

We are

TEEN SPEAK UP!!

of Tabula Rasa Domestic Violence Inc.

Empowering youth and teens by creating a safe space for self-expression, healing, and growth—while equipping young minds on their journey toward emotional wellness and nurturing the resilient adults they are destined to become.



TeenSpeakUP/NoGAG

**Where Your Voice
Becomes Art and Your
Story Finds Power**

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TeenSpeakUP/NoGAG

**Youth
Empowerment
Summer Camp**

A FREE summer program for youth ages 11-19, designed to foster self-awareness, creativity, leadership, and resilience.

JULY 11 – AUG. 15, 2025

ACTIVITIES INCLUDE

- Teen Health and Wellness
 - Including age-appropriate conversations about...
- Learn Skills to Develop and Sustain Safe and Healthy Relationships
 - Assisting youth and teens by providing tools and resources to enhance communication and express emotions in safe, constructive manners.
- S.T.E.A.M. Activities
 - Offering a variety of creative outlets to empower and inspire youth.

(Science, Technology, Engineering, Arts, Math)

Register your child(ren) today and help empower them to speak-up and heal!

We assess and customize our workshops to meet each child's needs...

TSU provides educational workshops and focus groups aimed at teaching youth and teens essential skills, which include establishing boundaries, engaging in safe communication, expressing themselves positively, and nurturing healthy relationships. In addition, we provide support, safety plans, resources, and tools to assist them on their healing journey.

We are here to hear their voice... because we understand children need to heal too...

We know that the expression of self through the arts, commands the attention of the audience. And we are ready to hear and help heal. When each family member is able to focus on their own trauma it makes it easier to then heal as a family.

TabulaRasaDV.com/TeenSpeakUp

ABOUT TEEN SPEAK UP

TSU provides a safe and confidential space for youth to freely express, process, and release the trauma they have experienced and/or witnessed. We provide resources and activities in the community that provide safety and stability for them and the means to live free of abuse.

Why?

Did you know...

- More than 1.5 million youth are affected by dating abuse or violence alone.
- 15.5 Million children in the U.S. witness domestic violence annually.
- 1 to 4 teens is harassed or abused through technology
- Over 46 million kids in the U.S. experience trauma or violence By the age of 17 over 1/3 or America's children will have been exposed to domestic violence.