



Rape and Abuse Crisis Center of Fargo—Moorhead (RACC) Child, Youth, and Teen Education

Rape and Abuse Crisis Center of Fargo-Moorhead (RACC) offers a variety of engaging and effective educational programs and presentations for promoting the safety and well-being of children and teens.

For more information or to schedule a RACC in-person educational program or presentation for your school, class, or group, contact RACC Prevention Education at PreventionEducation@raccfm.com.

ABC's of Personal Safety

Audience: Daycare, Pre-K, Kindergarten—1st Grade

Overview: The *ABC's of Personal Safety* introduces the concept of personal safety to young children in one 30-minute presentation that includes information sharing, interactive discussion, group activity, and skill development.

Learning Objectives:

Through use of this presentation, participants will:

- Improve understanding of potentially dangerous situations and strengthen ability to identify/provide examples of unsafe settings or circumstances
- Enrich understanding of trusted adult helpers and strengthen ability to identify/provide examples of dependable adults
- Enhance comfort level in talking to trusted adult helpers and expand network of adults able to confide in
- Increase understanding of personal safety skills and strengthen ability to identify/provide examples of ways to stay safe
- Develop the use of personal safety skills through practice

Note: The minimum age for participation is 4 years old. The ideal number of participants per presentation is fifteen.

Red Flag Green Flag®

Audience: Early Elementary—2nd and 3rd Grade

Overview: *Red Flag Green Flag®* is a program that promotes personal boundaries and body ownership for early elementary-age children, consisting of two 45-60-minute sessions (allowing one day between sessions). This program includes information sharing, interactive discussion, group activity, and skill development.

Learning Objectives:

Through use of this program, participants will:

- Improve understanding of potentially harmful situations and strengthen ability to identify/provide examples of unsafe settings or circumstances
- Increase understanding of body autonomy including personal care, respect, and ownership, and strengthen ability to identify/provide examples of these concepts
- Enrich understanding of trusted adult helpers and strengthen ability to identify/provide examples of dependable adults
- Enhance comfort level in talking to trusted adult helpers about the different kinds of touch children are giving and receiving and expand the network of adults that children can turn to or confide in
- Increase understanding of "Say No" responses and strengthen ability to identify/provide examples of clear and assertive words and statements.
- Develop the use of assertive responses through practice

Note: Each participant will receive a program workbook. Parents/guardians can complete the opt-out form to excuse their child from this program. A Facilitator's Guide is available for purchase.

I Wish the Hitting Would Stop

Audience: Upper Elementary—4th and 5th Grade

Overview: *I Wish the Hitting Would Stop* is a domestic violence education program designed for upper elementary age children consisting of two 45-55-minute sessions (allowing at least one day between sessions). The program includes information sharing, a 10-minute video, interactive discussion, group activity, and skill development.

Learning Objectives:

Through use of this program, participants will:

- Improve understanding of personal impacts of living in a violent home/environment and strengthen ability to identify/provide examples of the physical, emotional/mental, or social difficulties/harms that may be experienced
- Enrich understanding of trusted adult helpers and strengthen ability to identify/provide examples of these dependable adults
- Enhance comfort level in talking to trusted adult helpers and expand network of adults that can be turned to or confided in
- Increase understanding of personal safety skills and strengthen ability to identify/provide examples of ways to stay safe
- Develop the use of personal safety skills through practice

Note: Each participant will receive a program workbook. Parents/guardians can complete the opt-out form to excuse their child from this program.

Dating Matters® Strategies to Promote Healthy Teen Relationships

Audience: Middle School—6th and 7th Grade

Overview: *Dating Matters®* is a comprehensive evidence-based program developed by the Centers for Disease Control (CDC) to promote healthy, safe relationships and prevent teen dating violence. This curriculum, consisting of seven 60-minute sessions, encourages students to think critically about the qualities and behaviors that contribute to healthy, safe relationships and those that contribute to unhealthy and/or unsafe relationships.

Dating Matters® for 6th Graders

Learning Objectives:

Through use of this curriculum, participants will:

- Heighten awareness of healthy relationships with friends, family, or in the context of dating
- Increase understanding of social and emotional skills, such as identifying emotions and coping with feelings
- Promote and build healthy relationship skills, such as communication and conflict resolution through practice
- Develop ways to help and support friends in unhealthy relationships through practice

Session Topics:

- Session 1: Healthy Relationships
- Session 2: Understanding Feeling
- Session 3: Staying in Control of Feelings & Making Healthy Decisions
- Session 4: Healthy Communication
- Session 5: Unhealthy & Unsafe Relationships
- Session 6: Staying Safe in Relationships
- Session 7: Dating Matters Rewind

Dating Matters® for 7th Graders

Learning Objectives:

Through use of this curriculum, participants will:

- Reviews and builds on skills taught in the 6th-grade program.
- Increase focused understanding of dating relationships and sexual violence.
- Address social norms about substance use.

