



MNCASA
Minnesota Coalition Against Sexual Assault

Evidence-Based Prevention Curricula

Safe Dates

Intended Audience

Middle and high school students

What

A 10-session curriculum which focuses on prevention dating abuse by educating youth about healthy and unhealthy relationships. Topics include defining caring and abusive relationships, helping a friend, overcoming gender stereotypes, preventing sexual assault. It is an interactive curriculum for both male and female students. Safe Dates can be used in conjunction with other health class material, such as drug and alcohol prevention and violence prevention.

How

Safe Dates fits in with health education, family life skills, or general life skills curriculum. Each session is around 50 minutes. Safe Dates can be facilitated daily or weekly. Some sessions can be combined for a four or six session program.

Includes

10-session curriculum, Dating Abuse Play, Poster Contest, Parent Materials, CD-Rom

Cost

\$245.00

Learn more

Violencepreventionworks.org

mncasa.org

Second Step

Intended Audience

PreK-8th grade students

What

A social-emotional skills based program with content related to bullying, problem-solving skills, emotion management, and empathy. Second Step is a fun interactive program aimed at providing children with lifelong skills. Second Step has programs for early learning (pre K), elementary (K-5), and middle school (6-8) students. Each program is age appropriate and ranges in activities including songs, games, media, and books. There is also a principal's toolkit, Spanish-language products, and webinars available.

How

The program is delivered over 15 weeks by teachers within a school.

Includes

A years' worth of weekly lessons, over 100 activities, additional resources, professional learning, the principle's toolkit

Cost

\$199.00-\$4,299.00

Learn more

[Secondstep.org](https://www.secondstep.org)

Voices: A Program of Self-Discovery and Empowerment for Girls

Intended Audience

Young girls and women

What

Voices Addresses the unique needs of adolescent girls and young women. It encourages them to seek and celebrate their "true selves" by providing a safe space, encouragement, structure, and the support they need to embrace their journeys of self-discovery. The program includes modules on self, connecting with others, healthy living, and the journey ahead.

How

Can be implemented in many settings (e.g., outpatient and residential substance abuse treatment, schools, juvenile justice, and private practice).

Includes

Facilitator guide and 10 journals

Cost

\$198.50

Learn more

<http://www.stephaniecovington.com/pre-order-voices-a-program-of-self-discovery-and-empowerment-for-girls-second-edition.php>

Coaching Boys into Men

Intended Audience

High school coaches working with male athletes

What

Coaching Boys Into Men is a toolkit for High School coaches to assist in teaching and motivating their young athletes about relationship abuse, respect, and personal responsibility. CBIM works to educate what healthy relationships look like and that violence does not equal strength. CBIM also has an advocacy toolkit, ideally coaches and advocates would partner using CBIM to provide a wider range of support and information. The program encourages interacting with the fans, faculty, parents, and the community. CBIM website also has numerous printable resources to be used.

How

There are weekly trainings for coaches to implement into practices, these are brief but the messages should be repeated and consistent. There are different lessons, activities, and teachable moments in the toolkit.

Includes

Playbook Guide, sample letters, scripts, facts and statistics, activities, evaluation tool

Cost

Free

Learn more

Coachescorner.org

It's All One

Intended Audience

For youth 15 years old and up, culturally adaptable, also adaptable for adults and younger than 15 years old

What

It's All One is a comprehensive, interactive, flexible curriculum. It contains 8 units with over 50 activities. This curriculum covers a wide range of topics around sexual health, human rights, HIV, healthy relationships, communication skills, and advocating for rights. It's All One provides multiple examples and adaptations of its curriculum to be culturally diverse. It's All One is available in English, French, Spanish, Chinese, Bangla, and Arabic.

How

Can be offered in a variety of settings, for schools it could be presented in multiple classes such as health, social studies, biology, and literature.

Includes

Downloadable PDF of the Guidelines and Activities, additional resources, fact sheet

Cost

Free

Learn more

<http://www.popcouncil.org/research/its-all-one-curriculum-guidelines-and-activities-for-a-unified-approach-to->

Evidence-Informed Prevention Curricula

FLASH

Intended Audience

Middle and high school students; K-4, elementary, and special education.

What

A comprehensive science-based sexual health education curriculum designed to prevent pregnancy, STDs, and sexual violence. This is a ready to use curriculum which provides not only healthy relationship materials but also incorporates sexual health promotion materials. The goal is to create positive attitudes, norms, and beliefs as well as build skills around sexual health. FLASH includes a family component to create stronger support for students. FLASH encourages healthy decision making by providing education on a range of choices.

How

15 lesson plans to be facilitated within a health classroom

Includes

15 lesson plans, letter to families, laws relevant to sexual health unit, recognizing and reporting sexual abuse and assault, guidance for utilizing guest speakers

Cost

High/middle school: \$99.99/binder for 1-5 binders, \$89.99/binder for 11+ binders

K-4, Elementary, and Special Education: \$75.99/binder 1-5 binders,
\$67.99/binder 11+ binders

Learn more

etr.org/flash

Green Dot

Intended Audience

College populations but has been adapted for high school, community, and military populations

What

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 trains people on ways to actively intervene in unsafe and uncomfortable situations and addresses barriers with intervention. Green Dot aims to create safe communities where violence and violent behavior is not acceptable.

