


RESILIENCE
EMPOWERING
SURVIVORS
ENDING SEXUAL
VIOLENCE

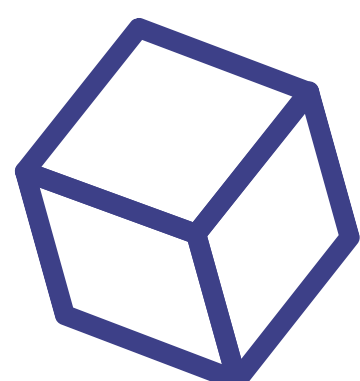
Youth Programming Offerings

Updated January 2022

ABOUT OUR PROGRAMS



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. Each lesson can be adapted for in-person and remote learning.



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 **Maggie Arthur**, Director of Education & Training with Resilience.

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CURRICULUM:

K-2 "ROLES & BODY RULES" SESSIONS

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PROGRAM OUTCOME

By the completion of this program, students will have a basic understanding of the main objectives of Resilience's youth program. First, they will explore how gender roles can be harmful. Second, they will identify private parts and recognize safe and unsafe touches. Then, students will learn to express their personal boundaries, model asking permission for safe touches, and identify 5 safe adults they can report to. Finally, they 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.

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

(National Sex Education Standard Gl.2.CC.1 & Gl.2.CC.2)

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

(National Sex Education Standards AP.2.CC.1 & IV.2.AI.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 Sex Education Standards CHR.2.IC.1, IV.2.AI.1 & CHR.2.CC.3)

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 Sex Education Standard CHR.2.CC.1)

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

CURRICULUM:

GRADES 3-5 "RESPECT & RESPONSE" SESSIONS



PROGRAM OUTCOME

By the completion of this program, students will challenge gender roles, categorize relationships as healthy or unhealthy, and know how to identify and report sexual 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.

Lesson 1: Gender roles: Students will be able to define gender roles and explain how they can be untrue and hurtful.
(National Sex Education Standard ID.5.ADV.1)

Lesson 2: Relationships: Students will be able to categorize aspects of health and unhealthy relationships.
(National Sex 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 Sex Education Standards 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 Sex Education Standard PS.5.AI.2)

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

CURRICULUM:

GRADES 6-8 "MAKING SCHOOLS SAFE" SESSIONS

PROGRAM OUTCOME

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.

Lesson 1: Gender Roles: Students will be able to identify gender roles and analyze how they can be hurtful.
(National Sex Education Standard ID.8.INF.1)

Lesson 2: Boundaries and Consent: Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others.
(National Sex Education Standard HR.8.IC.2)

Lesson 3: Rejection and Coping: Students will understand the process of Rejection and how to handle strong or negative emotions in multiple areas of their lives.
(National Sex Education Standards IV.8.ADV.1 & CHR.8.IC.1)

Lesson 4: Sexual Violence: Students will be able to define sexual assault and explain how it is part of the larger spectrum of sexual violence.
(National Sex Education Standards PS.8.CC.1, PS.8.CC.2, PS.8.CC.3, PS.8.CC.4)

Lesson 5: Relationships: Students will be able to determine if a relationship is healthy, unhealthy, or abusive, and analyze how an abusive relationship impacts victim
(National Sex Education Standard PS.8.SM.2)

Lesson 6: Bystander Intervention: Students will be able to develop a safe and practical violence-intervention plan.
(National Sex Education Standard PS.8.SM.2)

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

CURRICULUM:

GRADES 9-12 "CATALYST FOR CHANGE" SESSIONS



PROGRAM OUTCOME

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, brainstorm concrete ways to end sexism, and explore ways to engage in healthy relationships in the digital age. Using this knowledge, students will plan a school event or group to combat common forms of violence.

Lesson 1: Power and Control: Students will be able to analyze how systemic, community, and interpersonal violence are about power and control.
(National Sex Education Standard CHR.12.INF.3)

Lesson 2: Gender and Power: Students will explore what societal, community, and interpersonal factors contribute to their notions of gender roles, and analyze how narrow definitions of gender contribute to rape culture.
(National Sex Education Standard GI.10.INF.1)

Lesson 3: Consent and Sexual Violence: Students will be able to explain the four pillars of consent and why properly practiced consent is crucial to healthy sexuality.
(National Sex Education Standards CHR.10.SM.1 & CHR.12.INF.1)

Lesson 4: Teen Dating Violence: Students will explore the cycle of intimate partner violence, analyze supports that exist for survivors, and explain accountability processes for survivors and perpetrators.
(National Sex Education Standard IV.10.CC.2)

Lesson 5: Bystander Intervention, Accountability & Next Steps: Students will be able to role-play a bystander intervention strategy.
(National Sex Education Standard IV.12.ADV.1)

Lesson 6: Safe Relationships in the Digital Age: Students will learn healthy ways to explore relationships using technology.
(National Sex Education Standard CHR.12.SM.1)

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