

Give the gift of healthy relationships this



**GIVING  
HEARTS  
DAY**

Empower students for safer tomorrows.



**What does a child do with the knowledge that one of their parents harms the other?**

It's so confusing. At school, they learn not to hit or bully, but at home, they see it over and over. Without our help, they are at great risk of bullying others and later abusing their own partner.



**How does a student cope when online bullying causes depression and thoughts of suicide?**

The world can be cruel. While conflict is a part of life, it shouldn't hurt to be a kid. Together, we can change our culture so that no form of harmful behavior is tolerated.



**How does a teen feel when a romantic partner tells them what to wear?**

It's so subtle. It starts with love bombs and kind gestures and evolves into controlling directives. Without strong knowledge of emotional abuse, this excessive control becomes unhealthy and unsafe.



**You can see why we can't wait.**



"I have been in five different school systems, and this is the only community in which I have been part of a partnership like this. I think it speaks to the strength of the leadership at CVIC as well as the mission of CVIC, and their responsiveness to the needs of the people in front of them."



- Catherine Gillach, associate superintendent of secondary education, Grand Forks Public Schools

Dear [Short Salutation],

Giving Hearts Day is an extraordinary day of compassion and caring for our community, and an extremely important event for CVIC. This year we invite you to help us empower students with healthy relationship education in Greater Grand Forks area schools.

**Your gift on February 8th will influence young minds and create safer tomorrows as students learn what to look for and avoid in their relationships with their friends, family and loved ones.**

CVIC's Prevention & Education team teaches certified healthy relationship education in 25 schools with outreach to several more. Through this training, our youth learn how to identify and prevent violence before it begins by:

1. Recognizing and addressing bullying
2. Understanding physical, sexual and emotional abuse
3. Establishing healthy boundaries with friends and romantic partners
4. Building communication and conflict resolution skills
5. Cultivating emotionally intelligent relationships

**The impact of relationship education lasts a lifetime. For just \$57 you can empower one student with healthy relationship knowledge or inspire an entire classroom of 22 students for \$1,255.**

**Will you help prevent violence before it begins by donating to CVIC this Giving Hearts Day?**

Gratefully,

*Coiya Tompkins Inman*

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President/CEO

Thank you to our generous Challenge Partners for leading the way in supporting our students.



GRAND FORKS SCHOOLS

- Ben Franklin Elementary
- Phoenix Elementary
- Century Elementary
- Viking Elementary
- Discovery Elementary
- Wilder Elementary
- J. Nelson Kelly Elementary
- Schroeder Middle
- Central High
- Lake Agassiz Elementary
- South Middle
- Valley Middle
- Lewis & Clark Elementary
- Twining Middle
- Red River High

RURAL AREA SCHOOLS

- Emerado Public
- Thompson Public
- Manvel Public
- Larimore Elementary
- Midway Public
- Larimore High
- Northwood Public

**Will you empower Grand Forks County students with a gift today?**

EAST GRAND FORKS

- South Point Elementary
- Central Middle
- East Grand Forks Senior High



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