



Speak Up Be Safe

PREVENTION EDUCATION CURRICULUM

1

It's
MY
body

2

Ask an
adult if
I'm safe

3

I have
choices

4

Tell
someone

5

It's NEVER
my fault



www.childhelp.org/SpeakUpBeSafe

(480) 922-8212



Founded In 1959 by Sara O'Meara and Yvonne Fedderson
PREVENTION and TREATMENT of CHILD ABUSE



THE NEW WAVE OF CHILDHHELP PREVENTION EDUCATION

Thank you for your interest in Childhelp Speak Up Be Safe!

We are excited to announce the release of the expanded and updated prevention education curriculum, designed to equip children from Pre-Kindergarten through 12th grade with the skills to identify, prevent, and interrupt all forms of child abuse – physical abuse, emotional abuse, and sexual abuse; as well as neglect, bullying, cyberbullying, internet and cell phone safety.


Through a partnership with Northcentral University and Arizona State University, the Childhelp Speak Up Be Safe prevention education curriculum has been updated and redesigned with lessons and supporting materials to meet the needs of today's youth. This evidence-based, comprehensive primary prevention program engages children and their adult community – parents, teachers, school faculty, community members, and other safe adults – in the safety of all children.

Child abuse is an epidemic in the United States. Every day, five children die as a result of abuse or neglect. The physical, emotional, and financial impact of this epidemic on our society is staggering. More than 4 million cases are referred to child protection services each year, with 18.4% of those reports coming from educators.

Because educators have a unique role in a child's life, they are in a position to recognize indicators of abuse that many other adults may not see. They see the children who are not dressed appropriately for the weather, the unexplained bruises and injuries, the sudden emotional outbursts or drastic personality shifts that can indicate something troubling occurring in a child's life.

With your help, we can bring the Childhelp Speak Up Be Safe prevention education curriculum into more schools and organizations to empower children and give them a voice against the threat to their safety, innocence, and lives. Together, we can help prevent child abuse.

We are available to answer any questions you may have about Childhelp Speak Up Be Safe, and look forward to speaking with you. Please feel free to contact us at (480) 922-8212 or email Info@speakupbesafe.org.



CHILDELP SPEAK UP BE SAFE

EVIDENCE-BASED, DEVELOPMENTALLY APPROPRIATE CURRICULUM FOR PRE-KINDERGARTEN THROUGH 12TH GRADE

Childhelp 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 an ecological approach to prevention education by providing materials to engage parents and caregivers, teachers, school administrators, and community stakeholders.

In addition to increasing children's ability to recognize unsafe situations or abusive behaviors and building resistance skills, lessons focus on helping children build a responsive safety network with peers and adults that the child identifies as safe.

PREVENTION EDUCATION IS THE KEY TO ENDING CHILD ABUSE

EVIDENCE-BASED - 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.

ECOLOGICAL APPROACH - With materials and support for facilitators, teachers, parents, school administrators, and community members, Childhelp Speak Up Be Safe helps children build a responsive safety network with the safe adults in their lives.

COMPREHENSIVE PRE-K - 12 CURRICULUM -

Developmentally-appropriate lessons at each grade level focus on the risks children at that age might encounter, including physical abuse, emotional abuse, sexual abuse, neglect, bullying, and cyberbullying.

WHY CHOOSE CHILDELP SPEAK UP BE SAFE?



Provides online facilitator training to equip facilitators to deliver age-appropriate lessons twice a year.



Online resources for facilitators, teachers, school administrators, parents, and community members.



Take home materials reinforce learning and engage parents and caregivers.

