

YWCA NEW BRITAIN SEXUAL ASSAULT CRISIS SERVICE

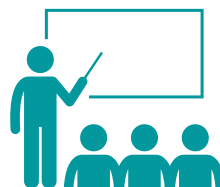
K-12 PREVENTION EDUCATION

The YWCA New Britain Sexual Assault Crisis Service offers a number of age appropriate programs that were developed to fulfill the guides set by Public Act. No. 14-196, An Act Concerning a State Wide Sexual Abuse and Assault Awareness Program, also known as "Erin's Law." Programs are designed to prevent violence by encouraging positive, prosocial behaviors and empowering students to recognize unhealthy behaviors, practice healthy communication surrounding their feelings, and identify trusted adults and resources in their community.

OPTIONS



Virtual prevention
education



In-Person Prevention
Education

PROGRAM TOPICS

For more detailed program descriptions, or to schedule education for your school, please email:
prevention@ywcanewbritain.org

ELEMENTARY

- Okay/Not Okay Touch
- Caring/Uncaring Relationships
- Gender Stereotypes
- Internet Safety
- Story Time

MIDDLE SCHOOL

- Media Messages
- Healthy Relationships
- Digital Consent
- Sexual Harassment
- What is Consent?

HIGH SCHOOL

- Healthy Relationships
- Digital Consent
- Bystander Intervention
- Sexual Harassment
- What is Consent?
- Know Before You Go

ADDITIONAL PROGRAMS

Not a Number
Empowerment & Resiliency through Yoga
Retelling Fairytales
LGBTQ+ Specific Curriculum
Sex Education

***Please note we can also create and adjust curriculum offerings to adapt to your community needs.**

ABOUT US

The Sexual Assault Crisis Service is a program of the YWCA New Britain and a member of the Connecticut Alliance to End Sexual Violence. In addition to our prevention education program, we provide direct services to survivors of sexual violence and their loved ones. Our services include crisis counseling, support groups, accompaniments to area hospitals, courts, and police stations, campus advocacy and 24-hour English and Spanish hotlines. Through these services, we aim to empower survivors of sexual violence to regain feelings of independence and hope.



TIPS FOR SUPPORTING SURVIVORS

Research shows that the first responses a survivor receives when they disclose are critical to their healing. When responding to disclosures of sexual violence:

Listen: be patient and allow them to share as much or as little as they want, using only their words

Believe: If a survivor feels like they are not being believed, they may not disclose again

Stay calm: deal with your emotions at a later time

Eliminate blame: use statements such as "it's not your fault."

Be responsible: know your role as a mandated reporter

Self Care: take time for yourself, your needs, and your concerns.

CONTACT US



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**eliminating racism
empowering women**
ywca

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PROGRAM DESCRIPTIONS

ELEMENTARY SCHOOL

To schedule education for your agency, email prevention@ywcanewbritain.org
Virtual and In-Person options are available

ALL GRADES

Story Time

30-45 minutes

Does your classroom have a read aloud time during the day? We can visit your classroom during your normal read aloud time and read a book related to prevention. There is a lot of wonderful literature focused on the three pillars of prevention, including: empathy, respect, and boundaries. Examples of read alouds include:

- My Body Belongs to Me From My Head to My Toes by Dagmar Geisler
- Not In Room 204 by Shannon Riggs and Jaime Zollars
- Each Kindness by Jacqueline Woodson

GRADES: PreK-2nd

Feeling Safe

The Clean and Healthy Rule

30 minutes

Feeling Safe is an interactive program that teaches students the importance of understanding and respecting the feelings of others. Respect and boundaries are other key components of this program. Students learn, through an age-appropriate conversation, how to identify and respect their own physical and emotional boundaries, as well as the boundaries of others, body autonomy, consent, how to identify trusted adults and steps they can take if someone is making them uncomfortable or touching them inappropriately.

3RD GRADE

Feeling Safe

Healthy Relationships

30-45 minutes

Feeling Safe: Healthy Relationships is an interactive program that teaches students how to identify characteristics of healthy and unhealthy relationships in themselves and others. This program also teaches students how to identify trusted adults in their life and how to confide in them if they ever needed help or guidance solving a problem.

PROGRAM DESCRIPTIONS

ELEMENTARY SCHOOL

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4TH GRADE

Feeling Safe

Tools of Empowerment

30-45 minutes

Feeling Safe: Tools of Empowerment is an interactive program that teaches students the importance of empathy, respect, and boundaries through age-appropriate activities and conversation. In session one, students learn to identify and respect their own physical and emotional boundaries as well as the boundaries of others, body autonomy, consent, how to identify trusted adults, and steps they can take if someone is making them uncomfortable or is touching them inappropriately.

