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SafeBerks.org

We work to end domestic violence and sexual assault

Safe Berks

Educational Curriculum

Safe Berks *provides a safe haven and support to victims of domestic violence and sexual assault. Our advocacy and education programs increase awareness of oppression and promote the prevention of domestic violence and sexual assault.*

Safe Berks Curriculum
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Safe Berks Preschool Educational Programs

Healthy Relationship Project: Care for Kids Created by: Prevent Child Abuse Vermont

- *6 weekly lessons; 45 minutes each*
- *4 mandatory lessons*

This curriculum is trauma informed with a holistic approach that is researched based. The Care for Kids curriculum consists of 6 lessons; asking for help, feelings, bodies, babies, asking for permission, and a wrap up. While learning to ask for help the students will learn to ask trusted adults when needing something as simple as the cookie jar is too high and they need help to reach a cookie. During the feelings lessons the children will learn to recognize their feelings as well as the feelings of peers, and how different emotions cause different physical feelings. They also learn what "mixed up" and confused means when it comes to experiencing more than one emotion. In the bodies lesson students will learn the anatomically correct language to use when referring to body parts. The babies lesson is used to empower students and celebrate what they can do now that they grew up while learning what babies need. This helps the students to learn to nurture while playing with the babies and practicing how to feed, hold, and diaper the baby dolls. The last lesson of the Care for Kids curriculum is about asking for permission such as "Can I hug you?" and learning they have the right to say no and respecting a peer who says "No."

Core Concepts of Healthy Relationship Project:
• Adults are primarily responsible for protecting children and adolescents from abuse.
• Violence can be prevented through skill-based, developmentally targeted health promotion with students in the classroom.
• Comprehensive prevention includes victim and victimizer prevention and bystander engagement.
• Consideration for the impact of trauma and past victimization is critical when engaging in child sexual abuse prevention with individuals across the age spectrum.
• Multi-disciplinary with student in class sessions, parent engagement, parent workshops, and teacher trainings
• Recognized by the PA Department of Education Office for Safe Schools as a model program for Act 71

Targeted Audience:
•Preschool through 2nd grade

Safe Berks Primary Educational Programs

Healthy Relationship Project: Care for Kids Created by: Prevent Child Abuse Vermont

- *6 weekly lessons; 45 minutes each*
- *4 mandatory lessons*

This curriculum is trauma informed with a holistic approach that is researched based. The Care for Kids curriculum consists of 6 lessons; asking for help, feelings, bodies, babies, asking for permission, and a wrap up. While learning to ask for help the students will learn to ask trusted adults when needing something as simple as the cookie jar is too high and they need help to reach a cookie. During the feelings lessons the children will learn to recognize their feelings as well as the feelings of peers, and how different emotions cause different physical feelings. They also learn what "mixed up" and confused means when it comes to experiencing more than one emotion. In the bodies lesson students will learn the anatomically correct language to use when referring to body parts. The babies lesson is used to empower students and celebrate what they can do now that they grew up while learning what babies need. This helps the students to learn to nurture while playing with the babies and practicing how to feed, hold, and diaper the baby dolls. The last lesson of the Care for Kids curriculum is about asking for permission such as "Can I hug you?" and learning they have the right to say no and respecting a peer who says "No."

Core Concepts of Healthy Relationship Project:
• Adults are primarily responsible for protecting children and adolescents from abuse.
• Violence can be prevented through skill-based, developmentally targeted health promotion with students in the classroom.
• Comprehensive prevention includes victim and victimizer prevention and bystander engagement.
• Consideration for the impact of trauma and past victimization is critical when engaging in child sexual abuse prevention with individuals across the age spectrum.
• Multi-disciplinary with student in class sessions, parent engagement, parent workshops, and teacher trainings
• Recognized by the PA Department of Education Office for Safe Schools as a model program for Act 71

Targeted Audience:
•Kindergarten through 2nd grade

Safe Berks Elementary School Educational Programs

Healthy Relationship Project: We Care Elementary Created by: Prevent Child Abuse Vermont

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- *6 weekly lessons; 45 minutes each*
- *4 mandatory lessons*

This curriculum is trauma informed with a holistic approach that is researched based. It was created specifically for elementary school communities to prevent sexual victimization and promote healthy relationships and behaviors in children. Each grade level includes 6 lessons that focus on various topics related to healthy relationships. Topics include communication, understanding feelings, personal boundaries, recognizing boundaries in others, and understanding sexual harassment. These lessons build directly from the Care for Kids curriculum while teaching life-skills to the children. All lessons are age appropriate and include a mix of discussion and activities.

