



YOUTH PREVENTION EDUCATION

Prevention education is a critical component of reducing the risk of sexual violence. Resilience youth prevention education services are developmentally appropriate, highly interactive, and tailored to your needs. Our sessions are designed to be inclusive of multiple learning styles and incorporate educational best practices. The length of lessons and weeks of residency can be adjusted as needed.



GRADES K-2: ROLES AND BODY RULES

Students will have a basic understanding of the private parts of the body and recognize safe and unsafe touches. They will learn to express their personal boundaries, model asking permission for safe touches, and identify five adults they feel safe to notify if they experience an unsafe touch. Students will engage in activities that introduce permission to touch, the "uh-oh feeling, bodily autonomy and safe adults. *Content may be added for students to be able to define gender roles and explain how they may be untrue and hurtful. (3-5 lessons, 30 minutes each)

GRADES 3-5: RESPECT AND RESPONSE

Students will categorize relationships (including friendships) as healthy, unhealthy, or abusive, and learn how to identify and report sexual abuse. They will be able to identify what the "uh-oh feeling" feels like in their bodies and think about selection of five safe adults they can talk to if they experience an unsafe touch. Students will learn to identify grooming and how to support a friend who may be experiencing grooming with an emphasis on how to be a good listener and how to report to a safe adult. *Content may be added for students to be able to define gender roles, and explain how they may be untrue and hurtful. (3-5 lessons, 60 minutes each)

GRADES 6-8: MAKING SCHOOLS SAFE

Students will explore boundaries, learn about passive vs. active 'consent' and speaking up when something doesn't feel right. They will learn, and practice implementing, bystander intervention methods on both community and individual levels. Students will be empowered to claim autonomy over their bodies – identifying and demonstrating their bodily rights. *Content may be added on exploring gender in the eyes of the media by analyzing the way our culture informs our views of gender, sexuality, and relationships. (4-6 lessons, 60 minutes each)

GRADES 9-12: CATALYST FOR CHANGE

Students will be able to differentiate between consent culture and rape culture through exploring topics like power and control, teen dating violence, and navigating safe relationships online. Students will also explore rape culture's relationship to gender and sexuality. Students will investigate concrete ways for interrupting harmful behaviors influenced by rape culture, and explore ways to engage in healthy relationships. *Content may be added that examines power dynamics within interpersonal and community violence. (6-8 lessons, 50 minutes each)

TEACHER TRAININGS:

Educators review the core concepts of Resilience youth curriculum, including consent, boundaries, child sexual abuse, power and control, grooming, and identification of safe adults/peers. We will discuss the warning signs of child sex abuse by age group and provide an overview of appropriate disclosure responses, options, rights, and services.

PARENT/CARETAKER TRAININGS:

Caregivers will discuss things they can do to prevent child sexual abuse, including understanding consent and child abuse, recognizing signs of abuse, beginning conversations about sex and sexual abuse, and supporting youth survivors. We will provide an overview of appropriate disclosure responses, options, rights and services.

Teachers and caregivers are encouraged to continue the discussion before and after programming.
Ask us about our diverse learner curriculum and onsite support groups!

GRADES K-2: ROLES AND BODY RULES PROGRAM

- **LESSON 1 Gender Roles:** Children will discuss the various expressions of gender and how gender role stereotypes may limit behavior. (GI.2.CC.2)
- **LESSON 2 Boundaries and Body Rules:** Children will learn about body boundaries, privacy (AP.2.CC.1), and identify situations that may be uncomfortable or dangerous (the "uh-oh feeling"). (IV.2.AI.1)
- **LESSON 3 Healthy Boundaries:** "Consent" is introduced as a term (CHR.2.CC.3), and children participate in activities that demonstrate how to communicate personal boundaries and show respect for someone else's personal boundaries. (CHR.2.IC.1) They then identify trusted adults, including parents and caregivers, who they can talk to regarding uncomfortable or dangerous situations. (IV.2.AI.1)
- **LESSON 4 Ricky Tells His Truth:** The educator reads the book to students, which was created by Resilience, and reviews all major themes of the previous three lessons including the "Uh-oh" feeling, private parts, sexual abuse, safe adults, adults who may not believe a report, grooming, and healing. (CHR.2.CC.1)

