Child Sexual Abuse Prevention Programs for Children and Teens

A Resource Guide for Schools and Youth Organizations

ENOUGH ABUSE®
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Introduction:

While additional research is needed to evaluate the efficacy of child sexual abuse prevention programs for children in schools and youth organizations, these organizations should strive to implement programs that represent the current best knowledge and practices in the field. The **Health Education Curriculum Analysis Tool** promoted by the **Centers for Disease Control and Prevention** can serve as a useful tool in helping to select an appropriate program.

- ✔ Is the curriculum evidence-based, evidence-informed, research-based?
- ✔ Does the curriculum reflect each grade covered by the curriculum (separately) and the concepts that should be included at each grade level, i.e., is the curriculum "developmentally" appropriate?
- ✔ Is the curriculum reflective of the multicultural and specific needs of the community?
- ✔ Is the language used accurate, credible, objective and effective?
- ✔ Does the curriculum specifically and adequately cover the topic of child sexual abuse or does it include multiple other issues, e.g. teen dating violence, bullying, alcohol and drug abuse, suicide prevention, etc., that can limit the knowledge about how to prevent child sexual abuse?
- ✔ Can the curriculum be adapted (time, mode of delivery) while still keeping fidelity?
- ✔ Is the cost for implementation or training requirements reasonable, and are there any on-going costs?

Additional questions to be considered, include:

1. Does the program use correct medical names to define private body parts?
2. Does the program teach children the differences between safe touches (hugs), unwanted touches (tickling), and unsafe touches (fondling of their private parts)?

3. Does the program teach personal body rights and boundaries, including when it is appropriate for an adult to touch their bodies, e.g. during a medical exam, and that they have the right to say "no" to unsafe or unwanted touches?

4. Does the program use a rules-based rather than a feelings-focused approach to personal safety as the basis for decision making? (When compared to safety rules, feelings-based approaches have been proven ineffective in recognizing unsafe situations.)

5. Does the program teach the concept that in over 90% of cases of child sexual abuse, the adult who abuses is known and often trusted by the child? A focus that emphasizes "stranger danger" is insufficient to prevent the vast majority of sexual abuse cases.

6. Does the program equip children with specific skills to reduce their vulnerability to sexual abuse, e.g. how to refuse approaches and invitations, how to break off interactions, and how to say "no," get away and tell someone?

7. Does the program encourage children to report sexual abuse to a trusted adult and to keep reporting until someone acts to help and protect them?

8. Does the program involve children as active learning participants using stimulating and varied presentation materials such as role plays, rehearsals, visual aids, and opportunities for discussion?

9. Does the program include more than one session, provide repeat exposures to key prevention messages, or is it conducted annually to have the greatest effect on safety?

10. Is the program part of an overall health and safety curriculum that includes topics such as assertiveness, decision making and problem-solving skills all of which can support child sexual abuse prevention goals?

Programs reviewed and included in this alphabetical listing have been selected for their adherence to some of the key concepts presented above. This resource is among many others available under the Enough Abuse Campaign's **"Safety STARS"** initiative that provides schools and youth organizations with :

- high quality in-person and online trainings;
- cutting-edge assessment and prevention tools; and
- expert technical assistance on prevention policies.

Child Sexual Abuse Prevention Programs

for Children and Teens

1. Body Safety Training

Age Group: 3-7 years of age

Description: The Body Safety Training Program focuses on seven teaching goals: 1) the child is the boss of their own body; 2) "private parts" have names; 3) self-touch is acceptable if done in private; 4) when it is appropriate for others to touch their "private parts" (i.e. doctors and parents for health/hygiene reasons); 5) it is not okay for anyone else to touch them, especially if asked to keep it a secret; 6) it is not okay to be forced to touch someone else's private parts; and 7) learning the body safety rule, "It's not okay for a bigger person to touch or look at my private parts."

Format/Length: The five-day, 10-lesson program includes a script with pictures, intended for use by parents or teachers. With instructors, children learn the appropriate verbal and physical responses to inappropriate requests and situations, and practice rehearsing these behaviors.

Evaluation: Findings included: increased knowledge about child sexual abuse, increased awareness that child sexual abuse is not the fault of the child, increased self-protective knowledge and skills, and greater likeliness they would tell someone. (Currier & Wurtele, 1996; Sarno & Wurtele, 1997; Wurtele, Kast, & Melzer, 1992; Wurtele & Owens, 1997.)

Cost: Body Safety Training Workbook for Parents (English and Spanish Versions) - $20.00; Body Safety Training Curriculum for Teachers - $40.00

Developer: Dr. Sandy K. Wurtele, psychologist and Professor Emerita at the Department of Psychology at the University of Colorado, Colorado Springs.

Contact: swurtele@uccs.edu

2. Child Abuse Prevention Program (CAPP)

Age Group: Pre-K though Grade 12

Description: The Child Abuse Prevention Program is a national program that has been operating since the 1980s. It is offered to schools, daycare facilities, camps, community organizations and others to teach child safety, abuse recognition and abuse prevention. CAPP is based on an empowerment model. For children in early childhood programs and elementary school settings, this translates into knowing how and when to set boundaries and believing that they have the power to set those limits. CAPP teaches children how to distinguish between appropriate and

inappropriate touching; learn response skills; understand grooming tactics and tricks used by abusers; identify people who can help; and most importantly, understand that if abuse occurred, it would never be their fault.

