



COLORADO
Office of School Safety
Department of Public Safety

Child Sexual Abuse Prevention Guide (CSAP Guide)

2025

This Guide is updated biennially. For the latest information between updates, please check <https://www.colorado.gov/OSS>

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Introduction

Purpose of this Guide

Dear School Safety Partners,

Child Sexual Abuse is preventable. The State of Colorado created and embedded the role of a Child Sexual Abuse Prevention Specialist within the Office of School Safety as a testament to that fact. As adults and educators, we have a responsibility to keep children safe from sexual abuse and prevent it.

The Safe Schools Act (C.R.S. § 22-32-109.1) recommends that every district implement age-appropriate curricula on child sexual abuse and assault prevention as part of its safe school plan. Child sexual abuse prevention is highly correlated with common-practice initiatives such as positive school culture and positive parent engagement¹. This Child Sexual Abuse Prevention Guide (CSAP Guide) was created so your school or organization could select a model for child sexual abuse prevention that best fits your school or organization.

Based on feedback, we added sections for evaluations and who in Colorado is implementing the program in this most recent edition of the CSAP Guide. We hope the research studies, feedback responses, and lists of schools currently using programming are helpful. The index has clickable links, and using CTRL+ F to find and search may be useful when navigating this guide. You can find the evaluation section in the [Appendix](#).

<https://docs.google.com/document/d/1bYX87JGHB2wAPovhUobVM8xXorhTGQ-l/edit?usp=sharing&ouid=106529818898704776269&rtpof=true&sd=true>

There are research-based risk factors for the perpetration of sexual violence including lack of concern for others, exposure to sexually explicit media/pornography, and prior sexual victimization². Comprehensive sexual health education is a primary prevention strategy for

¹ Greenberg, M., Weissenberg, R., O'Brien, M. et. al. Enhancing School Based Prevention and Youth Development Through Coordinated Social, Emotional, and Academic Learning. *American Psychologist*, 58(6): 466-474.

² Tharp, A. T., DeGue, S., Valle, L. A., Brookmeyer, K. A., Massetti, G. M., & Matjasko, J. L. (2013). A systematic qualitative review of risk and protective factors for sexual violence perpetration. *Trauma, Violence, & Abuse*, 14(2), 133-167.

sexual violence perpetration³. Teaching medically-accurate information about sex and consent is primary prevention strategy to prevent sexual violence⁴.

Due to societal inequities, marginalized populations face sexual violence at higher rates. This includes gender, sex, race, sexual orientation, and isolation⁵. In our school communities, we must enforce policies that demonstrate that discrimination has no place here, and teach respect and inclusion. As the Governor's Executive Order on EDI⁶ stated, "We respect and value diverse life experiences and work to ensure that all voices are heard so that a person's future success is not determined by their identity."

Ninety percent^{7,8} of children who are sexually abused know their offender. Juveniles who use problematic sexual behaviors, which may be between 34%⁹-70%¹⁰ of child abuse cases, re-offend at a rate of between 3%¹¹-15%¹² with treatment and intervention. That being said, not all children who are sexually abused go on to cause harm to others. With prevention, intervention, mandatory reporting, and trauma-informed response to disclosure, we can create more spaces for survivors of sexual assault to heal, using positive coping mechanisms with support and safety planning.

Despite our efforts, sexual abuse affects Colorado children. According to the Colorado Department of Human Services, there were 710 substantiated allegations of sexual abuse in 2023. According to the Healthy Kids Colorado Survey from 2023, 10% of high schoolers reported having a sexual experience where they were unsure if they gave their fully granted consent to the other person. As mandatory reporters, we must make a report to connect children to professionals who can keep them safe and heal when we have suspicions or know they have been sexually abused.

Thank you for reading this guide and taking part in the prevention of Child Sexual Abuse. Please reach out if you would like to talk more.

³ Schneider, M., & Hirsch, J. S. (2020). Comprehensive Sexuality Education as a Primary Prevention Strategy for Sexual Violence Perpetration. *Trauma, violence & abuse*, 21(3), 439-455. <https://doi.org/10.1177/1524838018772855>

⁴ Schneider, M., & Hirsch, J. S. (2018). Comprehensive Sexuality Education as a Primary Prevention Strategy for Sexual Violence Perpetration. *Trauma, Violence, & Abuse*, 21(3), 439-455. <https://doi.org/10.1177/1524838018772855> (Original work published 2020)

⁵ Basile, K.C., Smith, S.G., Kresnow, M., Khatiwada S., & Leemis, R.W. (2022). The National Intimate Partner and Sexual Violence Survey: 2016/2017 Report on Sexual Violence. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention

⁶ Exec. Order No. D 2020 175

<https://drive.google.com/file/d/1HcrORoSj6b9-w5cLC1DdnD6KdorxFb2G/view?usp=sharing>

⁷ Department of Justice, Office of Justice Programs, Bureau of Justice Statistics, Sexual Assault of Young Children as Reported to Law Enforcement (2000).

⁸ Martin, Kimberly H., "Sexual Assaults Recorded by Law Enforcement, 2019," July 30, 2021, [bjs.ojp.gov](https://bjs.ojp.gov/nibrs/reports/sarble/sarble19): <https://bjs.ojp.gov/nibrs/reports/sarble/sarble19>

⁹ Finkelhor, D., Ormrod, R., & Chaffin, M. (2009). Juveniles Who Commit Sex Offenses Against Minors. *Juvenile Justice Bulletin*. Rockville, MD: Office of Juvenile Justice and Delinquency

¹⁰ Gewirtz-Meydan, A., & Finkelhor, D. (2019). Sexual Abuse and Assault in a Large National Sample of Children and Adolescents. *Child Maltreatment*, 25(2), 203-214. <https://doi.org/10.1177/1077559519873975> (Original work published 2020)

¹¹ Worling, J. R., & Langstrom, N. (2006). Risk of Sexual Recidivism in Adolescents Who Offend Sexually: Correlates and Assessment. In H. E. Barbaree & W. Marshall (Eds.), *The Juvenile Sex Offender* (2nd ed.) (pp. 219-247). New York: Guilford Press; Carlo, G., Mestre, M., McGinley, M., Tur-Porcar, A., Samper, P. and Opal, D. (2014). The protective role of prosocial behaviors on antisocial behaviors: The mediating effects of deviant peer affiliation. *Journal of Adolescence*, 37(4):359-366

¹² Borduin, C. M., Quetsch, L. B., Johnides, B. D., & Dopp, A. R. (2021). Long-term effects of multisystemic therapy for problem sexual behaviors: A 24.9-year follow-up to a randomized clinical trial. *Journal of Consulting and Clinical Psychology*, 89(5), 393-405. <https://doi.org/10.1037/ccp0000646>

With hope,

Jae Dee Wood, MPH (she/her/hers)

Child Sexual Abuse Prevention Specialist

Office of School Safety

Overview of Child Sexual Abuse

(This section is instructional only, and should not be considered a comprehensive resource.)

Child sexual abuse refers to any sexual contact with a child or enticement of a child to have sexual contact with an adult or juvenile in a position of power. It can occur physically but includes any behavior perpetrated on a child for the offender's sexual gratification. It therefore includes voyeurism, pornography, enticement, or any type of exploitation. Child sexual abuse is particularly insidious because it occurs covertly. To commit their crimes successfully, offenders must not be detected, and children must not report. Accordingly, we must sometimes look at the behaviors of the offenders and the manifestation of behaviors in children to determine whether abuse or risk of abuse is occurring.

Signs and Symptoms

Symptoms of sexual abuse can manifest themselves physically, behaviorally, and academically, but there is no physical evidence of abuse in 90% of cases. If a child exhibits physical injuries to the genitalia, wetting and soiling accidents unrelated to toilet training, pregnancy, a sexually transmitted disease, or frequent and unexplained pain related to elimination, there is cause to refer the child to child protection for further investigation. Behavioral signs include sexual knowledge beyond a child's developmental stage, excessive or public masturbation, sudden mood swings including rage, fear, anger, or withdrawal, self-harming behaviors, unexplained avoidance behaviors, and regression. Sudden academic decline can also be a sign of emotional distress. Because these symptoms could be the result of other factors, they must be assessed in context, and further investigation may be warranted.

Mandated Reporting

Section 19-3-304, C.R.S., governs mandatory reporting in Colorado. All public and private school officials and employees are among those required by law to report reasonable suspicions of abuse. See that section, your school district policies, and your legal counsel with any questions you have regarding your obligations under the law. Working in a school setting, you have close and consistent contact with children and have standardized measures such as grades, attendance, and behavioral observations as warning signs earlier than other concerned community members. As a mandatory reporter, your job and legal obligation is to report reasonable suspicions of abuse. Child protection services and law enforcement have the role of investigating it.

Colorado has a centralized hotline for all mandated reports: **844-CO-4-KIDS**. You may also call law enforcement to make a report. Remember: a report is not an accusation of child abuse but rather the sharing of information that there may be signs or symptoms of abuse.

If you have reasonable suspicion to report, you must be the one to make the call as as soon as possible, but within 24 hours, after receiving information of child abuse or neglect (C.R.S.

19-3-304, 19-3-307). While this can be intimidating, it sometimes helps to debrief with a school administrator, nurse, or counselor about the process. However, please note that talking to a supervisor DOES NOT absolve you from your independent responsibility to make a call to 844-CO-4-KIDS or 911. All callers may remain anonymous and reports will remain confidential.

The Office of School Safety (OSS) provides in-person training free of charge, and produced an online training for school staff on mandatory reporting in 2017. That course emphasizes the indicators of sexual abuse. It offers an overview of the prevalence of abuse and the barriers to reporting it, the types and indicators of abuse, the characteristics of abusers, and proper response and reporting procedures. Printable certificates are available upon completion.

<https://www.train.org/colorado/course/1071847/>

The Colorado Department of Human Services released a standardized mandated reporter online training in 2015. <https://www.coloradocwts.com/mandated-reporter-training>

Another course has been added to train on Recognizing and Identifying Human Trafficking.

<https://learning.coloradocwts.com/course/search.php?search=recognizing+and+responding>

Prevention Implementation Resources

Prevention Program Process (training from the Prevention Research Center at CSU)

The Prevention Resource Center supports community agencies, K-12 schools/districts, and government entities in selecting, implementing, adapting, evaluating, and sustaining prevention programs in real-world settings for a fee. They have several resources in their Implementation Toolbox and other free training.

<https://www.chhs.colostate.edu/prc/implementation-toolbox/>

Rocky Mountain Prevention Research Center (RMPRC) Colorado School of Public Health

Their mission is to conduct community-engaged research with schools and communities across the Rocky Mountain region to achieve health equity by optimizing social-emotional, mental, and physical health. They have several free online resources. If you would like to discuss how the RMPRC can assist with your evaluation needs, please use the contact form

<https://coloradosph.cuanschutz.edu/research-and-practice/centers-programs/rmprc/about-us/2-contact-us> .

Child Sexual Abuse Prevention

Experts recognize that there are shared risk factors with all types of violence, including child sexual abuse. Listed below are programs designed to prevent child sexual abuse, sometimes as a part of programs that implement social-emotional learning, safeguard behavioral health, address antisocial/aggressive behaviors, substance misuse, family conflict, and even poor school/community attachment. Programs containing these elements, especially those that have demonstrated proven outcomes through evidence-based means, may effectively prevent sexual abuse.

Programs reviewed by and listed with national clearinghouses, including the Substance Abuse and Mental Health Services Administration (SAMHSA), the US Department of Justice Office of Juvenile Delinquency and Prevention (OJJDP), the National Institute of Justice Crime Solutions (NIJ/CS), Blueprints for Healthy Youth Development (BHYD), the Promising Practices Network of

Programs that Work (PPN), the California Evidence-Based Clearinghouse for Child Welfare (CEBC), and the Center for Disease Control (CDC) have been noted.

The Office of School Safety (OSS) does not endorse any programs and takes no responsibility for any services mentioned. Many of the abstracts were written by the program developers. The OSS offers this information for further district and/or school investigation. The list is not exhaustive, and the OSS welcomes the addition of programs to this list as they become available, especially if they have evidence of effectiveness and adherence to best practices. Selection of programs should be based on many factors, including capacity to implement services and train deliverers with fidelity to the program model, appropriateness for the population served, and community needs. It is critical to evaluate available school and community resources and motivations.

Exclusion from a registry, or a lower rating in a research category if a program is included, does not conclusively mean that the program is inferior or will not work for your community. In the selection of a program, the school/district must consider implementation success in like communities, steps to avoid mistaken implementation in consideration of the school population, access to implementation sites in the event of questions/concerns, adaptations of the program, staffing requirements (number, qualifications), quality assurance mechanisms (preparation, adherence to model fidelity, assessments), training needs, and costs.

Evidence-Based Programs

What makes an effective child sexual abuse prevention/personal safety program? According to studies, the most effective programs:

- Include children as physically active participants¹³
- Combine the techniques of modeling, group discussion, and role-playing/rehearsal¹⁴
- Engage participants for longer periods of time than in less effective programs¹⁵
- Contain multiple sessions¹⁶
- Incorporate parents/caregivers¹⁷

This section lists interventions that have undergone rigorous, independent, and peer-reviewed evaluation and have demonstrated proven positive outcomes. They appear in alphabetical order. Please consult each registry for specific definitions of program ratings.

***NREPP The National Registry of Evidence-Based Programs and Practices (NREPP)**, Substance Abuse and Mental Health Services Administration (SAMHSA) rating system was revised as of 2015. In a statement released by SAMHSA on January 11, 2018, Elinore F. McCance-Katz, MD, PhD, Assistant Secretary for Mental Health and Substance Use, raised additional issues regarding the National Registry of Evidence-Based Programs and Practices. This statement explained some of SAMHSA's concerns about NREPP designations and the fact that SAMHSA will be taking a new approach to the implementation of evidence-based practices (EBPs). SAMHSA launched a new <https://www.samhsa.gov/libraries/evidence-based-practices-resource-center> in 2018. The OSS will continue to use the previous NREPP designations but please be aware of these changes.

¹³ Davis, M.K. & Gidycz, C.A. (2000). Child sexual abuse prevention programs: A meta-analysis. *Journal of Clinical Child & Adolescent Psychology*, 29, 257-265.

¹⁴ *Ibid*; Topping, K.J., & Barron, I.G. (2009). School-based child sexual abuse prevention programs: A review of effectiveness. *Review of Educational Research*, 79, 431-463.

¹⁵ *Id.*, Davis & Gidycz (2000).

¹⁶ *Id.*, Davis & Gidycz (2000); Topping & Barron (2009).

¹⁷ Kenny, M. C., Capri, V., Thakkar-Kolar, R. R., Ryan, E. E., & Runyon, M. K. (2008). Child sexual abuse: From prevention to self-protection. *Child Sexual Abuse Review*, 17, 36-54. *Id.* Topping & Barron (2009).

- *OJJDP Office of Juvenile Justice and Delinquency Prevention (US Department of Justice) <http://www.ojjdp.gov/mpg/Program> Programs identified with this listing have been deemed effective by independent research. “Exemplary/Effective” Programs have demonstrated strong evidence that they achieve their desired outcomes when implemented with fidelity. Results have been replicated in at least one independent study. “Promising” Programs have shown some evidence they achieve their desired outcomes. More research is recommended.
- *NIJ/CS National Institute of Justice Crime Solutions. <http://www.crimesolutions.gov>. NIJ/CS rates the effectiveness of programs and practices in achieving criminal justice-related outcomes in order to inform practitioners and policymakers. Outcome ratings are identical to OJJDP.
- *BHYD Blueprints for Healthy Youth Development <http://www.blueprintsprograms.com/> is hosted by the Center for the Study and Prevention of Violence (CU Boulder). Programs included have been designated as “Model Plus,” “Model,” or “Promising” by a panel of independent experts as having met scientific standards of effectiveness for changing targeted behaviors and developmental outcomes. “Promising” programs are clear about desired outcomes, targeted risks/protective factors, and populations, contain trials with valid and reliable findings including one random control trial and two quasi-experimental evaluations, show significant change in intended outcomes with no harmful effects, and are ready to disseminate. “Model” programs meet the above requirements, plus a minimum of two high-quality randomized control trials or one plus a high-quality quasi-experimental evaluation, as well as sustained positive intervention impact for a minimum of 12 months after the end of the intervention. “Model Plus” programs contain the above, plus a high-quality study, which is completed and funded completely independently from the program developer.
- *CEBC California Evidence-Based Clearinghouse for Child Welfare <http://www.cebc4cw.org/> Programs included in the CEBC are rated on a 1 to 5 Scale (1 being well-supported by research evidence, 2 supporting, 3-promising, 4-fails to demonstrate effect, and 5-concerning program).
- *CDC The Centers for Disease Control Injury Center https://www.cdc.gov/sexual-violence/prevention/?CDC_AAref_Val=https://www.cdc.gov/violenceprevention/sexualviolence/prevention.html conducts systematic reviews using a rigorous evaluation methodology for preventing sexual violence perpetration, and rates programs as effective or promising.
- *PPN Promising Practices Network <https://www.rand.org/pubs/tools/TL145.html> in partnership with the RAND Corporation, the Colorado Trust, and the Annie E. Casey Foundation, among others, began in 1997 and concluded in 2014, so new programs will not be reviewed here. The project is archived at this site with compiled research on programs for families and children. “Proven” programs are publicly available, and have been studied with adequately-sized groups in randomized trials to show a positive impact of statistical significance in at least one outcome area. “Promising” programs are also publicly available and have been studied in randomized trials, but the control group may lack comparability or control, and the proven outcomes have less significant change.

ACT (Adults and Children Together) Raising Safe Kids Program: Parenting Skills Training for Safe, Stable, Nurturing Childhood

<https://www.apa.org/act>

Listing

CEBC (Promising), NIJ/CS (Promising), OJJDP (Promising)

Descriptions

The ACT Program, developed by the American Psychological Association Violence Prevention Office, is a well-evaluated early prevention intervention focusing on *parents and caregivers of young children*. The program engages a variety of organizations and agencies and trains

professionals (*ACT* Facilitators) to deliver the program's research-based 9-session curriculum to groups of parents and caregivers. The purpose is to teach positive parenting skills and practices that help create safe, healthy, environments that protect children from adverse experiences and their lifelong consequences. The program is listed as effective for parent skills training by the *US HHS Department/Head Start Office* in the “Compendium of Parenting Interventions”; and listed by the *World Health Organization* as one of only three parenting programs in the “Handbook for Parenting Programmes”; and by the CDC Division of Violence Prevention. *ACT* is implemented in communities in the US, Puerto Rico, and in several countries around the world. The research-based curriculum and materials are culturally oriented. There are training centers in several states in the US and around the world.

Target

Caregivers of children, birth to eight years. It is a universal program helping minority parents, incarcerated parents, abused mothers, and any parent who needs help raising safe and healthy children. Materials are translated into Spanish, Japanese, Chinese, Portuguese, Greek, Bosnian and Romanian.

Content

Eight two-hour sessions, hard copies and CD-ROM, PowerPoint and brochures.

Cost

The program kit that professionals receive at the training costs \$150; the Parent Handbook is \$25, and other parenting materials are available free by request.

After School Safety Matters®™/Athlete Safety Matters®™/Child Safety Matters®/Teen Safety Matters® by Monique Burr Foundation for Children

www.mbfpreventioneducation.org/

904-642-0210

info@mbfpreventioneducation.org

Listing

CEBC (Promising)

Description

MBF Prevention Education Programs, including *MBF After-School Safety Matters®™*, *MBF Athlete Safety Matters®*, *MBF Child Safety Matters®*, and *MBF Teen Safety Matters®*, are comprehensive, evidence-based/evidence-informed primary prevention education programs for youth. They are available to schools and other organizations, such as child advocacy centers, youth-serving organizations, after-school programs, and sports organizations.

These fun and engaging programs are developmentally appropriate, based on polyvictimization research, and teach the *MBF 5 Safety Rules©*, five universal safety rules kids can use to help them and their Safe Adults prevent, recognize, and respond appropriately to all types of victimization, including abuse (physical, emotional, sexual, and neglect), bullying, cyberbullying, sexual assault, exploitation/trafficking, online/digital abuse and other digital dangers (topics covered are dependent upon grade level). They are updated annually to stay current with research and best practices.

MBF Programs have been provided to over 14 million students since 2010 and are used throughout the U.S. and internationally.

The programs were developed with renowned experts, including Dr. David Finkelhor (UNH, Dir. Crimes Against Children Research Center), and are recommended by Erin Merryn, founder of Erin's Law. They help schools meet legislative prevention requirements and many education and health-instruction standards.

Program lessons are delivered by trained facilitators (online training available) via scripts and PowerPoints with activities, games, videos, scenarios, etc., and provide reinforcement materials for students, parents, and schools (available for purchase or self-print for cost savings).

Target

MBF After-School Safety Matters - for children in after-school programs and youth-serving organizations in multi-grade-level groups (K-2, 3-5, and 6-8) - six 35-45-minute topic specific lessons.

MBF Athlete Safety Matters - for youth athletes (from beginner to elite) in multi-grade-level groups (K-2, 3-5, 6-8, and 9-12) - two 35-55-minute lessons per grade-level group annually.

