

## Appendix B: Sexual Abuse Education Programs and Resources

The following programs were collected by the Education Workgroup of the Task Force on the Prevention of Sexual Abuse of Children. This list is a sample of available national, state and local programs and resources and does not constitute endorsement by the Department of Elementary and Secondary Education. It is up to each school and child-serving organization to assess specific resources and needs and then decide on a program that best suits its students and community.

Schools are in a unique position to help young people shape positive, healthy attitudes, beliefs and behaviors that work to prevent sexual abuse. Research shows that the most effective way to do this is by training adults and teaching students skills through a comprehensive sexual abuse prevention education. Appendix B includes information on child sexual abuse prevention education for adults as well as children to inform districts interested in implementing a comprehensive sexual abuse prevention education program.

### Appendix B includes:

- **Programs for Children**
- **Programs for Adults (School Employees, Parents and Other Community Partners)**
- **Additional Programs for Children (Online Safety, Mental Health/Suicide Prevention, Dating Violence, Children With Disabilities)**

## PROGRAMS FOR CHILDREN

### MBF Child Safety Matters & Teen Safety Matters

**Organization:** Monique Burr Foundation

**Targeted Age Group:** Grades K-5 (Child Safety Matters); 6-8/9-12 (Teen Safety Matters)

**Description:** *MBF Child Safety Matters*® is a comprehensive, evidence-based curriculum for elementary school students in grades K-5. The program educates and empowers children and all relevant adults with information and strategies to prevent, recognize and respond appropriately to bullying, cyberbullying, all types of child abuse and digital abuse dangers. Each year the same concepts are covered and reinforced, while expanding definitions, concepts and interactive exercises as developmentally appropriate. Additional reinforcement materials for parents, classrooms and schools are also included with the program.

*MBF Teen Safety Matters*® is a comprehensive, evidence-informed prevention education program for middle school students in grades 6-8 and high school students in grades 9-12. The program addresses emotional, physical and digital safety and teaches students and adults how to prevent, recognize and respond appropriately to the four types of child abuse (physical, emotional, sexual, neglect), exploitation/trafficking, sexual assault, relationship abuse, bullying, cyberbullying and digital dangers.

**Format and Length:** Child Safety Matters and Teen Safety Matters are presented in two comprehensive lessons ranging from 35-55 minutes (or in four shorter lessons) by trained facilitators in classrooms. Facilitators present turnkey scripts along with engaging, interactive PowerPoints including lecture, group discussion, skills-practice activities, videos and games. Those who are wanting to implement this curriculum and wanting to facilitate the lessons must take a two-hour online training provided by MBF. It is required that one school staff member be present in the room while the facilitator offers

instruction. A 45-minute introductory training is recommended for these staff members so that they will be aware of the topics to be discussed and are prepared to respond to children who disclose abuse or bullying.

**Cost:** grades K-5 digital bundle--\$1500; grades 6-8 digital bundle--\$750; grades 9-12 digital bundle--\$500. If purchased individually, \$300 per grade.

**CONTACT:** [www.mbfpreventioneducation.org](http://www.mbfpreventioneducation.org)

Email: [Info@mbfpreventioneducation.org](mailto:Info@mbfpreventioneducation.org)

In Missouri, contact Kids' Harbor Child Advocacy Center if you have questions about the program: 1-573-348-6886 <https://kidsharbormo.org/>

### **Child Abuse Prevention Program (CAPP)**

**Organization:** Jewish Family Services-St. Louis

**Targeted Age Group:** Preschool through Grade 12

**Description:** The Child Abuse Prevention Program is offered to schools, daycare facilities, camps, community organizations and others to teach child safety, abuse recognition and abuse prevention. CAPP is based on an empowerment model. For children in early childhood programs and elementary school settings, this translates into knowing how and when to set boundaries and believing that they have the power to set those limits. CAPP teaches children how to distinguish between appropriate and inappropriate touching; learn response skills; understand grooming tactics and tricks used by abusers; identify people who can help; and most importantly, understand that if abuse occurred, it would never be their fault. The presentation incorporates observational and participatory learning, modeling and opportunities to practice learned skills. Videos, songs, child friendly props and activities are incorporated into the program.

**Format and Length:** Provided in person in St. Louis City and St. Louis County. Children, ages 3 to 19, are taught in a safe and non-threatening manner designed to entertain and inform. Programs are presented using a sensitive, developmentally-appropriate approach. Children receive coloring books or activity books to take home. The interactive multimedia presentations last from 20 to 45 minutes and offer opportunities to learn and practice safety skills which aid in safeguarding children from potentially dangerous situations.

**Cost:** There is no cost for the program in St. Louis City and County. Beginning in August 2021, school and agency staff may become certified facilitators of the CAPP curriculum.