Format/Length: The presentation incorporates observational and participatory learning, modeling and opportunities to practice learned skills. Videos, songs, child friendly props and activities are incorporated into the program. The in-person, interactive, multimedia presentations are delivered over 20 to 45 minutes.

Evaluation: Several evaluations of CAPP have been conducted over the years by various researchers and results have been positive. For a detailed listing of studies through 2007, please contact the International Center for Assault Prevention (ICAP).

Cost: . Local programs set their own prices depending on cost structures. The program run by Family ACCESS in Newton, MA charges $250 per classroom workshop, and present to one classroom at a time.

Organization: International Center for Assault Prevention (ICAP)

Contact: Jeanette Collins, Executive Director - childassaultprevention@gmail.com

3. Child Safety Matters and Teen Safety Matters

Age Group: Kindergarten – Grade 5, Grades 6-8, Grades 9-12

Description: Child Safety Matters® is a comprehensive, evidence-based curriculum for elementary school students in Grades K-5. Lesson 1 includes: safety awareness, shared responsibility for safety, safe adults, types of abuse, red flags, safety rules. Lesson 2 includes: bullying, cyberbullying, digital abuse, digital safety tips, digital citizenship, safety rules. Each year the same concepts are covered and reinforced, expanding definitions, concepts and interactive exercises as developmentally appropriate. Additional reinforcement materials for parents, classrooms and schools are also included with the program.

Teen Safety Matters® is a comprehensive, evidence-informed prevention education program for middle school students in Grades 6-8 and for high school students in Grades 9-12. The program addresses emotional, physical and digital safety and teaches students and adults how to prevent, recognize and respond appropriately to the four types of child abuse (physical, emotional, sexual, and neglect), exploitation/trafficking, sexual assault, relationship abuse, bullying, cyberbullying and digital dangers.

Format and Length: Child Safety Matters and Teen Safety Matters are presented in two comprehensive lessons ranging from 35-55 minutes (or in four shorter lessons) by trained

facilitators in classrooms. Facilitators present turnkey scripts along with engaging, interactive PowerPoints including lecture, group discussion, skills-practice activities, videos and games.

Those who wish to implement this curriculum and to facilitate the lessons must complete a two-hour online training provided by MBF. It is required that one school staff member be present in the room while the facilitator offers instruction. A 45-minute introductory training is recommended for these staff members so that they will be aware of the topics to be discussed and are prepared to respond to children who disclose abuse or bullying.

More than 5,000 facilitators have been trained to deliver the program to more than 5 million Florida students in all 67 Florida counties. Schools in 35 other states and 6 countries have also adopted the courses.

Evaluation: The Monique Barr Foundation Prevention Education Programs were developed using the latest research and prevention best practices. These include developmental victimology and poly victimization research, cognitive-behavioral theory, healthy sexual development, and trauma-informed practices, with a specific focus on the developmental stages and different learning styles of children. MBF has completed four evaluations of the Child Safety Matters program demonstrating its efficacy.

Cost: Grades K-5 digital bundle - $1,500; Grades 6-8 digital bundle - $750; Grades 9-12 digital bundle - $500. If purchased individually, $300 per grade.

Organization: Monique Burr Foundation, Florida

Contact: www.mbfpreventioneducation.org; info@mbfpreventioneducation.org

4. Empower Me!

Age Group: Elementary School Students

Description: Classroom instruction that teaches basic body safety concepts, provides students with several scenarios or "what ifs," and guides them through identifying five trusted adults.

Format: A one-hour (four, 15-minute interactive lessons) curriculum. While originally delivered by Zero Abuse Project personnel, under the new "train the facilitator" model, and after initial training by the Project, a teacher, social worker, or other employee of the hosting organization can use the curriculum script and PowerPoint to teach the curriculum.

Evaluation: Surveys were distributed after the education to both control group students (did not receive education) and treatment group students (did receive education). Survey questions were

based on Children's Knowledge of Abuse Questionnaire (Tutty, 2020), Personal Safety Questionnaire (PSQ), Secret vs. Surprise questions (Bright, 2022), "Uh Oh" gut feeling questions, and "check first before going anywhere with an adult" questions made specifically for ***Empower Me!***. Overall, treatment group students **answered more survey items correctly** compared to control group students. Among treatment group students, 11 out of 15 survey items showed significant increase in accuracy. Boys and girls almost equally improved in knowledge. However, boys showed a significant increase compared to pre-education levels. Knowledge was retained at the 6-week follow-up. Overall, ***Empower Me!*** proved to be effective.

Cost: No cost in Minnesota; cost for out-of-state buyers is being determined.

