



GIBNEY

HANDS ARE FOR HOLDING®

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.

Appropriate for grades 3-12, HAFH is offered in a series of 2-5 workshops with the same group of young people that address the socio-emotional health of young people, tailored to their age group. Each workshop shares a choreographed dance performance centered on a healthy relationship topic followed by conversation, resource sharing, and participatory opportunities to create a well-rounded educational experience. Some topics include bullying, mental health, technological abuse, and how to support a friend.

EACH HANDS ARE FOR HOLDING® WORKSHOP SERIES INCLUDES:

- 2-5 student workshops that use a trauma informed lens to focus on socio-emotional learning topics
- 4 teaching artists with diverse backgrounds and extensive experience
- A workshop plan that is customized with staff and teachers to address the specific needs of the community.
- Resources for young people around teen dating violence and mental health, and where to access support
- A high quality contemporary dance piece performed by professional dancers
- Opportunities to embody healthy relationship concepts through accessible and inclusive creative movement activities

LOGISTICS

WORKSHOP SERIES:

2-5 workshops with the same group of young people

DURATION OF EACH WORKSHOP:

45-60 minutes

AVAILABILITY:

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

NUMBER OF PARTICIPANTS:

Min. of 5 – Max. of 80 (per workshop)



EACH SERIES ALSO INCLUDES:

- 2 virtual planning meetings with leadership, staff and/or educators
- 1 virtual debrief meeting following the series with leadership, staff and/or educators

TESTIMONIALS

“discovered that I could use movements to express my emotions and let out all the stress or anxiety I had bottled up inside me.

– Student Participant

Thank you all so much for your support for our students and our community. We heard rave reviews from our staff who participated in the sessions, and we appreciated your arts-focused approach to SEL.

– Assistant Principal at Partner School

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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.

Photos by Scott Shaw



BOOK A HANDS ARE FOR HOLDING® WORKSHOP SERIES

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