**CONTACT:** [www.jfcs-stl.org/child-abuse-prevention](http://www.jfcs-stl.org/child-abuse-prevention)

Angela McManis, Manager of Community-Based Services, Jewish Family Services  
[amcmanis@jfsstl.org](mailto:amcmanis@jfsstl.org), 1-314-993-1000

### **Body Safety Training Program by Dr. Sandy Wurtele**

**Organization:** The Child Center Inc. (Wentzville, Hannibal)

**Targeted Age Group:** Early Childhood through Middle School

**Description:** The Child Center Inc. offers prevention education programs for children beginning pre-K through middle school and include topics such as body safety, internet safety/online enticement, and sexual harassment. The primary focus of these programs is to educate children about appropriate boundaries and empower victims to disclose abuse to safe and trusted adults.

**Format and Length:** Provided in person in schools throughout Northeast Missouri.

**CONTACT:** <https://thechildcenter.com/prevention/>

Dr. Sandy Wurtele [swurtele@uccs.edu](mailto:swurtele@uccs.edu)

In Missouri, contact The Child Center Inc. if you have questions about the program, call 1-636-332-0899.

### **Rights, Respect, Responsibility (3Rs) Curriculum**

**Organization:** Advocates for Youth

**Targeted Age Group:** K-12

**Description:** Rights, Respect, Responsibility curriculum seeks to address both the functional knowledge related to sexuality and the specific skills necessary to adopt healthy behaviors. Rights, Respect, Responsibility reflects the tenets of social learning theory, social cognitive theory and the social ecological model of prevention. The lesson plans within 3Rs can be used to meet the requirements of sexual abuse education starting with lessons on bodily autonomy, correct names for body parts and knowing whom to seek out for help and then continuing into healthy vs. unhealthy relationships, boundaries and consent in the upper grades.

**Format and Length:** Trainings are delivered in person, and there are just under 80 lesson plans in the 3Rs curriculum: 18 at the K-5 level with three supplemental lessons, 28 at the middle school level from grades 6-8, and 29 at the high school level from grades 9-12. The lesson plans in grades K-5 are each 40 minutes in length while the lesson plans in grades 6-12 are each 50 minutes in length. While the 3Rs curriculum has been scoped and sequenced for K through 12, and lessons build upon each other when used in its entirety, the curriculum is intended to be flexible. Teachers can select and/or adapt the lesson plans to best meet the needs of their students and align with district and state policies regulating sexuality education.

**Cost:** No cost. Full curriculum, teacher's guide, adaptations and other resources are available online.

**CONTACT:** <https://3rs.org/3rs-curriculum/>.

For Missouri support: [www.teenpregnancy-mo.org](http://www.teenpregnancy-mo.org)

### **Play it Safe!®**

**Organization:** The Women's Center of Tarrant County

**Targeted Age Group:** Preschool through 12<sup>th</sup> grade

**Description:** Play it Safe!® Is an evidence-informed, age-appropriate child sexual abuse risk reduction program for children ages pre-school through grade 12, as well as their parents, teachers and caregivers. Play It Safe! reduces risk by teaching children to identify abusive behavior and provides tools children need to be safe including specific, age-appropriate actions to take in threatening situations. It also provides a safe forum for children to outcry and disclose abuse, trains caregiving adults to recognize possible signs of child sexual victimization and to take the necessary steps to support a child's outcry and recovery.

**Format and Length:** The Play it Safe!® Program was designed so that a teacher, parent, counselor or volunteer can present the program in under an hour. Each grade level program includes an age appropriate video and script. Pre-K through grade 2 also includes dolls with bathing suits on under their clothing to illustrate children's private parts. Coloring books come with pre-K through grade 2 programs so that parents can reinforce the concepts at home. Taught one classroom at a time, each grade level's program, from pre-kindergarten to grade 12, speaks to children in a way they can best learn and respond.

**Cost:** Each grade level program can be purchased as a hard copy with DVD and Script or online. For K-2 the cost for hard copies of the curriculum and online streaming is \$299 each; \$199 for online only. For grades 3-12 the cost for hard copies of the curriculum and online streaming is \$199 each; \$149 for online programs. There is a yearly license renewal fee of \$25 to continue online streaming for each program. The total hard copy cost for all 14 programs is \$3,186. For online purchases only, the total cost for the entire set of 14 programs is \$2,286. Each program is a stand-alone presentation.

**CONTACT:** <https://www.playitsafe.org/index.php>

In Missouri, contact Voices of Courage Child Advocacy Center if you have questions about the program: 1-816-232-1744, <https://voicescac.org/>

### **Project Aware & Middle and High School Education**

**Organization:** Metropolitan Organization to Counter Sexual Assault (MOCSA)

**Targeted Age Group:** Pre-K through Grade 5 (Project Aware); 6-12 (Middle and High School Education)

**Description:** Project Aware is MOCSA's sexual abuse education program for children in pre-K through grade 5, as well as their parents and teachers. Project Aware educates students about body safety in an age-appropriate manner and teaches adults about their role in preventing and responding to child sexual abuse.