Organization: Jacob Wetterling Resource Center and the Zero Abuse Project

Contact: Zero Abuse Project: 651-714-4673 or the Resource Center: (800) 325-HOPE or email training@zeroabuseproject.org

5. Feeling Yes, Feeling No

Age Group: Ages 6-12

Description: Classroom instruction teaches children the names of private body parts, how to respond to any sexual interaction and how to repot to trusted adults.

Format/Length: Instruction is provided over 15 to 18 hours and includes videos, group discussion and role-playing.

Evaluation: Findings of two studies showed increased overall knowledge about child sexual abuse and the ability to tell the difference between safe and unsafe situations. Knowledge was retained after reevaluation a year later, and specific knowledge about child sexual abuse was found to have increased upon revaluation a year later. Children reported feeling safer and less worried after the program. (Hazzard et al., 1991; Hazzard, 1993.)

Cost: $19.95 for video

Organization: McIntyre Media

Contact: https://www.mcintyre.ca/titles/NFB522326; info@mcintyre.ca

6. Healthy Relationships Project: Care for Kids, We Care and SAFE-T

Age Group: Ages 3 through Grade 2 (Care for Kids); Grades 3-6 (We Care Elementary); and 7-8 (SAFE-T).

Description: The Healthy Relationships Project is a comprehensive approach to child sexual abuse prevention. The programs build knowledge and skills for educators, parents, caregivers and young children ages 3-14. All programs include training for school staff on child sexual abuse and its prevention, parent engagement strategies including parent nights, and curricula to be used in the classroom with students. These programs take a developmentally targeted, trauma-informed approach to child sexual abuse prevention through emphasizing the role that adults play in prevention.

Care for Kids - Preschool-Grade 2: Children in this age group are receptive to learning about body parts, health and boundaries, making this an ideal time to lay the foundation for abuse prevention. Care for Kids contains six units that teachers are trained and supported to deliver including: Asking for Help, Feelings, Bodies, Babies, Asking for Permission and Wrap-Up. Each unit teaches and reinforces two to four simple, age-appropriate messages via a circle time, a book, and an activity or craft. The activities are designed to complement the fact that children of this age learn naturally through play and use schemas to assimilate new information. Information is presented in a matter-of-fact way using anatomically correct language. A Facilitator's Guide is provided. The program provides school staff training, home sheets for parents, school newsletter articles, etc.

We Care Elementary - Grades 3-6. Children in this age range develop awareness of self, as well as of peers and social groups. With this newfound awareness comes the capacity for empathy and establishing their ideas about how to be in the world and how to treat others. Physiologically, older children are approaching puberty and beginning to wonder about sexual development. The curriculum includes six lessons at each grade level: Communication and Understanding Feelings (Grade 3); Understanding Personal Boundaries (Grade 4); Recognizing Boundaries in Others (Grade 5); and Understanding Sexual Harassment (Grade 6).

SAFE-T (Sexual Abuse Free Environment for Teens) - Grades 7 and 8. The SAFE-T program was designed to promote healthy relationships and behaviors in middle school communities, helping youth identify areas that put them at risk for being hurt and for hurting others. Through 10 lessons, SAFE-T continues the process of developing social emotional skills, and introduces age-appropriate information about topics such as sexual harassment and sexually abusive behaviors.

Evaluation: Results of the analyses conducted in two phases found that the treatment school students in both phases had significant greater gains in knowledge related to sexual harassment abuse and violence; positive relationships; and a safe, non-hostile school environment. Furthermore, the gain in knowledge of sexual risk behaviors was retained long-term for a period of a year. Phase 1 and Phase 2 program students showed lower rates of dating violence perpetration. Students involved in the program demonstrated significant impact in certain measures related to sexual harassment, and these students reported significantly lower rates of

observing harassment, perpetrating harassment and had more knowledge of areas related to sexual myths and sexual harassment. For more information on the study, visit https://drive.google.com/file/d/1HN_c9TJv5ag6aIntMfGF195zJXxTKDWa/view

Cost: Care for Kids - $550; We Care Elementary - $400; SAFE-T - $400. All three are available for purchase as a bundle for $1,200 and includes a facilitator's guide, books and flash drive with handouts for printing.

Organization: Prevent Child Abuse Vermont

Contact: https://www.pcavt.org/trainings-and-curricula

7. "It's Not Just Jenna" Video and Learning/Discussion Guide

Age Group: Junior and High School Youth

Description: *"It's Not Just Jenna"* is a compelling video featuring the true story of a family whose lives were changed after 16-year old Jenna Quinn revealed that she had been sexually abused by a trusted family friend. The companion Discussion Guide PowerPoint allows school and youth group leaders to facilitate a post-video viewing discussion with youth.
Discussion Guide Learning Objectives include:

- Behaviors to be aware of in adults that might indicate they pose a risk to children;
- Ways sexual abusers "groom" or establish trust with potential victims and their families;
- Behaviors to be aware of in children or teens that might indicate that they are being or have been sexually abused;
- Why it's difficult for victims of child sexual abuse to tell;
- How to respond if we see behavior signs in an adult that indicate they might pose a risk to children and teens; and
- How to respond if we see behavior signs in a child or teen that raises concerns they may have been or are being sexually abused.