MBF Child Safety Matters - Pre-K - five 20-30-minute lessons annually.

MBF Child Safety Matters - for students in grades K-5 - two 35-55-minute lessons per grade level annually.

MBF Teen Safety Matters - Middle School - for students in grades 6-8 - two 55-minute lessons per grade level annually.

MBF Teen Safety Matters - High School - for students in grades 9-12 - two 55-minute lessons per grade-level group (9-12) annually.

School-based programs can be presented in four shorter lessons and also have lesson options available for remote presentation for distance learners.

Content

All MBF Prevention Education Program lessons are provided to youth by trained facilitators using turn-key scripts and PowerPoints. The curriculum is available digitally via a password-protected Facilitator Portal. All programs cover the four types of child abuse (physical, emotional, sexual, and neglect), bullying, cyberbullying, and digital dangers. The upper-grade levels also include relationship abuse, sexual assault, and exploitation/trafficking. School-based programs have additional modules covering mental health and substance use/abuse awareness and prevention. Reinforcement materials for students, parents/guardians, and staff/volunteers are an important component of the program and are available to either self-print or for purchase. Examples include: Parent Opt-Out/Consent, Parent Information and Activity Sheets, student reinforcements, and worksheets. Additional reinforcement items (Safety Rules posters and banners) are available for purchase. Facilitators have access to an online facilitator training, and all adults have access to online professional development courses, and other resources. Parents have access to a website and free mobile app with additional information and resources. Scripts are adaptable for special-needs students and all videos are closed-captioned for the

hearing-impaired. Parent materials are available in English, Spanish, Portuguese, Haitian-Creole, French, German, and Chinese.

The curriculum for *MBF Child Safety Matters*® K-5 and *MBF Teen Safety Matters*® 6-12 is also available in Spanish.

Cost

All programs are available to schools and organizations via a one-year digital subscription and include training for multiple facilitators.

MBF After-School Matters - \$750

MBF Athlete Safety Matters - \$750

MBF Child Safety Matters K-5 - \$1500

MBF Child Safety Matters - \$1500

MBF Teen Safety Matters-Middle School - \$750

MBF Teen Safety Matters-High School - \$750

Custom quotes are available for larger purchases for use in multiple sites.

Evaluation

See Appendix

Body Safety Training© (BST) Series

Sandy K. Wurtele, PhD.

<http://www.sandywurtele.com>

719-255-4150

swurtele@uccs.edu

Listing

CEBC (Promising)

Description

This is a ten-lesson course designed to teach students about general safety issues (fires, guns, poison, pedestrian and home alone concerns), as well as body safety (identifying private parts, safe vs. unsafe touching, and reporting). Lessons typically take 15-20 minutes.

Target

Students grades PreK-3, parents

Content

Workbook activities (English and Spanish editions)

Cost

\$20.00 for parent workbook, \$40.00 for curriculum for teachers

Evaluations

See Appendix

Botvin LifeSkills® Training (LST)

Craig Zettle

www.lifeskillstraining.com

914-421-2525

czettle@nhpamail.com

Listing

Social Learning Programs (Top Tier), NREPP (Legacy), OJJDP (Effective, multiple studies), National Institute of Justice (Very Effective), CSAP Model Program (Legacy), Blueprints for Healthy Youth (Model Plus)

Description

Botvin LifeSkills Training (LST) programs are designed and proven to reduce violence and risky behaviors among youth. LST programs have been proven effective at reducing tobacco/vaping, alcohol, drug use, violence, and delinquency. Designed as a universal prevention program, students learn personal self-management skills, social skills, and resistance skills. The *LST* programs include *LST Elementary* (Grades 3 - 5; 8 sessions each), *LST Middle School* (Grades 6 - 8; Level 1 15 sessions, Level 2 10 sessions, Level 3 5 sessions), *LST High School* (Grade 9 or 10), and *LST Transitions* (Grade 11 or 12). There are additional violence prevention lessons that are included in the Middle School program. The *LST* programs are available in print and e-learning formats (Middle School Level 1 and High School Only). The *Middle School program* is further enhanced to address bullying and cyberbullying when *LST Galaxia* (Online Game) is incorporated with program implementation.

The *Botvin LST* programs have been proven to reduce youth tobacco/vaping, alcohol, marijuana, Rx drug misuse, violence, and delinquency. *LST Elementary*: tobacco and alcohol (up to 65%), *Middle School*: tobacco/vaping (up to 80%), alcohol (up to 60%), marijuana (up to 75%), methamphetamine (up to 68%), Rx drug misuse (up to 50%), violence and delinquency (up to 40%). *LST High School*: general substance misuse/abuse (up to 50%).

Target

Differentiated by elementary, middle, and high school students, with materials for post-secondary transition. *LST* programs are available and suitable for students in grades 3 - 12. All program materials are available in print format. *LST Middle School* and *High School* are also available in e-learning formats.

Content

All lessons include comprehensive Teacher's Manuals and a variety of support resources that support program implementation (Digital Support Slides, and Fidelity Checklists). The *LST Middle School* and *High School* programs also include a free companion website for teachers and students. Student Guides are available for all levels and versions. They are designed to provide students with background in each skill as well as the activities to practice and acquire important life skills. Lessons are designed to introduce, practice, and acquire essential life skills through a variety of interactive skill practice techniques. Bullying and Cyberbullying reductions are possible when *LST Middle School* is combined with *LST Galaxia*, and online cyberbullying and bullying prevention game.

Cost

Varies per grade level, but each Teacher's Manual (print and e-learning) is approximately \$85. This includes Stress Management Techniques Audio and Smoking and Biofeedback video (Middle School only) and Student Guides \$5 - \$6 per student guide. E-learning student seats are an average of \$10/student (available in packs of 10). *LST Galaxia* is available on a per teacher license basis. Online teacher training is available for each program level for \$250/participant. On-site training is also available. Contact the LST team for more information.

Evaluations

See Appendix

Districts Using Program in Colorado

Denver Public Schools, Pueblo School District 60, Eagle County School District, Custer County Schools

Bringing in the Bystander (BITB) Prevention Program

soteriasolutions.org

603-862-7020

info@soteriasolutions.org

Listing

CDC (Promising), NIJ/CS (Promising)

Description

Highly interactive, researched, and evaluated, *BITB College & High School* uses a community of responsibility approach, rather than a narrow focus on victims and perpetrators. It teaches bystanders how safely to intervene in situations where an incident may be occurring or where there may be risk. The program allows participants to develop and practice bystander intervention prevention skills. *BITB* is grounded in the belief that all community members can play a role in preventing sexual assault and relationship violence. The program approaches everyone as a bystander and focuses on teaching people to identify a continuum of sexual violence and build skills to safely intervene before, during, and after instances of sexual assault and relationship violence. Newly updated, built on a decade of research, and enhanced with feedback from college users and formal evaluation, *BITB* sets the standard for bystander intervention training. *BITB* is used by more than 600 colleges and high schools around the world.

BITB High School Prevention Program has been evaluated at 26 high schools in New England, with funding provided by the Centers for Disease Control and Prevention (CDC). Initial results suggest the program is well-liked by students and school staff, and effective in leading to some types of attitudinal behavior change. *BITB High School* is showing a promising reduction in some types of violence, specifically sexual harassment and stalking.

Target

The program was created and evaluated for High School and College student audiences. Groups that mix students with employees are not recommended, as it can create challenging power dynamics in the space. Presenting the training to faculty and staff would be primarily to give them a sense of the training that is being or will be provided to students.

Content

Curriculum packages include a three-year license to use the PowerPoint Slides, two hardcopy Facilitator Guides for trainers, participation in the Bringing in the Bystander Listserv, moderated by Soteria Solutions training staff, two seats to a virtual train-the-trainer workshop, as well as additional implementation support materials including handouts, webinars, videos, and tutorials as they are released. There is also a Prevention Program Partner package that provides additional information and resources for administrators who are implementing the program, including tips for adaptation and choosing trainers.

Organizations can purchase the curriculum and use the comprehensive facilitator guide to learn how to facilitate the program. Alternatively, Soteria Solutions offers one-day training sessions, typically hosted by a school or community partner organization to teach facilitation skills and the content of the curriculum.

Cost

High School Partner package for \$1,600 includes 3 Year Curriculum License (v1.23), Facilitator Guide for relevance and time management 2 Copies, Curriculum PowerPoint, Electronic Templates & Resources, Access to Soteria Solutions High School Online Community (schools and community partners), Free Virtual Office Hours with Soteria Solutions trainers to discuss/share/learn, and the Bystander Intervention Social Media Toolkit. High School Bundle package for \$1,900 includes 3 Year Curriculum License (v1.23), Know Your Power® High School Posters (2 images), 2 Copies of Facilitator Guide for relevance and time management, Facilitator Training Videos, Curriculum PowerPoint, Electronic Templates & Resources, Access to Soteria Solutions High School Online Community (schools and community partners), Free Virtual Office Hours with Soteria Solutions trainers to discuss/share/learn, and the Bystander Intervention Social Media Toolkit. Training optionally available for \$475 per person at the annual High School Institute.

Evaluations

See Appendix

Districts Using Program in Colorado

Colorado College, The Blue Bench, Colorado School of Mines

Child First (offered through Invest in Kids®)

Marisa Gullicksrud, LCSW, IMH-E (she/her), Child First Program Director

303-839-1808 x132

mgullicksrud@iik.org

Listing

BHYD (Promising), CEBC (Supported by Research Evidence/ Promising Research Evidence), NREPP (Effective), HHS [Maternal, Infant and Early Childhood Home Visiting Program (MIECHV)]

Description

Home Visitation program

Target

Families with children prenatal up to 6 years of age

Content

A Master's level Mental Health/Developmental Clinician and a Care Coordinator meet at home or via telehealth with the family, providing psychotherapeutic, two-generation intervention, as well as connection to broad community-based services to support the entire family.

Cost

No cost to qualifying families

Evaluations

See Appendix

Counties Using Program in Colorado

Aurora Mental Health & Recovery (Arapahoe, Adams, and Douglas counties), Paragon Behavioral Health Connections (Bent, Crowley, Moffat, Otero, Pueblo, Routt, and Weld counties), San Luis Valley Behavioral Health Group (Alamosa, Conejos, Costilla, Mineral, Rio Grande, and Saguache counties), Savio House (Adams, Boulder, Broomfield, El Paso and Jefferson Counties), & Solvista Health (Chaffee, Custer, Fremont and Lake Counties)

Childhelp® Speak Up Be Safe

<https://www.childhelp.org/subs/childhelp-speak-up-be-safe/>

480-922-8212

info@childhelp.org

Listing

CEBC (Supported by Research Evidence)

Description

Childhelp Speak Up Be Safe (CH SUBS) prevention education curriculum is a comprehensive program that teaches body safety, respect, healthy relationships, and building a responsive safety network with peers and adults that each student identifies as safe. *CH SUBS* core curriculum is the only child abuse prevention program that is evidence-based for all grades Pre-K through 12. Fully scripted lessons teach skills to recognize unsafe situations and prevent or interrupt cycles of abuse - physical, emotional, sexual, neglect, bullying, cyberbullying, and online dangers. The program is aligned to Common Core standards, ASCA Mindsets & Behaviors standards, and National Health Education Standards. The content and delivery of all lessons is based on best practices from research in child development, learning styles, social psychology, and child abuse and neglect prevention. Lessons at each grade level focus on the risks children at that age might encounter. Modules of lessons about focused risk areas are being added to enrich the material facilitators may teach - this includes lessons for grades 6-12 about human trafficking prevention, and coming in 2025 are lessons for elementary, middle, and high school about athlete abuse prevention, and for middle grades about staying safe from online harm. Once facilitators complete self-paced online training and pass a quiz, they are ready to deliver age-appropriate lessons twice a year; the core curriculum has two brief (30-45 min.) lessons per grade level, and focused modules have one to two lessons of 60-90 minutes total.

Target

The core curriculum has lessons for Pre-K to grade 12, a human trafficking prevention module for grades 6 through 12, and modules for young athletes (K-12) and for staying safe from online harm (middle grades) to be released nationally in 2025.

Content

All facilitator training and lesson materials are available (with annual license) in English and in Spanish in the Childhelp Learning Management system (LMS), which also contains many additional resources for facilitators and for sharing with youth and parents. Lessons are fully scripted and include a presentation to engage students, also available as a downloadable PowerPoint (slides plus script) for two-screen presentation.

Cost

Typically, \$2.50 per student for the annual license, but please contact speakupsupport@childhelp.org for additional pricing options.

Evaluations

See Appendix

Districts Using Program in Colorado

St. Anne's Episcopal School, Denver, and the Montessori School of Denver

Coaching Boys into Men™ (CBIM) Futures Without Violence

<http://www.coachescorner.org/>

Listing

CDC (Promising)

Description

The program was developed by Futures Without Violence, <https://www.futureswithoutviolence.org/engaging-men/coaching-boys-into-men/>, a nonprofit dedicated to ending violence against women and children globally. *CBIM* provides high school athletic coaches with the resources they need to promote respectful behavior among their players and help prevent relationship abuse, harassment, and sexual assault. The curriculum consists of a series of lessons for weekly discussion, each of which takes 10-15 minutes.

Target

Coaches of high school male athletes

Content

Playbook to provide an overview of the program and tips, *CBIM* Card Series (Prep, Training, Half/Overtime, and Teachable Moment Cards)

Cost

\$42 for a hard copy of the Coaches' Kit, or downloadable free online

Evaluations

See Appendix

Districts Using Program in Colorado

Jana's Campaign™ <http://www.janascampaign.org/coaching-boys-into-men/> Jana's Campaign is dedicated to helping middle and high schools, and youth organizations reduce gender and relationship violence by promoting healthy relationship behaviors to ultimately create a culture of strong respect among adolescents. They utilize evidence-based prevention programs, including curricular and co-curricular activities, to raise awareness of the underlying causes by

highlighting the ‘red flags’ of dating relationships. They deliver CBIM in Kansas, Nebraska, Colorado, Oklahoma, and Texas.

Kaiti Blackburn, Executive Director
P.O. Box 647, Hays, KS 67601 785-656-0324 janascampaign@gmail.com

Enhanced Assess Acknowledge Act (EAAA) Sexual Assault Resistance Education, a.k.a. Flip the Script with EAAA™ Program

<https://www.sarecentre.org/the-program/flip-the-script-with-eaaa>
info@sarecentre.org

Listing

BHYD (NIJ Effective)

Description

This sexual assault resistance program is designed to help early year university women resist acquaintance sexual assault. *EAAA* is the first and only evidence-based curriculum proven to reduce a young woman’s personal risk of sexual assault. In a randomized control trial (RCT), women who completed the *EAAA* training were 46% less likely to experience a completed rape and 63% less likely to experience an attempted rape in the year following. Reduced risk of sexual assault, increased self-defense self-efficacy, knowledge of successful resistance strategies, and attitudinal benefits including reduction in rape myths are maintained for at least two years. The program was developed in Canada and has been implemented in several other countries including the U.S., Australia, Eswatini, and New Zealand. *A-EAAA*, an adaptation for younger girls (14-17) is currently being assessed in an RCT as is *IDEA3*, an adaptation for university students, delivered synchronously online. Other adaptations are in progress or are currently being evaluated (Trans-EAAA

<https://www.openaccessgovernment.org/article/empowering-trans-and-nonbinary-students-against-sexual-assault/178320>); French language version (BÉRA)).

Target

17-24-year-old female-identified college/university students (inclusive of transwomen and all sexual identities)

Content

The program consists of four 3-hour units that involve information-providing games, mini-lectures, facilitated discussion, and application and practice activities. Participants can attend group sessions for all the units in one weekend (two units each day) or for one unit per week for four weeks

Cost

\$3,000 CDN to attend the train-the-trainer workshop which includes a three-year licensure, in-person and webinar training, and the Campus Trainer and facilitator manuals. *EAAA* Program kits with all reusable materials needed to deliver the program must be purchased separately (cost recovery only). Note that Campus Trainers can then train their own facilitators in all aspects of the program delivery except self-defense. *Wen-Do Women’s Self Defense* (www.wendo.ca) is the *EAAA*’s official collaborator for *EAAA* Facilitator training with trainers available in Canada and the U.S. Approved alternative empowerment self-defense instructors can be used outside of North America. A 2020 estimate of program implementation cost is available at

<https://www.blueprintsprograms.org/programs/1032999999/eaaa-enhanced-assess-acknowledg-e-act-sexual-assault-resistance-education/>

Evaluations

See Appendix

Enough! Preventing Child Sexual Abuse in My School

Jetta Bernier, Executive Director, Enough Abuse

112 Water Street, Suite 502

Boston MA 02109

<https://enoughabuse.org/get-trained/enough-course-for-schools/>

617-742-8555

info@enoughabuse.org

Listing

NIJ (Promising)

Description

This interactive one-hour **online** training course teaches teachers, administrators, counselors, coaches, office personnel, and support about child sex abuse (CSA) and the steps they can take to prevent it. The course is specifically designed to address the fears and biases that hinder school personnel from identifying, reporting, and preventing CSA. Participants learn about the behaviors associated with grooming and the increased importance of reporting responsibilities.

Target

The program is designed for school employees, including teachers, administrators, counselors, coaches, office personnel, and support staff who work with children in grades K-12.

Content

The course uses an interactive format to inform and engage participants. Teacher avatars guide participants through two scenarios of educator sexual misconduct. In one scenario, a teacher overlooks and minimizes the signs of sexual misconduct by a colleague and does not report because of fear of retaliation and other negative consequences associated with reporting. In the other scenario, a teacher is concerned about a student whose grades have dropped and has demonstrated a noticeable change in emotional state. The scenario reveals that the teacher has overlooked signs that clearly point to sexual abuse/educator misconduct.

The course includes the latest research on the impact of child sexual abuse on learning difficulties, memory deficits, social/emotional learning, academic failure, and long-term physical and mental health. To reinforce knowledge gains and support ongoing learning, a robust Resource Bank is included with downloadable booklets, handouts, videos, etc. Policy resources are also included and serve as the basis for post-course follow-up discussions among school personnel and administrators. Results of a randomized-controlled research study, published in the Journal on Child Sexual Abuse in 2019 found, at the highest level of statistical significance, increases in learner knowledge, ability to identify boundary-violating behaviors early, and willingness/confidence in reporting disclosed or suspected cases. Satisfaction rates were very high with 98.4% of learners indicating they would recommend the course to colleagues. “The course has now been adopted by hundreds of schools in several states, and thousands of employees have stated in evaluations that it is engaging, highly useful, and easy to understand with great examples.” This program has been approved for 1.0 Social Work Continuing Education

hours for re-licensure by the NASW-MA Chapter CE Approving Program, Authorization Number D81438.

Cost

The course is made available to public and private schools based on a \$20 per learner cost. Administrators may preview the course at no cost. Discounts are available for multi-year agreements. School districts with large employee pools, State Departments of Education, and insurers of schools are encouraged to contact the non-profit producer of the course to negotiate an “enterprise rate” that would support its dissemination to the broadest possible audience. Schools that choose Enough! To train their staff receive regular reports showing which staff have registered and who completed the course, and their pre- and post-test scores and evaluation survey results. For more information about bringing Enough! To your school, download this slide deck: <https://enoughabuse.org/wp-content/uploads/2024/09/Enough-Mkting-Deck-2024.pdf>.

Evaluations

See Appendix

Families and Schools Together (FAST)

Molly McGowan

<https://www.familiesandschools.org/>

608-663-2382

mmcgowan@familiesandschools.org

Listing

CEBC (Promising), NIJ/CS (Effective), NREPP (Legacy), OJJDP (Effective with multiple studies)

Description

The 8-week FAST Program brings multiple families together once a week in dynamic after-school gatherings. In each 2.5-hour session, a trained FAST Team guides families through a scientifically structured agenda of evidence-based activities that enhance parenting skills and reduce family stress while encouraging family bonding. As a result, the family unit of the FAST Child is systematically strengthened with experiences based on family therapy principles that help parents be firmly in charge of and lovingly connected to their children.

Each FAST Session includes group activities as well as one-on-one parent-child interaction and parent group time. FAST has one of the highest retention rates among early intervention parenting programs - especially among low-income, stressed, and isolated parents: 80% of families who attend one session will successfully complete the entire 8-week program.

The program is a multifamily group intervention program designed to build protective factors for children, to empower parents to be the primary prevention agents for their own children, and to build supportive parent-to-parent groups.

The overall goal of the FAST Program is to intervene early to help at-risk youth succeed in the community, at home, and in school and thus avoid problems such as adolescent delinquency, violence, addiction, and dropping out of school. FAST achieves its goals by respecting and supporting parents and by using the existing strengths of families, schools, and communities in creative partnerships.

Target

Students PreK-5th grade and their parents. Materials are available in English and Spanish. The program has been implemented in school and community settings.

Content

The FAST team members receive handbooks and training guides.

Cost

Varies, so contact the provider for funding opportunities.