Middle and High School Education includes classroom-based presentations for middle and high school students. Presentations focus on various topics related to sexual violence including consent, healthy relationships, sexual harassment, bystander engagement and sexual assault. Sessions available are as follows:

- **For Middle School:** Healthy and Unhealthy Relationships, Sexual Harassment and Bystander Engagement
- **For High School:** Safety in Relationships, Consent and Sexual Assault, and Gender and Violence

**Format and Length:** This program is available to schools in Jackson, Platte, Clay and Cass counties in Missouri and is offered in English and Spanish. Presentations are classroom based and run from 35-60 minutes.

**Cost:** MOCSA's education programs are offered at no cost.

**CONTACT:** <https://www.mocsa.org/prevention-education/school-based-education;communityed@mocsa.org>; 1-816-285-1354

### **Green Dot**

**Organization:** Metropolitan Organization to Counter Sexual Assault (MOCSA)

**Targeted Age Group:** Grades 6-8 (middle school students)

**Description:** The Green Dot middle school program is a bystander intervention program focused on training student leaders and the whole school community to create an environment where bullying, dating violence and harassment are not part of the school culture by using peer conformity to encourage positive choices. The program aims to make schools safer by ensuring that green dots, which are choices to help someone, outnumber red dots, which are choices to hurt someone. Green Dot's approach to violence prevention involves mobilizing bystanders to create cultural change, centering students as key change makers within their school, with school staff, parents and the broader community providing support and reinforcement. Green Dot's slogan summarizes this community approach in saying, "No one has to do everything, but everyone has to do something."

**Format and Length:** This program is available to schools in Jackson, Platte, Clay and Cass counties in Missouri.

**Cost:** MOCSA's education programs are offered at no cost.

**CONTACT:** <https://www.mocsa.org/prevention-education/school-based-education;communityed@mocsa.org>; 1-816-285-1354

### Youth Led Prevention

**Organization:** Metropolitan Organization to Counter Sexual Assault (MOCSA)

**Targeted Age Group:** Grades 9-12 (high school students)

**Description:** The Youth Led Prevention program is a student leadership program designed to empower high-school youth to create and implement their own sexual-violence prevention programs in school, because allowing youth with social influence to inform their peer groups directly can significantly change social norms. Student leaders complete the Agent of Change curriculum taught by MOCSA staff and then design, implement and evaluate a prevention program. With MOCSA's assistance, students develop project plans, budgets, timelines and evaluation criteria for their campaign's success. Students educate school peers on sexual violence prevention through a school-wide method that shifts the entire culture of a high school using consistent activities and messaging.

**Format and Length:** This program is available to schools in Jackson, Platte, Clay and Cass counties in Missouri.

**Cost:** MOCSA's education programs are offered at no cost.

**CONTACT:** <https://www.mocsa.org/prevention-education/school-based-education;communityed@mocsa.org>; 1-816-285-1354

### The Healthy Relationship Project: Care for Kids, We Care Elementary & SAFE-T

**Organization:** Prevent Child Abuse-VT

**Targeted Age Group:** Pre-K through Grade 2 (Care for Kids); Grades 3-6 (We Care Elementary); Grades 7-8 (SAFE-T)

**Description:** The Healthy Relationships Project is a comprehensive approach to child sexual abuse prevention. The programs build knowledge and skills for educators, parents, caregivers and young children ages 3-14. All programs include training for school staff on child sexual abuse and its prevention, parent engagement strategies including parent nights, and curricula to be used in the classroom with students. These programs take a developmentally targeted, trauma-informed approach to child sexual abuse prevention through emphasizing the role that adults play in prevention.

Care for Kids--Preschool-Grade 2: Children in this age group are receptive to learning about body parts, health and boundaries, making this an ideal time to lay the foundation for abuse prevention. Care for Kids contains six units: Asking for Help, Feelings, Bodies, Babies, Asking for Permission and Wrap-Up. Each unit teaches and reinforces two to four simple, age-appropriate messages via a circle time, a book, and an activity or craft. The activities are designed to complement the fact that children of this age learn naturally through play and use schemas to assimilate new information. Information is presented in a matter-of-fact way using anatomically correct language.

We Care Elementary-- Grades 3-6. Children in this age range develop awareness of self as well as of peers and social groups. With this newfound awareness comes the capacity for empathy and establishing their ideas about how to be in the world and how to treat others. Physiologically, older

children are approaching puberty and beginning to wonder about sexual development. The curriculum includes six lessons at each grade level: Communication and Understanding Feelings (grade 3); Understanding Personal Boundaries (grade 4); Recognizing Boundaries in Others (grade 5); and Understanding Sexual Harassment (grade 6).

