

# HANDS ARE FOR HOLDING®

## EDUCATOR WORKSHOP

SUPPORTING STUDENTS' HEALTHY  
RELATIONSHIP EDUCATION



The Hands are for Holding® program is a youth-centered workshop series which uses dance and movement to engage in conversations about healthy relationships, boundaries, respect, and choice in everyday interactions.

**Developed in 2014 in close partnership with Day One and the Mayor's Office to End Domestic & Gender-Based Violence, the Hands are for Holding® (HAFH) program has reached over 35,000 young people, and over 190 schools and organizations, across the nation.**

The HAFH Educator Workshop explores similar themes to the HAFH Student Workshops, but from the perspective of an educator. Through a combination of choreographed dance performance followed by conversation, resource sharing, and participatory activities, the HAFH Educator Workshop will support educators by:

- Building shared language around healthy relationships topics
- Sharing available resources and discussing strategies for supporting young people
- Exploring potential ways to implement embodiment activities in the classroom
- Offering self-care tools that might be applicable to everyday life

### LOGISTICS

**DURATION OF EACH WORKSHOP:**

45-60 minutes

**NUMBER OF PARTICIPANTS:**

Min. of 5 – Max. of 80

**AVAILABILITY:**

Monday through Friday, 9:00 AM-6:00 PM

**COST:**

\$1,000 per workshop

The HAFH program receives generous support from the Laurie M. Tisch Illumination Fund, the New York City Council, the NYC Department of Cultural Affairs, the Pierre and Tana Matisse Foundation, and the Ready Foundation.

Photo by Scott Shaw



### BOOK A HANDS ARE FOR HOLDING® EDUCATOR WORKSHOP

For more information and to bring a HAFH workshop to your community, please scan the QR code, visit [gibneydance.org/hands-are-for-holding](http://gibneydance.org/hands-are-for-holding) or contact Will Noling at [will@gibneydance.org](mailto:will@gibneydance.org).