Evaluations

See Appendix

Fourth R: Skills for Youth Relationships

www.youthrelationships.org

thefourthr@uwo.ca

Listing

NIJ/CS (Promising), NREPP (Legacy), CASEL (Promising) OJJDP (Model)

Description

The Fourth R consists of a comprehensive, school-based program designed to include students, teachers, parents, and the community, which aims to prevent the following adolescent violence and related risk behaviors: peer and dating violence, substance misuse, and unhealthy sexual behavior. The Fourth R program addresses these adolescent risk behaviors by focusing on relationship goals and challenges that influence their decision-making. Each grade level curriculum includes four units: (1) Personal Safety & Injury Prevention, (2) Substance Use, Addictions & Related Behaviors, (3) Human Development & Sexual Health, and (4) Healthy Eating. Mental health and well-being have been integrated throughout all units. All grade levels include access to the Skills for Effective Relationships video resource. The video clips are age/grade appropriate for students and help youth learn and practice healthy relationship skills such as assertive communication and conflict resolution skills. Through its universal approach, rather than solely targeting youth who show problems, the program builds resiliency in the entire population.

Target

Middle and high school health classrooms, and high school English classrooms. Available in English and Spanish, public and Catholic school versions.

Content

The curriculum binders and video resources provide teacher-friendly lesson plans, including bystander training, group learning instruction, role-plays for skill practice, and innovative teaching methods with a variety of activities to differentiate instruction, assessment, and evaluation.

Cost

\$150 per grade for curriculum

Evaluations

See Appendix

Green Dot

<https://alteristic.org/green-dot/>

571-319-0354

info@livethegreendot.com

Listing

CDC (Promising), NIJ/CS (Promising) OJJDP

Description

Green Dot is a bystander-based prevention program designed to increase positive bystander behavior, change social norms, and reduce sexual and other forms of interpersonal violence perpetration and victimization. Green Dot was designed for college populations but has been adapted for high school, community, and military populations. A study found that Green Dot was associated with reductions in unwanted sexual victimization and sexual harassment, stalking, and dating violence victimization and perpetration on a college campus implementing the program compared to two comparison campuses without the intervention.

Target

High school and college students, communities, military populations

Content

The program consists of a five-hour training in bystander behavior for peer opinion leaders and campus/school-wide “persuasive speeches” to educate and engage the population.

Cost

Varies depending on campus size and need.

The Incredible Years® (Classroom Dinosaur Curriculum)

Carolyn Rubenstein, Program Director for Invest in Kids Colorado, The Incredible Years

303-839-1808

<https://www.incredibleyears.com/early-intervention-programs/teachers>

crubenstein@iik.org

www.iik.org

Listing

BHYD (Promising), CEBC (Well-Supported), NIJ/CS (Effective), NREPP (Legacy), OJJDP (Effective with multiple studies), PPN (Proven)

Description

The Incredible Years® *Classroom Dinosaur Curriculum* is one component within a series of programs for children, parents, and teachers proven to reduce challenging behaviors and increase social-emotional learning and self-control skills. The *Dinosaur Curriculum* is school-based, Common Core aligned, and builds relationship and communication skills. The long-term goals of the internationally-implemented program are the reduction of delinquency, substance abuse, and violence. A complementary parent-engagement component is not required but is available.

Target

The Incredible Years® *Classroom Dinosaur Curriculum* is targeted to ages 3-8.

Content

Manuals, videos, instructional aids

Cost

Approximately \$2,500 for one-time curriculum set purchase (**Invest in Kids**, a Colorado-based nonprofit organization, works with local communities to subsidize program-related costs.)

Evaluations

See Appendix

Districts Using Program in Colorado

Campbell Center, Westminster Public Schools, Evans Early Childcare Center, Brush Preschool, Tri-County Head Start, Adams 14, Mapleton School District, Grand Beginnings, Wiggins Preschool, The Village, Goldrick Elementary School, Summit School District, Manitou School District, Sheridan School District, Laredo Early Childhood Center, Adams County Head Start, Village Green Pre-school, Delta Family Center, Brighton 27-J, Grand Kids-Steamboat, Diversus Health

Lines in the Sand: Identifying and Addressing Boundary Violations

<https://tipcolorado.org/>

Description

By setting clear boundaries and limits, we can reduce the risk of child sexual abuse. Clear boundaries and limits are something we learn over time, through interaction and accepted patterns of behavior. How do we ensure that when our boundaries, or those of children and youth are violated, we stop a negative pattern of behavior from being normalized? Through education, vigilance and clear communication, we can minimize opportunity for child and youth victimization. This course will increase understanding of your own boundaries and prepare you to set clear expectations that lead to greater community safety. Participants will learn how to: Recognize important types of boundaries for physical safety, Identify grooming behavior patterns that can lead to sexual abuse and Respond to boundary violations and articulate clear boundaries and expectations.

Illuminate Colorado receives funding from the Colorado Department of Early Childhood to develop a spectrum of trainings to support community members in reducing the prevalence of Child Sexual Abuse. Illuminate Colorado provides support and funding (in the form of mini-grants, when available) to Authorized Facilitators across Colorado to conduct trainings in their communities at little to no cost. For a list of Authorized Facilitators in your community, or to schedule a training with a local facilitator, contact Sadie Rose Pace at space@illuminatecolorado.org.

Target

Teachers, parents, youth-serving organizations, social workers, medical professionals

Content

This curriculum is offered in either a two and a half hour in-person or online lecture format. It covers five essential steps for effective sexual abuse prevention.

Cost

Free as funding allows for Colorado residents. Facilitator training is also available through the website.

Nurse-Family Partnership

720-865-6236

khirst@iik.org

Listing

BHYD (Model), CEBC (Well Supported), NIJ/CS (Effective), NREPP (Legacy), OJJDP (Effective, multiple studies), PPN (Proven)

Description

First-time pregnant people are paired with registered nurse home visitors to learn healthy practices before and after pregnancy, positive parenting skills, and avoidance of behaviors risky to themselves and their children. Nurse-Family Partnership (NFP) boasts over 40 years of demonstrable results that directly reduce the likelihood of child abuse: healthy pregnancy outcomes, improved child health and development, and economic self-sufficiency. To find a Colorado agency near you, please look here:

<http://www.nursefamilypartnership.org/locations/Colorado/find-a-local-agency>

Target

First-time pregnant parent (prior to 28 weeks of pregnancy) who is experiencing low-income (Medicaid and/or WIC eligible) and has not had the benefit of a college education.

Content

Relationship and strength-based program delivered to parents by a registered nurse. Home-visiting schedule is flexible and designed to meet the needs of the client.

Cost

Free

Evaluations

See Appendix

Districts Using Program in Colorado

NFP is available in all 64 counties of Colorado. Please send referrals to <https://hipaa.jotform.com/210744612118145>

Nurturing Parenting™

<http://www.nurturingparenting.com/>

800-688-5822

FDR@nurturingparenting.com

Listing

CEBC (Promising for children 5-8), NREPP (Legacy)

Description

Nurturing Parenting has a suite of Primary Prevention (Education) programs, Secondary Prevention (Identification), and Tertiary Prevention (Treatment). Content includes nurturing skills for parents and teen parents as well as modules for the military, single mothers, teens, and elementary students.

Target

Parents (including prenatal) materials for Latino, Black, Asian, Pacific Islander, Middle Eastern, Hmong, and Somali families, children with special needs, infants to teens.

Content

CD/DVDs, manuals, games, instructional aids

Cost

For school-based programs, approximately \$150 per grade inclusive of teacher's manual and instructional aids. There are many add-ons available on multiple topics.

Positive Action® Program

<https://www.positiveaction.net>

800-345-2974

info@positiveaction.net

Listing

BHYD (model), NIJ/CS (Effective), NREPP (Legacy), OJJDP (Effective, multiple studies), CASEL (SElect Model), U.S. Department of Education Whole School Reform (Approved Model), and What Works Clearinghouse, Evidence for ESSA (Strong rating), National Dropout Prevention Network (Strong Evidence), California Evidence-based Clearinghouse for Child Welfare (CEBC)

Description

Positive Action is an evidence-based, PreK-12 social-emotional learning (SEL) and health promotion program that addresses the whole child—physical, intellectual, social, and emotional domains—in diverse settings, including school, family, and community. Supported by randomized-controlled trials, Positive Action is proven effective producing improved academic scores (math and reading state tests), emotional regulation (anxiety and depression) and pro-social behavior/character (self-control, respect for teacher/parent, empathy), and reduced negative behaviors, including bullying, violence, substance use and sexual risk behaviors. The program is taught through the Pasela web application which includes features such as progress dashboard, customizable lessons, audio catalog, downloaded resources, and real-time developer updates. The program's universal philosophy: you feel good about yourself when you do positive actions and there is a positive way to do everything, is depicted by the Thoughts-Actions-Feelings about Self Circle. It is taught across six-unit concepts in 15-20-minute interactive lessons two to four times per week:

Unit 1: Philosophy and Self-Concept

Unit 2: Positive Actions for a Health Body and Mind (Physical and Intellectual)

Unit 3: Social Emotional Positive Actions for Managing Yourself Responsibly (Self-Management)

Unit 4: Social Emotional Positive Actions for Getting Along with Others (Social Skills)

Unit 5: Social Emotional Positive Actions for Being Honest with Yourself and Others (Self-Honesty)

Unit 6: Social Emotional Positive Actions for Improving Yourself Continually (Self-Improvement)

There are also components for climate development, counseling, conflict resolution, bullying prevention, drug education, and family and community engagement. The curriculum is aligned with Common Core and State English Language Arts standards as well as SEL standards/competencies.

Target

Differentiated by grade level for students PreK-12

Content

Posters, games, music, and manipulatives, plays, radio scripts, stories, and journaling.

Cost

Delivery of training differs depending on whether face-to-face, on site (\$5,000 to \$ 6,000 per day plus travel expenses), or online (\$500 to \$600 per hour). Product licenses available by grade level starting at \$240 per year, per user. Accompanying Starter Kits ranging from \$100 to \$425 per grade level. Family lessons are free to all registered Pasela users.

Evaluations

See Appendix

Ripple Effects Whole Spectrum Intervention System

<http://rippleeffects.com/>

800-259-6618

info@rippleeffects.com

Listing

NREPP (Legacy)

Description

Ripple Effects provides a suite of evidence-based programs for social emotional skill-building and to promote positive behavioral and mental health. The digital platform allows for both local customization and for individualized learning. Used across settings and tiers, programs are used for universal prevention and as a targeted intervention. For more information, contact

info@rippleeffects.com

Target

Versions for Pre-K - 1 (*Bouncy's Ready to Learn Resilience*), Grades 2 -5 (*Ripple Effects for Kids*), and Grades 6 -12 (*Ripple Effects for Teens*).

Content

Bouncy's Ready to Learn Resilience program, anchored by an animatronic service dog, uses a multi-sensory approach of digital and physical elements to provide children “just-in-time” comfort and emotional support, as well as social emotional skill instruction. *Ripple Effects for Kids* (200+ lessons) and *Ripple Effects for Teens* (400+ lessons) cover topics of personal safety training, management of feelings, decision-making, bully prevention, and connection to community. The secondary program also includes prevention scope and sequences for sexual harassment, substance use/abuse, domestic and dating violence/abuse, and mental health and well-being. From the libraries, staff can create differentiated lesson tracks for every student/group quickly with the online lesson planning app.

Cost

Contact Ripple Effects at info@rippleeffects.com for pricing.

Evaluations

See Appendix

Districts Using Program in Colorado

Several Colorado youth-serving organizations and districts utilize Ripple Effects, contact Ripple Effects for references.

Safe Child Program

Sherryll Kraizer, PhD

<https://safechild.org/>

303-809-9001

Listing

CEBC (Promising), PPN (Promising)

Description

Designed to teach prevention of sexual, emotional, and physical abuse by people known to the child, prevention of abuse by strangers, and self-care in a non-threatening manner. Each year from preschool through grade 3 provides ten age-appropriate, video-based lessons, followed by role-play. Appropriate for youth-serving organizations and families.

Target

Students grades PreK-3 (parent materials in English, Spanish, French, Creole)

Content

Online video, curriculum, and family materials

Cost

Free

Evaluations

See Appendix

Safe Dates (Third Edition)

<https://www.hazelden.org/store/item/545255?Safe-Dates-Third-Edition>

800-328-9000 ext. 4324

customersupport@hazeldenbettyford.org

Jana's Campaign™ delivers the Safe Dates curriculum and training in Colorado

<https://www.janascampaign.org/>

Listing

BHYD (Promising), CDC (Effective), NIJ/CS (effective), NREPP (Promising for victimization and maltreatment disruption and behavioral disorders), OJJDP (Effective), PPN

Description

Safe Dates helps adolescents and teens understand the difference between manipulative, controlling, and abusive relationships and caring, supportive ones. It is instructive on positive communication, anger management, and conflict resolution. Adolescents in the program reported less psychological and sexual abuse in follow-up reports than control groups.

Target

Middle and high school students and their families

Content

Ten-session dating abuse curriculum (manual with USB Flash Drive) with family materials, including optional drama and art activities.

Cost

\$245

Evaluations

See Appendix

Safe Touches: Personal Safety Training for Children - New York Society for the Prevention of Cruelty to Children (NYSPCC)

Safe Touches Program | NYSPCC

Jessica Trudeau, MPH

<https://nyspcc.org/what-we-do/training-institute/professional-trainings-and-resources/safe-touches/>
safetouches@nyspcc.org

Listing

CEBC (Promising)

Description

Safe Touches is an evidence-based child sexual abuse prevention program designed for children in K through 3rd grade. Trained facilitators lead a classroom-based workshop using puppet skits and discussion to help children learn and practice key body safety concepts in a sensitive, developmentally-appropriate manner. After the workshop, the children are given an interactive activity book to complete at home with their caregivers. Key body concepts include identifying the private body parts, the difference between safe and not safe touches (and that they happen to children of any gender, and may come from people we know or don't know), safety tools to utilize whenever someone makes them feel unsafe or if a not safe touch occurs, that abuse is never the child's fault, and that children should keep telling trusted adults until they are believed. The *Safe Touches* curriculum was developed by the New York Society for the Prevention of Cruelty to Children (NYSPCC), a nonprofit organization dedicated to improving the lives of maltreated and at-risk children through research, education, advocacy, and direct services. In 2012, with support from the National Institute of Health (NIH), the NYSPCC conducted a full-scale randomized control trial study to assess program efficacy among second and third graders. The study found significant increases in knowledge of workshop-related concepts. The study was replicated through Pennsylvania State University (PSU) while bringing *Safe Touches* workshops to more than 14,000 second graders in Pennsylvania from 2018 to 2020. Results showed that children significantly increased their knowledge, and that knowledge was maintained 12-months post intervention.

Target

Students K-3 (*Safe Touches*). The NYSPCC also provides Child Sexual Abuse Prevention Education (not *Safe Touches*) for students in grades four through 12, as well as for parents/ caregivers, and teachers and other staff members. The Curriculum is available in English and Spanish.

Content

Safe Touches includes a workshop and homework activities with caregivers.

Age appropriate adaptations are made for students in grades 4-5, 6-8, and 9-12 in the Child Sexual Abuse Prevention Education programs.

Cost

Varies depending on scope and location of implementation. To maintain fidelity to the evidence-informed *Safe Touches* model, the program requires facilitator training, which may include travel expenses. Training is provided as a Train-the-Trainer model in that schools or agencies seeking training are provided with all materials to implement the program and train

subsequent facilitators. Please contact the New York Society for the Prevention of Cruelty to Children to learn more.

Evaluations

See Appendix

Second Step®: Empowered with Skills for Life

<http://www.secondstep.org>

800-634-4449

support@secondstep.org

Listing

CDC (Promising), NIJ/CS (Effective), NREPP (Promising), OJJDP (Effective, multiple studies), PPN (Promising), CASEL (SElect)

Description

The Second Step®: *Empowered with Skills for Life* is a suite of prevention products. Created by the Committee for Children and originally named Second Step: A Violence Prevention Curriculum (2002, updated in 2011), the program has been shown to increase socio-emotional competence and reduce impulsive and aggressive behaviors.

A Bullying Prevention component was added later, and the Child Protection Unit (CPU) was developed in 2014. (<http://www.cfchildren.org/second-step>) Although this unit is not yet evidence-based as a stand-alone program, it follows best practices. It was guided by the principles of *Talking About Touching: A Personal Safety Curriculum*. Differentiated by grade level, topics include general safety rules (guns, fire, water), safe adults, body safety, and reporting. Pre-K activities take 5-7 minutes, K-3 take 20-35 minutes, and grades 4-5 take 35-40 minutes.

Target

For CPU--Pre-K through grade 5, school administration and staff, caregivers. English/Spanish (Other Second Step programs are targeted to students up to 12th grade)

Content

Unlimited online staff training, student notebooks, posters, digital content for each lesson is available via DVD or via streaming for each grade, family materials, implementation tools, and support resources for staff. Puppets for grades K-1 (purchased separately or substitute your own), songs for elementary students.

Cost

Each grade level individually \$247, Grades Pre-K through 5 bundle = \$1,565, Grades K-5 Bundle = \$1,338. Check your local Children's Advocacy Center (CAC) for free trainings for schools. CACs are listed below in section VI.

Evaluations

See Appendix

Shifting Boundaries: Lessons on Relationships for Students in Middle School

Bruce Taylor, PhD

NORC at the University of Chicago

301-634-9512

taylor-bruce@norc.org

http://www.preventconnect.org/2013/05/shifting_boundaries/

Listing

CDC (Effective), NIJ/CS (Promising), OJJDP (Promising)

Description

Shifting Boundaries is a multi-level primary prevention program for middle school students that addresses sexual harassment and dating violence as precursors or risk factors for dating violence. It is unique in that it embraces a whole-school approach by using four school-wide interventions as well as classroom lessons. The classroom curriculum is comprised of four to seven lessons. It addresses boundary-setting, measuring personal space, avoidance of inappropriate behaviors including sexual harassment, appropriate response, consequences, and mapping safe and unsafe spaces at school. The four school-wide interventions include using temporary school-based restraining orders called “respecting boundaries agreements”; mapping safe and unsafe areas of the school; the adjustment of school security and supervisory personnel based on the location of the “hotspots”; raising awareness among school faculty around the “hotspots”; and the use of posters to increase awareness and encourage reporting of incidents to school officials.

Target

Differentiated lessons for 6th, 7th, and 8th grade students, as well as school-wide interventions

Content

Curriculum guides outline role-play and bystander intervention activities, suggestions for self-reflection, and instruction on corrective action.

Cost

Free

Evaluations

See Appendix

Stewards of Children (Darkness to Light)

<http://www.d2l.org>

National Hotline: 866-FOR-LIGHT 800-656-HOPE (4673)

Office: 843-965-5444

stewards@d2l.org

Listing

CEBC (Promising), OJJDP (Promising)

Description

Stewards of Children, a program by Darkness to Light, is the only nationally available program scientifically proven to increase knowledge, improve attitudes, and change child-protective behaviors. This revolutionary 2.5-3-hour training is for any responsible adult who cares about the welfare of children and particularly appropriate for training staff and volunteers of schools and youth-serving organizations (sports leagues, day care centers, after school programs, children’s clubs, church groups and more).

Illuminate Colorado is the state intermediary for *Stewards* and provides support and funding (in the form of mini-grants, when available) to Authorized Facilitators across Colorado to conduct

trainings in their communities at little to no cost. For a list of Authorized Facilitators in your community, or to schedule a training with a local facilitator, contact Sadie Rose Pace at space@illuminatecolorado.org.

The training is available through most of the state's Children Advocacy Centers, including but not limited to Blue Sky Bridge <https://blueskybridge.org/our-work/education/>; Life Stories Child & Family Advocacy in Weld County lifestoriesweld.org; the Crawford Child Advocacy Center in Larimer County <https://crawfordcac.org/abuse-prevention/>, the Center for Children <https://centerforchildrencac.org/classes/>; Check with your local Children's Advocacy Center for offering near you <https://www.coloradochildrensalliance.org/colorado-child-advocacy-centers>

Target

Teachers, parents, youth-serving organizations, social workers, medical professionals.

Content

This curriculum is offered in either a two-hour in-person or online lecture format. It covers five essential steps for effective sexual abuse prevention.

Cost

Free as funding allows for Colorado residents. Facilitator training is also available through the website.

Evaluations

See Appendix

Districts Using Program in Colorado

Statewide

Triple P Positive Parenting Program®

Triple P America

803-451-2278

contact.us@triplep.net

<http://www.triplep.net/>

Listing

BHYD (Promising), CEBC (Promising research evidence for parent training, supported by research evidence to address and prevent child abuse and neglect), NIJ/CS (Effective), PPN (Promising)

Description

The Triple P - Positive Parenting Program® is a parenting and family support system designed to prevent - as well as treat - behavioral and emotional problems in children and teenagers. It aims to prevent problems in the family, school, and community before they arise and to create family environments that encourage children to realize their potential. Triple P draws on social learning, cognitive behavioral, and developmental theory as well as research into risk factors associated with the development of social and behavioral problems in children. It aims to equip parents with the skills and confidence they need to be self-sufficient and to be able to manage family issues without ongoing support. Parents learn age-appropriate skills and methods on healthy boundaries, active skills training, discipline techniques, child and adolescent development, communication, and child safety. Provides a tiered five-level system of treatment.