SAFE-T (Sexual Abuse Free Environment for Teens) – Grades 7-8. The SAFE-T program was designed to promote healthy relationships and behaviors in middle school communities, helping youth identify those areas that put them at risk for being hurt and for hurting others. Through ten lessons, SAFE-T continues the process of developing social emotional skills and introduces age-appropriate information about topics such as sexual harassment and sexually abusive behaviors.

**Format and Length:** Classroom based, in person. Care for Kids and We Care Elementary have six lessons and SAFE-T has 10. Each grade is developmentally appropriate and builds on concepts from the year before. They can function independently of each other.

**Cost:** Care for Kids (\$550); We Care Elementary (\$400); SAFE-T (\$400); All three (\$1,200). Includes a facilitator's guide, books and flash drive with handouts for printing.

**CONTACT:** <https://www.pcavt.org/child-sexual-abuse-prevention-training>

### Speak Up, Be Safe

**Organization:** Childhelp

**Targeted Age Group:** Pre-K through Grade 12

**Description:** Speak Up, Be Safe helps children and teens learn the skills to prevent or interrupt cycles of neglect, bullying and child abuse—physical, emotional and sexual. The program uses a social-ecological approach to prevention education by providing materials to engage parents and caregivers, teachers, school administrators and community stakeholders. The comprehensive preK-12 curriculum provides developmentally-appropriate lessons at each grade

PreK-Grade 2 - A primary focus is to shift the responsibility for child abuse and neglect prevention away from children and onto the adults in their lives. Children learn basic concepts around personal safety and how to identify safe adults.

Grades 3-5 - Lessons emphasize that adults are responsible for child safety, but by learning and using a few key safety rules, children can help those adults keep them safe. Children learn how to recognize potentially unsafe situations, how to identify safe adults and how to talk about feeling unsafe.

Grades 6-8 - While adults continue to be responsible for child safety, lessons acknowledge the growing responsibilities and privileges of children in this age group and the new opportunities for potentially unsafe situations. Children learn how to recognize potential risks as well as resistance strategies that can be used until they can talk to a safe adult.

Grades 9-12 - Lessons address the increasing responsibility of adolescents and young adults for their own personal safety in each setting where they may be at risk of experiencing abuse. Students develop a broader understanding of abusive behavior and preventative approaches while also continuing to identify the safe adults and peers supportive of a robust safety network.

**Format and Length:** Two 30- to 45-minute sessions per grade level. The content and delivery of all Childhelp Speak Up, Be Safe lessons is based on best practices from research in child development, learning styles, social psychology, and child abuse and neglect prevention. The implementation of the program is supported by a “virtual campus,” which includes scripted, engaging lessons for each grade level; online facilitator training modules; teacher reinforcement activities; and resources for parents, teachers, school administrators and community members to help implement the curriculum.

**Cost:** \$5/student for the first year; \$3/student in subsequent years. Contact Childhelp for personalized quotes for each district.

**CONTACT:** <https://www.childhelp.org/subs/childhelp-speak-up-be-safe/> 1-480-922-8212

### **Shifting Boundaries: Lessons on Relationships for Students in Middle School**

**Organization:** N/A

**Targeted Age Group:** Grades 6-8

**Description:** Shifting Boundaries is an evidence-based, multi-level primary prevention program for middle school students on sexual harassment and precursors to dating violence. The program embraces an environmental approach that identifies multiple strategies to support young people – both school-wide interventions and classroom. It addresses boundary setting, measuring personal space, avoidance of inappropriate behaviors including sexual harassment, appropriate response, consequences, and mapping safe and unsafe spaces at school. This primary prevention program aims to

- increase knowledge and awareness of sexual abuse and harassment,
- promote prosocial attitudes and a negative view of dating violence and sexual harassment,
- promote nonviolent behavioral intentions in bystanders,
- reduce the occurrence of dating and peer violence, and
- reduce the occurrence of sexual harassment.

**Format and Length:** The classroom curriculum consists of four to seven lessons. The four school-wide interventions include using temporary school-based restraining orders called “respecting boundaries agreements”; mapping safe and unsafe areas.

**Cost:** Free

**CONTACT:** Materials available at

<https://vawnet.org/material/shifting-boundaries-lessons-relationships-students-middle-school>

### **Second Step—Child Protection Unit**

**Organization:** Committee for Children

**Targeted Age Group:** Pre-K through Grade 5

**Description:** Keeping children safe is a role many adults share. The research-based *Second Step* Child Protection Unit gives teachers the tools to recognize and respond to abuse and the confidence to comfortably teach students about this sensitive subject. The early learning-grade 5 bundle includes age-appropriate lessons on safety, not keeping secrets, and touching.

