

# YWCA IS ON A MISSION: Advocacy & Prevention



## Meet advocate Jennifer Swanson and learn about the important work she takes on as the community's Prevention Educator

**YWCA Northcentral PA** offers many valuable programs to the community by way of our Advocacy and Prevention department. Prevention Education offers free, age-appropriate workshops to schools, youth groups, colleges, community groups, and professional organizations and businesses.

Jennifer Swanson, Prevention Educator at the YWCA, offers customizable programming for every age group from preschools to nursing homes.

"I would like the community, first and foremost, to know that Prevention Education exists and then to understand the work that I do and how it could benefit them and others," Jennifer said.

Individuals attending a YWCA educational course will walk away with awareness and information they can apply to their life, and it is Jennifer's hope that in turn, they will help to educate others. She went on to say that from an employer's standpoint, providing educational opportunities in the workplace may help to create a better work environment by educating employees, helping them to recognize and appreciate diversity as well as gain a better understanding of harassment and emotional intelligence.

In order to create impactful curriculum for her specific audience, Jennifer will work with an organization's contact person to gauge the ages of the audience and discuss appropriate topics. For example, in a high school setting, the topic might be *Healthy Relationships* or *Bullying Prevention*. For adults seeking training in the workplace, Jennifer might deliver a presentation on *Understanding the LGBTQIA+ Community* or *Preventing Sexual Harassment in the Workplace*. Businesses and community organizations can work with Jennifer on a wide range of topics and offer up sessions for their employees and volunteers.

Recently she has had the opportunity to engage with residents at the Transitional Living Center and the American Rescue Workers in Williamsport as well as students during health classes at Williamsport and South Williamsport high schools. Over the course of the next year, Jennifer would like to present curriculum in every school district in Lycoming County as well as to community groups on an ongoing basis.

"We are grateful for the partnership we have with the YWCA," said Sue Alberti, executive director at Clear Vision Residential in Montgomery. "Jennifer has done a great job offering interesting and informative prevention programs to our residents at Clear Vision Residential. Our girls not only learn necessary information but come away with knowledge and coping strategies that go hand in hand with having quality relationships and living safely in today's world. The residents learn and have fun doing so!"

Being educated on risk factors and appropriate language is key to having impactful dialogue with children. Parents, grandparents and other family members may benefit from enrolling in *Parenting for Prevention*, a YWCA course designed to help adults view their role in the primary prevention of sexual abuse of their children. This multi-session course provides parents the skills to talk with their children about healthy relationships, consent, and respect. Jennifer also shows attendees how to become a trusted adult and teaches the warning signals adults can watch for when abuse might be present.

**“Jennifer has done a great job offering interesting and informative prevention programs to our residents”**

**If you would like to schedule a presentation or discuss how these programs could benefit your business, school or service organization, please contact Jennifer Swanson by calling 570-322-4637 or by emailing [jswanson@ywcawilliamsport.org](mailto:jswanson@ywcawilliamsport.org).**