



Programs for Youth offered by Resilience

All of Resilience's programs are conducted by trained professionals. Each 45-minute session is developmentally appropriate, highly interactive, and tailored for your group. Our programs are evidence-informed and we work to include multiple learning styles and educational best practices.

Kindergarten "Roles & Body Rules" Program (5 sessions)

By the completion of this program, students will have a basic understanding of the main objectives of Resilience's youth program. First, they will understand and explore gender roles. Second, they will identify private parts and safe versus unsafe touches. They will practice asking before touching in a role play with their classmates and learn to accept when their request is rejected. Finally, they will identify what the uh-oh feeling is and practice telling an adult when they receive an unsafe touch.

Grades 1 & 2 "Safe Touch" Program (5 sessions)

By the completion of this program, students will have an understanding of what to do in the case of sexual abuse. They will start by identifying and understand various limitations of gender roles. Then they will identify private body parts and their personal boundaries. With that, students will model asking permission for safe touches and saying "no" to unsafe touches all while they learn to differentiate between safe and unsafe touches. Finally, students will identify five safe adults to whom they can report followed by a role play of that report.

Grades 3-5 "Safer Relationships" Program (5 sessions)

By the completion of this program, students will challenge gender roles, resolve conflicts peacefully, know how to identify and report sexual harassment and abuse from both an adult and a peer. Teachers are encouraged to continue the conversation with their classes before and after program implementation and undergo our teacher training on responding to sexual assault disclosures, since children who previously have not reported may do so in the course of this program.

Grades 6-8 "Making Schools Safe" Program (7 sessions)

By the completion of this program, students will be empowered to claim autonomy over their own bodies by identifying and demonstrating their bodily rights. They will be able to implement bystander intervention methods on both community and individual levels. Students will explore gender in the eyes of the media by analyzing the way our culture informs our views of gender, sexuality and relationships.

Grades 9-12 "Catalyst for Change" Program (6 sessions)

By the completion of this program, students will be able to explain why consent is crucial to not only healthy sexuality but a healthy community. Moreover, they will understand how violence is about power and control and that violence begets violence within their community. Students will analyze how sexism contributes to community violence and brainstorm concrete ways to end sexism. Using this knowledge, students will plan a school event or group to combat common forms of violence.

All of our educational programs are offered for **free** or on a **sliding scale**.

Resilience also offers trainings for professionals and parents on a **sliding scale**.

To request a program, contact **Lillian Cartwright**, Director of Education & Training with Resilience.

Phone: 872.356.8203

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Programs for Youth offered by Resilience

Kindergarten “Roles & Body Rules” Program

Lesson 1 Gender Roles: Students will analyze how gender roles can be harmful.

(National Sexuality Education Standard ID.2.CC.1) 🖐️

Lesson 2 Asking Before Touching: Students will be able to role play asking before touching and accepting rejection.

(National Sexuality Education Standard HR.2.IC.2 AND PS.2.CC.1) 🖐️ 🖐️

Lesson 3 Tell and Adult: Students will be able to role-play reporting to a second safe adult after their first does not believe they have received an unsafe touch on their private parts.

(National Sexuality Education Standard PS.2.SM.1 and AP.2.CC.1) 🖐️ 😊

Lesson 4 Ricky Tells His Truth: Students will be able to explain the main points of the full kindergarten curriculum, including safe/unsafe touch, reporting, safe adults, uh-oh feeling, and supporting survivors.

(National Sexuality Education Standard PS.2.SM.1) 🖐️ 😊

Lesson 5 Review: Students will review content from the last four sessions and have time to ask questions.

Grades 1-2 “Safe Touch” Program

Lesson 1 Gender Roles: Students will analyze how gender roles can be harmful.

(National Sexuality Education Standard ID.2.CC.1) 🖐️

Lesson 2 Body Safety: Students will be able to identify private body parts and recognize safe and unsafe touches.