It is a proven system with a suite of programs adaptable to community needs. It is delivered in a range of ways including one-to-one, small groups, large groups, or online. Reductions in child abuse are measurable (between 16-22% fewer hospitalizations, out of home placements, and confirmed cases). Note that Triple P should not be construed as a child sexual abuse prevention program *per se*, but rather as a program that teaches general parenting skills.

Target

Parents and caregivers of children 0-16 years of age.

Content

Triple P programs are classified through a five-level system that addresses service intensity (i.e. the amount of support parents may need) and how parents prefer to access this support (e.g. one-to-one, groups, online). The programs can be implemented individually or a population or targeted approach can be built from combining programs based on community needs and initiative goals.

Cost

Varies by program

Evaluations

See Appendix

What to Expect When Talking the TALK

<https://tipcolorado.org/>
space@illuminatecolorado.org

Description

This course is designed to support caregivers, parents, educators, and professionals in becoming an askable adult through increased understanding of how to support positive sexual development in toddlers, children and youth. From exploring how development progresses, to knowing how to respond to questions that make you squirm, we will focus on how your role in a child's life and your influence can impact a child's sexual development, even before you think it is time for "the TALK."

This training is part of the Tipping Point initiative <https://tipcolorado.org/>. Participants will learn to; be able to identify how their own sense of self influences the messages they share about sexual development, have an accurate understanding of what information is beneficial for youth to have around their sexual development, and be prepared to have crucial conversations about sexual development.

Illuminate Colorado receives funding from the Colorado Department of Early Childhood to develop a spectrum of trainings to support community members in reducing the prevalence of Child Sexual Abuse. Illuminate Colorado provides support and funding (in the form of mini-grants, when available) to Authorized Facilitators across Colorado to conduct trainings in their communities at little to no cost. For a list of Authorized Facilitators in your community, or to schedule a training with a local facilitator, contact Sadie Rose Pace at space@illuminatecolorado.org.

Target

Teachers, parents, youth-serving organizations, social workers, medical professionals.

Content

This curriculum is offered in either a 4 hour or 2 hour in-person or online lecture format. It covers five essential steps for effective sexual abuse prevention.

Cost

Free as funding allows for Colorado residents. Facilitator training is also available through the website.

Who Do You Tell™? (Calgary Communities Against Sexual Assault)

Calgary Communities Against Sexual Abuse

<http://www.calgarycasa.com/who-do-you-tell/>

403-237-6905 x228

wdyt@calgarycasa.com

Listing

CEBC (Promising), PPN (Promising)

Description

Who Do You Tell?™ (WDYT?™) is a comprehensive body safety program with sexual abuse and domestic violence components. Delivered in two 45-minute sessions, the curriculum encourages assertiveness through knowledge of body parts, identification of trusted adults, children's right to say no, and reassurance that child sexual abuse could never be the child's fault. The program offers facts about child sexual abuse and empowers communities to speak openly about the issue. Included is a one-hour teacher training which provides an overview of the curriculum, identification of abuse, and tips on response to disclosure. A parent informational meeting is also part of the program. It is school-based, but can be adapted for community settings.

Target

Students, grades K-6, Catholic module, some South Asian, Jewish, Muslim illustrations

Content

One-hour training video for teachers, DVD/videos, games and activities

Cost

Varies depending on licensing options selected by purchaser

“Best Practice” Programs

The following programs have undergone internal evaluations or studies but are not listed by one of the national evidence-based/evidence-informed registries above. These programs contain specific objectives of current “best practice” research.¹⁸ Scientific research reveals that the elements of best practice include whether the program:

- Is grounded in theoretical framework

¹⁸ National Center for Missing and Exploited Children's Guide for Choosing a Community-Based Safety Program (1999); Prevent Child Abuse America's State and Federal Legislative Efforts to Prevent Child Sexual Abuse: A Status Report (2015); Center for Disease Control's Sexual Violence: Prevention Strategies (2015), among other various studies.

- Contains multiple lessons with specific content over a period of years with multiple reviews with homework
- Has appropriate training for instructors
- Encourages community involvement
- Addresses polyvictimization
- Helps children identify safe adults
- Helps adults build confidence in building safety
- Addresses children with special needs
- Contains an Internet safety component
- Contains a body safety component
- Can be tailored to community needs
- Is multidisciplinary (meets the core educational needs in environment)
- Teaches children that sexual abuse is not their fault
- Addresses grooming behaviors
- Is interactive
- Addresses proper disclosure

No program MUST include all of these features to be effective, as programs are targeted for different audiences. “Best practice” differs for programs targeted for children, parents, communities, or professionals, so the selection process must consider the purpose for each intervention in determining whether it follows best practices and fits the community needs. It is important to remember that many prevention programs have no evidence proving their effectiveness, and many are implemented without fidelity to models or quality control. Such programs can waste resources, or more importantly, cause actual harm. Some of the programs below are undergoing current review, which can be a prolonged and expensive process. This manual is updated as that research becomes available. The programs are listed alphabetically.

Athletes as Leaders™ (Harborview Abuse and Trauma Center, Seattle, Washington)

<https://www.athletesasleaders.org>

Listing

University of Pittsburgh (Promising)

Description

Athletes as Leaders™ (AAL) is designed for high school athletes on girls’ sports teams. The program aims to empower female-identified youth to take an active role in promoting healthy relationships and ending sexual violence. It is based on research and best practices in the field of sexual assault prevention. Athletes are encouraged to be leaders in changing peer norms and school climate to a culture of safety and respect. The program is designed to be used in conjunction with other programs with intentional efforts to engage men and boys, such as Coaching Boys into Men™, above on p. 12).

It is a free, downloadable 10-session curriculum. www.AthletesAsLeaders.org/the-program

Target

Coaches of and female high school athletes

Content

In addition to the 10-session curriculum, Implementation Guide and Training for Advocates, policies, Information for Coaches, Season Planning Form, Parent Letter, and surveys

Cost

Free online download

Districts Using Program in Colorado

Jana's Campaign™ <http://www.janascampaign.org/coaching-boys-into-men/> Jana's Campaign is dedicated to helping middle and high schools, and youth organizations reduce gender and relationship violence by promoting healthy relationship behaviors to ultimately create a culture of strong respect among adolescents. They utilize evidence-based prevention programs, including curricular and co-curricular activities, to raise awareness of the underlying causes by highlighting the 'red flags' of dating relationships. They deliver AAL in Kansas, Nebraska, Colorado, Oklahoma, and Texas.

Kaiti Blackburn, Executive Director
P.O. Box 647, Hays, KS 67601
785-656-0324
janascampaign@gmail.com

The Blue Bench

Rebecca Kabacinski
Director of Prevention and Education
<https://thebluebench.org/communityeducation>
303-329-9922
info@thebluebench.org

Description

The Blue Bench offers several community education and prevention workshops which are rooted in scientifically supported approaches to prevention. They align with Colorado's Comprehensive Health Standards for grades 5-12 and are facilitated by Community Educators with 50+ hours of training in facilitation skills, trauma-informed workshop facilitation, and curriculum content.

- *Keeping Youth Safe* (for parents, teachers, and other adults serving children and adolescents) is a two-hour workshop designed to empower participants with knowledge and strategies to proactively take steps to keep youth safe, have developmentally-appropriate discussions with youth about sexual violence, recognize red flags, and intervene when concerned about a child.
- *Let's Talk About it: Sexual Assault Prevention for Youth* is designed for middle school students and delivered in a flexible three to five-hour format focusing on healthy relationships, boundaries, gender roles, consent, dynamics of sexual harassment and violence, and skill-building to become an active bystander.
- *Knowledge is Power* is a one to two-hour community workshop designed to educate participants about dynamics of sexual assault. Participants will gain knowledge in order to challenge common misconceptions and support survivors.
- *Uniting in Action: Creating a Culture to Prevent Sexual Violence* was developed in-house in a collaboration with high school students, educators, and practitioners. *Uniting in Action* is an evidence-informed curriculum that builds on the knowledge of participants to empower them in their role in shaping community responses to sexual violence. Focusing

on the role of bystanders, workshop participants build knowledge to recognize sexually inappropriate and violent behaviors, develop empathy for survivors, and grow prosocial bystander intervention skills. Participants will leave the workshop empowered with the knowledge, confidence, and skills necessary to play a role in preventing sexual violence.

- *SHIELD: Sexual Harassment Intervention, Education, Leadership & Development.* *SHIELD* is expertly crafted to equip businesses with the tools and knowledge necessary to create safe, inclusive, and respectful work environments. *SHIELD's* curriculum includes understanding sexual harassment and its impact, promoting bystander intervention, establishing effective reporting mechanisms, and implementing supportive policies and procedures. Companies participating will protect their employees and enhance their reputation and productivity
- *Safe Bars.* *Safe Bars* is an active bystander intervention program for alcohol serving establishments. Active bystander intervention is a promising practice in the prevention of sexual harassment and assault, contributing to safer communities. The Blue Bench Community Educators offer hands-on, team-oriented, and tool-based training that staff in liquor-serving establishments can put into practice on their next shift! Establishments committed to ongoing sexual violence intervention training receive the *Safe Bars* certificate to recognize their efforts toward a safer bar environment.

Target

Differentiated modules for middle and high school students and parents, youth-serving professionals, and community members

Content

Interactive discussion, role-plays, developmentally appropriate scenarios, hands-on activities, and small and large group work.

Cost

Varies per program

Evaluations

See Appendix

Counties served

Denver, Adams, Arapahoe, Broomfield, Douglas, Elbert, Gilpin, Jefferson, and Lincoln

Blue Sky Bridge

Gretchen Fair, Prevention Education Manager

303-444-1388

training@blueskybridge.org

Description

Blue Sky Bridge is Boulder County's Child Advocacy Center (CAC), committed to addressing and eradicating child abuse in our community. Their school-based education program consists of four 15-minute lessons for kindergartners that lay the foundation for body safety, and four 30-minute class presentations for third-graders to increase children's knowledge on body safety. Fifth grade students receive a one-time 50 minute "booster" session to refresh and expand body safety concepts in preparation for middle school. The curriculum includes the difference between safe/unsafe touches, the Body Safety Rules, how to tell Trusted Adults, and the *No, Go, Tell* plan to deal with unsafe situations. Caregivers can watch videos that cover the content of the lessons

their students will receive as well as attend live or asynchronous trainings for adults on nurturing healthy development and preventing abuse. Teachers and other school staff can request similar instruction, plus information on mandatory reporting laws. There is always a CAC professional on hand at the presentations to respond appropriately to a potential disclosure. Blue Sky Bridge also offers Darkness to Light's Stewards of Children training, mandatory reporting and other customized trainings for professionals and community members.

Target

Students K through 5, parents, school staff, and community members

Content

Presentation by trained facilitators utilizing puppets, videos storybooks and role-plays

Cost

Free

Evaluations

See Appendix

Districts Using Program in Colorado

Available in the Boulder Valley and St. Vrain Valley School Districts.

Circles of Safety® from Stop it Now!

Jenny Coleman, Director

<https://www.stopitnow.org/circles-of-safety-training/circles-of-safety-for-youth-serving-organizations>

413-587-3501

jcoleman@stopitnow.org

Listing

CEBC (not rated)

Description

Stop it Now! is a multi-tiered public health resource designed to help adults create effective programs to prevent child sexual abuse. Including a helpline, advocacy, prevention and other trainings, Stop it Now! provides the tools to help adults take action tailored to their communities.

Circles of Safety® provides a customized training experience ranging from short online training modules to a three-day training for leadership planning and implementation of safety policies and procedures, which can include “Train the Trainer” modules. The consultation is highly customizable for each organization. The leadership team checks in quarterly to adjust and modify safety planning.

Target

Circles of Safety® is for caretakers of students in youth-serving organizations and higher education students and staff.

Content

Training and consultation on strategies, policies and practices to make organizational change for the prevention of sexual abuse of children.

Cost

Varies depending on type and scope of training. Includes follow-up consultation for a full year.

The Center for Respect

<https://www.centerforrespect.com/product/can-i-kiss-you-full-curriculum/hello@centerforrespect.com>

Description

The Center for Respect (CFR) is a full complement of sexual assault prevention materials including school assemblies, keynote programs and workshops, curriculum, and online support. The program teaches concepts basic to healthy relationships, including consent, respect, responding to risk, honoring boundaries, supporting survivors, etc. Options include assemblies and seminars (contact CFR) a Train-the-Trainer for educators, staff and student leaders (contact CFR), and curriculum packages.

Target

Middle and high school students, educators, university students

Content

The curriculum *SAFER Choices* contains approaches for engaging teens and preteens, handling hecklers and using appropriate and helpful humor in workshops, customizing content to the specific school, integrating age of consent laws into the discussion, answering tough and awkward questions, using technology to make the content more relatable and fun to learn, inclusiveness of all genders and sexual orientations, converting stats on sexual violence into experiential exercises, and a word-for-word script of the entire presentation

Cost

\$197 for Interactive Package (Instructor's guide, emailed pdf, and a paperback copy of the book *Can I Kiss You?*)

\$497 for Full Curriculum (same as above, plus 30 paperback copies of the book *Can I Kiss You?*)
This item was available for less than half price as of June, 2018.

\$697 Ultimate Teacher's Pack (same as Full Curriculum, plus *Voices of Courage* e-book, *HELP! My Kids are Dating!* DVD, 17 posters and 12 Shirts.

Evaluations

See Appendix

Denver Safe from the Start

Christa Summers, MA, NCC, LPC - Director of Community Outreach
Denver Child Advocacy Center (DCAC)
<https://www.denvercac.org/denver-sfts/>
720-974-7232
csummers@denvercac.org

Description

DCAC's *Safe from the Start* prevention program focuses on safety and child sexual abuse prevention. DCAC uses a curriculum from the nationally renowned Committee for Children, especially designed for the prevention of childhood sexual abuse. The goal of the Denver Safe from the Start curriculum is to develop students' knowledge and skills for protecting themselves from unsafe and abusive situations, both in and out of the classroom. DCAC also provides training

to school staff and parents on safety, prevention, and child abuse. The program is available in both English and Spanish.

Target

Early Childhood Education through 5th Grade

Content

Prevention specialists facilitate 20-25-minute presentations through developmentally appropriate stories, role playing and games. There are six weeks of consecutive lessons. The topics covered are: ways to stay safe, the always ask first rule, safe and unsafe touches, the touching rule, practicing staying safe and internet safety.

Cost

Free

Evaluations

See Appendix

Districts Using Program

Denver Public Schools

Intervene

Laura Santacrose, DrPH, MPH

Associate Director, [Skorton Center for Health Initiatives](#)

lbs65@cornell.edu

<https://health.cornell.edu/initiatives/campaigns-materials/intervene-bystander-campaign>

Description

The Skorton Center for Health Initiatives conducted a randomized controlled trial evaluating the effectiveness of the video among undergraduate and graduate students. After four weeks, students who watched the stand-alone video reported a statistically significant higher likelihood to intervene for most situations portrayed in the film compared to a control group who did not view the video. Additionally, the workshop, which views the film and then engages the audience in a facilitated discussion, was also effective at increasing students' likelihood to intervene for most situations as measured in a four-week follow-up survey.

Target

Undergraduate, graduate, and professional college students. Secondary audiences include university staff, faculty, parents, alumni, and other academic institutions.

Content

Video, program overview pdf, and Facilitator Discussion Guide PowerPoint

Cost

Free. Cornell would appreciate your participation in evaluation of the program.

Evaluations

See Appendix

Recognizing and Reporting Child Abuse (Dallas Children’s Advocacy Center) and R.E.P.O.R.T: Best Practices for Campus Professionals Responding to Child Abuse

Lana Ahrens, Director of Training and Community Outreach, Dallas Children’s Advocacy Center (DCAC)

education@dcac.org

<https://dcac.learnupon.com/store>

Description

Training videos for parents: *Keeping Your Child Safe in the Real and Virtual World* (22 minutes), is designed to teach the basics of personal safety in the real and online world. Students learn about criteria for a safe home, identifying inappropriate touch, how to report, and the dangers of sharing personal information or inappropriate pictures online. *Recognizing and Reporting Child Abuse* (36 minutes) is designed for professionals working with children on a regular basis and includes information on the realities of child abuse, how to recognize physical and behavioral signs of the various forms of child maltreatment (sexual abuse, physical abuse, emotional abuse, neglect and domestic violence), grooming behaviors, and how to make a report of suspected abuse as required for mandated reporters. This professional development curriculum offers compliance tracking for supervisors. In addition, agencies have the opportunity to co-brand the training videos and supplemental materials to be state and/or organization specific. This would provide the ability to incorporate specific statute and reporting numbers in the training. *R.E.P.O.R.T: Best Practices for Campus Professionals Responding to Child Abuse* (30 minutes) is the result of collaboration with the Dallas County District Attorney’s Office, DCAC Chief of Investigations and DCAC Director of Training, offering practical guidance for professionals on how to best work with investigative parties in a way that protects the investigation, the organization, and most importantly, the child. Participants will leave with a robust reporting protocol and guidance for navigating these situations - before it is a problem.

Target

Keeping Your Child Safe in the Real and Virtual World is for parents and caregivers. *Recognizing and Reporting Child Abuse* and *R.E.P.O.R.T* is for professionals in child-serving agencies.

Content

Each of the programs also includes supplemental materials, available in hard copy for a fee or a free download via the online subscription included as part of the initial curriculum purchase. These include a facilitator’s guide, case studies, and course-specific handouts.

Cost

FREE. Please reach out to education@dcac.org in order to receive access to the curriculum for free.

Kidpower® Colorado

Jan Isaacs Henry, Executive Director

<http://kidpowercs.org/>

719-963-7376

jan@kidpowercs.org

Description

This international organization (*Kidpower*®, *Teenpower*®, *Fullpower International*®), is not on the national registries, but has undergone rigorous independent reviews and aligns as evidence-informed and exemplifying best practices. Kidpower started in 1989—locally in 1994. The program aligns with Colorado Department of Education’s Comprehensive Health Standards at each grade level. Kidpower’s mission is to teach people of all abilities how to use their power to stay safe, act wisely, and believe in themselves, including online. Workshops cover verbal boundary-setting and focus on building confidence, self-esteem, and situational awareness (including grooming behaviors). School programs vary in length and are held during the school day or in the evening to accommodate parent participation. Weekend classes are open to the community. Customized classes are available. Teenpower promotes the same themes, as well as healthy dating relationships and harassment.

Target

Differentiated modules for elementary, middle, and high school students, as well as their families. Components are adaptable for children with disabilities.

Content

Parent and teacher workshops, role play, review games, illustrated books, family information packet.

Cost

Varies depending on type and scope of program. Kidpower never turns away a child for lack of funds. Scholarships are always available. No cost for schools serving a significant percentage of students eligible for free or reduced lunch.

Evaluations

See Appendix

Districts Using Kidpower in Colorado

D2 ,D3, D6, D11, D20, D49, D14, Independent schools: Colorado Academy, Graland Country Day School, Aspen Academy, Ruth Washburn Coop Nursery School, CPCD Head Start, Early Connections
<https://kidpowercs.org/about-kidpower-in-colorado-springs/collaborative-relationships/>

NetSmartz

<http://www.netsmartz.org>
outreach@ncmec.org

Description

NetSmartz Workshop is an interactive, online educational program of the National Center for Missing & Exploited Children® (NCMEC) that provides age-appropriate resources to help teach children how to be safer on- and offline. The program is designed for children ages 5-17, parents and guardians, educators, and law enforcement. With resources such as videos, games, activity cards, and presentations, NetSmartz entertains while it educates. Its goals are to educate children on how to recognize potential Internet risks, engage children and adults in a two-way conversation about on- and offline risks, and to empower children to help prevent themselves from being exploited and to report victimization to a trusted adult. See safetocompete.org for safe environments in youth sports.

Target

Children 5-17, educators, parents, law enforcement

Content

All online downloadable presentations, videos, and games

Cost

Free

Evaluations

See Appendix

OneLove

Joinonelove.org

Info@joinonelove.org

Description

One Love’s skills-based workshops are anchored around ten healthy and unhealthy relationship behaviors, which provide language for discussing relationships and enable young people to identify unhealthy behaviors before they escalate to abuse. Peer-facilitated conversations create safe spaces where participants can begin to identify and discuss unhealthy behaviors, warning signs of abuse, and build the skills needed to practice healthy behaviors, communicate boundaries and practice consent, help a friend, navigate the ending of a relationship, and access resources. Our workshops are often centered on films (or a series of “gut check scenarios”) depicting an unhealthy relationship, allowing participants to first discuss a fictional relationship before reflecting on their own. One Love’s workshops vary in length, with a single session running 30 to 90 minutes, or the option to facilitate a series of 3-4 hour-long sessions using expanded or episodic content. Some material is available in Spanish and Mandarin.

