the Hands Are For Holding® Workshop Series, but from the perspective of an educator. Topics such as healthy relationships, boundaries and consent, equity, and self-care are relevant at any age, and as an educator, it's especially important to know what resources are available for you and your students, and how to support a young person on these issues. How can we normalize healthy relationships for ourselves and allow space for young people to process these hard conversations? In addition, this workshop offers dedicated self-care activities that introduce simple tools that anyone can easily implement into their everyday lives. Experience the Hands Are For Holding® model and discover ways to bring movement and embodiment into these discussions.

## COMMUNITY BUILDING PARENT WORKSHOP

This workshop explores similar themes to the Hands Are For Holding® Workshop Series as a way to develop a shared language with parents and young people around healthy relationship topics. Topics such as boundaries and consent, equity, and self-care are relevant at any age, and as a parent, it's especially important to know how to support a young person on these issues. How can we normalize healthy relationships for ourselves and allow space for young people to process these hard conversations? In addition, this workshop offers dedicated self-care activities that introduce simple tools that anyone can easily implement into their everyday lives. Experience the Hands Are For Holding® model and discover the importance of creating and normalizing a shared language around healthy relationships with young people.

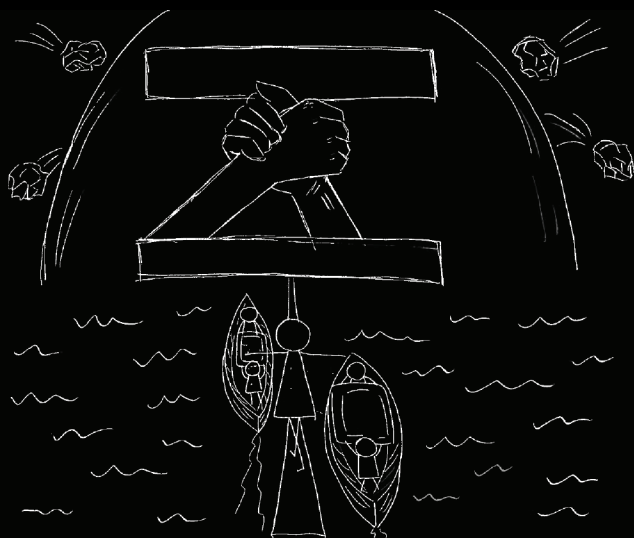
## WHAT'S INCLUDED IN THE 3-PART WORKSHOP SERIES?

# of Pre-Student Workshop Meetings (virtual): 2 meetings with leadership, staff and/or educators to plan

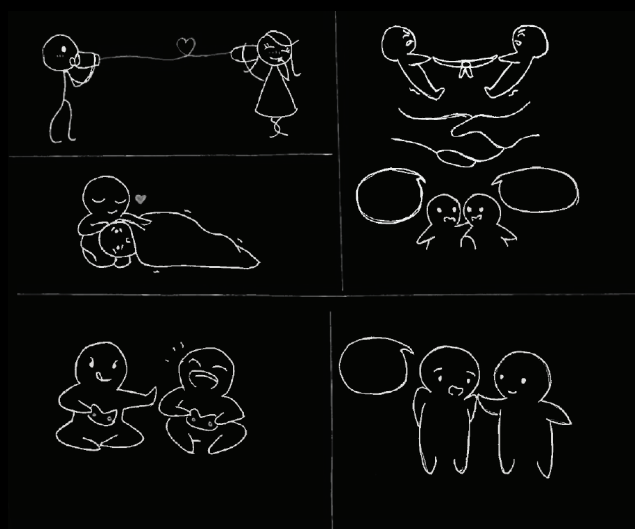
# of Student Workshops: 3

# of Post-Student Workshop Debriefs (virtual): 1 debrief with leadership, staff and/or educators

Thanks to the generous support from the New York City Council, the New York City Department of Cultural Affairs, the New York State Council on the Arts, and the Pierre and Tana Matisse Foundation, this program is offered at a subsidized rate. Each additional workshop for students, teachers, or parents costs \$500 each. We also have a limited number of further subsidized workshops. Please inquire with Emily at [emilyt@gibneydance.org](mailto:emilyt@gibneydance.org) for more information.



Drawing by Participating Student



Drawing by Participating Student

## LOGISTICS

**Duration:** 45-60 minutes

**Availability:** Monday through Friday 9:00 am - 4:00 pm

**Number of participants:** Minimum of 10 students - maximum of 65 students

**Cost:** \$1,500

## BOOK HANDS ARE FOR HOLDING

For more information and to bring Hands are for Holding to your school, please visit [gibneydance.org/HandsAreForHolding](http://gibneydance.org/HandsAreForHolding) or contact Emily Tellier at [emilyt@gibneydance.org](mailto:emilyt@gibneydance.org) or at 646-837-6809.