Core Concepts of Healthy Relationship Project:
• Adults are primarily responsible for protecting children and adolescents from abuse.
• Violence can be prevented through skill-based, developmentally targeted health promotion with students in the classroom.
• Comprehensive prevention includes victim and victimizer prevention and bystander engagement.
• Consideration for the impact of trauma and past victimization is critical when engaging in child sexual abuse prevention with individuals across the age spectrum.
• Multi-disciplinary with student in class sessions, parent engagement, parent workshops, and teacher trainings
• Recognized by the PA Department of Education Office for Safe Schools as a model program for Act 71

Targeted Audience:
• Grades 3rd through 6th

Safe Berks Middle School Educational Programs

Healthy Relationship Project: SAFE- T Created by: Prevent Child Abuse Vermont

- *10 weekly lessons; 45 minutes each*
- *4 mandatory lessons*

This curriculum is trauma informed with a holistic approach that is researched based. It was created specifically for elementary school communities to prevent sexual victimization and promote healthy relationships and behaviors in children. Each grade level includes 10 lessons that focus on various topics related to healthy relationships. Topics include coping, empathy, respecting boundaries, flirting, joking and Sexual harassment, consent, gender stereotypes, showing support and being a bystander. Each lesson is a mixture between discussion and activities. The students are given pre- and post-assessments to evaluate the impact of that SAFE-T has on their knowledge and attitudes.

Core Concepts of Healthy Relationship Project:
• Adults are primarily responsible for protecting children and adolescents from abuse.
• Violence can be prevented through skill-based, developmentally targeted health promotion with students in the classroom.
• Comprehensive prevention includes victim and victimizer prevention and bystander engagement.
• Consideration for the impact of trauma and past victimization is critical when engaging in child sexual abuse prevention with individuals across the age spectrum.
• Multi-disciplinary with student in class sessions, parent engagement, parent workshops, and teacher trainings
• Recognized by the PA Department of Education Office for Safe Schools as a model program for Act 71

Targeted Audience:
• Grades 7th and 8th

Middle School Presentations

Healthy Relationship

- *Sixth, Seventh and Eighth Grade Students*
- *45-minute presentation*

Because relationships skills are formed in adolescence, this presentation is appropriate and extremely important for middle school students. Students are involved in many different types of relationships with their families, friends, classmates and adult role models. In this single session class discussion, students are encouraged to brainstorm ideas about the qualities they want and deserve in a relationship. The purpose of the discussion is to assist students in understanding the components of healthy relationships. Students will also examine healthy and unhealthy aspects of relationships observed within their own lives.

Take A Walk in My Shoes

- *Sixth, Seventh and Eighth Grades*
- *45 Minute Presentation*

This program is an exciting and unique way to assist students in understanding the dynamics of empathy. The facilitator brings a variety of shoes to the classroom, each with a different story card attached to it. After forming groups, students will randomly choose a shoe from the box and silently read the story card. Each group discusses among themselves how they would feel if they were this person, taking a walk in this person's shoes. A spokesperson will present a composite picture to the entire class, and the class will then postulate what the person's gender, age and background are by hearing his or her feelings and description from the story on the shoe. A discussion of those assumptions then follows. The program enables students to evaluate assumptions about individual's feelings and assists them in the development of empathy.