Target

Ages 11-24, 4th grade - college

Content

1. Know the signs and spot the signs: Understand the 10 Signs of a Healthy and Unhealthy Relationship and be able to recognize them in your life and in the relationships around you.
2. Engage in conversations about healthy and unhealthy relationships: To change the norms around relationship health, we need to go beyond recognizing the healthy and unhealthy relationship behaviors we see around us and actually begin talking about them with others.
3. Practice healthy relationship behaviors: Everyone deserves to be in healthy relationships. This means having the knowledge and skills to: (1) live the 10 Signs of a Healthy Relationship, (2) set expectations for what we deserve in a relationship, and (3) build a healthy relationship with ourselves.
4. Communicate boundaries and practice consent: Setting and respecting boundaries of all types - physical, digital, emotional - are central to a healthy relationship. Practicing consent is one form of establishing boundaries that requires being a respectful “asker” and “receiver.”
5. Help a friend in an unhealthy relationship: We all play a critical role in supporting our friends to be in healthy relationships. To effectively help our friends, we need to

recognize when they are experiencing or engaging in unhealthy behaviors. We then need to have the courage to have the conversation and the knowledge of how to do so safely.

6. **Navigate endings:** Whether in a defined relationship, situationship, hook-up, or “a thing” – navigating endings can be difficult, and handling rejection is always tough. Understanding when and how to end a relationship requires thoughtful decision-making under stressful circumstances, even more so when the relationship might be dangerous and there is a need for safety planning.
7. **Access resources when in need:** Reaching out for help is a strong and brave thing to do, whether for yourself or for a friend, for big concerns or for small questions. To get support, you need to know who to turn to - what trusted organizations and safe people and professionals are out there - and be willing to reach out, even when it might be uncomfortable.

Cost

Free

Evaluations

See Appendix

Districts Using Program in Colorado

Thompson School District

Parenting Safe Children

Feather Berkower, MSW

<https://www.parentingsafechildren.com/>

303-931-5782

feather@parentingsafechildren.com

Description

Parenting Safe Children provides a five-hour workshop educating parents and caregivers about keeping children safe from sexual assault. Topics include identifying grooming behaviors in teens and adults who are at risk for sexually offending, age-appropriate sexual behavior vs. concerning behavior in children, sibling sexual abuse prevention, body-safety rules for children and teens, talking with children about pornography and building a Prevention Team™ of caregivers.

Parenting Safe Children offers a three- and ½ hour professional in-service which provides youth professionals with specific tools to keep their organization (agency, school, hospital, health group, church or youth group) off limits to child sexual assault. Child sexual assault prevention policies and screening processes for new hires are discussed in detail. There is a component on disclosure and reporting requirements.

Target

Parents of children from 0 through adolescence, youth professionals

Content

Prevention skills training, interactive discussion, role plays, Q & A, material packets, certificates of attendance provided, policy audits and consultation, private consultation. Parenting Safe Children offers child sexual abuse prevention policy consultations and audits to youth organizations.

Cost

Cost: \$59.99 for the online version (includes videos, activities and downloadable materials). Phone consultations are \$150 per hour. Call for costs for policy consultations, audits and training.

Evaluations

See Appendix

Districts Using Program in Colorado

Statewide

Play it Safe! ®

Diane Mayfield, M.Ed.

https://playitsafe.org/show.php?name=aboutus_playitsafe

817-927-4006

dmayfield@womenscenter.org

Description

This scientifically studied body-safety curriculum is multi-tiered for educators, schools, youth organizations and faith-based institutions, differentiated by age. Play it Safe!® was created by the professionals at The Women’s Center of Tarrant County, which offers a continuum of services to inspire, teach, and empower women and families to overcome violence, crisis and poverty. This program teaches children how to identify all manner of abusive behavior, take action against it, and report. There is a lesson for each grade, containing an age-appropriate video and script. The pre-K session is approximately 30 minutes. Each elementary grade session lasts 45 minutes to an hour. The scripts for older elementary grades contain information on internet safety, harassment, and bullying. There are three middle school sessions, which have components on sexting and cyberbullying, healthy relationships and abuse of power; and two high school sessions which focus on emotional, physical and sexual dating violence. A Parent Portal, launched in 2019, provides parents with general information about child abuse and how to respond to a disclosure. The Portal helps parents talk with their children and teens on ways to keep their bodies safe. The age-appropriate videos are for rent and a Parent Guide is available for download when a video is rented.

Target

Students PreK-12, parents, educators

Content

USB flash drives for the videos, scripts and coloring books are available in hard copy or online. Dolls and coloring books are included in the cost for pre-K through 2nd grade.

Cost

Online + Hard copy: Pre-K through 2nd grade \$329 each (Four different age-appropriate curricula are available, each with a unique video and script) Printable script and online streaming access to the video for a year; Printable coloring book; One set of Joe and Suzy dolls; One printed spiral-bound script and one USB flash drive; 25 bound coloring books in either English or Spanish. 3rd Grade through High School \$229; Printable script and online streaming access to the video for one year; a printed bound script and USB flash drive. There is an annual renewal fee of \$25 for online streaming access required for each program purchased to maintain access to online streaming of the videos, coloring books and printable script.

Online Only: Pre-K through 2nd grade - \$229 each for printable script and online streaming access to movie for one year; printable coloring book; One set of Joe and Suzy dolls mailed after purchase. Third grade through High School - \$179 each for printable script and online streaming access to the video for one year. To maintain online access to printable scripts, coloring books and videos you are required to pay an annual renewal fee of \$25 per program. The renewal fee is due one year after the date of purchase and subsequent years after that date. There is a 10% discount for the purchase of three to eight programs. For nine or more programs, the discount is 15%. Parent Portal Video Rental with Parent Guide: \$4.99. In April, parent rentals of the videos are free in recognition of Sexual Abuse and Sexual Assault Awareness month. One must have the April promo code to do so.

Evaluations

See Appendix

radKIDS® Personal Empowerment Safety Program

<https://www.radkids.org/radKIDS@radKIDS.org>

Description

radKIDS is an activity-based empowerment and safety-skill building curriculum. It includes lectures, safety drills, physical skills to resist or stop violence or harm, and dynamic simulation. Students learn about school safety, vehicle safety, grooming techniques, and personal safety, including strategies for conflict resolution and reporting abuse, preventing abuse and bullying. The 10-hour program emphasizes essential decision-making skills and physical resistance options to escape violence. In the children's program, there is a strong emphasis on family partnership.

Target

Children PreK-6, parents and educators, college students

Content

Interactive presentations and safety demonstrations

Cost

\$50

Evaluations

See Appendix

SafeBAE

Shael Norris, Executive Director

917-449-8708

www.safebae.org

shael@safebae.org

Description

SafeBAE 360° Schools is a comprehensive school-based program focusing on dating violence prevention among teens through a full spectrum approach to engaging all school community stakeholders. Our approach toward these goals involves a series of targeted activities, including: (1) SafeBAE student club (2) training students as certified peer educators to facilitate learning opportunities throughout school (3) full consent curriculum licensing or individual topic videos with adjoining lesson guides (4) policy reform guide for use in creating a

trauma-informed, accessible, and Title IX compliant policy (6) providing restorative justice resources for use with perpetrators and respondents. Each element of 360 is available individually or SafeBAE staff is available for hands-on implementation with school partners.

* *SafeBAE's full Peer Educator Program* is available in English and Spanish

Target

Grades 9-12

Content

Topics covered:

- Rape Culture
- Sexual Assault, Harassment & Rape
- Consent
- Healthy Relationships & Boundaries
- Male Identified Youth & Sexual Violence
- Myths, Facts & Stats
- Sexual Violence & Relationships in Media
- Sending Nudes & Online Safety
- How to Support A Survivor
- Options for Reporting & Investigation Requirements
- Title IX: Rights in School
- Healing After Sexual Assault
- Dating After Experiencing Sexual Violence
- Bystander Intervention
- How to Respond If You've Been Accused

Delivery Method:

- training students as peer educators
- providing faculty with curriculum
- delivery provided by SafeBAE staff

Number of sessions: 16

Length of each session: 45-1 hour depending on delivery

Cost

Student engagement programs (free) curriculum (sliding scale) restorative justice & other school resources (vary) [Link to resources portal](#)

Evaluation

[Journal of Child Sexual Abuse](#) [SafeBAE data reports](#)

Districts Using Program in Colorado

George Washington HS, Legend HS, Conifer HS, Goal Academy HS, Colorado Mountain College, Lakewood HS (currently or previously)

SafeTouch (Lutheran Family Services Rocky Mountains)

Kim Penney, LCSW, Program Director, Foster Care and Family Services North

2032 Lowe Street Suite 200, Fort Collins, CO 80525
<http://www.lfsrm.org/prevention-services/safetouch>
970-232-1156
kim.penney@lfsrm.org

Description

SafeTouch is a school-based program created to teach children to recognize abusive situations among family members, peers, acquaintances and strangers and, if confronted with such situations, to seek help for themselves, their siblings or friends. *Safe Touch* uses a sensitive, evidence-informed, developmentally appropriate curriculum that includes group activities, age-appropriate discussions, role play, puppets, and videos. The broad objectives of the *SafeTouch* program is to ensure children/youth recognize abusive and inappropriate situations, to reduce children/youth's vulnerability to abuse and unwanted touch, help children/ youth learn to say "No," run away, and tell an adult, and teach children/youth how to identify trusted adults who will understand their situation. This is a program that nurtures a child's physical, emotional, and intellectual health and well-being. The kindergarten session is 45 minutes. Other grades are 60 minutes. Sessions are conducted annually.

Target

Students grades K-5, adaptable for faith-based communities and children with disabilities

Content

Discussion, puppets, pictures, videos, role-play

Cost

Free

Evaluations

See Appendix

Districts Using Program in Colorado

Any Weld County school district may use services. Currently school districts Weld RE-2, RE-3J, RE-4, RE-5J, RE-6, RE-9, and the Saint Vrain school district.

Safer, Smarter Kids; Safer, Smarter Teens; Safer, Smarter Schools (Lauren's Kids)

Blythe Adreon, National Director of Curriculum Expansion
<https://safersmarterfamilies.org/> For families - free extension activities and prevention information
407-252-1198
education@laurenskids.org
SaferSmarterKids.org PreK through 5th grade, including children with disabilities
SaferSmarterTeens.org Middle & High School
SaferSmarterSchools.org Professional development

Description

The *Safer, Smarter Schools* curriculum is a PreK-12th Grade personal safety and abuse prevention program developed by the Lauren's Kids Foundation, lifelong educators, sexual violence prevention experts, developmental psychologists, and the University of Florida Lastinger Center with support and oversight from the Florida Department of Education. This curriculum fulfills **Erin's Law** requirements. *Safer, Smarter Kids* and *Safer, Smarter Teens* curriculum is a pedagogically sound, spiraled curriculum program based on developmental

milestones; as a child's world expands, so too does the content of the lessons to meet their increasing safety needs. The *Safer, Smarter Schools* program empowers children with tools that are not only protective from abuse, but also important social emotional, esteem, and safety issues such as bullying, Internet safety and empowerment; the program also addresses components of human trafficking prevention for K 12th grade and mental health in middle and high school. Our curriculum comes "out of the box" ready to begin lessons.

Safer, Smarter Kids teaches students how to identify safe and unsafe situations and individuals and how to seek help if they feel unsafe, uncomfortable or confused. At the core of this program, students are taught how to use their voice and get help and that it's ALWAYS ok to tell.

Safer, Smarter Teens empowers middle and high school students to tap into their personal power and become advocates for change in their communities while learning how to use their voices to better protect themselves and others.

Target

Families, students PreK-12, students with disabilities. Available in Spanish and Creole.

Professional development module available for teachers, principals and guidance counselors

Content

Teacher's Guides, Parent Letters, video lessons, visual aids, in-class activities, optional homework activities, posters, stickers, activities, bookmarks and online tools for parents and educators; aligned to education standards; free grade-level training videos for educators

Cost

About \$300 per grade--varies depending on services and add-ons purchased

Sexual Assault Victim Advocate (SAVA) Center

Hope Cornelis-Moore, Director of Prevention Education and Outreach

970-472-4204

www.savacenter.org

Emergency Hotline: 970-474-4200

Fort Collins: 970-472-4204

Greeley: 970-506-4059

Loveland: 970-775-2962

hope@savacenter.org

SuperWorld

Speak Up!

Sexual Assault Resource Team (SART) Peers

Safety, Opportunities, All Abilities, Resources (SOAR)

Description

The SAVA Center provides confidential support to victims and survivors of sexual assault through crisis intervention, advocacy, and counseling. SAVA also provides prevention programs through community outreach and education. SAVA's prevention programs are primarily designed for ages 6 through 21. (Our program for individuals with disabilities can be provided to adults as well.) Each prevention program is rooted in the STOP Sexual Violence strategies outlined by the Centers for Disease Control and Prevention to address sexual violence prevention in school communities. All programs are supported by research and informed by trauma-informed best practices.

SuperWorld is an active outdoor program that empowers youth ages 6-12 to develop necessary life skills for healthy bodies, relationships, and self-esteem. Through engaging activities and lessons, participants discover the strength to foster healthy nutrition, exercise, body awareness, and safety, the skills to nurture positive friendships, build empathy, and communicate boundaries.

Speak Up! is a prevention education program designed for high-risk youth ages 12-15. Through engaging discussions and activities, *Speak Up!* sessions work to reduce sexual violence in our community by educating our future leaders. The *Speak Up!* program aims to empower young people with knowledge about sexual violence and its root causes, foster skills to better support survivors, identify unhealthy relationships, and communicate about boundaries, and increase self-confidence and skills for bystander intervention. By the end of *Speak Up!* sessions, participants will possess the skills and tools needed to “speak up” and help others.

The Sexual Assault Resource Team (SART) Peers Program has been educating students about sexual violence prevention for over 30 years in Northern Colorado. *SART Peers* is a peer education program in which high school student leaders are trained to give presentations to their peers about sexual harassment, sexual assault, and what to do about it. *SART Peers* educators provide an 80-90-minute presentation for middle and high-school aged youth (12-18). Students receiving the presentation develop skills to challenge root causes of sexual violence, promote bystander intervention, and to access resources to support themselves or a friend.

Target

Students aged 6 through 21

Cost

No cost for Larimer and Weld County students. Please contact to discuss costs outside that geographic region.

Evaluations

See Appendix

Districts Using Program in Colorado

Poudre School District, Thompson School District, Estes Park School District, Greeley-Evans District 6, Weld-RE 4 School District, Weld District RE-7, Douglas County School District

SungateKids SafeKids (SK²)

Erin Katz, J.D., Director, Prevention Programming

<https://www.sungatekids.org/programs-services-for-child-abuse-victims/sungatekids-safekids/>

303-368-1065

erin.katz@sungatekids.org

Description

SungateKids SafeKids (SK²) is a multi-faceted, interactive child abuse prevention program developed by SungateKids, a nationally recognized and accredited child advocacy center serving the greater Denver metro area. SK² is aligned with the Colorado Department of Education's Comprehensive Health and Physical Education Academic Standards for 3rd, 4th and 5th grades. The program is too new to have undergone rigorous independent study, but is modeled on the evidence-based Kids on the Block Program, which has been utilized nationally to improve social

behaviors relative to children with disabilities and social concerns. SK² has anecdotally resulted in positive outcomes. Delivered in a 45-minute puppet program, each puppet represents one of three children who have had various experiences with child abuse. The content empowers children with body safety education, awareness of predatory behavior, and self-confidence. There is opportunity for response after the segment, and educators are trained to provide support and continue the discussion in the classroom intermittently following the presentation. Parents are engaged in the process. SungateKids also offers separate prevention education programming for parents of preschool-aged children focused on helping parents begin a conversation about child abuse safety with young children.

Target

Students grades 3-5, parents, and teachers

Content

Interactive puppet show, discussion and debrief, materials for follow-up

Cost

Free

Districts Using Program in Colorado

Cherry Creek School District; Littleton School District; Sheridan School District; Elbert County School District; some individual schools in Denver Public Schools and Aurora Public Schools

Human Trafficking Prevention

The **U.S. Department of Education** has developed a guide to help school officials understand how human trafficking impacts schools, recognize the indicators of possible child trafficking, and develop policies, protocols, and partnerships to address and prevent the exploitation of children. That guide is available at

<https://safesupportivelearning.ed.gov/human-trafficking-americas-schools>.

More resources from the Department of Education for schools can be found here:

<https://www.ed.gov/teaching-and-administration/supporting-students/human-trafficking/combating-human-trafficking>. The National Center for Homeless Education (U.S.D.E.)

contains assistance for how schools should respond to instances of trafficking at

<https://nche.ed.gov/sex-trafficking-of-minors-how-to-recognize-and-respond-to-the-trafficking-of-students-brief/>. Homeless youth are at especially high risk.

As a part of its Blue Campaign® to end human trafficking (see Campaigns in section VIII below), the **Department of Homeland Security** prepared this toolkit for universities:

https://www.dhs.gov/sites/default/files/publications/17_1113_OPE_Blue-Campaign_student-adv-toolkit.pdf.

This resource (available in multiple languages) helps citizens identify trafficking indicators and how to respond:

<https://www.dhs.gov/blue-campaign/materials/pamphlet-victim-identification-ngo-and-faith-based?topic=human-trafficking>

The **National Center for Missing and Exploited Children** also offers resources at

<https://www.missingkids.org/theissues/trafficking>.

The **Colorado Human Trafficking Council** was created within the Department of Public Safety to build a coalition of statewide community-based anti-trafficking efforts.

<https://dcj.colorado.gov/dcj-offices/ovp/human-trafficking-council>. Further information regarding the Council is found on p. 44 of this guide. Additionally, the following prevention programs are designed to prevent human trafficking and exploitation.

The National Human Trafficking Hotline is 888-373-7888.

Human Trafficking Prevention Programs

A21

4364 Western Center Blvd PMB 2132

Fort Worth, TX 76137-2043 USA

[A21.org/Education](https://www.a21.org/Education)

949-202-4681

info@a21.org

Description

K-12 Human Trafficking Education Curriculum: The K-12 Human Trafficking Education Curriculum is for K-12 students in the United States. This curriculum aims to provide students with knowledge about how to identify and respond to situations where they may be vulnerable to exploitation and human trafficking. The curriculum spans all age groups, consisting of four lessons for each grade focused on four pillars: Rights and Responsibilities, Character Development, Relationship Boundaries, and Digital Safety. Each lesson takes approximately 45 minutes and consists of developmentally and age-appropriate content designed to be interactive and engaging.

HT 101 Training: A21's Human Trafficking 101 Training course is a two-hour self-paced training course hosted on the Canvas platform, that has been created to equip people with knowledge about human trafficking. It explains what it looks like, how it happens, and what individuals can do to stop it.

Early Childhood Prevention Program: A child-centered, activity-based program designed to empower vulnerable children, ages 3-6. This 3-session program equips children with safety tools for protection as they navigate potentially dangerous situations in their young lives.

Primary Prevention Program: Designed to empower children, to champion their young voices, and to show that they are more than capable of making informed decisions to protect themselves and others. Three flexible, interactive sessions on values and rights, safe and unsafe migration, and human trafficking and exploitation. Targeted to children 6 to 12.

Target

Children age 6-12

Content

Facilitator guide, student activity guide, video downloads and resources

Cost

K-12 Curriculum Pricing Available via [A21.org/K-12](https://www.a21.org/K-12); HT 101 Training Pricing

Available [https://urldefense.proofpoint.com/v2/url?u=https-3A_www.a21.org_content_101-2Dt_raining_gvr8s0&d=DwMFaQ&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=v4jt7iz4A_quQNMW06SEox8uwZsqGVRwPPOgYIA4sJv8&m=SKiV0-SR2Hb-6-P3_DJqMmoXdogTHwmYV1tYy_PeuVvEYkLpE053nft-xSlPd_D&s=5OfLqJlU3h3Q710G5gBH_j3NAPLebH4l0yWKD3ZCS7Q&e=](https://urldefense.proofpoint.com/v2/url?u=https-3A_www.a21.org_content_101-2Dt_raining_gvr8s0&d=DwMFaQ&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=v4jt7iz4A_quQNMW06SEox8uwZsqGVRwPPOgYIA4sJv8&m=SKiV0-SR2Hb-6-P3_DJqMmoXdogTHwmYV1tYy_PeuVvEYkLpE053nft-xSlPd_D&s=5OfLqJlU3h3Q710G5gBH_j3NAPLebH4l0yWKD3ZCS7Q&e=.). ECPP & PPP: Free download

Evaluations

See Appendix

Colorado Human Trafficking Council

Jill Brogdon, Human Trafficking Program Coordinator

ThisIsHumanTrafficking.com

720-390-9951

jill.brogdon@state.co.us

Description

Human Trafficking is a lucrative and thriving industry that takes place around the globe and right here in Colorado. The Colorado Human Trafficking Council (CHTC) has existed at the state level since 2014, studying and advising on many topics such as prevention strategies as well as data collection* on the incidence of human trafficking in our state. In 2018, the Council recommended a primary prevention strategy for addressing human trafficking by integrating training into grade schools across Colorado.

In 2016, The Colorado Human Trafficking Council (CHTC) created its first in-person facilitated training program: *An Introduction to Human Trafficking in Colorado*. This program aims to establish a common language and understanding of human trafficking for schools and the impact of human trafficking in Colorado. When school staff recognize a student's vulnerabilities, the staff can connect that student to resources that strengthen protective factors and reduce the risk of human trafficking. To read more about the importance of schools addressing human trafficking of children and youth, read Prevention Strategies for the Education Sector at in the CHTC 2023 Annual Report <https://dcj.colorado.gov/dcj-offices/ovp/HTCreports>.

