
Sexual Assault, Family Violence & Violent Crime Victim Support Services, Prevention Education, Community & Law Enforcement Support Services and Policy & Legislative Support

PREVENTION EDUCATION PROGRAMS

Our evidence-informed and evidence-based prevention workshops are designed to empower people of all ages with knowledge and skills aimed at protecting against sexual abuse.

Programs for Kids

You're in Charge: **Preschool – 3rd Grade**

You're in Charge enforces child safety by teaching empowerment and body-autonomy through an explanation of boundaries, good touches and bad touches, our 10 Rules for Safety, The Touching Rule, importance of not keeping secrets, and the importance of saying "no" and telling a trusted adult. This program helps to fulfill Erin's Law requirements.

When Should You Tell?: **4th -7th Grade**

When Should You Tell? discusses the importance of boundaries and of telling a trusted adult if a boundary is violated. The program covers our 10 Rules for Safety, how to be assertive in saying "no" and a discussion about defining the roles of those in our lives. The children role-play to learn the best ways to respond to certain potentially dangerous scenarios. This program helps to fulfill Erin's Law requirements.

Cyber Safety: **5th -8th Grade**

Students will learn of the potential dangers that are associated with the using the internet and smartphone technology. Students will gain a better understanding of the digital trail and how to establish and defend boundaries.

Katie's Secret I & II: **7th - 9th Grade; 10th - 12th Grade**

Teens learn to protect themselves through role-playing, dramatic improvisation and "what if" scenarios. The program covers warning signs that someone you know may be a victim of abuse, common fears teens have about disclosing, and available support services. This program helps to fulfill Erin's Law requirements.

Katie's Secret II will additionally cover a discussion on effects of certain date rape drugs.

Teen Sexting Prevention & Cyber Safety: **7th- 12th Grade; Adult Version Available**

This program provides information about the laws pertaining to sexting and child pornography and discusses the potentially devastating long-term consequences. Students will gain a better understanding of the digital trail and how to better protect themselves from online predators,

including the importance of being mindful of content they share online, the grooming process, and how to report suspicious or concerning activity.

The adult version will include an additional discussion on online dating.



Staying Safe: 7th- 8th Grade

This workshop equips students with the necessary tools to understand, recognize, and prevent sexual assault, harassment, dating violence, and stalking. Students will learn about the warning signs and risk factors related to these issues. Content also includes a discussion of affirmative consent and rape culture and its impact. Victim-blaming is also discussed in order to educate and build empathy.

Students will develop a better understanding of the situations where victimization may be more likely to occur. Risk factors such as drinking, isolation, and abusive dating relationships are examined as well, providing participants with the knowledge that can further assist them in recognizing and avoiding dangerous situations. Students will also learn more about setting and maintaining healthy boundaries as well as learn to recognize when boundaries have been crossed or tested. Workshop includes scenarios where children and adults are violating or testing boundaries. Students learn that regardless of who is violating an emotional or physical boundary, that boundaries deserve to be respected and help is always available. Students will be able to identify ways of getting assistance and access to resources both inside and outside of school.



“Don’t Cross the Line” Respecting Personal Boundaries: 7th - 12th Grade

“Don’t Cross the Line” is an age appropriate discussion-based program for grades 7-12. This program focusses on the importance of recognizing, establishing, and reinforcing boundaries in all types of relationships. Students will learn the difference between emotional and physical boundaries as well as easy ways to set and reinforce boundaries. Students will practice the skills they learn through interactive, age appropriate role play scenarios in which they will learn how to respond to different boundary violations. Boundary violation examples include but are not limited to spreading rumors, peer pressure at prom and parties, bullying, etc. Additionally, this program focusses on giving students the tools to recognize possible boundary violations amongst their peers through empathy building, while providing them with information on how to act as a bystander to better help their peer get assistance for any boundary violations. All students will learn about relevant and available resources both inside and outside of school as well as be able to identify trusted adults. This program helps to fulfill Erin’s Law requirements.



Sexual Harassment Made Simple for Students: 7th - 12th Grade

This workshop trains students in grades 7-12 to identify what sexual harassment and sexual bullying is. This program will include a thorough overview of the effects of sexual harassment on the victim. In this interactive workshop, students will practice identifying the difference between flirting and harassment through real-life age-appropriate scenarios. Students will also learn about how to set and reinforce boundaries while being able to identify when boundaries have been crossed. Workshop includes scenarios where children and adults are violating or testing boundaries. Students learn that regardless of who is violating an emotional or physical boundary, that boundaries deserve to be respected and help is always available. The workshop will include a discussion on power dynamics and how that can influence whether situations are appropriate or inappropriate. Students will learn more about the rights and various protections given to them as students under DASA as well as how to access both help and resources inside and outside of school.