Format/Length: The *"It's Not Just Jenna"* video is 30 minutes. Updated in 2020, it now includes a personal message from Jenna to youth survivors, bystanders, parents and school administrators. The Discussion Guide includes over 50 attractive and well-organized slides that engage participants in interactive dialogue about Jenna's story, how we can apply its lessons to prevent child sexual abuse, and how we can be supportive and responsible bystanders.

Evaluation: Thousands of youth have been educated by this prevention resource. Evaluations by youth confirm a high level of satisfaction and knowledge gained. 98% of youth surveyed said that the video and discussion helped them better understand the problem of child sexual abuse.

See student evaluations here: https://www.enoughabuse.org/workshops-events/it-s-not-just-jenna.html

Cost: Schools and youth groups can purchase the right to view the video an unlimited number of times for $75. After purchase, instructions are sent to access, stream and/or download the video and Discussion Guide on the Enough Abuse Campaign's e-learning management platform. The Video and companion Discussion Guide are also available in Spanish.

Organization: MassKids/Enough Abuse Campaign, Boston, MA.

Contact: info@enoughabuse.org

8. Keeping Kids Safe: Sexual Abuse Prevention Programs

Age Group: Age-appropriate programs for grades K-2, 3-5 and 6-8.

Description: The Keeping Kids Safe program teaches age-appropriate sexual abuse prevention and personal body safety education. Topics covered include: The Safety Rule about Touching; Safe and Unsafe Secrets; Body Warning Signals; Safe and Unsafe Adults; How to Speak Up and Tell a Safe Adult; and Sexual Harassment and Sexual Abuse.

Health World e-Learning program offers online access to lesson plans that meet national standards including the National Sexuality Education Standards Core Content and Skills K-12 – Personal Safety and the National Health Education Standards.

Format and Length: Six to seven lessons are provided, each ranging from 15 to 25 minutes. They can be presented in classrooms, across large districts and as part of a homeschooling training.

Cost: Individual courses are priced at $75.

Organization: Health World is a non-profit working since 1995 to provide skills-based, digital curricula designed to deliver effective prevention and intervention education on health and safety for children.

Contact: https://www.healthworldeducation.org/sexual-abuse-prevention

9. KidSafe Foundation

Age Group: Grades K-5

Description: KidSafe was established in 2009 as a 501c3, and has been serving the community with primary prevention-level education to children ages 4 through 11, parents/caregivers and professionals working with children in all capacities, including schools, youth organizations, foster care agencies, healthcare, and elsewhere. KidSafe programs are provided online via Zoom,

as well as in person. KidSafe has branched out nationally, first with a focus on training summer camp staff in sexual abuse prevention, as well as a school program - curriculum for grades K-5, which is available nationally - launched in 2021.

Format/Length: Stay KidSafe!™ is an online, developmentally and age-appropriate program that simplifies the sensitive topic of child abuse prevention and trafficking prevention. The program ranges from 135 minutes to 180 minutes long. Stay KidSafe!™ for Educators is a one-hour self-guided online training, included in the Stay KidSafe!™ program. The CampSafe® is an asynchronous, interactive online training provided for camp staff, which takes approximately 40 minutes. It trains staff to arrive at camp with strong foundational knowledge of child sexual abuse prevention and awareness. SchoolSafe is a one-hour, self-guided, online training which provides school resource officers, police force, and community police representatives with awareness of the pervasiveness and long-term impact of child sexual abuse. Lastly, the Healthcare Professional Child Sexual Abuse Prevention Training is a one-hour, self-guided, online training, which provides healthcare professionals from all backgrounds with a foundational knowledge of child sexual abuse (CSA), Adverse Childhood Experiences (ACEs), prevention of abuse, response to disclosure and reporting.

Evaluation: The Stay KidSafe!™ program (and its predecessor, KidSafe for Kids) were developed using the latest research and prevention best practices. Findings from past evaluations included: Increased knowledge of personal safety skills; Increased ability to speak to their trusted adult. For the adult training: 93% of participants reported an increase in their awareness of their role in prevention since participating in the training; increase of knowledge of child sexual abuse (before 52%/after 98%) and increase in knowledge as to how to support a child after disclosure (before 44% /after 98%). The Stay KidSafe!™ program was launched in Fall 2021 and is presently under evaluation.

Cost: Stay KidSafe!™ is free to elementary schools. All other programs cost $10 per person.

Organization: KidSafe Foundation

Contact: https://kidsafefoundation.org/contact-u

10. Kid Power International

Age Group: Pre-K -12

Description: Kid Power consists of in-person programs, online programs, and books to teach children safety precautions and knowledge about sexual assault.

Format/Length: The in-person programs are 2 hours; the online programs are 3 to 4 hours.

Evaluation: Multiple studies have shown that various versions of the Kid Power curriculum improved participants' knowledge and understanding of their personal safety compared to

children that had not taken the course. For more evaluation information, visit https://www.kidpower.org/about-us/research/

Cost: Books are $20 each; multiple sets available. The cost of the various programs is varied.