Target

Pre K - 12th grade

Content

We offer a 1.5-hour in-person or virtual training to recognize and respond to signs of labor and sex trafficking among children and youth with a focus on primary prevention.

Educators, leadership, counselors, bus drivers, nurses, and other staff will learn:

- The who, what, where and why of human trafficking
- Indicators of human trafficking
- The different types of trafficking that occurs in Colorado
- How to respond to students who are potentially vulnerable to trafficking
- How to develop a holistic community response and spread awareness
- Understand mandatory reporting laws and referral pathways specific to Colorado.

Cost

Free

Evaluations

See Appendix

Districts Using Program in Colorado

Available for all districts across Colorado

iEmpathize Empower Youth Program

Guido Hajenius, Co-Director of Programs

310-866-6261

guido@iempathize.org

info@iempathize.org

<https://iempathize.org/empower-youth-program/>

Description

The Empower Youth Program is flexibly designed for youth-serving environments including academic classrooms, after-school youth programs, juvenile corrections, individual counseling sessions, group homes, and other youth-serving spaces. It has three chief objectives: (1) to equip youth with personal strategies to navigate vulnerability safely, (2) to nurture their empathy for others so youth will help others stay safe, and (3) to equip adults to facilitate prevention conversations with youth about exploitation and human trafficking to keep them safe from all forms of exploitation. Addressing the great need for exploitation prevention education through collaborative efforts with survivors of human trafficking and experts in the fields of education, psychology, law enforcement, and victim advocacy, iEmpathize developed content that addresses issues of exploitation without sensationalizing concepts. The curriculum uses real-life stories of young people safely sharing specific strategies they used to navigate their own emotions, behaviors, and situations. Youth will engage in activities that ask them to apply these same strategies to their own lives, identifying positive and negative push and pull factors. Notably, contributors on screen within the educational material (as well as the development and filming teams) come from a wide range of cultural backgrounds, ethnicities, sexual orientations, gender identities, etc. All iEmpathize material stresses the respect and acknowledgment of differing individual values, attitudes, and beliefs.

Target

All youth from ages 12-18, grades 7th-12th grade.

Content

At the heart of the curriculum is the concept of empathy. Empathy is an active response to the suffering of others and is a characteristic the culture greatly needs to cultivate. Few people stay completely apathetic (choosing to disregard another's suffering), but many get stuck in sympathy (feeling bad for the suffering of others). Empathy (understanding and actively engaging another's suffering) is the solution to the issues of exploitation - from forms as familiar as bullying to more extreme acts like human trafficking.

Each lesson building upon the previous one helps students reinforce and maintain healthy relationships. *The Empower Youth Program* addresses the following prevention-focused concepts:

Module 1: Empathy - What is empathy, and why is it important in my life?

Module 2: Negative Pushes - How can I navigate negative personal and cultural pushes in my life?

Module 3: Negative Pulls - How can I navigate negative personal and cultural pulls in my life, especially when people sometimes wear deceptive disguises?

Module 4: Positive Pulls - How can I determine the difference between a disguise and a real positive pull in my life?

Module 5: Choosing Empathy - How can I identify someone who may be experiencing exploitation, and how can I help?

Module 6: Human Trafficking - How to navigate through various human trafficking situations?

Cost

\$2.00/student for a one-year license and consultation for organizations serving over 50. For organizations serving less than 50 students in a year, the license is a flat-rate of \$90.

Evaluations

- See Appendix

Districts Using Program in Colorado

New America School in Thornton, Thornton, CO, McGinnis Middle School, Buena Vista, CO, Chaffee County High School, Buena Vista, CO, New America School in Lakewood, Boys & Girls Club of Pueblo, Pueblo, CO, Westlake Middle School, Broomfield, CO, Extended Hands of Hope Avanti House, Arvada, CO, Denver Juvenile Court, Denver, CO, Child Advocates - Denver CASA, Denver, CO, Boulder District Attorney Diversion, Boulder, CO, & CDHS for Youth Services in juvenile facilities, CO

Laboratory to Combat Human Trafficking (LCHT)

Kara Napolitano & Kristina Wilburn, Training and Education Program

<https://combathumantrafficking.org/>

303-295-0452

Info@combathumantrafficking.org

Description

LCHT's trainings will help you to be able to identify potential trafficking situations and respond in a way that is compassionate and appropriate. Trainings are tailored to the audience. Either in-person and virtual training are available by request. Trainings include all forms of trafficking including labor, sex and forced criminality. Length of training ranges from one hour to four hours and can be modified based on audience and capacity, or broken into two parts.

Target

Youth in grades 7-12; school-based professionals; healthcare professionals; child welfare and those working with systems-involved youth; community groups; criminal justice; professionals working in domestic violence, sex assault, homelessness or substance use.

Content

Human Trafficking: The Basics

- Definitions
- Current laws
- Myths & misconceptions
- Examples of human trafficking cases in Colorado
- Actionable things you can do to support survivors
- Helpful local and statewide resources
- What to do and what not to do when you suspect human trafficking is taking place

Cost

Free

Evaluations

See Appendix

Districts Using Program in Colorado

Aurora Public Schools

My Life My Choice

209 Columbus Ave., Suite 301, Boston, MA 02135

<https://www.mylifemychoice.org/prevention>

857-991-1159

MLMCinfo@jri.org

Listing

NIJ/CS (Screened Out but multiple indicators of effectiveness by NIJ)

Description

My Life My Choice was the first comprehensive exploitation prevention curriculum in the nation. The nationally acclaimed, evidence-based curriculum equips young people who are disproportionately vulnerable with the tools and knowledge needed to protect themselves from exploiters. The Curriculum is designed to change youths' attitudes and perceptions of the commercial sex industry, as well as build the skills and internal resources necessary to reduce their risk, build self-esteem and increase a sense of personal empowerment. From its inception, this curriculum was grounded in the authentic experiences of survivors. The Curriculum was co-written by a survivor, and throughout its development, individuals with lived experience were interviewed and their perspectives and input shaped the content. It is the only comprehensive curriculum that has been evaluated and for which there is evidence that participation is associated with decreased risk of commercial sexual exploitation of children.

Additionally, as part of their larger Prevention Solution Model, *My Life My Choice* provides a suite of prevention and training opportunities, ranging from individual consultation to advanced clinical and residential leadership trainings.

Target

My Life My Choice was specifically designed to meet the needs of adolescents between the ages of 12 to 18 and is most effective when used with those assigned female at birth or who identify as female. Some youth, regardless of their sex assigned at birth, may identify across a continuum, and this curriculum is impactful for all youth who identify in any way other than cisgender male.

Content

This curriculum is grounded in the public health understanding that comprehensive effective prevention must shift attitude, knowledge, and skills. Each session includes a variety of activities, including icebreakers, discussions, role plays, hands-on activities, as well as more introspective opportunities including journaling. Sessions address issues including myths and facts about commercial sexual exploitation, how to identify an exploiter, recruitment tactics, trust, substance abuse, self-esteem, sexual health, healthy relationships, and local and national resources to support youth at risk of exploitation.

Cost

To bring the curriculum to your community, you must attend *My Life My Choice's* Prevention Curriculum Training held by a *My Life My Choice* trainer. The Curriculum must be run by two facilitators, so your agency should send at least two to the training. Best practice is for groups to be co-facilitated by one person with advanced clinical training and one who identifies as a survivor of commercial sexual exploitation who can disclose this to the group, however, if you are unable to find a co-facilitator with lived experience, you can still run these groups and be very impactful.

The cost of the two-day training is \$665. There is an application process and a pre-requisite CSEC training (attendance at the *My Life My Choice* Understanding and Responding to Victims of Commercial Sexual Exploitation or the equivalent training in your state).

Evaluations

See Appendix

Not a Number (Love 146)

<https://love146.org/notanumber/>
NotaNumber@love146.org

Description

Not a Number is an interactive, five (one-hour) modules prevention curriculum designed to teach youth how to protect themselves from human trafficking and exploitation through information, critical thinking, and skill development. It uses a holistic approach focusing on respect, empathy, individual strengths, and the relationship between personal and societal pressures that create or increase vulnerabilities. The content includes information and skill building activities on how to understand and prevent various forms of human trafficking and exploitation, personal vulnerability and the effects of traumatic events, healthy and unhealthy relationships, online safety, safety planning, and identification of healthy support systems and resources.

Target

Youth ages 12-18 in schools, child welfare and juvenile justice agencies, residential facilities, and other community settings.

Content

Not a Number's sessions use scenarios, videos, spoken word, discussion, and handouts for individual and small group work. Resources for professionals working with youth and caregivers are included.

Cost

A three-day Facilitator Certification Training is required for all professionals who would like to implement the program in their settings. Please contact Love146 at notanumber@love146.org for more details.

Evaluations

See Appendix

Districts Using Program in Colorado

Aurora Public Schools, Denver Public Schools

Not for Sale

2225 3rd Street

San Francisco, CA 94107

<https://www.notforsalecampaign.org/contact-us/>

<https://www.notforsalecampaign.org/>

650-560-9990

Description

The high school curriculum is derived from the book Not for Sale by David Batstone. It includes the major themes of war, poverty, religion, immigrant and refugee status, global economies, forced labor, justice systems, and the abolition of slavery.

Target

High school and college students

Content

10-lesson downloadable curriculum including script with read-aloud, study questions, writing prompts and activities.

Cost

Free

The Prevention Project™ Program - Freekind

<https://www.prevention-project.org/>

info@prevention-project.org

Description

The Prevention Project™ program is an award-winning, expert-informed, evidence-based curriculum designed to equip schools, after-school programs, and youth groups with tools needed to prevent youth from becoming victims of human trafficking, while also providing resources to effectively engage students, help them recognize the signs, and safely report suspected trafficking. Both the middle and high school curricula are Common-Core aligned for Social Studies, Family Life Studies and Health & PE. The high school curriculum has six lessons, each 45-50 minutes long. Middle school audiences have the choice between a two-lesson version or a six-lesson version that has two lessons per grade (6th-8th), with each lesson requiring 40-45 minutes. The curricula seek not only to prevent human trafficking but to equip students to be part of the solution. Students learn about grooming behaviors and risk factors related to their self-esteem, and they gain tools that empower them to make a difference in their school and community.

Target

Middle and high school students. Can be presented in schools, after-school programs, youth groups and community-based youth organizations.

Content

Teacher's guide, videos, interactive activities, corresponding Canva presentations, homework and counseling resources to aid potential victims, updated annually and housed in a convenient online teacher portal. Teachers are trained through a video series using a Train the Trainer model that can be completed at their convenience, taking no more than 45-60 minutes. Completion of the virtual training and associated quiz are required to access the lesson plans for teaching.

Cost

Highly subsidized by the organization's donors. Sliding scale pricing based on the number of enrolled students. For information on specific pricing, please see the website:

<https://www.prevention-project.org/store>

Evaluations

See Appendix

Districts Using Program in Colorado

Currently Active: Lutheran High School

Sex Trafficking Awareness for Individual Strength and Hope (STARFISH)

The McCain Institute for International Leadership

Arizona State University

<http://projectstarfish.education/>

Available in Colorado through the Human Trafficking Task Force of Southern Colorado.

www.ht-colorado.org/

Lisa Brandt

719-491-3859

Description

STARFISH is an educational tool developed by academics, researchers, social workers, and teachers, designed to raise awareness and provide education about the social injustice of sex trafficking in the United States. This is a free resource for school administrators and educators that provides a safe and age-appropriate way to educate middle school and high school students on the issue of sex trafficking. This resource also provides ideas for mobilizing students to action in educating their peers about risk factors and warning signs, and taking a stand against sex trafficking. Each of the eight lesson plans (economics, English, history, journalism, photography, poetry, social justice and theater) are insertable into existing courses.

Target

Middle and high school students

Content

8-lesson downloadable curriculum including scripts, case studies, projects (art, skits, demonstration pieces, text analysis, writing assignments, etc.) that last 50-60 minutes (economics is 60-90). Added activities for the entire school and individual classrooms are provided.

Cost

Free

Shared Hope International

Mikayla Simeral, Director of Training Advancement

www.sharedhope.org

360-693-8100

savelives@sharedhope.org

Description

Chosen: Stop Predators School Packages: Tailored for public, parochial/Christian, or home-school audiences, these packages are available at zero cost and are accompanied by a

litany of printable materials that support your schools.

[https://urldefense.com/v3/_https://store.sharedhope.org/stop-predators/_;!!PUG2raq7KiCZwBk!elip6qBZJL5qiVu1pRuPqEvw9qrBDUqhVafMOpXHn_RDoDbt_21eqS_srCqi6wPMJ3ca4xfUX8Hn5Z2LpYkW_oGC\\$](https://urldefense.com/v3/_https://store.sharedhope.org/stop-predators/_;!!PUG2raq7KiCZwBk!elip6qBZJL5qiVu1pRuPqEvw9qrBDUqhVafMOpXHn_RDoDbt_21eqS_srCqi6wPMJ3ca4xfUX8Hn5Z2LpYkW_oGC$)

White Van PSA & White Van Toolkit: This 90-second PSA shows the modern reality of “the white van” and how it is driving by online. The toolkit will help you keep the conversation going after viewing the White Van PSA. It includes reflection questions, Shared Hope handouts, and resources to help you as you raise awareness in your community.

PSA:

[https://urldefense.com/v3/_https://go.sharedhope.org/whitevandownload_!!PUG2raq7KiCZwBk!elip6qBZJL5qiVu1pRuPqEvw9qrBDUqhVafMOpXHn_RDoDbt_21eqS_srCqi6wPMJ3ca4xfUX8Hn5Z2LpeKhUAOS\\$](https://urldefense.com/v3/_https://go.sharedhope.org/whitevandownload_!!PUG2raq7KiCZwBk!elip6qBZJL5qiVu1pRuPqEvw9qrBDUqhVafMOpXHn_RDoDbt_21eqS_srCqi6wPMJ3ca4xfUX8Hn5Z2LpeKhUAOS$)

Toolkit:

[https://urldefense.com/v3/_https://go.sharedhope.org/whitevantoolkit_!!PUG2raq7KiCZwBk!elip6qBZJL5qiVu1pRuPqEvw9qrBDUqhVafMOpXHn_RDoDbt_21eqS_srCqi6wPMJ3ca4xfUX8Hn5Z2LpTMMagJSS\\$](https://urldefense.com/v3/_https://go.sharedhope.org/whitevantoolkit_!!PUG2raq7KiCZwBk!elip6qBZJL5qiVu1pRuPqEvw9qrBDUqhVafMOpXHn_RDoDbt_21eqS_srCqi6wPMJ3ca4xfUX8Hn5Z2LpTMMagJSS$)

Target

Chosen: Stop Predators School Packages: Grades 6-12 (Middle and High School Students)

White Van PSA & White Van Toolkit: Parents and Adults wanting to keep kids safe online. Can also be used in a 6-12th grade classroom with an adult leading the conversation.

Content

Educational digital film (23 minutes) featuring CHOSEN as well as an animated internet safety grooming video from Freeway NC. This package also includes a handful of downloadable PDFs for both youth and parents about the realities of online exploitation and how to recognize the signs of grooming and recruiting.

Cost

FREE

Truckers Against Trafficking

Lexi Higgins, Director of Industry Engagement

<https://tatnonprofit.org/school-transportation/>

612-888-4828

lhiggins@tatnonprofit.org

Description

TAT is a 501(c)3 nonprofit that educates, equips, empowers and mobilizes members of key industries and agencies to combat human trafficking. As a part of that mission, TAT offers free, industry-specific training for school transportation that highlights the issue of human trafficking and how school transportation professionals can play a vital role in combating it. Materials include an 18-minute training video, presentation guide, wallet cards, posters, dash stickers and more. TAT can share these training materials with school districts and school transportation departments for in-person training or individuals can complete training via a free online learning portal. Learn more: www.tatnonprofit.org/school-transportation.

Target

School bus drivers, aides, monitors, etc.

Content

Video, toolkit, presentation guide, wallet cards, brochures, posters, dash stickers, app, quiz, certificate template, online learning portal

Cost

Free

Evaluation

See Appendix

Districts using program

Over 2000 districts across the United States and Canada, including Jeff Co Public Schools, Salida Public Schools, Lewis Palmer School District, Mapleton Public Schools, Weld County RE-5J School District, Weld RE-4 School District and Harrison School District Two in Colorado.

Youth Rising-Up Initiative

Mitchell Peritz, Founder

YRUI.org

303-253-4204

Mitch.peritz@yrui.org

Description

The program is grounded in experiential learning principles, to actively engage youth in the learning process. Workshops utilize the creative arts, i.e., improvisation, role playing, movement, writing, dialogue, cultural storytelling, drawing, theater games, etc., as the vehicle of expression. While interconnected, each module is designed to function independently. Each workshop concludes with participants collaboratively distilling key learnings into concise bullet points, aimed at educating peers and community members about the sessions & topic. To promote self-reflection and reinforce learning, participants are asked to maintain journals between sessions, encouraging continued engagement with the material.

Target

Grades 6-12, juvenile justice agencies, residential settings

Content

The curriculum consists of nine modules and 11 workshops. Each workshop runs approximately 90 minutes depending upon the number of participants. Participants engage with themes that include building healthy relationships, values-based decision making, developing strong boundaries, recognition of online grooming strategies, separating fact and fiction about trafficking, risk factors and intersectionality, school connectedness and safe adults, and community. Participants are given journals for their between-sessions entries.

Cost

Flexible

Sexual Health

Sexual Health Programs

Colorado Sexual Health Initiative (CoSHI)

Colorado Department of Human Services

<https://cdhs.colorado.gov/CoSHI>

cdhs_coshi@state.co.us for general information

Description

“Askable adult” workshops for caregivers, parents and youth-serving professionals CoSHI offers a two-hour *Beyond the Birds & the Bees* workshop on becoming an “askable adult” for foster parents, teachers, court appointed advocates, child welfare staff, parents, grandparents, guardians ad litem, or other adults and/or youth-serving professionals who may receive questions about sexual health and relationships from young people.

The *Beyond the Birds & the Bees* workshop is intended to help adults develop the skills and knowledge to discuss these topics effectively and become more comfortable answering the questions that young people may ask regarding puberty, sexual health, relationships, consent, and other sensitive topics.

Supporting gender-expansive youth A four-hour training for professionals, trusted adults and caregivers on how to provide affirming care for transgender, non-binary and gender-expansive youth. This workshop covers transgender, non-binary and gender-expansive identities, experiences and pronouns; gender-affirming healthcare and caregiving; and the best practices for supporting gender-expansive youth.

This is not an introductory course. Extra time and content can be added if your organization needs an introduction to sexual orientation and gender identity, terminology and general LGBTQIA+ inclusivity considerations.

Target

Youth serving professionals

Cost

Contact CoSHI to discuss potential for partnership and training opportunities. Grants may be available.

Education, Training and Research (ETR)

<https://www.etr.org/areas-of-focus/sexual-and-reproductive-health/>

Description

ETR trainers use interactive learning activities designed to prepare educators and practitioners for implementing an evidence-based or promising program with fidelity. Each participant will engage in a learning process which includes pre-work, a pre-assessment, an in-person skill-development session and follow-up support.

Making Proud Choices! An Evidence-Based, Safer-Sex Approach to Teen Pregnancy and HIV/STD Prevention is an 8-module curriculum that provides adolescents with the knowledge, confidence and skills necessary to reduce their risk of sexually transmitted diseases (STIs), HIV and pregnancy by abstaining from sex or using condoms if they choose to have sex. The intervention

is based on cognitive-behavioral theories, focus groups and the authors' extensive experience working with youth. *Making Proud Choices!* is an adaptation and extension of the original *Be Proud! Be Responsible!* curriculum that integrates teen pregnancy prevention along with HIV/STI prevention. There is also a 10-module adaptation for youth in out-of-home care, and an adaptation for the state of California that aligns with the requirements of the California Healthy Youth Act.

**Get Real: Comprehensive Sex Education That Works* is a 3-year middle school curriculum developed by Planned Parenthood League of Massachusetts and published by ETR. *Get Real* emphasizes social and emotional skills as a key component of healthy relationships and responsible decision making. It promotes abstinence from sex as a safe and healthy choice for adolescents; provides a comprehensive understanding of sexual health, sexuality and protection methods; and supports parents and other caring adults as the primary sexuality educators of their children through family activities that encourage dialogue between students and the caring adults in their lives about sexual health topics. The *Get Real* program also offers a 1-year high school curriculum.

Target

Middle and high school students and parents

Content

3 Day training ETR trainers use interactive learning activities designed to prepare educators and practitioners for implementing an evidence-based or promising program with fidelity. Each participant will engage in a learning process which includes pre-work, a pre-assessment, an in-person skill-development session and follow-up support.