Session Topics:

- Session 1: Healthy Relationships
- Session 2: Understanding Feelings

- Session 3: Staying in Control of Feelings & Making Healthy Decisions
- Session 4: Healthy Communication
- Session 5: Unhealthy & Unsafe Relationships
- Session 6: Sexual Violence & Dating Safety
- Session 7: Relationship Rights & Getting Help

Bullying

Audience: Middle School

Overview: *Bullying* is a 45-55-minute presentation intended for middle school-age young teens that includes information sharing, interactive discussion, group activity, and skill development.

Learning Objectives:

Through use of this presentation, participants will:

- Heighten awareness of bullying and bullying tactics and strengthen ability to identify/provide examples of physical, social/cyber, verbal, or emotional bullying
- Increase understanding of bullying response and prevention techniques and strengthen ability to identify/provide examples of words and actions promoting personal safety and boundaries
- Enrich understanding of friendship skills that can support someone who is experiencing bullying and strengthen ability to identify/provide examples of supportive help and caring
- Develop the use of bullying response and prevention techniques and use of supportive friendship skills through practice
- Enhance comfort level in talking to trusted adult helpers and expand network of adults they can turn to or confide in

Harassment

Audience: Middle School

Overview: *Harassment* is a 45-55-minute presentation intended for middle school-age children and young teens that includes information sharing, interactive discussion, group activity, and skill development.

Learning Objectives:

Through use of this presentation, participants will:

- Heighten awareness of harassment and harassment tactics and strengthen ability to identify/provide examples of physical, visual/social/cyber, verbal, or emotional harassment
- Increase understanding of harassment response and prevention techniques and strengthen ability to identify/provide examples of words and actions to promote personal safety and boundaries
- Enrich understanding of friendship skills that can support someone who is experiencing harassment and strengthen ability to identify/provide examples of supportive help and caring
- Develop the use of response and prevention techniques and use of supportive friendship skills through practice.
- Enhance comfort level in talking to trusted adult helpers and expand the network of adults they can turn to or confide in

Sexual Harassment

Audience: Middle School – 8th Grade

Overview: *Sexual Harassment* is a 45-55-minute presentation intended for upper middle school-age children and young teens that includes information sharing, interactive discussion, group activity, and skill development.

Learning Objectives:

Through use of this presentation, participants will:

- Heighten awareness of sexual harassment and harassment tactics and strengthen ability to identify/provide examples of physical, visual/social/cyber, verbal, or emotional sexual harassment
- Increase understanding of response and prevention techniques and strengthen ability to identify/provide examples of words and actions to promote personal safety and boundaries
- Enrich understanding of friendship skills that can support someone who is experiencing sexual harassment and strengthen ability to identify/provide examples of supportive help and caring responses

- Develop the use of response and prevention techniques and use of supportive friendship skills through practice
- Enhance comfort level in talking to trusted adult helpers and expand network of adults they can turn to or confide in

Healthy Relationships: Boundaries

Audience: Middle School—8th Grade

Overview: *Healthy Relationships: Boundaries* is a 45-55-minute presentation intended for middle school age children and young teens that includes information sharing, interactive discussion, group activity, and skill development.

Learning Objectives:

Through use of this presentation, participants will

- Heighten awareness of healthy relationship attributes and strengthen ability to identify/provide examples of these qualities and characteristics
- Enhance understanding of clear communication and strengthen ability to identify and provide examples of assertive words and actions that “Say No” or provide consent
- Increase understanding of prevention and response techniques and strengthen ability to identify/provide examples of words and actions to promote healthy relationship boundaries
- Develop the use of prevention and response techniques and use of strong communication skills through practice

Safe Dates® A Teen Relationship Abuse Prevention Curriculum, 3rd Edition

Audience: Ages 12-18

Overview: *Safe Dates®*, developed by the Hazelden Foundation, is an 8-10 session evidence-based curriculum that educates adolescents on how to identify and prevent dating violence.

Learning Objectives:

Through use of this presentation, participants will:

- Heighten awareness of the differences between caring, supportive relationships and controlling, manipulative, or abusive relationships (including abuse through technology)
- Enhance understanding of sexual violence in dating relationships (including alcohol and drug-facilitated sexual assault)
- Develop skills needed to create and foster positive and healthy dating relationships through practice
- Enrich understanding of friendship skills that can support someone who is experiencing dating violence and strengthen ability to identify/provide examples of supportive help and caring

Session Topics:

- Session 1: Defining Caring Relationships
- Session 2: Defining Dating Abuse
- Session 3: Why Do People Abuse?
- Session 4: Preventing Sexual Dating Abuse
- Session 5: Overcoming Gender Stereotypes
- Session 6: How to Help Friends
- Session 7: Helping Friends
- Session 8: How We Feel, How We Deal
- Session 9: Equal Power through Communication
- Session 10: Reviewing the *Safe Dates* Program

Note: If you do not have time to complete all ten sessions, the curriculum has the flexibility to be condensed into a six-session program. It is important to realize, however, that the fidelity of the product and accompanying outcomes are best maintained by completing all ten sessions.