Staying Safe: 9th – 12th Grade; Adult Version Available

This workshop equips students with the necessary tools to understand, recognize, and prevent sexual assault, harassment, dating violence, and stalking. Students will learn about the warning signs and risk factors related to these issues. Content also includes a discussion of affirmative consent and rape culture and its impact. Victim-blaming is also discussed in order to educate and build empathy.

The adult version also includes a discussion on nonconsensual porn.



Hate Crime Prevention: 9th – 12th Grade; Community Members

This program defines the conduct that constitutes a Hate Crime as well as how it can be reported. Participants learn about prejudice, discrimination, stereotyping, and the seriousness of Hate Crimes and how they affect victims and communities. Overviews of the criminal justice and judicial processes are provided along with a detailed description of the rights of crime victims, the services to which they are entitled under the law, and how to access these resources.

Bringing in the Bystander*: 9th – 12th Grade; Community Members

Utilizing a "community of responsibility" approach, this evidence-based workshop uses real-life examples to teach bystanders how to safely intervene. The program was developed by leading researchers and helps students, faculty, and staff to identify behaviors of violence, develop empathy for those who have been victims, and practice safe and appropriate intervention skills. During Bringing in the Bystander, participants will understand the concept of bystander intervention and will be able to identify a continuum of inappropriate sexual behaviors, sexual and relationship violence. Participants will also develop empathy for those who have experienced sexual violence. Another goal of the program is to help attendees understand their role in bystander intervention and commit to intervene in the case of sexual and relationship violence before, during, and after an incident. Participants will understand personal barriers to bystander intervention and techniques to overcome them, including the role that factors of identity (i.e. sexual orientations, race, gender identity, etc.) play. The program also teaches strategies for safely intervening in instances of sexual and relationship violence in ways that fit their given ability and skill set.

***Also available as a combination of Staying Safe/Bringing in the Bystander Combination**

Multi-Session Programs:

Safe Dates: 7th – 12th Grade

This 4-session **evidence-based** workshop educates students to recognize the difference between caring, supportive relationships and controlling, manipulative, abusive relationships. Through group interactions, roleplays, and discussions, students learn causes and consequences of dating abuse and skills to develop healthy relationships through effective communication.

Voices: 7th – 12th Grade

This 18-session **evidence-based** workshop addresses the unique needs of adolescent girls and young women. It empowers them to seek out and celebrate their "true selves" by providing a safe space, encouragement, structure, and the support they need to embrace their journeys of self-discovery. The program includes modules on self, connecting with others, and healthy living.

It's All One: 9th – 12th Grade

This 8-session **evidence-based** curriculum covers a wide range of topics around sexual health, human rights, HIV, healthy relationships, communication skills, and advocating for individuals' rights.

Programs for College Students

Staying Safe: Enough is Enough*: College Students

This program provides necessary tools to understand, recognize, and prevent sexual assault, harassment, dating violence, and stalking. Participants will learn warning signs and risk factors related to these issues and gain a greater understanding of the kinds of environments that can perpetuate and facilitate them. Risk factors and abusive dating relationships are examined, providing participants with the knowledge to help them to recognize and avoid dangerous situations. Additionally, participants will be informed of their on and off campus rights and resources. This workshop is customized for each individual institution to reflect campus culture and to include specific campus policies, procedures, and protocols.

The Men's Program: Male-Identifying College Students

This **evidence-based** workshop is specifically tailored for male-identifying college students and teaches men to better understand how to assist a woman after a sexual assault occurs and how to intervene as a bystander if they observe a situation that could turn into rape. The program focuses on empathy-building, bystander education, and defining consent.

Bringing in the Bystander*: College Students, Faculty, Staff, & Parents

Utilizing a "community of responsibility" approach, this workshop uses real-life examples to teach bystanders how to safely intervene. The program was developed by leading researchers and helps students, faculty, and staff to identify behaviors of violence, develop empathy for those who have been victims, and practice safe and appropriate intervention skills.

***Ask about our Staying Safe/Bringing in the Bystander Combination program!**

One Love: Escalation Workshop: College Students

The workshop consists of a film, *Escalation*, followed by a guided discussion led by a trained facilitator. The film follows a college-aged couple through the sweet beginnings of their relationship and shows how unhealthy behaviors can escalate into abuse. After watching the film, workshop participants dive into a discussion of the film and the early warning signs of relationship abuse. Students are educated about what they can do if they witness or experience these warning signs.

NEW

Healthy & Unhealthy Relationships*: College Students

These eight, lighthearted, videos can unleash deep conversations about the difference between healthy and unhealthy behaviors in both friendships and dating relationships.