From Bullying to Sexual Harassment

- *Sixth, Seventh and Eighth Grades*
- *45 Minute Presentation*

This program examines the nature of bullying in the middle school environment. Bullying is defined in the beginning of the presentation by eliciting examples from the students' school and neighborhood experiences. The program's discussions then focus on how teasing can turn into bullying when the target does not find the action appropriate. Problem-solving techniques are presented to provide coping tools for students if they or a friend becomes the target of a bullying episode. The early stages of sexual harassment are addressed as well. Discussion among students and presenters around case studies that describe bullying plus flirting and hurting encourage students to focus on resolution.

Safe Berks High School Presentations

Healthy Relationships Curriculum

- *Ninth through 12th Grade*
- *5 sessions, 45-Minute each*

Students are involved in many different types of relationships with their families, friends, classmates, and adult role models. Students will be introduced to themes which reoccur yearly. Each year's curriculum is developmentally age appropriate. Topics range from healthy relationships, empathy, self-esteem, teen dating violence, gender expression, healthy sexuality, emotional regulation, being a good bystander/upstander, mental health/self-care, and support/community resources. The purpose of each discussion is to assist students in understanding the components of healthy relationships and give them the skills they need to create and foster healthy relationships in their own life.

Relationships Decoded Curriculum

- *Ninth through 12th Grade*
- *11 sessions, 30 – 90 Minutes each*
- *Groups of 14 or less*

Relationships Decoded was created in response to the phenomenon of sexual abuse as it affects people with disabilities. Research has shown that people with developmental disabilities are grossly over- represented as targets of sexual abuse. Relationships Decoded addresses this by preparing participants to recognize signs of abuse and coercion, use assertiveness, and report abuse, while also training people how to obtain consent and recognize social-sexual laws and norms.

Healthy Relationships One-Time Presentation

- *Ninth through 12th Grade*
- *45-Minute Presentation*

In this single session class discussion, students will be encouraged to brainstorm ideas about the qualities they want and deserve in a relationship while doing a block activity. The purpose of the discussion is to assist students in understanding the components of healthy relationships. Students will examine healthy and unhealthy aspects of relationships they have observed within their own lives. They will also take part in a red flag activity, to help students understand what red flags in a teen dating abuse and unhealthy relationship could be.

Healthy Relationships 3-day Curriculum

- *Ninth through 12th Grade*
- *3 sessions, 45-Minute each*

Students are involved in many different types of relationships with their families, friends, classmates and adult role models. In three session class students will be encouraged to brainstorm ideas about the qualities they want and deserve in a relationship through discussion and block activity. The purpose of the discussion is to assist students in understanding the components of healthy relationships. Students will also examine healthy and unhealthy aspects of relationships they have observed within their lives. This program will help students understand red flags for an abusive relationship and their rights in a relationship. The three day version of Healthy Relationships features the interactive activity, "In Their Shoes: Teens and Dating Violence," providing students the opportunity to directly experience what it is like to be in a teen dating violence situation from the perspective of one of six characters, as they walk through their stories and make decisions that affect the outcomes of the characters story. The third day will sum up the previous two while allowing time to respond as a bystander to the story and character they had in week two. This works on how to be a good bystander to friends, family and peers when it comes to abuse.

From Bullying to Sexual Harassment

- *Ninth Grade*
- *45- Minute Presentation*

This program examines the nature of bullying in the middle school environment. Bullying is defined in the beginning of the presentation by eliciting examples from the students' school and neighborhood experiences. The program's discussions then focus on how teasing can turn into bullying when the target does not find the action appropriate. Problem-solving techniques are presented to provide coping tools for students if they or a friend becomes the target of a bullying episode. The early stages of sexual harassment are addressed as well. Discussion among students and presenters around case studies that describe bullying plus flirting and hurting encourage students to focus on resolution.

Take A Walk in My Shoes

- *Ninth and Tenth Grade*
- *45-Minute Presentation*

This program is an exciting and unique way to assist students in understanding the dynamics of empathy. The facilitator brings a variety of shoes to the classroom, each with a different story card attached to it. After forming groups, students will randomly choose a shoe from the box and silently read the story card. Each group discusses among themselves how they would feel if they were this person, taking a walk in this person's shoes. A spokesperson will present a composite picture to the entire class, and the class will then postulate what the person's gender, age and background are by hearing his or her feelings and description from the story on the shoe. A discussion of those assumptions then follows. The program enables students to evaluate assumptions about individuals' feelings and assists them in the development of empathy.