GRADES: 4TH OR 5TH

Feeling Safe

Gender Stereotypes

30-45 minutes

Feeling Safe Gender Stereotypes is an interactive program that introduces students to stereotypes. Students will be identifying gender roles/stereotypes and they show up in some of their favorite pieces of media. This program aims at empowering students to be true to themselves and to embrace diversity within their schools and communities.

5TH GRADE

Digital Citizenship

45-60 minutes

With over 4 billion internet users worldwide, internet use and social media are increasingly prevalent in the lives of young people. This has been met with its own set of challenges. Digital Citizenship is an interactive program designed to reinforce internet safety and teach students the importance of being a digital citizen through empathy, boundaries and bystander intervention skill building, as it relates to social media and the internet.

PROGRAM DESCRIPTIONS

MIDDLE SCHOOL

To schedule education for your agency, email prevention@ywcanewbritain.org

Virtual and In-Person options are available

RECOMMENDED FOR: GRADE 6

Digital Citizenship

45-60 minutes

With over 4 billion internet users worldwide, social media is increasingly prevalent in the lives of young people. This comes with its own set of challenges. **Digital Citizenship** is an interactive program designed to reinforce internet safety and teach students the importance of being a digital citizen through empathy and bystander intervention skill building, as it relates to social media and the internet.

RECOMMENDED FOR: GRADES 6-8

Media Messages

45-60 minutes

Media Messages encourages students to take a critical look at movies, music, and other media sources that they consume daily. Students gain a deeper understanding of how different forms of media intentionally and unintentionally influence us.

Digital Consent

45-60 minutes

Understanding that students' social lives have moved more online, **Digital Consent** focuses on safe practices online. Through this presentation, students will define sexting, why it happens, and the legal, social, and emotional consequences associated with it. Students learn what to do if they receive inappropriate pictures and how to intervene if a photo of them or someone they know circulates among their peers. For 6th grade, Sexting can be presented as a follow up to Digital Citizenship.

RECOMMENDED FOR: GRADES 7-8

Sexual Harassment

45-60 minutes

This program helps students understand the four main categories of sexual harassment (verbal, non-verbal, written, and physical). Students learn the definitions of sexting and revenge porn, and the laws regarding both. Sexual Harassment also details other relevant legislation, such as Title IX, which helps students gain valuable knowledge and resources on how to report sexual harassment.

RECOMMENDED FOR: GRADE 8

What is Consent?

45-60 minutes

Through thought-provoking activities, this program helps students understand the dynamics of consent. Students learn key definitions and laws related to sexual assault and consent, and address myths and misconceptions around the topic. Students are also provided with valuable resources available if they or someone they know is a victim of sexual assault.

PROGRAM DESCRIPTIONS

HIGH SCHOOL

To schedule education for your agency, email prevention@ywcanewbritain.org

Virtual and In-Person options are available

RECOMMENDED FOR: GRADES 9-10

Healthy Relationships

45-60 minutes

Healthy Relationships addresses the differences between healthy and unhealthy relationships. Students look at the different kinds of relationships they have in their lives, including friendships, professional, romantic, and familial relationships, while identifying qualities that make them healthy or unhealthy. Students learn resources available if they or someone they know is in an unsafe relationship.

Digital Consent

45-60 minutes

Understanding that students' social lives have moved more online, Digital Consent focuses on safe practices online. Through this presentation, students will define sexting, why it happens, and the legal, social, and emotional consequences associated with it. Students learn what to do if they receive inappropriate pictures and how to intervene if a photo of them or someone they know circulates among their peers. For 6th grade, Sexting can be presented as a follow up to Digital Citizenship.

RECOMMENDED FOR: GRADES 9-12

Sexual Harassment

45-60 minutes

This program helps students understand the different types of sexual harassment (verbal, non-verbal, written, and physical). Students learn the definitions of sexting and revenge porn, and how it relates to sexual harassment. Sexual harassment also details Title IX, which helps students gain valuable knowledge and resources on how to report sexual harassment.

What is Consent?

45-60 minutes

Through thought-provoking activities, students understand the dynamics of consent. Students learn key definitions and laws related to sexual assault and consent, and address myths and misconceptions around the topic. Students are also provided with valuable resources available to them if they or someone they know is a victim of sexual assault.

Bystander Intervention

45-60 minutes

Bystander Intervention examines different ways that students can support one another and prevent sexual violence from occurring. Through personal reflections and examples, students will gain concrete tools and techniques that they can utilize in moments of intervention.

PROGRAM DESCRIPTIONS

HIGH SCHOOL

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RECOMMENDED FOR: GRADE 12

Know Before You Go

45-60 minutes

Know Before You Go provides an in-depth look at the pervasive issue of sexual violence in life-after-high school, including on college campuses, in the military, and in the workplace. Students identify attitudes, behaviors, and traditions present within our culture that perpetuate and sustain sexual violence. Students also learn several policies and laws regarding sexual violence responses.