***Ask us about our program for 8th-12th Grade.**

NEW

Real Love: Amor Del Bueno*: College Students

Julio and Mariana's relationship may look like amor del bueno or real love on the surface, but this film shows how their unhealthy relationship unfolds, providing a jumping off point for a conversation about the 10 Signs of Healthy and Unhealthy Relationships.

***Ask us about our program for 12th grade.**

NEW

Behind the Post*: **College Students**

Social media can skew our view of the relationships around us and influence our decision to stay in unhealthy ones. This workshop explores all 10 Signs of an Unhealthy Relationship and is your go-to for educating about digital consent and social media.

***Ask us about our program for 12th grade.**

NEW

Love Labyrinth: **College Students**

This film shows how emotionally abusive behaviors like gaslighting and volatility can make someone feel like they're trapped in a maze and unable to get out.

NEW

Escalation: **College Students**

Escalation is a compelling film that tells the story of an abusive relationship from its sweet beginnings to the tragic end. The authentic depiction of unhealthy behaviors escalating into violence helps you recognize and understand the early signs of relationship abuse. Discussion will follow.

NEW

Because I Love You: **College Students**

"Because I love you" is a phrase that we've probably all heard or said before. This film shows how this seemingly kind phrase can be used as a form of manipulation in an unhealthy relationship. Discussion will follow.

NEW

Stalking: Know It. Name It. Stop It.: **College Students**

This workshop gives an in-depth description of the many different aspects of stalking. The program goes into the importance of context, knowing the different types of stalking behaviors, and includes role play scenarios.

Programs for Adults and Professionals

FREE

The Apple of My Eye-Guardian for Children*: **Parents & Community Members**

***Available on our Online Classroom**

This program consists of three modules designed to prevent, detect and report child sexual abuse as well as adult rape prevention tips. The program includes prevention tips, red flags, and tricks abusers use to access children. The program educates about the grooming process, types of child predators, Megan's Law and information the Registry provides. Parents will learn skills to protect their child from sexual abuse and services available to crime victims. [FREE Certificate included for all attendees that complete the course and FREE Tool-Kit upon completion for Suffolk County residents.](#)

FREE

The Apple of My Eye: **Parents & Community Members**

This program consists of three modules designed to prevent, detect and report child sexual abuse along with information and statistics regarding adult rape prevention. The program includes prevention tips, red flags, and tricks abusers use to access children. Parents are educated about the grooming process, types of child predators, Megan's Law, information the Registry provides, and more. Parents will learn skills to protect their child from sexual abuse and services available to crime victims.

The Apple of My Eye II: Professionals Working with Children

This program consists of three modules designed to prevent, detect and report child sexual abuse along with information and statistics regarding adult rape prevention. The program includes prevention tips, red flags, and tricks abusers use to access children. Professionals are educated about the grooming process, types of child predators, Megan's Law, information the Registry provides, rape culture, and more. Professionals will learn how to handle disclosures, skills to protect children from sexual abuse, and services available to crime victims. A more in-depth discussion of mandated reporting is included in this version of The Apple of My Eye and all participants will learn about their obligations as mandated reporters as well as the protections given to them when making a report. All participants will receive a Certificate of Completion.

Sexual Harassment Training: Working Professionals in New York State

This training covers the New York State and Federal laws pertaining to sexual harassment in the workplace. It also includes examples of conduct that would constitute sexual harassment, to whom one should report this conduct, and remedies available to the employee. All available forums for adjudicating complaints including information addressing conduct by supervisors and additional responsibilities for such supervisors is also discussed.

Mandated Reporter Training: Identifying and Reporting Child Abuse and Maltreatment/Neglect: Professionals Working with Children

After attending this training, participants will be able to effectively report child abuse or maltreatment/neglect to the New York State Central Register (SCR) of Child Abuse and Maltreatment, also known as the Child Abuse Hotline. This presentation provides a brief background on the Child Protective Services Act and how it has shaped the process and procedures for mandated reporters. Participants will learn how to evaluate situations and determine whether there is reasonable cause to suspect child abuse or maltreatment/neglect. This program also includes an in-depth description of the legal framework for the New York State Child Protective System. It emphasizes the importance of understanding how abuse, maltreatment, and neglect are defined by New York State law and who can be reported. These professionals working with children will be able to recognize and identify the physical and behavioral indicators commonly associated with child abuse and maltreatment/neglect. The exercises and case scenarios allow professionals from all backgrounds to visualize what these indicators may look like within their professional capacity.

CALL TO SCHEDULE A PROGRAM IN YOUR COMMUNITY
(631) 689-2672