



## **Educate to Protect Molestation and Sexual Abuse K-6 Prevention Program**

Progressive series of researched based, age appropriate, sensitive, yet effective interactive K-6 lessons. Each instructional lesson meets state statutes and other mandates for prevention education...for example Erin's Law, Jenna's Law, Ohio SB 288, etc.

Suggested approach:

Lessons K -2: Build Understanding of Core Program Safety Concepts (sexual abuse prevention)

Lesson 3: Establish Core Safety Foundations (sexual abuse prevention)

Lessons 4-6: Expand with Age Appropriate Core Safety Foundations (sexual abuse prevention)

**Lesson K - Keeping Private Parts Private:** (Kindergarten) Introducing the program style that presents sexual abuse prevention information in an age appropriate manner and engages children through games and participation/interactions. (video leads the lesson...just add a facilitator)

- 1) Primary Concept: Private Parts
- 2) Secondary Concepts:
  - a) Establishing Boundaries (Say No, Stop)
  - b) Trusted Adults
  - c) Strangers AND People You Know Can Cause Harm
  - d) Inner Alarm (feeling uncomfortable)
  - e) Secrets vs Surprises
  - f) Universal Distress Signal
- 3) Materials:
  - a) Interactive Instructional Video
  - b) Parent and Child Resource Sheet
- 4) Activities:
  - a) Game: Simon Says
  - b) Practicing 'Speak Up'

**Lesson 1 - Tell Trusted Adults:** (Grade 1) Continuation of the program style that presents sexual abuse prevention information in an age appropriate manner and engages the children through games and participation/interaction. (video leads the lesson...just add a facilitator)

- 1) Revisit: Private Parts
- 2) Primary Concepts: Trusted Adults and Keep Telling (until you get the help needed)
- 3) Secondary Concepts:
  - a) Establishing Boundaries (Say No, Stop)
  - b) Trusted Adults
  - c) Strangers AND People You Know Can Cause Harm
  - d) Inner Alarm (feeling uncomfortable)
  - e) Secrets vs Surprises
  - f) Universal Distress Signal

- 4) Materials:
  - a) Interactive Instructional Video
  - b) Parent and Child Resource Sheet
- 5) Activities:
  - a) Game: Trusted Adult (Adaptation of Duck, Duck, Goose)
  - b) Stand Up Activity (by speaking up)

**Lesson 2 - I Spy a Safe Situation:** (Grade 2) Continuation of the program style that presents sexual abuse prevention information in an age appropriate manner and engages the children through games and participation/interaction. (video leads the lesson...just add a facilitator)

- 1) Revisit: Private Parts and Trusted Adults
- 2) Primary Concept: Identifying Dangerous Situations
  - a) Being Aware of Surroundings
  - b) Harmful Situations (identifying them and what to do)
  - c) Use of Code Word
- 3) Secondary Concepts:
  - a) Establishing Boundaries (Say No, Stop)
  - b) Trusted Adults
  - c) Strangers AND People you Know Can Cause Harm
  - d) Inner Alarm (feeling uncomfortable)
  - e) Secrets vs Surprises
  - f) Predator Manipulation (owing, threatening, photograph grooming, etc)
  - g) Universal Distress Signal
- 4) Materials:
  - a) Interactive Instructional Video
  - b) Dangerous and Safe Situation Cards
  - c) Code Word Resource Sheet
  - d) Parent and Child Resource Sheet
- 5) Activities:
  - a) Game: I Spy
  - b) Dangerous and Safe Situation interactive activity

**Lesson 3 - When the Stranger to Look out for isn't a Stranger:** (Grade 3) Since research shows that this is the age that predators typically groom children, this lesson is considered the core foundation for the Educate to Protect series lessons. The program style presents sexual abuse prevention information in an age appropriate manner and engages the children through games and participation/interaction. (video leads the lesson...just add a facilitator)

- 1) Revisit: Private Parts, Trusted Adults and Identifying Dangerous Situations
- 2) Primary Concept: Identifying Strangers and **People We Know** Can Cause Harm (statistics show that approximately 90% of the molestations and sexual abuse are perpetrated by people children know)

- 3) Secondary Concepts:
  - a) Establishing Boundaries (Say No, Stop)
  - b) Trusted Adults
  - c) Inner Alarm (feeling uncomfortable)
  - d) Secrets vs Surprises
  - e) Predator Manipulation (owing, threatening, photograph grooming, etc)
  - f) Universal Distress Signal
  - g) Buddy System
  - h) Online Safety
- 4) Materials:
  - a) Interactive Instructional Video
  - b) Role Playing Doll
  - c) Parent and Child Resource Sheet
  - d) Internet Safety Contract
  - e) *When the Stranger to LOOK OUT for Isn't a Stranger* Book - optional
- 5) Activities:
  - a) *When the Stranger to LOOK OUT for Isn't a Stranger* Group Read and Discussion
  - b) Thumbs Up or Down Activity