Organization: Kidpower International

Contact: https://www.kidpower.org/programs/sexual-abuse-prevention/; safety@kidpower.org; (800) 467-6997

11. Play it Safe!®

Age Group: Pre-school through 12th grade

Description: Play it Safe!® is an evidence-informed, age-appropriate child sexual abuse risk reduction program for children, as well as their parents, teachers and caregivers. Play It Safe!® reduces risk by teaching children to identify abusive behavior and provides tools children need to be safe including specific, age-appropriate actions to take in threatening situations. It also provides a safe forum for children to disclose abuse, trains caregiving adults to recognize possible signs of child sexual victimization and to take the necessary steps to support a child's outcry and recovery.

Format/Length: The Play it Safe!® Program was designed so that a teacher, parent, counselor or volunteer can present the program in under an hour. Each grade level program includes an age-appropriate video and script. Pre-K through Grade 2 also includes dolls with bathing suits on under their clothing to illustrate children's private parts. Coloring books come with pre-K through Grade 2 programs so that parents can reinforce the concepts at home. Taught one classroom at a time, each grade level's program, from pre-kindergarten to grade 12, speaks to children in a way they can best learn and respond.

Evaluation: An evaluation study measured vignette-based knowledge of child physical and sexual abuse prevention. The study demonstrated that the one-hour child abuse prevention session significantly increased knowledge for the children in the intervention group at 1-month post program. Younger students (3rd Grade) had larger growth scores than the older students (5th Grade) leading to the conclusion that programming should occur at earlier stages. Girls performed better than boys; the evaluation showed no significant effect for race/ethnicity. Using external, trained child abuse prevention educators who can deliver a program with one lesson can help to integrate the information into the school curriculum. For more information, visit https://www.playitsafe.org/EvidenceBasedExecutiveSummary.pdf

Cost: Each grade level program is available in hard copy curriculum with DVD and Script or online. K-2: curriculum and online streaming is $299 or $199 for online only. Grades 3-12

curriculum and online streaming are $199 each or $149 for online programs. There is a yearly license renewal fee of $25 to continue online streaming for each program. The total hard copy cost for all 14 programs is $3,186. For online purchases only, the entire set of 14 programs is $2,286. Each program is a stand-alone presentation.

Organization: Play it Safe®

Contact: https://www.playitsafe.org/index.php.

12. Protect Yourself Rules Videos

Age Group: K-3; 4-6; Teens

Description: "Protect Yourself Rules" is a series of animated videos for children ages 5 – 12. They are available for use by teachers, after-school providers, parents and other interested parties**.** Among the topics included are**:** Safe and Unsafe Touches, Shout, Run and Tell; Neighbor; A Friendly Stranger; Recognizing the Signs.

Format/Length: This series features diverse characters of different ages who are learning how to fight abuse, including sexual abuse. Examples include: Grades K-3 Video - https://www.youtube.com/watch?v=zNTUMNKSNwk; "Secrets" – Grades 4-6 Video - https://www.youtube.com/watch?v=uAD17zMgjHc; and "Tell" – Grades 4-6 Video - https://www.youtube.com/watch?v=GWqTzelTGLY

Evaluation: Contact the Joshua Center on Child Sexual Abuse Prevention at the University of Washington for details.

Cost: These videos are available at no cost.

Organization: This series of videos on child abuse awareness and prevention and companion materials, e.g. Student Worksheets, Coloring Sheets, were developed by the Barbara Sinatra Children's Center Foundation, in collaboration with the Joshua Center on Child Sexual Abuse Prevention at the University of Washington, and Wonder Media.

Contact: Videos and materials can be accessed by contacting www.fightchildabuse.org

13. radKIDS Personal Empowerment Safety Education program

Age Group: Ages 5-13.

Description: The radKIDS program is a family-centered safety education program in which kids attend with their parents/families. It teaches key actions to prevent sexual assaults. It teaches

physical resistance skills to violence and strengthens a child's psychological well-being and understanding.

Format/Length: This is a 10-hour program.

Evaluation: After completion of the safety education curriculum, there was a 59% increase in improvement of knowledge that hitting was not the best option to stop a bully. Through the program, children gained skills, confidence and plans to develop other ways to stop bullying. T

There was a 31% increase in children feeling empowered to call 911 for help and a 72% increase in children knowing they should tell someone if a person had touched them and then told them to keep the touching a secret. The program has also demonstrated significant increased knowledge for children in the area of fire safety and in developing a safety plan when encountering a barking dog. For more evaluation information, visit https://www.radkids.org/wp-content/uploads/2019/12/radKIDS-Personal-Empowerment-Safety-Education-Program-Research-Survey.pdf

Cost: Contact for information.

Organization: radKIDS

Contact: https://www.radkids.org/contact/

14. Safe Child Program

Age Group: Ages 3-10

Description: The Safe Child Personal Safety Training Program is a standardized, scripted, videotape curriculum that provides training for teachers, parents and children. The program emphasizes prevention of sexual, emotional and physical abuse by people known to the child, prevention of abuse and abduction by strangers, and safety for children in self-care.