Not a #Number

Audience: Ages 12-18

Overview: *Not a #Number* is a prevention curriculum designed to teach youth (older children and teens ages 12-18) how to protect themselves from human trafficking and exploitation. This curriculum consists of five 60-minute group sessions (allowing one to seven days between sessions) that include information sharing, critical thinking, group activity, and skill development.

Learning Objectives:

Through use of this curriculum, participants will:

- Heighten awareness of what constitutes human trafficking/exploitation and strengthen ability to identify/provide examples of these forms of victimization
- Enrich understanding of recruitment tactics and strengthen ability to identify/provide examples of these approaches and methods
- Increase understanding of personal vulnerabilities and strengthen ability to identify/provide examples including the personal and societal pressures that can create or increase these vulnerabilities
- Enhance understanding of harmful stereotypes and societal attitudes that contribute to human trafficking/exploitation and strengthen ability to identify/provide examples of these beliefs and mindsets
- Increase understanding of healthy support systems and strengthen ability to identify/provide examples of and access support systems in the local area
- Develop skills to safely navigate potential and existing exploitative situations through practice

Module Topics:

- Module 1: An Introduction to Human Trafficking and Exploitation
- Module 2: Society and Culture
- Module 3: Red Flags and Relationships
- Module 4: Vulnerability and Resilience
- Module 5: Reducing Risky Behavior and Getting Help

Note: Modified versions of this curriculum are available for use in short-term settings.

Healthy Relationships Workshop (6 Sessions)

Audience: High School—9th - 12th Grade

Overview: The Health Relationships Workshop is six 45-55-minute presentations focused on prevention of relationship and dating violence by addressing some of the protective factors and the risk factors at both the individual and relationship levels.

Learning Objectives:

Through use of this curriculum, participants will:

- Define the characteristics of healthy relationships
- Heighten skills to set healthy boundaries and talk with others about our thoughts and feelings
- Define the characteristics of unhealthy relationships
- Heighten understanding of the dynamics of dating violence, with a focus on power and control
- Enhance comfort levels on what to do if they or someone they know is in an unhealthy or abusive relationship
- Explore the media we consume and consider how it influences our perceptions of what healthy relationships and gender norms look like
- Provide experiences that allow people to learn and practice in a safe environment

Session Topics:

- Session 1: Focused Conversation on Relationships
- Session 2: Healthy Relationships
- Session 3: Boundaries and Consent
- Session 4: Unhealthy Relationships
- Session 5: In Their Shoes Activity
- Session 6: Gender Stereotypes

Healthy and Unhealthy Relationships

Audience: High School

Overview: *Healthy and Unhealthy Relationships* is a two-day program designed for high school age teens, consisting of two 60-minute sessions that include information sharing, interactive discussion, group activity, and skill development.

Learning Objectives:

Through use of this presentation, participants will:

- Heighten awareness of healthy and unhealthy relationship attributes and strengthen ability to identify/provide examples of these qualities and characteristics
- Increase understanding of mental/emotional, physical, and sexual boundaries and strengthen ability to identify/provide examples of these guidelines or limits
- Enhance understanding of consent and strengthen ability to identify/provide examples of words and actions that “Say No” or provide consent
- Increase understanding of healthy and unhealthy communication and strengthen ability to identify/provide examples of strong and effective communication skills
- Heighten awareness of dating violence/power and control tactics and strengthen ability to identify/provide examples of abusive words and actions
- Enrich understanding of friendship skills that can support someone who is experiencing dating violence and strengthen ability to identify/provide examples of supportive help and caring
- Promote and build personal boundaries and use of consent and communication skills through practice.

Note: Showing the movie *Reviving Ophelia* to participants prior to the program session(s) can create topical talking points and aid in their learning.

Human Trafficking

Audience: High School

Overview: *Human Trafficking* is a presentation intended for high school age teens, consisting of one 50 minute session that includes information sharing, videos, interactive discussion, group activity, and skill development.

Learning Objectives:

Through use of this curriculum, participants will:

- Heighten awareness of human trafficking and exploitation and strengthen ability to identify/provide examples of these forms of victimization
- Enrich understanding of recruitment tactics and strengthen ability to identify/provide examples of these approaches and methods
- Enhance understanding of personal vulnerabilities and strengthen ability to identify/provide examples of these susceptibilities
- Increase understanding of healthy support systems/community resources and strengthen ability to identify/provide examples of this help and assistance
- Develop skills to safely navigate potential and existing exploitive situations through practice