Teen Dating Violence: “In Their Shoes”

Partial Day Seminar: 2 Hours

About one in four teens report verbal, physical, emotional, or sexual abuse each year. It is very likely that students have experienced, or know someone experiencing, red flags of dating abuse. This program will help students understand red flags of an abusive relationship, and how to help their friends who are victims. The presentation features the interactive activity “In Their Shoes: Teens and Dating Violence,” providing participants the opportunity to directly experience what it is like to be in a teen dating violence situation from the perspective of one of six characters, as they walk through their stories and make decisions that affect the outcomes.

Behind the Post

- *Ninth through 12th Grade*
- *1 session, 45-Minute*

Behind the Post was developed by One Love to show that what we see on social media is not always what is the truth. This presentation includes a short movie and a discussion to help young people understand the differences between healthy and unhealthy relationships and what can be done to stop unhealthy behaviors from escalating to abuse. It also provides a framework for young people to talk about healthy and unhealthy behaviors that they may experience in their own lives and opens young peoples’ eyes to the role that social media often plays in unhealthy relationships, and to help them better navigate their use of social media in their own relationships and those of their friends.

Adult Training

Relationships Decoded Curriculum

- *18 – 24 years of age*
- *Introductory: 11 sessions, 30 – 90 Minutes each*
- *Advanced: 14 sessions, 30 -90 Minutes each*

Relationships Decoded was created in response to the phenomenon of sexual abuse as it effects people with disabilities. Research has shown that people with developmental disabilities are grossly over-represented as targets of sexual abuse. They are less likely to participate in sexual education classes. This leaves them particularly vulnerable to be targets of exploitation/abuse. Research has also shown that some people with developmental disabilities demonstrate sexual behavior that is unexpected, offensive to others or illegal. Anyone who has not been given information about appropriate social-sexual behavior is at risk of demonstrating this type of behavior. Programs that aim to minimize sexual abuse among people with developmental disabilities need to address these phenomena. Relationships Decoded does this by preparing participants to recognize signs of abuse, and coercion, use assertiveness and report abuse, while also training people how to obtain consent and recognize social-sexual laws and norms. We all want participants to have the knowledge and skills to enter into consensual, safe, and meaningful relationships of their choosing.

Relationships Decoded is divided into two programs, and Introductory Program and an Advanced Program.

The Introductory Program focuses on foundational concepts such as differentiating between public and private places, identifying wanted/unwanted touches, and practicing the use of assertive communication. It also provides foundational information on attraction, dating, expected behaviors on public dates and sexual abuse.

The Advanced Program explores signs of healthy and unhealthy relationships, explores their own values and boundaries, and discusses dating safety (including online safety). It also addresses consent, coercion, sexual abuse, contraception, and sexual health.

Responding to Reports of Sexual Violence Against Older Adults and People With IDD

- *4 sessions, 60 – 90 minutes each*

Reports of sexual harassment, abuse, and assault require a collaborative response. Recognizing that adults in later life and adults with intellectual and/or developmental disabilities (IDD) are often at increased risk of harm. The Pennsylvania Coalition Against Rape (PCAR) was funded, to develop training for victim services professionals and protective services investigators on responding to these challenging reports in ways that are trauma-informed and survivor-centered.

This interactive training program offers an overview of sexual violence within these populations; defines consent; explores specific considerations for working with older adults and adults with

IDD; identifies common signs and symptoms of abuse; provides an introduction to the impact of trauma on survivors and investigations; explores investigatory strategies and recommendations; highlights the benefits of multidisciplinary collaboration; and discusses the impact of vicarious trauma and ways to build resilience in professionals.

Domestic Violence 101

Partial Day Seminar: 1.5 or 3 Hours

Domestic violence does not discriminate. It is pervasive in the homes and lives of many students, as well as in the lives of co-workers - regardless of race, ethnicity, gender, sexual orientation, economic status or level of education. This presentation helps adults understand the violence some of their community members face so that they can work to provide a supportive environment. By working together, we can increase awareness and encourage action to break the cycle of domestic violence.