(National Sexuality Education Standard AP.2.CC.1 and PS.2.CC.1) 😊

Lesson 3 Healthy Boundaries: Students will be able to express their personal boundaries, model asking permission for safe touches, and identify 5 safe adults they can report to. 🖐️ 😊

(National Sexuality Education Standard HR.2.IC.2 and PS.2.AI.1)

Lesson 4 Ricky Tells His Truth: Students will be able to explain the main points of the full curriculum, including safe/unsafe touch, reporting, safe adults, uh-oh feeling, and supporting survivors. 🖐️ 😊

(National Sexuality Education Standard HR.2.IC.2 and PS.2.SM.1)

Lesson 5 Review: Students will review content from the last four sessions and have time to ask questions.

Grades 3-5 “Safer Relationships” Program

Lesson 1 Gender roles: Students will be able to define gender roles and explain how they can be untrue and hurtful.

(National Sexuality Education Standard ID.5.ADV.1) 🖐️ 🖐️

Lesson 2 Relationships: Students will be able to categorize aspects of health and unhealthy relationships.

(National Sexuality Education Standard HR.5.CC.1) 🖐️

Lesson 3 Peer Sexual Violence: Students will be able to identify sexual harassment from a peer and invent bystander intervention strategies.

(National Sexuality Education Standard PS.5.CC.2 and PS.5.SM.1) 🖐️ 😊

Lesson 4 Child Sexual Abuse: Students will be able to identify unsafe touches and role-play how to respond.

(National Sexuality Education Standard PS.5.AI.2) 🖐️ 😊

Lesson 5 Review: Students will review content from the last four sessions and have time to ask questions.



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Grades 6-8 “Making Schools Safe” Program

Lesson 1 Gender Roles: Students will be able to identify gender roles and analyze how they can be hurtful.

(National Sexuality Education Standard ID.8.INF.1) 🖐️

Lesson 2 Personal Boundaries: Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others.

(National Sexuality Education Standard HR.8.IC.2) 🖐️ 😊

Lesson 3 Relationships: Students will be able to determine if a relationship is healthy, unhealthy, or abusive, and analyze how an abusive relationship impacts the victim.

(National Sexuality Education Standard PS.8.CC.2) 🖐️ 😊 📖

Lesson 4 Sexual Violence: Students will be able to identify sexual assault and analyze how Rape Culture effects survivors.

(National Sexuality Education Standard PS.8.CC.1, PS.8.CC.2, PS.8.CC.3, PS.8.CC.4)

Lesson 5 Bystander Intervention: Students will be able to develop safe and practical bystander intervention plans.

(National Sexuality Education Standard PS.8.SM.2) 📖

Lesson 6 Community Activism: Students will be able to create a community action plan on a chosen issue.

(National Sexuality Education Standard ID.8.ADV.1, PS.8.ADV.1) 📖

Lesson 7 Review: Students will review content from the last six sessions and have time to ask questions.

Grades 9-12 “Catalyst for Change” Program

Lesson 1 Power and Control: Students will be able to analyze how violence is about power and control.

National Sexuality Education Standard PS.12.ADV.1) 🖐️ 📖

Lesson 2 Gender and Power: Students will be able to develop concrete ways to combat gender-based violence.

(National Sexuality Education Standard ID.12.INF.1 and ID.12.ADV.1) 🖐️

Lesson 3 Consent and Sexual Violence: Students will be able to explain why consent is crucial to healthy sexuality.

(National Sexuality Education Standard PS.12.INF.2 and PS.12.CC.3) 🖐️

Lesson 4 Bystander Intervention: Students will be able to role-play a bystander intervention strategy.

(National Sexuality Education Standard PS.12.IC.2) 🖐️ 📖

Lesson 5 Student Activism: Students will be able to plan a school event or group to combat common forms of violence.

(National Sexuality Education Standard PS.12.ADV.1) 📖

Lesson 6 Review: Students will review content from the last five sessions and have time to ask questions.

Illinois State Board of Education
Social/Emotional Learning Standards **KEY:**

😊 - **Goal 1** : Self Awareness & Management

🖐️ - **Goal 2** : Positive Relationships

📖 - **Goal 3** : Decision Making