*Second Step* is a classroom-based social skills curriculum for students from preschool through middle school. The curriculum aims to reduce impulsive and aggressive behaviors and increase protective factors and social-emotional competence. Organized by grade level, the program teaches children empathy, problem-solving skills, risk assessment, decision-making and goal-setting skills. The *Second Step* program is classified as a universal intervention, meaning that it is appropriate for whole classrooms of children and not just those at risk.

The Child Protection Unit (CPU) is an additional unit of the *Second Step* program designed for students, staff, and families. The classroom lessons build on foundational skills students learn in the *Second Step* program—in particular, the self-talk, help-seeking, and assertiveness skills – and teach additional skills students need to recognize, report and refuse unsafe and sexually abusive situations and touches.

Students learn important rules about general safety and touching safety that will help keep them safe from dangerous or abusive situations. Students also learn how to report any unsafe or abusive situations to a caring adult.

**Format and Length:** The CPU includes a robust training for administrators and program leaders that helps them assess their current child protection policies and procedures. This helps them develop a comprehensive child protection strategy that aligns with current research and best practice, including specific policies and procedures designed to protect children from abuse in a school or youth program setting, such as a staff code of conduct and procedures for reporting staff violations of protection policies. Online training modules equip teachers or counselors with lesson plans, talking points, research, family materials, interactive activities and several materials for use and display in the classroom

**Cost:** Approximately \$1,300 for the early learning-grade 5 bundle. Other packages available.

**Contact:** <https://www.secondstep.org/child-protection>  
[clientsupport@cfchildren.org](mailto:clientsupport@cfchildren.org); 1-800-634-4449

### **Think First & Stay Safe/Teen Lures TV Newscast**

**Organization:** Child Lures Prevention

**Targeted Age Group:** Pre-K through Grade 6 (Think First & Stay Safe); Grades 7-12 (Teen Lures TV Newscast)

**Description:** The Think First & Stay Safe program teaches children the importance of treating themselves and others with kindness and respect. They practice being kind and respectful to friends and family. They learn what constitutes healthy and respectful social relationships. When children know how to build and maintain healthy social relationships from a young age, it is easier for them to recognize and avoid inappropriate and abusive behaviors as they grow. Students also learn how to set personal boundaries and how to respect the boundaries of others. The program teaches students how to identify trusted adults, as well as how and where to reach out for help. The program emphasizes that all kids have a right to be safe, and there are laws to help keep kids safe. It assures children that being bullied or abused is never a child's fault.

The goal of Teen Lures Prevention is to bring about peer-to-peer conversations regarding sexual crimes against teens. By providing a platform to openly discuss sexual crimes and their prevention, Teen Lures Prevention ensures the information teens are sharing about their personal safety is accurate and productive in preventing crimes against them. The Teen Lures TV Newscast provides an opportunity for middle and high school students to actively participate in preventing sexual crimes against youth. Students serve as news anchors, offering their peers safety solutions in the face of troubling news.

**Format and Length:** The Think First & Stay Safe curriculum consists of scripted interactive lesson plans, which are presented incrementally to build knowledge and understanding and to reinforce the safety messages. Each lesson plan includes a topic introduction with learning objectives, a quick review of previous lesson, discussion and interactive classroom activities, take-home handout, lesson recap and positive thinking skill.

The Teen Lures TV Newscast consists of ten video news clips, each with a corresponding news anchor script. Each video news clip reveals a technique sexual predators use to lure teens, college students and even adults into sexual assault, abduction and worse. Corresponding anchor scripts provide lead-ins and tags for each video news clip. Newscasts can be augmented with corresponding classroom lesson plans.



Support materials for both programs include presenter's guide, USB flash drive, school poster series, parent guide, student workbook, policy/procedures checklist, pre-/post-tests, evaluations and additional resources for administrators and parents. Program support staff coordinators available during implementation at no additional cost.

**Cost:** \$489 for six kits, bulk pricing available.

**Contact:** [www.childluresprevention.com](http://www.childluresprevention.com); info@childluresprevention.com; 1-800-552-2197

### **Green Bear Program & S.A.F.E. Guides**

**Organization:** Southeast Missouri Network Against Sexual Violence (SEMO-NASV)

**Targeted Age Group:** Pre-K-5 (Green Bear); 6 (S.A.F.E Guide to Growing Up); 7-8 (S.A.F.E. Guide to Healthy Relationships)

**Description:** The Green Bear Program is a 30-minute program created for students in pre-kindergarten through grade 5 which teaches students primary child abuse prevention through puppet shows, stories and fun books. Children learn how to recognize and report abuse while the program emphasizes that the abuse is not their fault.

The S.A.F.E. programs encourages students to develop healthy relationships with both other students and adults. This 45-minute to one-hour program discusses sexual abuse as well as preventing drug-facilitated sexual assault, acquaintance rape and online sexual exploitation.