Cost

Depends on online subscription or print versions

Evaluations

See Appendix

Elevatus

Elevatus Training, LLC
43 Owls Hill Rd
Westmoreland, NH 03467 USA
<https://www.elevatustraining.com/>
kath@elevatustraining.com

Listing

Recognized as evidence and trauma-informed under the Professional Sexuality Education Standards, and fulfilling the standards set by the Sexual Health Equity for Individuals with Intellectual/Developmental Disabilities (SHEIDD), by independent researchers.

Description

Elevatus offers curriculum, in-person and online training designed especially to empower persons with developmental disabilities to be advocates for their own sexuality.

Curricula:

- *Sexuality Education for People with Developmental Disabilities*: 22 lesson plans, handouts, teaching tools, and a manual for how to successfully teach classes. Includes internet, social media, inclusive language, and all gender identities and expressions.
- *Building Healthy Relationships at Work*: 12 lessons with handouts, teaching tools and a manual to support competitive, integrative employment for all people with I/DD.

Online Courses:

- *Developmental Disability and Sexuality 101*: Six-module online course; and
- *Talking with Your Kids: Development Disabilities and Sexuality*: Four-module online course. Both offer proven, nuts-and-bolts approaches to discussing sexuality and responding to behaviors.

In-Service/ Trainings/Workshops:

- *Developmental Disabilities and Sexuality 101*: Nuts and bolts approaches to discussing sexuality and responding to behaviors;
- *Becoming a Sexuality Educator: Leading Sexuality Education Classes*, in-service training for teams of staff and self-advocates; designed to help you become more confident teaching a sexuality class;
- Live Workshop - *Talking With Your Kids: Developmental Disability and Sexuality*: Workshop to help parents/guardians become more comfortable when discussing sexuality with their children;
- *Becoming a Sexuality Educator and Trainer*: 3-day certificate training to teach professionals to lead sexuality education classes, staff training and parent workshops; designed to help you become more confident teaching this topic.

Target

Professionals/school staff and parents serving persons of all ages with developmental disabilities.

Content

All curricula are spiral-bound and contain handouts and teaching tools that are also available electronically. Slide Decks are available for both curricula. Online courses contain downloadable handouts and articles, with virtual support. Training is available live, in person, or online via video conference.

Cost

\$299 for the *Sexuality Education* curriculum, \$397 for the foundational online course; \$195 for *Building Healthy Relationships at Work*, \$47 for the online parent course, and \$97 for the online staff/school course. Inquiries on Live, In-Service training should contact Katherine McLaughlin at the listing above.

Evaluations

See Appendix

Districts Using Program in Colorado

Denver Public Schools and others

Dibble Institute

800-695-7975

<https://www.dibbleinstitute.org/RelationshipSkills@DibbleInstitute.org>

Description

Love Notes 4.0 <https://dibbleinstitute.org/our-programs/love-notes-4-0/>: US Health And Human Services Teen Pregnancy Prevention Evidence Review, CEBC (3- Promising Research Evidence), Florida Department of Juvenile Justice (Demonstrated Effectiveness), PEW Charitable Trusts (Highest rated), LA County Department of Mental Health (prevention and early intervention), Ohio Commission on Fatherhood

Mind Matters <https://www.dibbleinstitute.org/mind-matters/>

Relationship Smarts PLUS 5.0

<https://dibbleinstitute.org/our-programs/relationship-smarts-plus-5-0/>: National Registry of Evidence Based Programs and Practices (NREPP) (Legacy), Florida Department of Juvenile Justice (Promising Practice), PEW Charitable Trusts (Second highest rated), LA County Department of Mental Health (prevention and early intervention)

Target

Love Notes: Ages 14-24

Mind Matters: Ages 12 and up

Relationship Smarts: Ages 12-16

Content

Love Notes: Knowing yourself; forming and maintaining healthy relationships; frameworks for assessing relationships; recognizing unhealthy relationships and responding to dangerous ones; effective communication and conflict management skills; intimacy, sexual values, pacing relationships, consent, and sex; planning for sexual choices; unplanned pregnancy and relationship turbulence; how the order of school, employment, commitment, and babies impacts your future; bonus lesson on technology and social media.

Mind Matters: Self-Soothing and Regulating Emotions: Cultivate a mindfulness practice; Managing Stress Effectively: Learn to deal with intrusive thoughts; Developing Empathy: Improve interpersonal communications; Creating a Code of Honor: Develop a life of intention; Building and Using a Support System: Learn how to ask for help.

Relationship Smarts: Self-awareness; healthy relationships; problems, warnings, and dangerous relationships; effective communication and conflict management skills; intimacy and sexual decisions; updates to the Success Sequence to include the milestones and pathways to success; technology and social media.

Cost

Love Notes: Instructor's Kit - \$525.00 includes 13 lesson plans, all activity resources, ready to use activity cards, reproducible handouts, and complete PowerPoints with fidelity notes. Participant Journals - \$14 full color (pack of 10). Quantity discounts available. Primary Colors Personality Profile - \$16.50 (pack of 10). Quantity discounts available.

Mind Matters: Instructor's Kit - \$375.00 includes 12 lesson plans, all activity resources, ready to use toolkit guides, reproducible handouts, and complete PowerPoints with fidelity notes. Participant Journals - \$110 (pack of 10). Quantity discounts available.

Relationship Smarts: Instructor's Kit - \$475.00 includes 13 lesson plans, all activity resources, ready to use activity cards, reproducible handouts, and complete PowerPoints with fidelity notes. Participant Journals - \$115 (pack of 10) Quantity discounts available.

Evaluations

See Appendix

Districts Using Program in Colorado

Love Notes: TESSA, University of Denver, Weld County School District RE-5J, Yampah Mountain High School

Mind Matters: Grand Mesa Choice Academy & Merrill Middle School

Relationship Smarts Plus: Colorado Rapids, Meraki Counseling, PSD Global Academy, RiseUp

Family Life and Sexual Health (FLASH)

FLASH@kingcounty.gov

<https://www.etr.org/flash/>

Description

FLASH is a comprehensive sexual health education curriculum developed by Public Health Seattle- King County. It is designed to prevent teen pregnancy, STDs, and sexual violence. Lessons include navigating puberty, abstaining from sex, reporting of sexual abuse and assault, and communication with family and friends about sexual health and dating. Training of facilitators recommended but not required.

Target

Elementary, middle, and high school student modules, up to age 21, including adaptations for disabled students

Content

Presentation (PowerPoint) and worksheet, small group discussion. Extension opportunities by content area are available depending upon the lesson. Guidance for organizing speakers and panels is included.

Cost

Depends on online subscription or print versions

Positive Prevention PLUS

Robert LaChause, PhD, Chair

Department of Health Sciences

California Baptist University

<https://www.positivepreventionplus.com/>

Listing

Effective, Office of Adolescent Health <https://opa.hhs.gov/adolescent-health>, US Department of Health and Human Services <https://www.hhs.gov/>

Description

This comprehensive sexual health education and teen pregnancy prevention curriculum was designed to align with California and National Health Education Standards. Each edition features engaging and easy-to-follow semi-scripted lessons and support materials. Your curriculum will arrive shrink-wrapped and three-hole punched including lesson dividers and sample Student Workbook, ready to be placed into a three-ring binder.

The San Bernardino County Superintendent of Schools was awarded a five-year Tier II grant by the federal Office of Adolescent Health (OAH) to study the efficacy of the Positive Prevention *PLUS* curricula in impacting key sexual behaviors, attitudes, behavioral intention and self-efficacy among a diverse population of 3,000 high school students in Southern California. Final peer-reviewed findings published in 2016 demonstrate a statistically-significant delay in the onset of sexual activity, plus statistically-significant increases in student-parent communication around sexual health issues.

Target

Teens, young adults in a classroom or community setting

Content

The curricula include: Lessons with Opening and Closing Animations, downloadable PowerPoint slides or a streamable cloud-based option for easy access, a lesson on Human Trafficking, and parent materials (English and Spanish) all in an easy to use teacher-friendly format. There is a special education module as well. Teacher training and train-the-trainer opportunities are available.

Cost

TE Binder: \$359

Student workbook: \$9/workbook

Curriculum Bundle (include TE binder, 30 Workbooks, and Activity Cards): \$618

Evaluations

See Appendix

Power Through Choices

Janet Max, Healthy Teen Network
1501 Saint Paul Street, Suite 124
Baltimore, MD 21202

<https://www.healthyteennetwork.org/project/power-through-choices/>

443-216-1355

capacitybuilding@healthyteennetwork.org

Listing

Strong evidence of effectiveness in preventing pregnancy/increased knowledge about reproductive health issues and resources, lower sexual activity rates, less likely to have sex without protection (University of Oklahoma/University of Nevada Reno as studied and funded by the USDH&HS).

Description

Power Through Choices: My Life, My Choices (PTC) is an innovative sexuality education and skill-building curriculum that addresses the unique needs of youth involved in systems, such as foster care or juvenile justice, or living in out-of-home care settings. PTC is the first evidence-based adolescent pregnancy prevention curriculum developed specifically with and for youth in systems of care. The PTC curriculum is designed to be delivered by two facilitators in ten 90-minute sessions over a five-week period.

Target

Ages 13-18 in systems of care.

Content

Role-playing demonstrations, individual reflection, group discussions, along with interactive games and activities. Each session includes time dedicated to answer questions submitted by participants.

Rights, Respect, Responsibility (3 Rs)

<https://3rs.org/3rs-curriculum/>

<https://actionnetwork.org/forms/information-and-questions-about-the-3rs/nora@advocatesforyouth.org>

Listing

Effective, Office of Adolescent Health

Description

The “3 Rs” come from Advocates for Youth vision of RIGHTS: Youth have the inalienable right to honest sexual health information; confidential, consensual sexual health services; and equitable opportunities to reach their full potential. RESPECT: Youth deserve respect. Valuing young people means authentically involving them in the design, implementation, and evaluation of programs and policies that affect their health and well-being. RESPONSIBILITY: Society has the responsibility to provide young people with all of the tools they need to safeguard their sexual health, and young people have the responsibility to protect themselves.

This K-12 curriculum, therefore, is a collection of lesson plans on a wide range of topics including: self-understanding, family, growth and development, friendship, sexuality, life skills, and health promotion. Lessons are 40 minutes in K-5 and 50 minutes in grades 6-12. Meets National Sexuality Education Standards.

Target

Students, grades K-12, parents

Content

This downloadable curriculum contains lesson plans in English and Spanish, differentiated by grade. Training recommended, but not required.

Cost

Free

Districts Using Program in Colorado

Canyon City, Steamboat Springs, Denver, Aurora, Adams 14, Freemont, Ridgeway, Silverton, St Vrain, Durango 9-R, Westminster, Harrison, and others through Trailhead Institute

<https://trailhead.institute/youth-sexual-health> .

Working to Institutionalize Sexuality Education (WISE), A Program of Trailhead Institute

Adrienne Gomez, Senior Program Manager
Ocean Candler, Youth Sexual Health Senior Coordinator
1999 South Broadway, Suite 600, Denver, CO 80202
<http://trailhead.institute/youth-sexual-health>
ysh@trailhead.institute

Mission

Trailhead Institute is a coalition for public health innovation. Youth sexual health is just one component of its work. Trailhead's goal is to become a trusted, centralized, multi-sector resource for youth sexual health, education and resources across Colorado as a way to connect initiatives, dismantle silos, and build seamless synergy across health topics.

Description

The Working to Institutionalize Sex Ed (WISE) Initiative is a national model and is Trailhead Institute's youth sexual health cornerstone program that works to ensure that quality sexual health education is a component of ongoing school curriculum. The primary goal of the WISE initiative is to advance school-based sexual health education programs by supporting community and youth-led implementation efforts, increasing student access to quality education, and expanding the field's body of knowledge related to best practices for institutionalizing sex education. Please contact Trailhead to learn more about bringing WISE to your school or district.

Statewide Government Programs

Colorado Department of Education

<https://www.cde.state.co.us/>
201 E. Colfax Ave., Denver, CO 80203
303-866-6600

Mission

To ensure that all students are prepared for success in society, work, and life by providing excellent leadership, service, and support to schools, districts, and communities across the state.

Description

The Colorado Department of Education (CDE) provides leadership, resources, support and accountability to the state's 179 school districts, 1,927 schools, close to 56,000 teachers and over 2,800 administrators to help them build capacity to meet the needs of the state's approximately 881,065 public school students¹⁹. Here is a link to CDE's Comprehensive Health Academic Standards: <https://www.cde.state.co.us/cohealth/statestandards>

¹⁹ Updated January 2025, <https://www.cde.state.co.us/schoolview/explore/statesnapshot>

CDE also provides services and support to boards of cooperative educational services (BOCES), early learning centers, state correctional schools, facility schools, the state's libraries, adult/family literacy centers, and General Education Development (GED) testing centers reaching learners of all ages. CDE operates the Colorado Talking Book Library which provides support for people who have vision, print, and reading disabilities. CDE also provides structural and administrative support to the Colorado School for the Deaf and the Blind and the Charter School Institute.

As the administrative arm of the State Board of Education, CDE is responsible for implementing state and federal education laws, disbursing state and federal funds, holding schools and districts accountable for performance, licensing all educators, and providing public transparency of performance and financial data.

CDE provides guidance with respect to compliance with Title IX of the Education Amendments of 1972. The purpose of Title IX is to eliminate discrimination on the basis of sex in any education program or activity receiving Federal financial assistance. Resources for districts are available here: http://www.cde.state.co.us/cde_english/titleix

CDE serves students, parents, and the general public by protecting the public trust through ensuring adherence to laws, strong stewardship of public funds, and accountability for student performance.

CDE has published a guide for school personnel with respect to preventing and reporting child abuse and neglect:

https://cdpsdocs.state.co.us/safeschools/Resources/CDE%20Colorado%20Department%20of%20Education/CDE%20Prevention%20and%20Reporting%20Child%20Abuse%20and%20Neglect%20manual_2002.pdf

Colorado Department of Human Services (CDHS)

Colorado Sexual Health Initiative (CoSHI)

Zoa P. Schescke, MPA, CoSHI Manager
Theo Isoz, CoSHI Training Specialist
Anna Wendt, CoSHI Training Specialist
Office of Children, Youth and Families
Colorado Department of Human Services
<https://cdhs.colorado.gov/CoSHI>
303-866-2810
cdhs_coshi@state.co.us

Mission

To provide comprehensive sexual health education because research has shown that it helps youth: delay the initiation of sex (abstain), reduce the frequency of sex, reduce the number of new partners, and reduce the incidence of unprotected sex.

Description

CoSHI is funded by a Personal Responsibility Education Program (PREP) grant. CoSHI provides youth with age appropriate, medically accurate and evidence-based strategies that are proven to help reduce the risk of unintended pregnancy and sexually transmitted infections (STIs).

Office of Children, Youth and Families, Division of Child Welfare

1575 Sherman Street, 2nd floor, Denver, CO 80203

<https://www.colorado.gov/pacific/cdhs/children-families>

303-866-5700 (administrative inquiries only)

844-CO-4-KIDS (Report Child Abuse)

cdhs_communications@state.co.us

mary.gerlach@state.co.us

Mission

To strengthen the ability of the family to protect and care for their own children, minimize harm to children and youth, and ensure timely permanency planning. Services stabilize the family situation and strengthen the family's capacity to care for their children. When safety is not possible within the family, services focus on the child's need for a stable, permanent home as quickly as possible.

Description

Colorado has a state-supervised and county-administered human services structure. Under this system, county departments are the main provider of direct services to Colorado's families, children, and adults. CDHS supports the Child Welfare Training System—it offers free trainings to the community when open spots are not taken by child services staff. In collaboration with the Kempe Center, it creates and supports free online training for school professionals:

<https://coloradocwts.com/public-training/mandated-reporter-training/>

Office of the Child Protection Ombudsman (OCPO)

<https://coloradocpo.org/>

720-625-8640

info@coloradocpo.org

The OCPO is independent from the state and county agencies that work on behalf of children and families. They listen to the public about their experience with and concerns about child protection, research and investigate those concerns, and determine the best way to resolve each concern. Their work also allows them to collaborate with lawmakers, professionals, and other stakeholders to advance legislation and policies that will have a lasting, positive impact on our children and families. The OCPO can do the following:

- Listen
- Investigate
- Resolve
- Identify trends
- Create lasting change with policy

You can make a report online <https://coloradocpo.org/complaint-form/> or by phone at 720-625-8640.

Department of Early Childhood

1575 Sherman Street, Denver, CO 80203

<https://cdec.colorado.gov/>
800-799-5876
cdhs_oec_communications@state.co.us

Mission

The Colorado Department of Early Childhood ensures the delivery of a comprehensive, community-informed, data-driven, high quality and equitable early childhood system that supports the care, education and well-being of all Colorado's young children, their families and early childhood professionals in all settings.

Description

The Colorado Department of Early Childhood (CDEC) delivers a broad range of programs and services to Colorado's youngest children, their families, and the professionals who serve them. This includes the voter-approved Universal Preschool (UPK) Colorado Program, which will launch in the 2023-24 school year. The Department was established in July 2022 under the leadership of Executive Director Dr. Lisa Roy, the Governor's cabinet appointment for Early Childhood. CDEC unifies Colorado's early childhood system and elevates it to cabinet-level importance, implementing the vision of Governor Polis and a dedicated stakeholder community that contributed to the launch of the Department of Early Childhood.

Colorado Department of Public Health and Environment (CDPHE)

Comprehensive Human Sexuality Education Program (CHSE) and

Sexual Violence Prevention Program

Comprehensive Human Sexuality Education Program (CHSE)

<https://cdphe.colorado.gov/prevention-and-wellness/CHSE>

Danielle Tuft, MPH, Sexual Violence Prevention Program Manager

danielle.tuft@state.co.us

Deja Moore, Comprehensive Human Sexuality Education Program Coordinator

deja.moore@state.co.us

Mission

To support schools and school districts to implement comprehensive human sexuality education content that is medically accurate, culturally sensitive, inclusive of a positive youth development approach, and aligned with content requirements.

Description

The CHSE program provides funding to schools and districts across Colorado to implement comprehensive human sexuality education. Rural schools/districts and those not currently implementing comprehensive human sexuality education are prioritized.

Sexual Violence Prevention Program Mission

To work with diverse communities to increase health and safety by addressing the root causes of sexual violence through strategies that impact the environments where Coloradans live, work, learn, and play. The SVP program funds the primary prevention of sexual violence in Colorado with a focus on creating protective environments and strengthening economic supports, centering anti-racist and anti-oppressive approaches. Local partners work to address

community-level factors that impact neighborhoods, school systems, workplaces, and other organizational settings. By changing these systems, SVP Program grantees work toward healthy social, economic and environmental conditions that have a sustainable impact for all communities.

Colorado Department of Public Safety (CDPS)

Office of School Safety

700 Kipling St., Suite 1000, Denver, CO 80215

Jae Dee Wood, MPH

<https://oss.colorado.gov/trainings-on-child-sexual-abuse-prevention>

720-591-6869

JaeDee.Wood@state.co.us

Mission

To assist educators, emergency responders, community organizations, school mental health professionals, parents, and students to create safe, positive, and successful school environments for Colorado students in all pre-K-12 and higher education schools.

Description

The OSS provides training, consultation, and resources for school staff, parents, and students and their communities, pre-K through higher education, on best practices in child sexual abuse and assault prevention. Trainings include but are not limited to:

- Identification of child abuse and sexually predatory behavior
- Mandated reporting
- Adult/professional sexual misconduct including sexual harassment and assault
- Understanding and responding to the sexual behavior of children and adolescents
- Informed supervision
- Teen Dating Violence Prevention
- Sexting prevention education for youth and adult communities, including school-based law enforcement
- Cyber Safety/Digital Citizenship
- Impact of adverse childhood experiences and the importance of resilience
- Trauma-Informed Response to Child Sexual Abuse Disclosures

Jae Dee Wood, MPH, the Child Sexual Abuse Prevention Specialist, can create trainings based upon district/school needs and capacities in addition to those listed here.

Division of Criminal Justice

Human Trafficking Council

700 Kipling Ave, Lakewood, CO, 80226

Maria Trujillo, Human Trafficking Program Manager, Division of Criminal Justice

<https://dcj.colorado.gov/dcj-offices/ovp/human-trafficking-council>

maria.trujillo@state.co.us

Description

During the 2014 legislative session, House Bill 14-1273 established a Human Trafficking Council (the Council) of up to 35 people who represent a wide range of disciplines including state

agencies, law enforcement, prosecutors, NGOs, regional coalitions and task forces, legal services, victim service providers, academia, faith-based organizations, etc. The Council is housed within the Division of Criminal Justice, Office for Victims Programs and is designed to:

1. Bring together leadership from community-based and statewide anti-trafficking efforts;
2. Build and enhance collaboration among communities and counties within the state;
3. Establish and improve comprehensive services for victims and survivors of human trafficking
4. Assist in the successful prosecution of human traffickers; and
5. Help prevent human trafficking in Colorado.

Division of Criminal Justice

Sex Offender Management Board (SOMB), Administered by the Office of Domestic Violence and Sex Offender Management

Raechel Alderete, Program Coordinator

<https://www.colorado.gov/pacific/dcj/sex-offender-management-unit>
raechel.alderete@state.co.us

Mission

To develop standards and guidelines for the evaluation, assessment, treatment, and supervision of juveniles who commit sexual offenses to improve community safety and protect citizens.