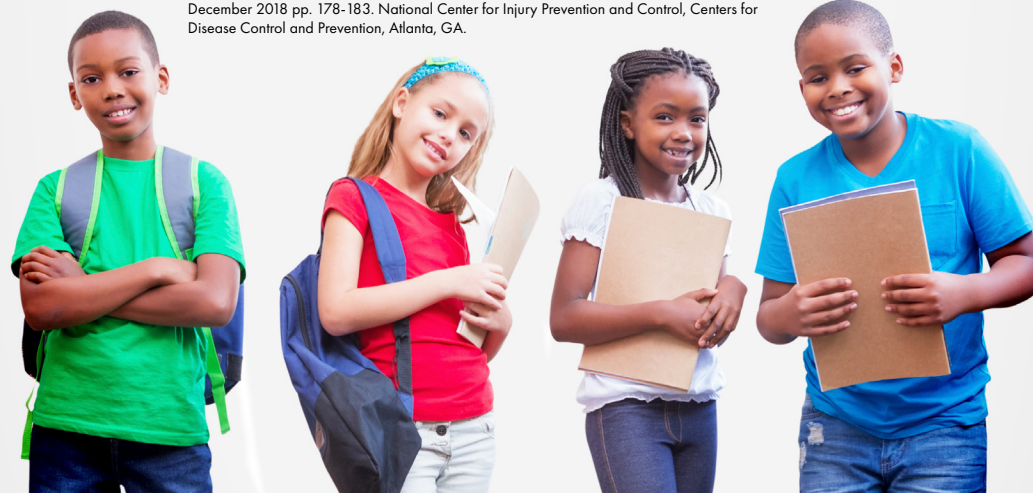


Child abuse prevention education saves precious lives and valuable resources. The financial costs associated with victims of child abuse are substantial.



The lifetime estimated cost for each victim of child abuse is \$830,928*.

* "The economic burden of child maltreatment in the United States, 2015." Child Abuse and Neglect Vol. 86, December 2018 pp. 178-183. National Center for Injury Prevention and Control, Centers for Disease Control and Prevention, Atlanta, GA.



OUR FOCUS

FOCUSED ON ENHANCING A CHILD'S OVERALL SENSE OF CONFIDENCE

Childhelp Speak Up Be Safe is a child-focused, school-based curriculum designed to build self-esteem and safety skills within the child while addressing today's societal risks, such as bullying and Internet safety. The program focuses on enhancing the child's overall sense of confidence with regard to safety and promotes respect for self and peers that can be applied to general as well as potentially harmful situations.

The overarching goal with this curriculum is always to provide children with the skills to identify and be able to approach a safe adult should they ever be in a situation in which they are unsure if they are safe.



PRE-K-2ND GRADE

A primary focus at the earliest age groups 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.

3RD-5TH GRADES

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.

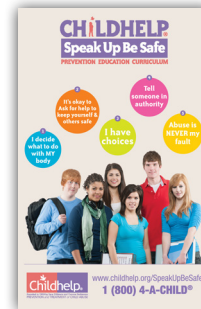
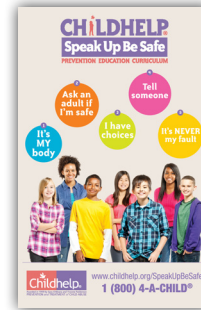
6TH-8TH GRADES

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.

9TH-12TH GRADES

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.

WHAT'S INCLUDED



AGE-APPROPRIATE LESSONS - Children and teens participate in interactive, engaging lessons with trained facilitators. Lessons promote broad student participation and critical reflection by engaging students in visual, auditory, and physical learning.

REINFORCEMENT ACTIVITIES - Designed to help children and teens practice and retain the information learned in each lesson, the reinforcement activities may be done in the classroom or taken home to share with parents and caregivers.

TAKE HOME MATERIALS - After each lesson, children and teens receive a take home bookmark to help them remember the safety rules and safety principles they have learned. These items include resources for children and parents should they have additional questions about abuse or need help in an unsafe situation.

PARENT ENGAGEMENT - Parents and caregivers receive consent forms before each lesson and handouts after each lesson with a review of what their child or teen has learned and tips on how to talk about personal safety and abuse.

FACILITATOR TRAINING - Online, on-demand facilitator training modules help prepare designated facilitators to discuss sensitive topics with children and teens, learn how to recognize signs and symptoms of abuse, and learn how to handle and report disclosures of abuse or neglect.

RESOURCES - Resources are provided for schools and administrators, facilitators and teachers, and parents and caregivers to talk about and understand the epidemic of child abuse, the need for prevention education, and how the Childhelp Speak Up Be Safe curriculum helps protect children from abuse.

EVALUATION & RESULTS

FACILITATOR FEEDBACK ON PRE-KINDERGARTEN – 12TH GRADE CURRICULUM

MEASURING THE IMPACT OF PREVENTION EDUCATION

Childhelp Speak Up Be Safe facilitator feedback is an integral part of the program's successful implementation. With the expansion of the program from Pre-Kindergarten through 12th grade, Childhelp is working with Arizona State University to incorporate additional evaluation standards to further reinforce program goals.