**Format and Length:** In person, 30 minutes (Green Bear); S.A.F.E. Guides (2-5 sessions; 45-60 minutes/session). Younger children (preK-grade 2) participate in a puppet show. Older children complete age-appropriate books that discuss primary sexual abuse prevention. A parent note is sent home with all students discussing class content, protection interventions and what to do if abuse is suspected/disclosed. All teachers receive a teacher's guide discussing the psychology of abuse, protecting students, signs and symptoms of abuse and steps to take if abuse is disclosed/suspected.

**Cost:** SEMO-NASV's education programs are offered at no cost to schools in the following counties: Bollinger, Butler, Cape Girardeau, Dunklin, Mississippi, New Madrid, Pemiscot, Perry, Scott and Stoddard.

**CONTACT:** 1-573-332-1900; info@semonasv.org

### **Keeping Kids Safe: Sexual Abuse Prevention Programs**

**Organization:** Health World

**Targeted Age Group:** Age-appropriate programs for grades K-2, 3-5 and 6-8.

**Description:** The Keeping Kids Safe program teaches students in grades K-2, 3-5 and 6-8 age-appropriate sexual abuse prevention and personal body safety education. Aligns with the National Sexuality Education Standards Core Content and Skills and the National Health Education Standards.

**Format and Length:** Between 6-7 lessons each 15-25 minutes.

**Cost:** Individual courses are priced at \$75.

Contact: <https://www.healthworldeducation.org/sexual-abuse-prevention>

## TRAINING FOR ADULTS

### Stewards of Children

**Organization:** Darkness2Light

**Audience:** Appropriate for parents as well as professionals and volunteers in youth-serving organizations such as schools, faith centers, camps, daycares, sports leagues and clubs.

**Description:** Stewards of Children is the only adult-focused, evidence-informed curriculum proven to increase knowledge and attitudes about child sexual abuse and to change behaviors promoting child protective behaviors. It informs organization administrators, staff and volunteers how to implement effective prevention policies, recognize the signs of sexual abuse in children and react and report responsibly if abuse occurs. It also teaches parents how to advocate for child protection policies in youth-serving organizations and how to talk to their children about their bodies and sexual abuse.

**Format and Length:** The 2.5-hour Stewards of Children program is available through a group session led by an authorized facilitator as well as online. Authorized facilitators are located throughout Missouri.

**Cost:** Training is provided at no cost.

**CONTACT:** Missouri KidsFirst leads the statewide Stewards of Children initiative which includes a network of trained facilitators across the state. 1-573-632-4600; [contact@missourikidsfirst.org](mailto:contact@missourikidsfirst.org)

### ProtectMO Kids: Missouri Child Abuse and Neglect Mandated Reporter Training

**Organization:** Missouri KidsFirst in collaboration with the Missouri Task Force on the Prevention of Sexual Abuse of Children

**Audience:** Mandated reporters, including teachers, principals, other school officials, physicians and other medical personnel or health practitioners, dentists, mental health professionals, social workers, childcare center employees, juvenile officers, law enforcement and clergy. The training is also available to any other adult interested in protecting children.

**Description:** The Missouri Task Force for the Prevention of Sexual Abuse has developed free online education for mandated reporters and all adults interested in protecting children. All mandated reporters are strongly encouraged to complete this training course. The training consists of four lessons that can be completed at the participant's own pace:

Lesson 1: Introduction and Legal Requirements of Mandated Reporters

Lesson 2: Child Abuse/Neglect Defined and Indicators of Child Abuse and Neglect

Lesson 3: Plan for Responding to Suspicion, Discovery or Disclosure of Child Abuse and Neglect

Lesson 4: Effectively Reporting Child Abuse and Neglect

The training also has pre- and post-tests. While participants must earn a score of 80 percent or better on the post-test for successful completion, the test can be retaken to achieve this goal. Participants who score 80 percent or greater on the post-test have successfully completed the training and may earn 0.5 Continuing Education Units (CEUs).

**Format and Length:** The training is intended to be used as an ongoing resource for mandated reporters. Participants may choose to explore the supplemental resources provided throughout the training. The training is self-paced; participants should allow themselves one to three hours to complete.

**Cost:** Training is available online at no cost.

**CONTACT:** Visit <https://protectmokids.com/> to register and complete the training. For more information contact Missouri KidsFirst at [contact@missourikidsfirst.org](mailto:contact@missourikidsfirst.org) or 1-573-632-4600.

## Enough! Preventing Child Sexual Abuse in My School

**Organization:** Enough Abuse

**Audience:** School employees including teachers, administrators, counselors, coaches, bus drivers, security staff and food service staff. Parents, school volunteers and members of parent teacher associations and other local school committees could also participate.