Format/Length: Training is provided in five age-appropriate segments lasting 15-20 minutes each. The curriculum builds from children's everyday experiences and includes a videotape, role playing, and parent involvement.

Evaluation: An evaluation conducted by Miami-Date County Public Schools reported that 52.9% of its teachers felt that their students' ability to deal with strangers and cope with threats improved "a great deal." The report also concluded that teachers within the district using the Safe Child Curriculum spent a larger percentage of time talking about sexual abuse than teachers who did not use the curriculum. Despite identified limitations, the evaluation report concluded that the adoption of the curriculum in Miami-Dade schools is favorable. For more information, visit https://safechild.org/wp-content/uploads/2020/07/Dade.pdf

Cost: Free

Organization: Miami-Dade Public Schools

Contact: kraizer@safechild.org

15. Safer, Smarter Kids

Age Group: Age 4 through Grade 5

Description: This training teaches children age-appropriate information about how to recognize risky situations, and allows them opportunities to practice protective behavior in a safe environment. Learning objectives include: 1) understanding safety rules; 2) understanding stranger versus trusted adult risks; 3) listening to one's intuition; 4) body boundaries; 5) understanding safe versus unsafe situations; and 6) understanding tattling versus reporting.

The Safer, Smarter Teens program is also available for students in Grades 6-12. A program for children with special needs is also available. Programs are taught mainly in schools; however, online videos and interactive books are available for separate purchase.

Format/Length: The curriculum, which includes five to eight 30-minute lessons, is presented over a course of six weeks, with ample opportunities to repeat the lessons in-class and at home. The program uses modeling videos, interactive activities, role-playing, practice exercises, and take-home handouts to accomplish its learning goals. Information is also available in a "kit" form online for parents that provides them with information about child sexual abuse, as well as additional exercises to practice each lesson with their child.

Evaluation: Completion of the program resulted in an increase of children's knowledge about "key prevention topics." When tested on their knowledge of sexual abuse prevention after having taken the course, students' scores improved an average of 2.82 points (measured on a scale from 0-11). For further information on the study, visit https://www.researchgate.net/publication/307613662_Evaluation_of_Safer_Smarter_Kids_Child_Sexual_Abuse_Prevention_Curriculum_for_Kindergartners

Cost: Price for interactive coloring book and reading packages range from $10.00 - $300.00. A few informational brochures are provided at no cost.

Organization: Lauren's Kids, Florida

Contact: https://safersmarterkids.org/teachers/curriculum/

16. Safe Touches: Personal Safety Training

Age Group: K- Grade 3

Description: This curriculum, which has been implemented in New York City public school classrooms since 2007, is designed for children in K- 3rd grade. It includes a one-time 50-minute interactive workshop to help children learn to differentiate between safe and unsafe touches, and to practice safety skills. Each age group is provided with different resources and a take-home workbook.

The workshop also provides participants with a book regarding body safety to be completed at home by the child with their caregivers. Topics covered in the workshop include: names of "private parts", safe versus unsafe touches, what kinds of people use unsafe touches (i.e., can be someone the child knows), how to tell an adult, and that children are never to blame. Facilitators, masters-level counselors, or social workers practice these skills with the child.

Format/Length: 50-minute interactive workshop and companion workbooks and resources.

Evaluation: In a randomized control study of 2nd graders in 5 counties and in 718 classrooms, researchers found that the single session Safe Touches program resulted in a significant increase in inappropriate touch awareness when compared to the control group. (Pulido et al., 2015.) The study did not address changes in behaviors.

Cost: Contact Healing NY to inquire about Training of Trainers or available programs.

Organization: Healing NY (formerly New York Society for the Prevention of Cruelty to Children (NYSPCC))

Contact: **https://healing-ny.org/training-and-workshops/for-professionals/safe-touches/**

17. Second Step Child Protection Unit

Age Group: Pre-K through 5th Grade.

Description: The Second Step® Child Protection Unit for Early Learning through Grade 5 provides a multi-layered approach to child safety. It gives teachers the tools to recognize, respond to, and report abuse, and the confidence to comfortably teach students about this sensitive subject. The lessons in the Child Protection Unit help students recognize, report, and refuse unsafe and sexually abusive situations and touches. The classroom-based program contains six age-appropriate lessons. including teaching children about the need not to keep secrets, about safety, and about touching. Students also learn how to report any unsafe or abusive situations to a caring adult.

Format/Length: The Child Protection Unit includes a robust training for administrators and program leaders that helps them assess their current child protection policies and procedures. This helps them develop a comprehensive child protection strategy that aligns with current research and best practice, including specific policies and procedures designed to protect

children from abuse in a school or youth program setting, e.g., a staff code of conduct and procedures for reporting staff violations of protection policies. Online training modules equip teachers or counselors with lesson plans, talking points, research, family materials, interactive activities and several materials for use and display in the classroom.

Evaluation: The Committee for Children works with field-leading consultants and advisors and conducted an extensive review of research into the science behind child sexual abuse prevention and intervention to ensure its programs are research-based and effective. A 2019 randomized-controlled trial led by Dr. Amanda Nickerson (University of Buffalo) studied the impact of the Second Step Child Protection Unit for Early Learning through Grade 5.