FACILITATOR FEEDBACK AND DISCLOSURES

During the fall of 2010, the 1st-6th grade Childhelp Speak Up Be Safe curriculum was delivered to nearly 20,000 students in Florida schools. This pilot of the new curriculum resulted in 424 disclosures of abuse and bullying, a 2% disclosure rate. Additionally, facilitator feedback revealed that 99% of facilitators felt the curriculum appropriately covered sexual abuse, 98% felt physical abuse and neglect were covered appropriately, and 98% felt that children were empowered with safety information after the lessons.

In the 2014-2015 school year, with the help of corporate sponsor Origami Owl and the launch of the virtual campus, the 1st-6th grade curriculum was delivered to almost 40,000 students nationwide, which resulted in 390 disclosures of bullying, cyberbullying, abuse, or neglect. Almost 1% of the students who received the lessons were directly impacted by abuse or neglect and were able to identify and seek help for their unsafe situations.

On a smaller scale, several districts implemented the lessons for 1st-8th grade to over 4,000 students and received 84 disclosures of abuse and neglect, an almost 2% impact rate.

Although 1-2% is not a large number, this represents the children who initially found the courage to disclose abuse to someone at the school within the few days or weeks after a Childhelp Speak Up Be Safe lesson. Longer term research of the impact of effective prevention education programs suggests that many more will also be able to identify unsafe situations before they are abused, while others will eventually be able to recognize that what has happened or is happening to them is not okay, and they will have the resources to seek help.

The pre-K kids LOVE the "Special Me" song. The kids really like the activities, such as the boundary activity for 6th graders.

– AW, INDIANA

I have to say, it has greatly improved! It's easier to follow, one subject leads more smoothly to the next, and the slides are more illustrative of the concepts being discussed and kids in the slides are much more diverse.

– CS, CALIFORNIA

- I think the curriculum is very well organized from a facilitator standpoint. It sets the pace so you would not run over time.
- The digital flipcharts are very well done with beautiful pictures that depict clearly the emotion and/or the situation. The pictures are also inclusive of all cultures, races and ethnicities which makes them easy to connect with for both children and facilitators.
- The older grades exercises have relevance to that age group and speak their language.
- Having information sheets for the parents is not only a great way of educating them on the topic but it also raises awareness increasing the protective factor.
- Having each of the five safety rules attach to a physical signal it's great, and yet another way to reinforce them.
- The icons throughout the lessons make it easy for the facilitator to follow the curriculum and stay on track.
- Last but not least, the curriculum feels up to date in its language, contents and imagery.

– CT, VIRGINIA

The staff also loved the changes to the 2nd and 3rd grade curriculum. I found it easier to follow than the former SUBS materials and the organization of the other materials that lead up to teaching, the handouts and follow-up materials were very well done. The students' comprehension of the materials was excellent and they were very enthusiastic.

Overall, I think that the materials are excellent!! The modifications, updates and photos in the slides are excellent and much better than before. The guides within the materials (such as for discussion, rules, interaction and suggestions for the children's potential questions) made it easier to follow than before.

The cultural diversity reflected in the slides and curriculum was extremely helpful in having the children identify and 'see' themselves reflected in the materials. Excellent!

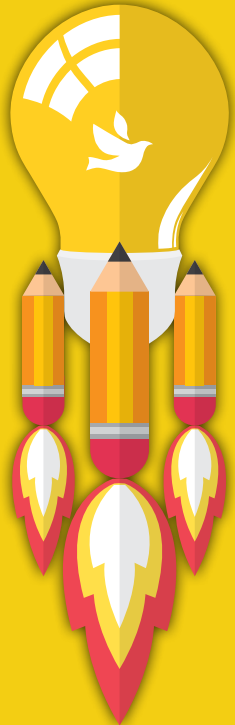
– IB, VIRGINIA

LET'S GET STARTED

GET STARTED WITH CHILDHHELP SPEAK UP BE SAFE TODAY!

To order Childhelp Speak Up Be Safe or get a personalized quote for your school or organization, call (480) 922-8212, or email info@speakupbesafe.org. Every Childhelp Speak Up Be Safe order includes:

- Online, on-demand facilitator training focused on the issue of child abuse, the impact of prevention education, implementation of Childhelp Speak Up Be Safe lessons, and relevant developmental characteristics of children at each age group
- Facilitator Guides with age-appropriate, engaging, interactive lessons and teacher reinforcement activities
- Parent consent forms and post-lesson parent information handouts, in English or Spanish
- Student take home materials that reinforce lessons learned and the safety rules and principles designed to help children and teens identify potentially unsafe situations
- Resources for teachers, facilitators, school administrators, parents, and community members to help create a responsive safety network that will protect all children from abuse and neglect





CONTACT US

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