**Description:** “Enough! Preventing Child Sexual Abuse in My School” is a nationally available, evidence-based online learning course developed exclusively to address the specific needs of schools and the challenges they face in preventing child sexual abuse. In this one-hour, interactive course, public and private school employees will learn about the nature and scope of sexual abuse and how they can take actions to prevent it from ever occurring.

Enough! was selected by the U.S. Department of Justice in 2019 for inclusion in its crimesolutions.gov national repository of effective, quality programs and practices in the fields of criminal justice, juvenile justice and crime victim prevention. A study published in the Journal of Child Sexual Abuse documented increased knowledge about child sexual abuse and its prevention, ability to identify boundary-violating behaviors that if left unchecked could lead to sexual misconduct or abuse, and confidence and willingness to report suspected or disclosed cases.

**Format:** The one-hour online course includes knowledge checks, a short pre- and post-test to measure knowledge gains, and a brief evaluation survey to document self-reported anticipated changes in responding and reporting behaviors. A resource bank is also provided with over a dozen downloadable prevention resources which teachers and administrators can use to support post-viewing discussions and policy actions. A certificate of completion is available for download. The course uses closed captioning for those with hearing impairments.

**Cost:** The course is available for free preview for administrators of schools and school districts, state department of education, and schools of education by contacting [info@masskids.org](mailto:info@masskids.org).

**CONTACT:** More information is available at <https://elearning.enoughabuse.org/>.

## Crossing the Lines: When Educators Become Predators

**Organization:** Missouri School Boards' Association-Center for Education Safety

**Audience:** School employees and board members

**Description:** Too often the news headlines carry the story of a teacher having sexual relations with his or her student. If we do not bring child sexual abuse into the open, how can we hope to protect those we love most: our children? Research for this program included interviewing six former Missouri teachers who are either in prison or on parole. Two teachers consented to be videotaped, and participants will hear their stories firsthand. A survivor has also agreed to tell her story.

**Format:** Video series

**Cost:** Available to Missouri schools and colleges at no cost.

**CONTACT:** <https://www.mosba.org/ces/> To schedule this training, contact MSBA 1-573-638-7501

## **Straight Talk About Child Sexual Abuse: A Prevention Guide for Parents**

**Organization:** Enough Abuse

**Audience:** Parents

**Description:** Every parent is concerned about keeping his or her children safe from those who might sexually abuse or exploit them. This "Straight Talk" guide will give parents the information and skills they need to strengthen safety within their family and community and reduce the risks of sexual abuse. The tool is intended to support parents who have not spoken to their children about body boundaries because they think they don't know enough, don't know what to say, or don't know how to approach the subject. With this booklet, parents can gain knowledge, skills and confidence to help protect their child from sexual abuse and its consequences.

**Format and Cost:** The downloadable guide is free for individuals and includes the most highly recommended resources for prevention, reporting and treatment. Also available in Spanish. All versions of "Straight Talk" are also available for purchase and available for localization by states, counties and organizations. For more information please contact [info@masskids.org](mailto:info@masskids.org).

**More information:** <https://www.enoughabuse.org/for-ind/straight-talk-about-csa.html>

Downloadable guide here:

<https://www.enoughabuse.org/images/stories/Bookshelf/Straight Talk/st usa interactive.pdf>

## ONLINE SAFETY

### NetSmartz

**Organization:** National Center for Missing & Exploited Children (NCMEC)

**Audience:** Resources are available for families and students grades K-12. NSTeens is available to intermediate, middle school and high school students.

**Description:** NetSmartz is NCMEC's online safety education program. It provides age-appropriate videos and activities to help teach children how to be safer online with the goal of helping children become more aware of potential online risks and empowering them to help prevent victimization by making safer choices on- and offline. Topics include cyberbullying, online enticement, smartphones, gaming, sexting and sextortion and social media.

NSTeens is a free NCMEC program that teaches tweens and teens about making safer choices online through animated videos, short films, games and interactive comics.

**Format:** NetSmartz provides videos, games, comics, tip sheets and PowerPoint presentations.

**Cost:** Free

**More information:** <https://www.missingkids.org/NetSmartz> or <https://www.nsteens.org/>

### Stop. Think. Connect

**Agency:** The U.S. Department of Homeland Security leads the campaign.

**Audience:** Information available for elementary, middle and high school students and parents.

**Description:** STOP. THINK. CONNECT. is the global online safety awareness campaign to help all digital citizens stay safer and more secure online. The message was created by an unprecedented coalition of private companies, nonprofits and government organizations. Free booklets are provided by the Federal Trade Commission educating students and parents on online safety, including “Rethink Cyber Security and the ‘Tech Talk’ With Your Teens” and “Online Gaming Tips for Kids, Tweens & Teens.”

