



## Education & Outreach School-Based Services

Our programs dispel myths about sexual and domestic violence, promote healthy relationships, examine gender roles and how they relate to violence, inform individuals of YWCA services, and explore how each of us can become empowered to end violence in Santa Clara County.

The Education & Outreach team offers prevention education services to:

- Schools
- Youth-serving agencies
- Community organizations
- Colleges/universities
- Businesses
- Social services agencies
- ...and beyond!

Our education programs are designed to prepare youth, adults, caregivers, and professionals to increase awareness about sexual assault, domestic violence, and human trafficking.

YWCA Silicon Valley's Education & Outreach team offers the following presentations:

- Child Abuse Prevention Program (CAPP): Kindergarten-5<sup>th</sup> grade students
- Middle School Teen Empowerment Program (TEP): 6<sup>th</sup>-8<sup>th</sup> grade students
- High School Teen Empowerment Program (TEP): 9<sup>th</sup>-12<sup>th</sup> grade students
- Child Sexual Abuse Prevention Parent Presentation: Parents & Caregivers

Presentations can be customized to the client's specific needs. To ensure that we best accommodate your request, please contact us to schedule a presentation at least 3 weeks minimum in advance of your planned date. For programs that are not already grant funded, there is a cost associated with them. The cost is dependent upon several factors, including the topic and length of presentation selected, the number of participants per presentation, and the number of class periods we will speak to for school-based presentations.

For more information, to get a quote for services, or to schedule a presentation, connect with the Education & Outreach team at 408-649-7707 ext. 3610 or e-mail at [CommunityOutreach@ywca-sv.org](mailto:CommunityOutreach@ywca-sv.org).

## Child Abuse Prevention Program (CAPP) *35-45 minutes, depending on grade level*

For students in grades K – 5, we discuss the topics of bullying and sexual abuse in an age-appropriate manner. We believe all children have the right to be safe and healthy at school and at home. Our goal is to teach young people in an engaging and age-appropriate way to recognize, resist, and report abuse. During our Child Abuse Prevention Program presentations, we teach children to use The Plan if they ever feel unsafe or unsure about something that is occurring in their life. The Plan has three steps: Say “No! Stop!” Walk Away, and Tell Someone (like a trusted adult). In addition, we have confidential time immediately following each presentation with any child who requests it; this is a safe space for students to talk, ask questions, or share something they learned during the presentation.

Our Child Abuse Prevention Program is offered in a typical classroom setting. Below is a brief overview of a typical CAPP presentation that includes the main messages and actual language that our educators use.

- **CAPP Introduction and Ground Rules**
  - *“Today we are going to talk about keeping you safe, happy, and healthy!”*
  - Definitions of the words abuse and prevention.
  - Age-appropriate discussion about rights: *“What are some basic rights you have or things you need to stay safe and healthy?”* Food, water, shelter, education, medical care, safety.
  - *“Safety is when we feel protected and healthy. You always have the right to feel safe!”*
  - *“There are three different groups of people we’ll talk about today who might take away your right to feel safe: strangers, bullies, and people we know.”*
- **Bullying**
  - *“Bullies are people who take away your right to feel safe and happy.”*
  - *“Anyone who hurts your body (like hitting or kicking) or your feelings (like calling you names) could be considered a bully.”*
- **Safe and Unsafe Touches**
  - *“You are the person who gets to decide what feels safe for you. No one should ever touch you in a way that makes you feel unsafe or uncomfortable.”*
  - *“Certain parts of your body need some extra privacy, and some people might call these parts of our bodies private parts. Because your entire body from head to toe is private and belongs to you, we call these parts of our bodies middle parts.”*
  - *“The parts of your body that are covered by a swim suit are your middle parts.”*
  - *“You have the right to keep your body safe. If someone makes you or your body feel unsafe or uncomfortable, you can always use The Plan!”*
- **The Plan**
  - Describe and review “The Plan” and teach the accompanying hand gestures:
  - Say “No! Stop!”
  - Walk Away
  - Tell Someone (like a trusted adult).
- **Conclusion**
  - *“What can you do if someone hurts you or makes you feel unsafe?”* Review The Plan.
  - *“Right now, let’s think about two trusted adults you can talk to if you feel unsafe.”*

## Middle School Teen Empowerment Program (TEP) *55 minutes*

In our Middle School Teen Empowerment Program presentations (for students in grades 6 – 8), we discuss the topics of bullying, sexual abuse, sexual harassment, and teen dating violence in an age-appropriate manner. During our Middle School Teen Empowerment Program presentations, we teach tools for staying safe such as: assertive communication, boundary setting, seeking peer support, and telling a trusted adult if students feel unsafe.

Our Middle School Teen Empowerment Program presentation is offered in a typical classroom setting. Below is a brief overview of a typical TEP presentation that includes the main messages and actual language our educators use.