This study tested the effects of the program on Pre-K to Grade 4 students' conceptual knowledge of child sexual abuse and their recognition, reporting, and refusal of unsafe touches. Compared to the control group, students who participated in the six-week curriculum had increased conceptual knowledge about child sexual abuse. This effect was strongest for younger versus older students and for girls versus boys.

This study was published in *Child Abuse & Neglect*.
https://www.sciencedirect.com/science/article/abs/pii/S0145213419302789.

Cost: Approximately $1,300 for the Early Learning-Grade 5 bundle. Other packages available.

Organization: Committee for Children, Washington State

Contact: http://www.secondstep.org/child-protection; email: clientsupport@cfchildren.org

phone: 1-800-634-4449

18. Shifting Boundaries: Lessons on Relationships for Students in Middle School

Age Group: Grades 6-8

Description: Shifting Boundaries is an evidence-based, multi-level primary prevention program that addresses boundary setting, measuring personal space, avoidance of inappropriate behaviors including sexual harassment, appropriate response, consequences, and mapping safe and unsafe spaces at school. The program embraces an environmental approach that identifies multiple strategies to support young people though classroom instruction and schoolwide interventions.

The program's goals are to:
• increase knowledge and awareness of sexual abuse and harassment,
• promote prosocial attitudes and a negative view of dating violence and sexual harassment,
• promote nonviolent behavioral intentions in bystanders,
• reduce the occurrence of dating and peer violence, and

• reduce the occurrence of sexual harassment.

Format and Length: The classroom curriculum consists of four to seven lessons. School-wide interventions include using temporary school-based restraining orders called "respecting boundaries agreements" and mapping safe and unsafe areas.

Evaluation: Six -session curriculum was taught to 2,500 6th and 7th grade students. The curriculum emphasizes the consequences for perpetrators of dating violence/sexual harassment (DV/H), state laws and penalties, gender roles and healthy relationships. The study tests a multi-level approach (classroom and school building-wide) to reducing DV/H. Overall, the building intervention and the combined building and classroom intervention were shown to positively affect student knowledge and behavioral intentions and were effective in reducing dating/peer violence (especially sexual violence) and sexual harassment.

School building-based interventions included the use of school-based temporary restraining orders, more security in unsafe "hot spots' within the school, and posters to increase awareness and reporting of DV/H. The classroom curriculum provides lessons that emphasize the consequences for perpetrators of DV/H, state and federal laws, the setting and communicating of one's boundaries in interpersonal relationships and the role of bystanders as interveners. For more evaluation information, visit https://www.ojp.gov/pdffiles1/nij/grants/236175.pdf

Cost: Free

Developers: Bruce Taylor, Ph.D., National Opinion Research Center (NORC) at the University of Chicago; Nan D. Stein, Ed.D., Wellesley College, Center for Research on Women, Wellesley Centers for Women; Dan Woods, Ph.D., Police Executive Research Forum; Elizabeth Mumford, Ph.D., NORC at the University of Chicago

Contact: Materials available at https://vawnet.org/material/shifting-boundaries-lessons-relationships-students-middle-school

19. Speak Up, Be Safe

Age Group: Pre-K through Grade 12

Description: Speak Up, Be Safe helps children and teens learn the skills to prevent or interrupt cycles of neglect, bullying and physical, emotional and sexual abuse. The program uses a social-ecological approach to prevention education by providing materials to engage parents and caregivers, teachers, school administrators and community stakeholders. The comprehensive PreK-12 curriculum provides developmentally-appropriate lessons at each grade level.

PreK- Grade 2 - A primary focus is to shift the responsibility for child abuse and neglect prevention away from children and onto the adults in their lives. Children learn basic concepts around personal safety and how to identify safe adults.

Grades 3-5 - Lessons emphasize that adults are responsible for child safety, but by learning and using a few key safety rules, children can help those adults keep them safe. Children learn how to recognize potentially unsafe situations, how to identify safe adults and how to talk about feeling unsafe.

Grades 6-8 - While adults continue to be responsible for child safety, lessons acknowledge the growing responsibilities and privileges of children in this age group and the new opportunities for potentially unsafe situations. Children learn how to recognize potential risks, as well as resistance strategies that can be used until they can talk to a safe adult.

Grades 9-12 - Lessons address the increasing responsibility of adolescents and young adults for their own personal safety in each setting where they may be at risk of experiencing abuse. Students develop a broader understanding of abusive behavior and preventative approaches while also continuing to identify the safe adults and peers supportive of a robust safety network.

Format and Length: Two 30- to 45-minute sessions per grade level. The content and delivery of all lessons are based on best practices from research in child development, learning styles, social psychology, and child abuse and neglect prevention. Implementation of the program is supported by a "virtual campus," which includes scripted, engaging lessons for each grade level; online facilitator training modules; teacher reinforcement activities; and resources for parents, teachers, school administrators and community members to help implement the curriculum.