Domestic Violence: Through the Eyes of a Child

Partial Day Seminar: 1.5 or 3 Hours

Safe Berks has developed this presentation to help adults understand the effects of domestic violence on children. All too often, children witness or are themselves victims of violence at home or in their community. Growing up in a violent home is a terrifying and traumatic experience that can affect every aspect of a child's life, growth, and development. In this presentation we will discuss the signs and effects of children living with violence, ways to talk to children about domestic violence, what to do if a child or young person discloses abuse in the home, and how to help victims. Through supportive intervention, even one caring individual can dramatically change a child's life.

Sexual Violence 101

Partial Day Seminar: 1.5 or 3 Hours

It is a common misconception that most rapes and sexual assaults are committed by strangers. In truth, victims are more likely to be attacked by someone they know – an acquaintance, family member, classmate, neighbor, or co-worker -- than by a stranger in a dark alley. Participants will learn Pennsylvania's laws about rape and sexual assault, methods of coercion and grooming that are commonly used by sexual assault perpetrators, and what to do if you or someone you know is a victim of sexual assault.

Mandated Reporting of Suspected Child Abuse

2 hour or 3 hour presentation- Mandated Reporter Certification Course

This presentation is a Certification course on mandated reporting of suspected child abuse. It explains your role in the protection of our children. This course has been approved by the Department of Human Services in accordance with Act 31 of 2014 and approved by the Pennsylvania Department of Education in accordance with Act 126 of the Pennsylvania Public School Code.

Preventing Sexual Harassment at Work

4 step training: Sexual harassment Policy Review, online interactive training, All Staff Training 2.5 hours, Leadership and Supervisor Training 1.5 hours, consultation on policy and climate survey time may vary

Unlike traditional programs that have proven to be unsuccessful, this sexual harassment training incorporates the 2016 findings and suggested best practices by the EEOC. A multi component program focuses not only on the criminal offense of sexual harassment, but also the micro aggressions that often lead to a toxic work environment. Highlighted throughout the series is a focus on encouraging positive, appropriate workplace behaviors and teaching techniques for intervening as a bystander. The employee training can include an online component that allows each participant to enter a virtual work environment and test their skills and knowledge. The online portion concludes with a test and certificate of completion. Companies may choose to include the components that review company sexual harassment policy and makes suggestions based on the EEOC best practices. There is also an employee climate survey which can be completed prior to training.

Sexual Violence and Children

Partial Day Seminar: 1.5 or 3 Hours

According to Pennsylvania Coalition Against Rape (PCAR) (www.pcar.org) statistics, one in four girls and one in six boys will be sexually assaulted before the age of 18. Children under 12 years of age account for 34% of those cases, and children under six years of age account for 14% of those cases. In this presentation, adults will learn to recognize behaviors that child victims of sexual violence may display, how to talk to children about sexual violence, and how perpetrators “groom” their child victims.

Teen Dating Violence: “In Their Shoes”

Partial Day Seminar: 2 Hours

About one in four teens report verbal, physical, emotional, or sexual abuse each year. It is very likely that there are children sitting in their community who are experiencing abuse by an intimate partner. This program will help adults understand red flags for an abusive relationship, the unique differences between adult domestic violence and teen dating abuse, and how to help a teenage victim. The other half of the presentation features the interactive activity, “In Their Shoes: Teens

and Dating Violence," providing adult participants the opportunity to directly experience what it is like to be in a teen dating violence situation from the perspective of one of six characters, as they walk through their stories and make decisions that affect the outcomes.

Technology and Internet Safety

90-minute presentation

Did you know that cell phone use can be monitored? Did you know that a global positioning system (GPS) can be placed on your car, in your purse or in your cell phone? How safe are social networking and gathering sites? Technology is fun and can be very helpful to victims of domestic violence, sexual assault, and stalking, however it is important to also consider how technology may be misused. In this presentation, participants will learn about the many dangers that victims of domestic violence, sexual violence and stalking can face through technology and safety planning tips to suggest to victims.