- **TEP Introduction and Ground Rules**
  - *"Today we are going to talk about bullying, harassment, and how to stay safe."*
  - Definitions of the words abuse, prevention, and empowerment.
  - *"Empowerment is having the knowledge and finding the power within yourself to make safe decisions and choices for yourself and others."*
  - Age-appropriate discussion about rights: *"What are some basic rights you have?"* Food, water, education, freedom of speech, medical care, safety. *"By safety, I mean healthy, protected, and comfortable in your body and in your life."*
- **Bullying and Harassment**
  - *"A bully can be anyone who hurts you physically or emotionally."*
  - *"When someone is being bullied or harassed, their right to safety is being taken away."*
  - Discussion about bullying in friendships and bullying in dating relationships.
  - *"Harassment is unwanted, unwelcome, repeat attention."*
  - Discussion about the difference between flirting and sexual harassment.
- **What You Can Do**
  - Describe and review three techniques students can use:
  - Be assertive and say something.
  - Discussion of body language and communication methods.
  - Walk away from the situation.
  - Tell someone (like a trusted adult).
  - Discussion of examples of how/when to use these different techniques.
- **How to Help a Friend**
  - *"Holding bullies accountable is not something that one person can do alone. It takes all of us!"*
  - Discussion on how to help a friend if we see them being bullied or harassed.
  - *"Remember, you have the power to make good decisions and to speak up to protect your rights and the rights of others."*

## High School Teen Empowerment Program (TEP) *60 minutes*

In our High School Teen Empowerment Program presentations (for students in grades 9 – 12) we teach youth in an engaging and age-appropriate way about the realities of sexual assault, teen dating violence, bullying, gender socialization, and sexual harassment while promoting healthy communication skills and bystander intervention. The Teen Empowerment Programs encourage young people to stand up and speak out as allies against harassment, dating violence, and sexual abuse.

We currently offer two lengths of the presentation: the 1 Session Teen Empowerment Program (where the information is condensed into one presentation the length of a 55 minute class period) and the 3 Session Teen Empowerment Program (where the information is more comprehensive and covers the length of three 55 minute class periods over three consecutive days).

Our High School Teen Empowerment Program presentations are offered in a typical classroom setting. Below is a brief overview of a typical TEP presentation that includes the main messages and actual language our educators use.

- **One Session Program Outline**

- Introduction & Ground Rules
- Statistics on Teen Dating Violence & Sexual Assault
- ***Sexual Assault***
  - Defining the myths about sexual violence and a discussion on the reality of sexual violence
  - Identifying what consent, pressure and coercion are
  - Discussion about myths of false reporting for sexual assault
- ***Teen Dating Violence***
  - Identifying what abuse can look like
  - Identifying traits of healthy and unhealthy relationships
  - Discussion of when unhealthy becomes harmful or abusive
  - Defining the cycle of abuse and discussion of why abuse happens
- ***Safe Bystander Intervention***
  - Brainstorming on how to help yourself or a friend
  - Discussion of ways we can intervene if we see bullying, violence or harm occurring
  - Closing

- **Three Session Program Outline**

- ***Session 1 – Teen Dating Violence Focus***
  - Introduction & Ground Rules
  - Statistics on Teen Dating Violence
  - Identifying what abuse can look like
  - Identifying traits of healthy and unhealthy relationships
  - Discussion of when unhealthy becomes harmful or abusive with scenarios
  - Defining the cycle of abuse and discussion of why abuse happens
  - Brainstorming on how to help yourself or a friend
  - Closing
- ***Session 2 – Sexual Assault Focus***
  - Introduction and review of ground rules
  - Statistics on Sexual Assault
  - Defining the myths about sexual violence and a discussion on the reality of sexual violence
  - Identifying what consent, pressure and coercion are with scenarios
  - Discussion about myths of false reporting for sexual assault
  - Brainstorming on how to help yourself or a friend
  - Brief explanation of what a SART Exam (Sexual Assault Response Team) looks like
  - Closing
- ***Session 3 Option 1 – Safe Bystander Intervention Focus***
  - Introduction and review of ground rules
  - Defining safe bystander intervention

- Discussion of safe bystander techniques: proactive, partner, divert
- Discussion of ways we can intervene if we see bullying, violence or harm occurring
- Discussion of the continuum of violence
- Practicing safe bystander techniques with bullying and harassment scenarios
- Closing
- **Session 3 Option 2 – Human Trafficking Focus**
  - Introduction and review of ground rules
  - Defining human trafficking and statistics
  - Discussion of the forms of human trafficking and core elements
  - Discussion of methods traffickers use to target victims
  - Discussion of the intersection of human trafficking with sexual assault and dating violence
  - Brainstorming on how to help yourself or a friend
  - Closing

## Child Sexual Abuse Prevention Parent Presentation *90 minutes*

Every 2 minutes, someone in the United States is sexually assaulted and for victims under the age of 18 years, 34% are under age 12 and 66% are ages 12-17. Experts estimate that approximately 90% of child sexual abuse perpetrators are somebody the child knows – it isn't enough to teach stranger danger. Offenders may be authority figures, friends of the family, or even family members. Young victims often feel a sense of complicity or are afraid to tell someone and offenders use this fear to intimidate children into keeping quiet about abusive incidents.

During the Child Sexual Abuse Prevention Parent presentation, we help parents learn the facts and steps they can take to protect our children and minimize risk in our communities. This presentation will cover statistics, definitions and indicators of child sexual abuse, risk reduction techniques we can implement, and ways we can respond to disclosures from children if they should arise. There will be time for Q&A with YWCA Silicon Valley staff directly following the presentation to answer any additional questions or concerns.

Our Child Sexual Abuse Prevention Parent presentation is best suited for groups of 20 – 60 attendees.