**Cost:** Free—Booklets can be ordered in bulk online or downloaded. Also available in Spanish.

**More information:** <https://www.stopthinkconnect.org/resources>

## MENTAL HEALTH/SUICIDE PREVENTION

### Empowering Educators to Lead Depression Awareness Initiatives in Their Schools

**Organization:** Erika’s Lighthouse

**Audience:** Middle and high school students

**Description:** Free teen depression awareness programs designed to create discussion in classrooms. Comprehensive enough to use immediately. Flexible enough to fit every school. Provides videos, lesson plans and questions to allow educators to adapt materials according to the needs of their school and create a healthy environment for students to talk to educators and to each other.

**Format:** Videos and lesson plans available. Also provides school support to help schools adapt the materials to their needs.

**Cost:** Free

**More information:** <https://www.erikalighthouse.org/get-to-know-us/>

## DATING VIOLENCE

### Dating Matters: Strategies to Promote Healthy Teen Relationships

**Agency:** Centers for Disease Control and Prevention

**Audience:** 11- to 14-year-olds

**Description:** Dating Matters is a comprehensive teen dating violence prevention model developed by the CDC to stop teen dating violence before it starts. Dating Matters is an evidence-based teen dating violence prevention model that includes prevention strategies for individuals, peers, families, schools and neighborhoods. It focuses on teaching 11- to 14-year-olds healthy relationship skills before they start dating and reducing behaviors that increase the risk for dating violence, like substance abuse and sexual risk-taking.

**Format:** All programs are designed to be delivered in school by teachers or prevention educators. Programs for grades 6 and 7 have seven sessions; the grade 8 program has 10 sessions. Training for educators on the program is available as well.

**Cost:** Free

**More information:**

<https://www.cdc.gov/violenceprevention/intimatepartnerviolence/datingmatters/index.html>

### Project Consent

**Organization:** Project Consent

**Audience:** Elementary and middle school students

**Description:** The goal of the Project Consent curriculum is to teach children the values of respect, communication and conscientiousness. Students will understand the importance of bodily autonomy and respect of other's boundaries, the concept of consent and when it is withheld and the characteristics of unhealthy and healthy relationships (romantic, family and friend). Students will also be given the tools to respect themselves mentally and physically and to feel comfortable asking questions.

**Format:** Project Consent lesson plans are meant to be a week-long unit within a health class in a middle school. The lessons and presentations are meant to help middle school students establish the characteristics of a healthy relationship with others and with themselves.

**Cost:** Free

**More information:** <https://www.projectconsent.com/>

Curriculum available here: <https://www.projectconsent.com/s/Project-Consent-Project-Educate-Curriculum.pdf>

### Consent Campaign

**Agency:** Vermont Network Against Domestic and Sexual Violence and Vermont Sexual Violence Task Force

**Audience:** Middle and high school students

**Description:** The Consent Campaign guidebook is an essential tool for promoting healthy relationships in school communities. The guidebook contains step-by-step advice for creating a Consent Campaign, lesson plans for grades 7-10 and helpful materials and resources. Teaching these middle and high school lesson plans will strengthen students' skills and encourage prosocial behaviors.

**Format:** Classroom teaching tools, planning information and resource lists for middle and high school educators teaching consent and sexual violence prevention.

**Cost:** Free

**More information:** <https://vtnetwork.org/consent-campaign/>

Guidebook: <https://vtnetwork.org/wp-content/uploads/2017/08/CCguidebook-2019-web.pdf>

## RESOURCES FOR CHILDREN WITH DISABILITIES

### **Straight Talk About Child Abuse: A Prevention Guide for Parents of Children with Disabilities**

**Agency:** Enough Abuse

**Audience:** Parents

**Description:** This prevention guide gives parents and caregivers of children with disabilities specific knowledge and skills to keep their children safe. Every parent is concerned about keeping his or her children safe from those who might sexually abuse or exploit them. For parents of children with disabilities, the question of how to prevent sexual abuse can loom even larger. This special extended "Straight Talk" guide will give you the information and skills you need to strengthen safety within your family and reduce the risks of sexual abuse. The guide outlines some concerns specific to parents of children with disabilities, some of the particular factors that may increase the risks of abuse for individuals with disabilities and how to reduce those risks.

**Format, Length and Cost:** The 28-page guide can be downloaded online for free and it is also available for bulk purchase and can be localized with specific state or county resources.

**More information:** Guide available at [https://www.enoughabuse.org/images/stories/Bookshelf/FD\\_ST-DA\\_1-21-2017.pdf](https://www.enoughabuse.org/images/stories/Bookshelf/FD_ST-DA_1-21-2017.pdf)

### **Center for Parent Information and Resources: Sexuality Education for Students with Disabilities**

**Description:** A collection of resources for teaching children with intellectual and developmental disabilities about sexuality. Materials developed for specific disabilities available.

**More information:** <http://www.parentcenterhub.org/repository/sexed/>