**Lesson 4 - Setting Boundaries:** (Grade 4) Continuation of the program style that presents sexual abuse prevention information in an age appropriate manner and engages the children through games and participation/interaction. (video leads the lesson...just add a facilitator)

- 1) Revisit: Private Parts, Trusted Adults, Identifying Dangerous Situations, and Potential Dangers of Strangers AND People You Know
- 2) Primary Concepts: Setting Boundaries Between Various Relationships (Inner Circle, Comfort, Acquaintances, Danger) and Strong, Clear Communication
- 3) Secondary Concepts:
  - a) Trusted Adults
  - b) Strangers AND People You Know Can Cause Harm
  - c) Inner Alarm (feeling uncomfortable)
  - d) Secrets vs Surprises
  - e) Predator Manipulation (owing, threatening, photograph grooming, etc)
  - f) Strategies for Addressing Noncompliance
  - g) Personal Space
  - h) Universal Distress Signal
- 4) Materials:
  - a) Interactive Instructional Video
  - b) Target/Relationship Ring Worksheet
  - c) Boundaries Worksheet
  - d) Parent and Child Resource Sheet
- 5) Activities:
  - a) Mapping Relationship Activity
  - b) Formulating Strong Words and Setting Boundaries Group Share Activity

**Lesson 5 - Recognizing Red Flags:** (Grade 5) Continuation of the program style that presents sexual abuse prevention information in an age appropriate manner and engages the children participation/interaction. (video leads the lesson...just add a facilitator)

- 1) Revisit: Private Parts, Trusted Adults, Identifying Dangerous Situations, Potential Dangers of Strangers AND People You Know, Setting Boundaries Between Various Relationships (Inner Circle, Comfort, Acquaintances, Danger), and Strong and Clear Communication
- 2) Primary Concepts: Awareness/Recognition of Red Flags and Grooming Techniques (Predator Manipulations)
- 3) Secondary Concepts:
  - a) Establishing Boundaries (Say No, Stop)
  - b) Trusted Adults
  - c) Strangers AND people you know can cause harm
  - d) Inner Alarm (feeling uncomfortable)
  - e) Secrets vs Surprises
  - f) Predator Manipulation (owing, threatening, photograph grooming, attention)
  - g) Strategies for Addressing Non Compliance
  - h) Personal Space and Privacy Boundaries
  - i) Online Dangers
  - j) Lies (blaming, threatening, weakening confidence/ability to be heard/believed)
  - k) Universal Distress Signal
- 4) Materials
  - a) Interactive instructional video
  - b) Red Flag Cards
  - c) 2 balls and 2 baskets
  - d) Parent and Child Resource Sheet
- 5) Activities:
  - a) Red Flag Game
  - b) Red Flag Group Share Activity

**Lesson 6 - Protecting Yourself while Online:** (Grade 6) Continuation of the program style that presents sexual abuse prevention information in an age appropriate manner and engages children participation/interaction.

- 1) Revisit: Private Parts, Trusted Adults, Identifying Dangerous Situations, Potential Dangers of Strangers AND People You Know, Setting Boundaries, Strong and Clear Communication, Awareness/Recognition of Red Flags and Grooming Techniques
- 2) Primary Concepts: Online Safety and Predator Manipulation
- 3) Secondary Concepts:
  - a) Establishing Boundaries
  - b) Trusted Adults
  - c) Strangers AND People You Know Can Cause Harm
  - d) Inner Alarm (feeling uncomfortable)
  - e) Secrets vs Surprises
  - f) Predator Manipulation (owing, threatening, photograph grooming, attention)
  - g) Strategies for Addressing Noncompliance
  - h) Personal Space and Privacy Boundaries (never share personal information)
  - i) Lies (blaming, threatening, weakening confidence/ability to be heard/believed)
  - j) Red Flags

- 4) Materials
  - a) Teaching Guide
  - b) Dry Erase Board, Marker, and Eraser (for each child)
  - c) Internet Safety Contract
  - d) Parent and Child Resource Sheet
- 5) Activities:
  - a) Back to Back Showdown Game
  - b) Group Share Discussion
  - c) Internet Safety Contract Instructional Discussion

**For more information and/or to obtain program email [Cathy.DuBois@EducateToProtect.org](mailto:Cathy.DuBois@EducateToProtect.org)**