



Safe Berks  
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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

# Safe Berks Curriculum Table of Contents

## Contents

<i>Safe Berks Preschool Educational Programs</i> .....	3
<b>Healthy Relationship Project: Care for Kids</b> Created by: Prevent Child Abuse Vermont .....	3
<i>Safe Berks Elementary School Educational Programs</i> .....	3
<b>Healthy Relationship Project: We Care Elementary</b> Created by: Prevent Child Abuse Vermont .....	3
<i>Safe Berks Middle School Educational Programs</i> .....	4
<b>Healthy Relationship Project: SAFE- T</b> Created by: Prevent Child Abuse Vermont .....	4
Middle School Presentations .....	5
<b>Healthy Relationship</b> .....	5
Safe Berks High School Presentations .....	6
Adult Training.....	8
<b>Parent Workshops</b> .....	12
<b>Donations to Safe Berks Education and Community Outreach Department</b> .....	12



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## *Safe Berks Preschool Educational Programs*

### **Healthy Relationship Project: Care for Kids** 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. 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 2<sup>nd</sup> 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 3<sup>rd</sup> through 6<sup>th</sup>

## *Safe Berks Middle School Educational Programs*

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

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- *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 7<sup>th</sup> and 8<sup>th</sup>

## Middle School Presentations

### Healthy Relationship

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- *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

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- *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

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- *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

### **From Bullying to Sexual Harassment**

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- *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.

### **Healthy Relationships**

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

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 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 also examine healthy and unhealthy aspects of relationships they have observed within their lives. They will also take part in a red flag activity to help students understand what could be red flags in a teen dating abuse and unhealthy relationship.

### **Healthy Relationships 3-day Curriculum**

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- *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.

## Take A Walk in My Shoes

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- *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.

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## Adult Training

### **Domestic Violence**

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*Full Day Seminar: 6 Hours*

This comprehensive program combines elements of “Domestic Violence 101,” “Through the Eyes of a Child,” and “Dating Abuse & Teens.” It includes the basics about domestic and dating violence including definitions and types of abuse, barriers to leaving an abusive relationship, effects on children of living with an abuser, what educators can do for victims and their children, and more.

### **“Ism’s” – Understanding Diversity**

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*Full Day Seminar: 6 Hours*

This highly interactive training will focus on issues of oppression that are present in our nation’s schools and communities: “adulthood,” sexism, racism, heterosexism, and classism. We utilize the **“Making the Peace”** curriculum created by Paul Kivel and Nell Myhand of the Oakland Men’s Project. This curriculum provides the framework for understanding violence and the role of gender, race, and economic status as the issues which contribute to it. The size and diversity of your staff will determine the specific content of this training, including the selection of group activities.

We have presented this program successfully at Safe Berks’s exciting and innovative CAMP Safe Berks Project, which seeks to create an alliance of youth and adults to address social justice issues.

We will discuss with participants the possibility of Safe Berks bringing this program to students in their schools, as well as enlist their support in promoting CAMP Safe Berks - including recruitment of campers and the encouragement of ongoing youth advocacy in dealing with issues of oppression.

Further, we will invite educators to consider attending the camp themselves as a member of the Facilitation Team or as an adult camper!

### **Domestic Violence 101**

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*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.

Safe Berks has developed an in-service program to help teachers understand the violence some of their students and colleagues face so that they can work to provide a peaceful and supportive environment in their school. Teachers will receive information on available community services so that they can be a resource for their students and colleagues. 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**

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*Partial Day Seminar: 1.5 or 3 Hours*



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.

Safe Berks has developed an in-service program to help educators understand the effects of domestic violence on children. 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**

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*Partial Day Seminar: 1.5 or 3 Hours*

There are many crimes of sexual violence, including rape and sexual assault. These crimes are motivated by a desire to control, humiliate and harm. They can occur at any time and be perpetrated by almost anyone. It is a common misconception that most rapes and sexual assaults are committed by strangers. 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, rape risk reduction strategies, and what to do if you or someone you know is a victim of sexual assault.

## **Mandated Reporting of Suspected Child Abuse**

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*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.

## **Sexual Violence and Children (or Adolescents)**

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*Partial Day Seminar: 1.5 or 3 Hours*

According to Pennsylvania Coalition Against Rape (PCAR) ([www.pcar.org](http://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. Clearly, this is an issue that educators and practitioners are likely to encounter during their careers.

In this presentation, educators 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. Further, we will focus on the specific age group of your students and how sexual violence may affect them.

## **Teen Dating Violence: "In Their Shoes"**

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*Partial Day Seminar: 1.5 Hours – 3 Hours*

About one in four teens report verbal, physical, emotional or sexual abuse each year. It is very likely that there are students sitting in your classroom who are experiencing abuse by an intimate partner. This program will help you 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 half day version of the workshop 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**

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*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**

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*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**

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*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**

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*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**

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*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**

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*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**

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*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**

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*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**

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*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**

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*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**

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*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 Community Outreach Department**

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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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