GRADES 3-5: RESPECT AND RESPONSE PROGRAM

- **LESSON 1 Gender Roles:** Learn about concepts of the gender spectrum and how it fits within our individual identities and how to promote dignity and respect for people of all sexual orientations, genders, gender expressions, and gender identities, including other students, their family members, and members of the school community (SO.5.ADV.1 + GI.5.ADV.1)
- **LESSON 2 Relationships:** Describe the characteristics of healthy versus unhealthy relationships (CHR.5.CC.1)
- **LESSON 3 Peer Sexual Violence:** Identify strategies to call attention to or leave an uncomfortable or dangerous situations through interactive storytelling of characters engaged in conflict, including sexual harassment (IV.5.IC.1)
- **LESSON 4 Child Sexual Abuse:** Learn terms to define child sexual abuse, allowing them to identify their own personal boundaries through a list of touches, experiences, and emotions (IV.5.CC.1); learn about the steps a person can take when they are being or have been sexually abused, including identifying safe adults (IV.5.SM.1)

GRADES 6-8: MAKING THE SCHOOLS SAFE PROGRAM

- **LESSON 1 Gender Roles:** Students will analyze how identity impacts [D]1 and influences attitudes, beliefs, and expectations about gender. (GI.8.INF.1)
- **LESSON 2 Personal Boundaries:** Engage in interactive activities demonstrating effective ways to identify and communicate personal boundaries and show respect for the boundaries of others (HR.8.IC.2)
- **LESSON 3 Rejection and Coping:** Explore and identify negative emotions and their impacts; discover tools they already possess to cope with negative emotions – as well as gain new ones (CHR.8.IC.1, CHR.8.IC.2)
- **LESSON 4 Sexual Violence:** Learn terms and definitions related to interpersonal and sexual violence and their impacts on sexual health (IV.8.CC.1); learn that a person who has been sexually abused is never to blame for the actions of their abuser (IV.8.CC.2); explore the concept of consent and sexual agency. (CHR.8.CC.4)
- **LESSON 5 Relationships:** Compare the characteristics of healthy and unhealthy relationships. (CHR.8.CC.1); describe strategies that may be used to end an unhealthy relationship, including identifying and involving a trusted adult who can help (CHR.8.SM.1)
- **LESSON 6 Bystander Intervention:** Learn strategies and when it is safe to implement, to intervene when someone is being sexually harassed or acting in a way that is unhealthy or coercive (IV.8.SM.1)

GRADES 9-12: CATALYST FOR CHANGE PROGRAM

- **LESSON 1 Getting to Know One Another:** Students and educators build rapport, and educators introduce Resilience and upcoming lessons.
- **LESSON 2 Consent and Sexual Violence:** Learn about ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior (CHR.10.SM.1);
- **LESSON 3: Power and Control:** Describe the potential impacts of power and privilege within romantic and/or sexual relationships (CHR.12.INF.3)
- **LESSON 4 Rape Culture:** Explore how media portrayals of (un)healthy relationships impact norms about romance, sexual relationships, and pleasure (CHR.12.INF.1)
- **LESSON 5 Gender and Sexuality:** Analyze how media, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about gender, gender identity, gender roles, and gender expression (GI.10.INF.1)
- **LESSON 6 Teen Dating Violence:** Describe types of abuse and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence (IV.10.CC.2)
- **LESSON 7 Safe Relationships in the Digital Age:** Evaluate strategies to use social media safely, legally, and respectfully (CHR.12.SM.1)
- **LESSON 8 Bystander Intervention, Accountability and Next Steps:** Think creatively about how to advocate and intervene in ways that promote safety, respect, and equity for all people (IV.12.ADV.1)

CITATIONS THROUGHOUT COME FROM THE NATIONAL SEXUALITY EDUCATION STANDARDS 2020