Description

Provides information, training and resources for schools on appropriate responses to juveniles who have committed sexually abusive acts including: educational rights of victim and the juvenile offender and reintegration of each into the educational community. Juvenile Standards found here: <https://www.colorado.gov/pacific/dcj/somb-standards-bulletins>

Statewide Resources and Coalitions

Colorado Coalition Against Sexual Assault (CCASA)

Brie Franklin, Executive Director

1330 Fox Street, Suite 2, P.O. Box 40350, Denver, CO 80204
303-839-9999

<http://www.ccasa.org/>
info@ccasa.org

Mission

CCASA provides leadership, advocacy, and support to address and prevent sexual violence.

Description

CCASA is a membership of government and nonprofit agencies, law enforcement, health practitioners, mental health providers, educators, advocates, and private citizens working for its common mission. CCASA provides training, technical assistance, and resources as well as engages in systems and policy advocacy.

Colorado Organization for Victim Assistance (COVA)

<https://www.coloradocrimevictims.org/>

303-861-1160

info@coloradocrimevictims.org

Mission

COVA is committed to fairness and healing for crime victims, their families and communities through leadership, education, and advocacy. By operating in an inclusive and compassionate manner, COVA creates solutions and positive change.

Description

COVA offers a variety of programs to promote public understanding of victimization, to create awareness of human trafficking, to provide training for provide quality services to victims, and to publish lists of service providers for victims statewide. Additionally, COVA has developed a Crisis Response Team to assist communities in need.

Colorado School District Self Insurance Pool (CSDSIP)

Ken Canning, Executive Director

6857 S. Spruce Street, Centennial, CO 80112

<https://www.csdsip.org/>

303-722-2600

riskcontrol@csdsip.net

Mission

CSDSIP is committed to providing our Members with a broad spectrum of insurance. We will act with integrity and treat our Members equitably and with respect. We will provide reliable, effective and useful risk management consulting services and training to our Members.

Description

CSDSIP is a member-owned insurance pool dedicated to the superior provision of insurance coverages and risk management resources. Members consist of education service providers including schools, school districts, and BOCES. CSDSIP is included in this guide due to the robust menu of in-person and online trainings on a range of school safety topics from adult sexual misconduct to playground safety. Contact CSDSIP with questions about Membership or access to training.

Illuminate Colorado

Anne Auld, Director of Programs

<http://www.illuminatecolorado.org/>

303-413-3460

aauld@illuminatecolorado.org

Mission

Illuminate Colorado is a statewide nonprofit that works to strengthen families, organizations, and communities to prevent child maltreatment. With a research-based approach that emphasizes building protective factors, Illuminate addresses systemic and multi-sector issues by collaborating with families and partners at the community, state, and national level to develop and implement powerful programs, policies, and initiatives that build brighter childhoods in Colorado. Visit www.IlluminateColorado.org to learn more.

Description

Illuminate Colorado provides strategic guidance, operational support, and a collective voice for child and family-focused organizations working in partnership to promote child well-being and prevent child maltreatment. The network includes Prevent Child Abuse Colorado, the Colorado Alliance for Drug Endangered Children, the Colorado Chapter of the National Organization of Fetal Alcohol Spectrum Disorders (NOFAS), and Sexual Abuse Forever Ending (S.A.F.E.). Illuminate is the state intermediary for Darkness to Light, Stewards of Children and Bringing the Protective Factors to Life in Your Work from the National Children’s Alliance.

TIP Colorado

<https://tipcolorado.org/>
info@illuminatecolorado.org
303-413-3460

Illuminate Colorado created the Tip Colorado initiative to empower adults to protect children in every community in Colorado from experiencing child sexual abuse. Beginning in Colorado in 2020, the initiative aims to train more than 200,000 Coloradans in order to reach a tipping point in the state where children grow up happy, healthy, and in safe communities that prevent children from experiencing sexual abuse.

Child Sexual Abuse Prevention Network

<https://survey.alchemer.com/s3/7662653/Coalition-Network-Participation-Form>
space@illuminatecolorado.org

The Colorado Child Sexual Abuse Prevention Network exists to promote effective and comprehensive education, advocacy and communication to prevent child sexual abuse and protect children.

Violence Free Colorado

<https://www.violencefreecolorado.org>
303-831-9632
888-778-7091
info@violencefreeco.org

Mission

Advancing the well-being of all Coloradans through relationships free from abuse and oppression.

Description

Violence Free Colorado (VFC) is Colorado state’s domestic violence coalition. VFC works with hundreds of organizations and individuals in local communities across the state to prevent and end relationship violence, and support those affected by relationship abuse. VFC builds the capacity of a diverse network of domestic violence and other community-based programs across Colorado to help them effectively assist survivors of relationship violence and their families. VFC’s goal is to improve individual and community health and well-being through statewide visionary advocacy and social change efforts, supporting members, and informing the public.

Children's Advocacy Centers

Children's Advocacy Centers (CACs) are multidisciplinary, child-focused agencies in which representatives from law enforcement, child protection, prosecution, mental health, medical and victim advocacy, and child advocacy work together to make decisions about investigation, treatment, management, and prosecution of child abuse cases. The Centers below are accredited or developing members of the National Children's Alliance®. Many of the Centers in Colorado have suggestions for providing educational curricula resources for parents, schools, and children in their geographic regions. Some have even created their own programs.

Colorado Children's Alliance (CCA)

303 S. Broadway, Suite 200-329

Denver, CO 80209

www.coloradochildrensalliance.org

303-727-0409

303-727-0409

CCA is a statewide nonprofit and accredited chapter of the National Children's Alliance®. It provides support, training, technical assistance and leadership on a statewide level to the 19 CACs it serves. CCA can help you find a child advocacy center in your region.

<https://www.coloradochildrensalliance.org/colorado-child-advocacy-centers>

Campaigns

Blue Campaign

The Blue Campaign is the unified voice for the U.S. Department of Homeland Security's (DHS) efforts to combat human trafficking. Working in collaboration with law enforcement, government, non-governmental and private organizations, the Blue Campaign strives to protect the basic right of freedom and to bring those who exploit human lives to justice.

<https://www.dhs.gov/blue-campaign/about-blue-campaign>

Blue Ribbon Project

Established in 1983 by a Virginia grandmother who lost her grandson to child abuse, the blue ribbon was used to bring attention to the tragedy of child abuse. Near that time, President Ronald Reagan established April as National Child Abuse Prevention Month, and the blue ribbon gained ground as a symbol in the effort to end abuse.

<http://blueribbonproject.org/?gclid=CNDP0NDSh80CFQUmaQodwpUOzQ>

CO4KIDS

CO4Kids is the Colorado Department of Human Services' statewide initiative to provide awareness about Colorado's child welfare system. It focuses on educating the public about the signs of child abuse and neglect, while raising awareness about the Hotline 844-CO-4-KIDS (844-264-5437) to report concerns related to a child or youth. CO4Kids also strives to strengthen families as a means of preventing abuse and neglect from happening in the first place, helping all Colorado kids have a safe environment. Finally, the campaign is committed to recruiting and retaining foster and adoptive parents, so that when an out of home placement is unavoidable, a child has a safe place to thrive.

Visit co4kids.org to learn more

Enough Abuse Campaign

The Enough Abuse Campaign is a citizen education and community mobilization initiative working to prevent child sexual abuse in homes, schools, youth organizations and communities.

Developed in Massachusetts, the Campaign has been adopted in the states of New Jersey, Maryland, New York, Nevada, South Dakota and several counties in Maine and the Greater Bay Area of California. The Campaign is predicated on the belief that communities can prevent individuals from sexually abusing children in the first place and that communities can prevent children from developing sexually abusive behaviors in the future. Based on this belief, the Campaign implemented a plan of action. Through a comprehensive approach that focuses on individuals, relationships, communities, and the larger society and culture, the Enough Abuse Campaign has established authentic community collaborations engaged in ongoing planning, implementation and evaluation of a range of child sexual abuse prevention strategies.

You can visit the Enough Abuse Campaign website for more information:

<http://www.enoughabuse.org/>

Pledge to Prevent™ The Pledge gives everyone a way to join the movement to prevent child sexual abuse - to stop the hurt *before* it starts. Visit <https://www.pledgetoprevent.org/> to learn more.

Pinwheels for Prevention

In 2008, [Prevent Child Abuse America](#) introduced the pinwheel as the national symbol for child abuse prevention through [Pinwheels for Prevention®](#). By its nature, the pinwheel connotes whimsy and childlike notions. In essence, it has come to serve as the physical embodiment, or reminder, of the great childhoods we want for all children. Illuminate Colorado is the Colorado state chapter of Prevent Child Abuse America, and organizes the Pinwheels for Prevention Campaign for child-serving agencies throughout Colorado during Child Abuse Prevention Month each April. <https://www.copinwheelsforprevention.org/#/>

Stop Abuse Campaign

The Stop Abuse Campaign prevents Adverse Childhood Experiences through public policy and public education. The campaign seeks to educate adults and protect children, hold offenders responsible, prevent domestic violence, and empower families.

<http://stopabusecampaign.com/>

Guidelines & Protocols

Reference Guide for School Personnel Concerning Juveniles Who Have Committed Sexually Abusive and Offending Behavior

A Reference Guide for School Personnel Concerning Juveniles Who Have Committed Sexually Abusive and Offending Behavior provides guidelines and informational resources for schools on best practices with providing a public education for juveniles who have committed sexually abusive and offending behavior and the support provided to survivors of peer sexual assault and abuse. Available at:

<https://cdpsdocs.state.co.us/somb/RRP/REPORTS/REFERENCEGUIDEFORSCHOOLPERSONNELFINAL.pdf>

Best Practice Guidelines for Working with Youth Who Commit Relationship Abuse

This guide was developed by a multidisciplinary group of professionals who recognized the gap in services for treatment of youth who use abusive, harmful, and/or illegal behaviors in the context of relationship violence. The intention is to promote healthy relationships and reduce abuse in dating relationships during adolescence. They should also guide the responses of the education system, criminal justice system, survivor advocacy, clinical interventions, and human services.

<https://dcj.colorado.gov/best-practice-guidelines-for-working-with-youth-who-engage-in-relationship-abuse>

Comprehensive Health Standards by Grade (Colorado Department of Education)

<https://www.cde.state.co.us/cohealth/statestandards> The following Standards contain content that relates to sexual assault/abuse prevention:

High School Comprehensive Health Standards: Concepts and Skills Students Master:

Standard 2: Physical and Personal Wellness

- 2.4 Use a decision-making process to make healthy decisions about relationships and sexual health.
- 2.5 Support others in making positive and healthful choices about sexual activity.

Standard 3: Social and Emotional Wellness

- 3.1 Analyze the interrelationship of physical, mental, emotional, and social health
- 3.3 Advocate to improve or maintain positive mental, emotional well-being for self and others

Standard 4: Prevention and Risk Management

- 4.5 Analyze factors that influence community and societal beliefs that underlie violence, and describe relationships, attitudes, behavior, and vulnerability to violence
- 4.6 Analyze the underlying causes of self-harming behavior and harming others, and identify strategies involved in seeking help
- 4.7 Identify the emotional and physical consequences of violence, and find strategies to deal with, prevent, and report them
- 4.8 Access valid information and resources that provide information about sexual assault and violence
- 4.9 Demonstrate verbal and nonverbal communication skills and strategies to prevent violence
- 4.10 Advocate for changes in the home, school, or community that would increase safety

Eighth Grade Comprehensive Health Standards: Concepts and Skills Students Master:

Standard 2: Physical and Personal Wellness

- 2.2 Describe the physical, emotional, mental, and social benefits of sexual abstinence, and develop strategies to resist pressures to become sexually active.
- 2.3 Analyze how certain behaviors place one at greater risk for HIV/AIDS, sexually transmitted diseases (STDs), and unintended pregnancy.

Standard 3: Social and Emotional Wellness

- 3.1 Access valid and reliable school and community resources to help with mental and emotional health concerns
- 3.2 Analyze internal and external factors that influence mental and emotional health

Standard 4: Prevention and Risk Management

- 4.4 Analyze the factors that influence violent and nonviolent behavior
- 4.5 Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior

Seventh Grade Comprehensive Health Standards: Concepts and Skills Students Master:

Standard 2: Physical and Personal Wellness

- 2.2 Compare and contrast healthy and unhealthy family and peer relationships
- 2.3 Analyze the internal and external factors that influence sexual decision-making and activity

Standard 3: Social and Emotional Wellness

- 3.1 Demonstrate effective communication skills to express thoughts and feelings appropriately
- 3.2 Develop healthy self-management skills to prevent and manage stress

Standard 4: Prevention and Risk Management

- 4.2 Demonstrate self-management skills to reduce physical and emotional violence and actively participate in violence prevention.
- 4.3 Demonstrate safety procedures for a variety of situations

Sixth Grade Comprehensive Health Standards: Concepts and Skills Students Master:

Standard 2: Physical and Personal Wellness

- 2.2 Identify valid and reliable regarding qualities of healthy family and peer relationships
- 2.3 Comprehend the relationship between feelings and actions during adolescence

Standard 3: Social and Emotional Wellness

- 3.1 Understand how to be mentally and emotionally healthy
- 3.2 Apply effective verbal and nonverbal communication skills to enhance health

Standard 4: Prevention and Risk Management

- 4.3 Demonstrate ways to advocate for a positive, respectful school and community environment that supports pro-social behavior.
- 4.4 Demonstrate ways to promote safety, and prevent unintentional injuries

Fifth Grade Comprehensive Health Standards: Concepts and Skills Students Master:

Standard 2: Physical and Personal Wellness

- 2.2 Explain the structure, function and major parts of the human reproductive system
- 2.3 Describe the physical, social, and emotional changes that occur at puberty
- 2.4 Demonstrate interpersonal communication skills needed to discuss personal health problems to establish and maintain personal health and wellness

Standard 3: Social and Emotional Wellness

- 3.1 Analyze internal and external factors that influence mental and emotional health

Standard 4: Prevention and Risk Management

- 4.2 Demonstrate pro-social behaviors that reduce the likelihood of physical fighting, violence, and bullying
- 4.3 Demonstrate basic first aid and safety procedures

Fourth Grade Comprehensive Health Standards: Concepts and Skills Students Master:

Standard 2: Physical and Personal Wellness

- 2.3 Explain that the dimensions of wellness are interrelated and impact personal health

Standard 3: Social and Emotional Wellness

- 3.1 Identify positive behaviors that support relationships
- 3.2 Comprehend concepts related to stress and stress management

Standard 4: Prevention and Risk Management

- 4.3 Demonstrate skills necessary to prevent a conflict from escalating to violence

Third Grade Comprehensive Health Standards: Concepts and Skills Students Master:

Standard 3: Social and Emotional Wellness

- 3.1 Utilize knowledge and skills to treat self and others with care and respect
- 3.2 Demonstrate interpersonal communication skills to support positive interactions with families, peers, and others

Standard 4: Prevention and Risk Management

- 4.2 Describe pro-social behaviors and skills that enhance healthy interactions with others
- 4.3 Identify ways to prevent injuries at home, in school, and in the community

Second Grade Comprehensive Health Standards: Concepts and Skills Students Master:

Standard 3: Social and Emotional Wellness

- 3.1 Utilize knowledge and skills to develop a positive self-concept
- 3.2 Utilize knowledge and skills to develop an awareness of others and maintain healthy relationships

Standard 4: Prevention and Risk Management

- 4.3 Demonstrate how to respond appropriately to various types of bullying
- 4.4 Demonstrate interpersonal communication skills to prevent injury or to ask for help in an emergency or unsafe situation

First Grade Comprehensive Health Standards: Concepts and Skills Students Master:

Standard 3: Social and Emotional Wellness

- 3.1 Demonstrate how to express emotions in healthy ways
- 3.2 Identify parents, guardians, and other trusted adults as resources for information about health

Standard 4: Prevention and Risk Management

- 4.1 Explain why bullying is harmful and how to respond appropriately
- 4.2 Demonstrate strategies to avoid hazards in the home and community

Kindergarten Comprehensive Health Standards: Concepts and Skills Students Master:
Standard 3: Social and Emotional Wellness

- 3.1 Recognize the relationship between emotions and actions
- 3.2 Demonstrate how to effectively communicate and cooperate with others

Standard 4: Prevention and Risk Management

- 4.1 Identify the importance of respecting personal space and boundaries of self and others
- 4.3 Demonstrate effective communication skills in unsafe situations

Preschool Comprehensive Health Standards: Concepts and Skills Students Master:
Standard 3: Social and Emotional Wellness

- 3.1 Children develop healthy relationships and interactions with adults and peers
- 3.2 Children develop self-concept and self-efficacy skills
- 3.3 Children develop self-regulation skills
- 3.4 Children develop a healthy range of emotional expressions and learn positive alternatives to aggressive or isolating behaviors

Standard 4: Prevention and Risk Management

- 4.1 Identify ways to be safe while at play
- 4.2 Identify the importance of respecting the personal space and boundaries of self and others.

The Colorado Statewide Child Abuse and Neglect Hotline

Borrowed from CDHS and abbreviated

About the Colorado Child Abuse and Neglect Hotline System:

The Colorado Child Abuse and Neglect Hotline, **844-CO-4-Kids**, is designed to provide one, easy-to-remember toll-free phone number for individuals to use statewide to report suspected child abuse and neglect.

The hotline serves as a direct, immediate and efficient route to the counties, which are responsible for accepting and responding to child abuse and neglect inquiries and reports. All hotline calls will be routed to the county where a child resides.

The hotline system enables CDHS to capture critical information that it has not previously been able to track on a statewide basis, such as:

- Number of calls received
- Call volume
- Call duration
- Speed of answer
- Wait time
- Call transfers
- Abandonment rate

This data is critical to ensuring that calls across the state are handled quickly and appropriately.

An ongoing statewide public awareness campaign [<https://co4kids.org/>] engages all Coloradans in the prevention of child abuse and neglect and promotes the Colorado Child Abuse and Neglect Hotline.

How the Hotline System Works

- The main purpose of the hotline is to quickly route callers to the appropriate county. Callers will be asked to speak the name of the county where the child resides and then will be connected to that county.
- Callers who are not sure of the county, speak a language other than English or Spanish, or are deaf or hard of hearing will be directed to a Hotline County Connection Center representative who will assist them in identifying the appropriate county.
- The Hotline County Connection Center is staffed 24/7, 365 days/year by trained call-takers, certified annually through the Colorado Child Welfare Training System.
- All callers will be connected with the appropriate county to speak with a call-taker who is trained and certified to use a screening guide designed to drive a structured process for interviewing callers who are reporting concerns of child abuse and neglect.
- All callers may remain anonymous and reports will remain confidential.

Learn more about what happens after you call from the CDHS infographic.

https://urldefense.proofpoint.com/v2/url?u=https-3A_co4kids.org_wp-2Dcontent_uploads_2023_07_CO4Kids-2Dhotline-2Dinfographic-2D04-2D12-2D2023-2D1.pdf&d=DwMFaQ&c=sdnEM9SRGFuMt5z5w3AhsPNahmNicq64TgF1JwNR0cs&r=v4jt7iz4AguQNMW06SEox8uwZsqGVRwPPOgYLA4sJv8&m=3SyfZ9ZVvgl0iV6HRpdyhmCEEW1xecZQYFyyr_5tK1JAFHwP0ZUkoeck4kOPZfOm&s=kgAyHLOxAD5JrMQvVaVuWe-CtvG8OUtELDtNSQaAeaA&e=

Additional Resources

Other resources for prevention

[CDC Preventing Sexual Violence](#) Page

[CDC Sexual Violence Prevention Resource for Action](#) (Espanol)

[CDC Risk and Protective Factors](#)

[CDC What Works in Schools Program](#) for HIV/STD Prevention, Sexual Health Education, LGBTQ Non-Discrimination Laws, and Protective Behaviors

[WHO Sexual Violence](#) Data Dashboard

[SOMB Reference Guide for School Personnel Concerning Juveniles Who Have Committed Sexually Abusive and Offending Behavior](#)

[DVSOMB Best Practice Guidelines for Working with Youth Who Engage in Relationship Abuse](#)

Clearinghouses for Prevention

[Lucy Faithfull Foundation](#) Eradicating Child Sexual Abuse

[Safer Schools and Campus Clearinghouse](#)

[Title IV-E Prevention Services Clearinghouse](#) enhanced support to children and families and prevented foster care placements.

National Helplines

911

988 - National Suicide Hotline

800-422-4453 Childhelp National Child Abuse Hotline

800-656-HOPE (4673) National Sexual Assault Hotline

1-888-PREVENT - Stop it Now for Child Abuse questions

<https://www.stopitnow.org/get-immediate-help>

844-942-8765 - What's OK for youth with questions about sexual behavior

<https://www.whatsok.org/ask>

1-866-488-7386 - Trevor Project - LGBTQIA Crisis Line <https://www.thetrevorproject.org/>

Colorado Helplines

1-844-CO-4-Kids Mandatory Reporting of Child Abuse

844-493-TALK (8255) or text TALK to 38255 Colorado Crisis Services