Escalation Workshop

College Students
90-minute presentation

The Escalation Workshop is a film-based discussion that opens participant's eyes to the warning signs of relationship abuse. The workshop consists of a film, Escalation, followed by a guided discussion led by a trained facilitator.

Consent

90-minute presentation

This presentation helps to explain consent, what it is, why it's important, and what it looks like. It also defines sexual assault and gives important information on the importance of believing survivors of sexual assault. There is a role play activity which illustrates a sexual assault situation followed by a participant discussion. During the discussion, "body language" is explored as well as how the situation could have been changed by checking in and asking for consent.

Consent for NCAA athletes

90-minute presentation

This presentation is on what is consent, why is consent important, and what does consent look like. It also defines sexual assault and gives important information on believing survivors of sexual assault. There is a role play activity that illustrates a sexual assault situation and is then discussed by those participating. Participants then meet in break out groups to complete a worksheet about the role play that was just performed. During the discussion "body language" is explored as well as how the situation could have been changed by checking in and asking for consent.

Domestic Violence as a Public Health Issue

90-minute presentation

Domestic Violence is not just something that is an individual problem– it is a widespread social and public health issue rooted in our attitudes about women, power/less power, privacy/behind closed doors, what is acceptable in relationships, etc. Most Domestic Violence does not rise to the level of criminal behavior. In this presentation we will focus on Domestic Violence as a Public Health Issue and how we can use protective factors to end abuse.

Safety Planning and Self-Care

90-minute presentation

In this interactive training the participants will use an opening activity to put into perspective that safety planning is a process. The group will focus understanding safety planning and how can we assist someone safety plan. This training also opens the discussion about self-care for the helpers. Using activity and discussion, we learn the importance of self-care and what can we do to take care of ourselves.

In Her Shoes: Living with Domestic Violence

90-minute presentation

In this interactive training participants get a character and then take a walk in her shoes. All the stories are real stories about women who are domestic violence victims. It gives a better understanding to those who are not in an abusive relationship to just how many barriers some women face and how dangerous it can be to leave. Some of the victim's stories include children and the participants carry baby dolls with them to get more of a feeling of bringing a baby with them through all of that occurring in the story. What happens in the story and how the story ends depend on the decisions the participant makes throughout the activity.

Caminando en sus Zapatos

90-minute presentation

This edition, entirely in Spanish, is not a translation of the English versions. It contains all new characters and stories that illustrate the particular challenges facing Latinx immigrants who are experiencing abuse.

Caminando en sus Zapatos: English Translation

90-minute presentation

This edition is a translation of the original Caminando en Sus Zapatos, which focuses on characters and stories that illustrate the particular challenges facing Latinx immigrants who are experiencing abuse.

Parent Workshops

Nurturing Healthy Sexual Development

90-minute presentation

This workshop focuses on giving information on child sexual abuse, the importance of nurturing healthy sexual development, and how to communicate openly with children about topics related to sexuality or the differences between boys and girls. During this workshop we discuss why its important children get this information from trusted adults, schools and professionals. Each stage of development looks different depending on age and each stage is discussed during the workshop. We also give examples and an activity that show adults how to talk to children about difficult topics and how to answer questions effectively.

Parents in the Know

4 weekly sessions 2 hours each

This is a 4-session training that brings adults together to learn more about protecting our children and preventing child sexual abuse. It is important to understand that it is our responsibility as adults to protect children. Our focus will be on educating, empowering, and building skills to better protect children. One important part of the program is improving our abilities as adults to recognize, question, and intervene if necessary, with other adults.

Donations to Safe Berks Education and Outreach Department

Safe Berks accepts and welcomes donations, where funding is available, for Safe Berks presentations. We are, however, firmly committed to providing quality education to students and educators regardless of ability to provide a donation.

- Safe Berks Individual School Presentations suggested donation is $50 per presentation.
- Safe Berks Educational Group suggested donation is $500.
- Safe Berks Teacher In-service single session suggested donation is $100 per hour.

Contact Information

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