

Purpose of the Project:

One in five girls and 1 in 20 boys is a victim of child sexual abuse¹. One in three adolescents in the U.S. are victims of physical, sexual, emotional, or verbal abuse from a dating partner². This figure far exceeds rates of any other type of youth violence. Childhood is a pivotal point in a person's life, and educating students about body safety, personal boundaries, and healthy relationships during their elementary and middle school years can help to ensure healthier futures.

This curriculum targets K-8th grade students, educating them on personal body safety and boundaries, warning signs that indicate an unsafe situation, appropriate behaviors, healthy friendships, bullying, healthy relationships, counseling referrals for survivors seeking help, and ways that they can help to be a preventative force in the community. This curriculum is presented three times throughout the semester for K-7th graders, and four times for 8th graders. Presentations are age appropriate and range between 35-50 minutes. This allows our Violence Prevention Advocate, and other staff from The Women's Center to develop a relationship with the students and staff throughout the school year.

Our goal is to empower students through education. The Women's Center is a leader in the reduction of domestic violence, sexual assault, and child abuse in Waukesha Count. Traumatic experiences in childhood can have serious ramifications by putting survivors at higher risk for decreased participation in academics, substance abuse, eating disorders, promiscuous behavior, and future domestic/sexual violence. The Women's Center would like to administer this curriculum and educate youth on the tools and resources available for healthier lives.

As a result of this program, students will learn:

- **Abuse is never the fault of the victim. It is the sole responsibility of that of the perpetrator.**
- **They have the power over their bodies.**
- **Everyone deserves to feel safe.**
- **There are resources in the community that provide support to survivors.**
- **Bullying, unhealthy friendships/relationships, and abuse are all too prevalent in our society, though not the norm.**
- **How to identify bullying and stand up to it safely.**
- **Unhealthy relationships and teen dating violence is about power and control. It is not healthy, normal or acceptable. (6-8th grade only).**
- **To understand what activities make them comfortable and uncomfortable.**
- **How to report unsafe situations and abuse to trusted adults.**
- **How to be a positive influence in their community and advocate for health and social issues.**

¹ Child Sexual Abuse Statistics (NationalCenterforVictimsofCrime.org), <http://victimsofcrime.org/media/reporting-on-child-sexual-abuse/child-sexual-abuse-statistics>

² *Healthy Relationships High School Educators Toolkit* (LoveisRespect.org), 3, <http://www.loveisrespect.org/wp-content/uploads/2016/08/highschool-educators-toolkit.pdf>.

Grades K-2 (35-40 minutes)

Quarter	Topics	Activities	Objectives
Quarter One	<ul style="list-style-type: none"> • Resources at The Women’s Center • Class rules and expectations • Body safety • Safety planning • Resources in the school 	<ul style="list-style-type: none"> • Read the book “I Said NO!” (A kid-to-kid guide for keeping private parts private) • Safe people hand activity 	To create a safe and supportive environment for open and honest discussions. Students will be able to identify areas of their body that are considered private. Students will identify who safe people are, as well as identify where two safe resources are in their school.
School Wide Activity: Your Voice Has Power Coloring Sheets			
Quarter Two	<ul style="list-style-type: none"> • Personal boundaries • Respecting others boundaries • Warning signs • Safety plan 	<ul style="list-style-type: none"> • Visual boundaries activity • Private body parts worksheet • Skking permission activity • Speech bubbles worksheet 	Students will be able to show where their personal boundaries are with physical movements and identify two ways that your body warns you when you aren’t safe. Students will be able to articulate how they can respect other’s boundaries, as well as verbally describe how they can tell someone to respect their own boundaries.
School Wide Activity: Take What You Need Board			
Quarter Three	<ul style="list-style-type: none"> • Healthy friendships • Bullying • Self esteem • Bystander intervention 	<ul style="list-style-type: none"> • Booster Buster Activity • Discussion about friendships • Discussion about bullying • Puzzle Piece bullying activity 	Students will be able to list three healthy characteristics of a healthy friendship, and three characteristics of an unhealthy friendship. They will be able to describe two different ways that they can stop bullying.
School Wide Activity: Random Acts of Kindness			

Grades 3-5 (45-50 minutes)