Evaluation: "Speak Up, Be Safe Prevention Education Curriculum" among high school students increased their identification and knowledge of safety-related resistance strategies. A two-lesson format was used with two sections that highlight how to apply resistance behavior. Children engage in group discussion to generate examples of RESIST strategies – Run, Escape, Scream, Ignore, Stay Away (Tell was not included). Internet safety issues were included. Students experienced significant improvements in their understanding of safety strategies and did appear to gain resistance strategy knowledge. The study contributed to literature related to teaching adolescent urban high school youth. For more information, visit https://www.cebc4cw.org/program/childhelp-speak-up-be-safe/.

Cost: $5/student for the first year; $3/student in subsequent years. Contact Childhelp for personalized quotes for each district.
Organization: Childhelp, Inc.
Contact: https://www.childhelp.org/subs/childhelp-speak-up-be-safe; 1-480-922-8212

20. Safe to Compete

Age Group: Grades K- 12th

Description: Safe to Compete is a national initiative based in the US launched by It's a Penalty and The National Center for Missing & Exploited Children (NCMEC) to prevent the abuse, exploitation, and trafficking of young children as they learn to compete in youth sports**.** Safe to Compete aims to foster a safe environment in youth sports by providing resources and education to coaches in youth sports organizations, and the families of child athletes, to help protect them from sexual abuse and exploitation. Safe to Compete is a program for coaches and parents to learn about child sexual abuse and ways to prevent it. The program provides two different trainings for coaches and parents.

Coaches play an important role in fostering a positive youth sports experience where children and youth can thrive and grow as athletes. As a coach, you have a responsibility to establish a culture of respect and ensure the safety of athletes. This training focuses on protecting our young athletes from child sexual abuse and exploitation. It is imperative that coaches are equipped not only with the skills to recognize and report abuse after it occurs, but it is even more important that you have the skills to create environments that are safe for everyone. This training takes approximately 30 minutes to complete. You will need to register for a free connect account, after which point you will have access to the no-cost training. A certificate of completion is available upon finishing the course.

Parents play a critical role in helping to ensure youth sports organizations are doing everything they can to keep athletes safe from sexual abuse. This abuse IS preventable, and there are many things you as a parent can do to protect the young athletes in your life. In this short 15-minute training, you will learn to communicate with children and adults about safe boundaries and abuse prevention, define ways to take action and address problematic or harmful behaviors of others, and describe how to report concerns and respond to disclosures.

Format and Length: Safe to Compete curriculum for both coaches and parents consists of seven modules to complete. All seven modules are reading materials and interactive. At the end of each module, coaches and parents will be tested on the material provided. For coaches, the training will take 30 minutes. For parents, the training will take 15 minutes.

Evaluation: In 2020, the National Center for Missing & Exploited Children® (NCMEC) received more than 21 million reports of suspected child sexual exploitation. We know that in most cases of sexual abuse, the abuser is someone the child or their family knows. Building a network of trusted adults and providing safe spaces for children to learn, play and grow is critical to protecting them from these crimes.https://www.missingkids.org/gethelpnow/cybertipline/cybertiplinedata#files.

Cost: $0, Available Online

Organization: The National Center for Missing & Exploited Children, partnered with It's A Penalty

Contact: https://www.safetocompete.org/, https://www.missingkids.org, (703) 224-2150 https://itsapenalty.org/safe-to-compete/

21. Smart, not Scared

Age Group: Middle School & High School Students

Description: A lecture and discussion-based curriculum that focuses on upstanding, gut instinct, boundaries, consent, caring vs. controlling, and telling. Instead of focusing only on consent pertaining to dating violence/IPV, *Smart, not Scared* focuses on body safety.

Format: The curriculum is designed to be implemented in four separate 15-minute lessons. Three of the lessons for Smart not Scared include a video embedded in the presentation materials, each approximately 3-4 minutes in length. There are "what-if" scenario discussion questions as well.

Evaluation: Students' knowledge levels post-education were measured using various surveys. Questions related to gut instinct, boundaries, and telling, were adapted from Bustamante et al. (2019). For the construct of upstanding, The Pros and Cons of Bystander Action Scale (PCBAS) were used (Edwards et al., 2019). Caring vs. controlling questions were informed by the Social Abuse Scale (SAS) developed by Park et al. (2024) Questions related to internet safety and boundary setting were informed by the tool used by Jones, Mitchell, and Beseler (2023). Students who received the curriculum (treatment group) on average answered 60% of the questions correctly, compared to 51% correct of those who did not receive the curriculum (control group). For nine of the 19 items, the treatment group saw statistically significant growth in correct answers compared to only 1 item in the control group. Students retained the knowledge gained in the Smart not Scared training at the 10-week follow-up survey **Generally, evidence supports the effectiveness of the *Smart not Scared* curriculum.**

Cost: No cost in Minnesota; cost for out-of-state buyers is being determined.

Organization: Jacob Wetterling Resource Center and the Zero Abuse Project

Contact: Zero Abuse Project: 651-714-4673 or the Jacob Wetterling Center: (800) 325-HOPE, or email training@zeroabuseproject.org

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