Quarter	Topics	Activities	Objectives
Quarter One	<ul style="list-style-type: none"> • Resources at The Women’s Center • Class rules and expectations • Body safety • Recognizing unsafe situations • Safety planning 	<ul style="list-style-type: none"> • Discussion about body safety • Red light/green light activity • Safety plan hand activity 	Students will be able to articulate what a safe person is, identify safe and unsafe situations, and list five safe people that they can go to for support.
School Wide Activity: Your Voice Has Power Coloring Pages			
Quarter Two	<ul style="list-style-type: none"> • Personal boundaries • Respecting others boundaries • Assertive communication • Safety planning 	<ul style="list-style-type: none"> • Boundaries activity • How your body feels worksheet • How to say No worksheet • Practice saying assertive communication scenarios • Map of resources in school 	Students will be able to show where their personal boundaries are with physical movements and identify two ways that your body warns you when you aren’t safe. Students will be able to articulate how they can respect other’s boundaries, as well as verbally describe how they can tell someone to respect their own boundaries.
School Wide Activity: Take What You Need Board			
Quarter Three	<ul style="list-style-type: none"> • Healthy friendships • Self-esteem • Bullying • Bystander intervention • Review of safety plan 	<ul style="list-style-type: none"> • Snowball activity • Discussion of healthy/unhealthy friendship qualities • Healthy friendship soup • Bullying puzzle piece activity 	Students will be able to list three healthy characteristics of a healthy friendship, and three characteristics of an unhealthy relationship. They will be able to describe two different ways that they can stop bullying. Students will reflect on two skill that they are proud of.
School Wide Activity: Random Acts of Kindness			

Grades 6-7 (45-50 minutes)

Quarter	Topics	Activities	Objectives
Quarter One	<ul style="list-style-type: none"> • Introduction to The Women’s Center • Create class rules and expectations • Body Safety • Personal boundaries and respecting others • Warning signs 	<ul style="list-style-type: none"> • Personal boundaries activity • Body safety discussion • Red light/green light • Journal prompt /drawing exercise– think about a time when you didn’t feel safe. What did your body feel like? • Safety plan worksheet 	<p>To create a safe and supportive environment for open and honest discussions. Students will identify situations that are safe and unsafe. Students will reflect on a time they didn’t feel safe, and identify three ways that their body tells them they aren’t safe. Students will identify two places/people that they can go to for support.</p>
School Wide Activity: Your Voice Has Power			
Quarter Two	<ul style="list-style-type: none"> • Healthy Friendships • Bullying • Bystander Intervention 	<ul style="list-style-type: none"> • Friendship discussion • Friendship quiz • Bullying discussion • Jake’s story • Self-Esteem activity (if time) 	<p>Students will verbalize characteristics that they want to have in a friend, and that they don’t want to have. Students will empathize with different feelings that someone who is being bullied may experience. They will be able to give a general definition of what it means to be an upstander and learn the different ways that they can be one in their community.</p>
School Wide Activity: Take What You Need			
Quarter Three	<ul style="list-style-type: none"> • Healthy/unhealthy relationships • Equality Wheel • Digital safety • Safety planning 	<ul style="list-style-type: none"> • Snowball activity • Communication scenario • digital safety game • Should we break up/be friends? • Safety plan activity 	<p>Students will be able to identify three healthy and three unhealthy characteristics of a relationship. Students will learn different ways that they can communicate in a healthy manner. Students will complete and be able to utilize a personal safety plan.</p>
School Wide Activity: Random Acts of Kindness			

Grade 8 (45-50 minutes)

Quarter	Topics	Activities	Objectives
Quarter One	<ul style="list-style-type: none"> • Introduction to The Women’s Center • Create class rules and expectations • Personal boundaries and respecting others • Warning signs of unsafe situations • Safety planning 	<ul style="list-style-type: none"> • Personal boundaries game • Red light/green light unsafe situations • Journal prompt / drawing activity– think about a time when you didn’t feel safe. What did your body feel like? • Safety plan worksheet 	To create a safe and supportive environment for open and honest discussion. Students will be able to visualize their personal boundaries. Students will identify two different feelings they may have when in an uncomfortable situation, and understand the importance of respecting other’s boundaries. Students will identify two safe places that they can go to for support.
School Wide Activity: Your Voice Has Power			
Quarter Two	<ul style="list-style-type: none"> • Friendships • Bullying • Bystander Intervention • Digital safety 	<ul style="list-style-type: none"> • Bullying discussion • Jake’s story • Friendship quiz • Digital safety game 	Students will be able to describe a general definition of what it means to be an upstander, empathize with how a victim of bullying may feel different emotions, and explain two ways they can be an upstander in their school in relation to bullying.
School Wide Activity: Take What You Need			
Quarter Three	<ul style="list-style-type: none"> • Healthy/unhealthy relationships • Consent • Equality wheel • Safety planning 	<ul style="list-style-type: none"> • Snowball activity • Power and control wheel • Consent discussion • Should we break up/be friends? • Safety plan activity 	Students will be able to utilize a personal safety plan, and articulate three components of consent. Students will be able to identify three healthy and three unhealthy characteristics of a dating relationship.
School Wide Activity: Random Acts of Kindness			
Quarter Four	<ul style="list-style-type: none"> • Bystander intervention and community effect • Safety plan for high school • Community resources 	<ul style="list-style-type: none"> • Community effect activity • Safety plan activity/worksheet for high school • Discussion about how to find resources in high school • If time: bingo/trivia? 	Student will be able to describe the effect that unhealthy relationships, bullying, and disrespecting others boundaries can have on the community. Students will be able to identify three ways they can be an upstander in the community, and two ways that they can find resources at their new high school.