How

An interactive training for students or community members.

Includes

Overview speech, bystander training, and social marketing

Cost

Must contact Green Dot for price range

Learn more

Livethegreendot.com

Speak.Act. Change (Respect Works)

Intended Audience

Youth activists ages 13 and up

What

A 10 session service-learning Youth Advocacy Kit which promotes positive youth development. Speak.Act.Change engages, educates, and empowers youth to become advocates for healthy relationships and develop leadership skills, as well as empowers students to use their voice. Youth can participate in art-driven advocacy, legislative and school-based policy advocacy, letter writing campaigns, and journal assignments.

How

Designed to complement the Ending Violence curriculum. If Ending Violence curriculum is not available Speak.Act.Change can pair with another form of dating violence prevention program.

Includes

10 sessions, CD-ROM of materials

Cost

\$49.95

Learn more

Violencepreventionworks.org

Ending Violence (Respect Works)

Intended Audience

Middle and high school students

What

A 3-session curriculum which focuses on dating violence prevention from a law and justice perspective. The sessions include topics around Dating Abuse 101, Domestic Violence and the Law, and Ending Violence, within each session it breaks down legal definitions, rights and responsibilities under the law and information about accessing the civil and criminal justice systems to protect yourself. There is an aspect of bystander intervention and skills to build healthy relationships. Ending Violence has a Spanish-language version of the curriculum too.

How

Can be incorporated in multiple types of settings such as classrooms, after school programs, and juvenile centers.

Includes

Quick Start Guide, activities and classroom materials, comprehensive educator's guide, video

Cost

\$108.00

Learn more

Violencepreventionworks.org

School Policy Kit (Respect Works)

Intended Audience

Middle and high school staff and districts

What

Guides through the process of creating policies and protocols necessary to meet the concerns of teen dating violence. Teens, and the community, need trained and trusted adults who are willing to react and respond to dating and sexual violence. To prevent these types of violence there need to be safe and supportive protocols which clearly state violence will not be accepted or tolerated.

How

Assists schools to create prevention protocol

Includes

Key resources to teachers, staff, and students to assess school climate and needs, draft new policies or review and edit existing ones, benefit from best-practices and lessons learned, be prepared to respond to dating violence on campus

Cost

\$54.95

Learn more

Violencepreventionworks.org

Safe Dates and Respect Works (ending violence, school policy kit, and Speak.Act.Change) collection can be bought all together for a total of \$374.95.

Promising Practices Curricula

Our Whole Lives

Intended Audience

Grades K-12, young adults, and adults

What

Our Whole Lives is a comprehensive, lifespan curriculum for sexuality education. The curriculum works to dismantle stereotypes, and focuses on helping individuals build self-esteem, foster healthy relationships and improve decision making. This curriculum aims to give participants the tools and skills to make informed and responsible decisions about their sexual health and behavior. OWL uses a holistic approach to provide participants with information on relationships, gender identity, sexual orientation, sexual health, as well as cultural influences on sexuality.

How

Our Whole Lives can be used in public, charter, or private schools; home school settings; after-school programs; youth groups; colleges, or correctional facilities. There are adaptations for both secular settings, and faith-based communities. Our Whole Lives highly encourages facilitators be trained before administering the curriculum.

Includes

Curriculum guide with activities and lesson plans

Cost

\$40.00 - \$75.00 per curriculum

Learn more

<https://www.uua.org/re/owl>

It's That Easy

Intended Audience

Educate parents on talking to their children about healthy sexuality – content covers children ages 6 – 18

What

It's that Easy! is a curriculum intended to be used by professionals and community members who work with parents and can teach parents how to have conversations about sex, sexuality, and relationships with their children. Parent educators are given training and tools to help parents connect with their children, and have conversations about family values and sexuality.

How

The resource manual for parent educators includes content areas covering values and beliefs about sexuality, the parent-child relationship, sexual growth and development, and helping children navigate their online world safely.

Includes

It's that Easy! provides parent educator training for those who work with parents in their communities. Participants who attend a training receive the resource manual, which contains lesson plans, activities, book recommendations and other web-based resources for parents or those working with parents.

Cost

Varies

Learn more

Contact health.adolescenthealth@state.mn.us
<http://itsthateasy.net/>

Not a #Number

Intended Audience

Youth ages 12-18, including a wide range of identities (gender, LGBTQ, ethnic and socioeconomic backgrounds)

What

An interactive, 5-module prevention curriculum designed to educate youth on human trafficking and exploitation. Not a #Number aims to bring awareness and start discussions around harmful attitudes and stereotypes that create vulnerabilities for youth. By providing information, critical thinking, and skills development Not A #Number hopes to prevent and reduce exploitation and increase respect, empathy, individual strengths for youth.

How

Needs a trained facilitator, can be used in health education, life skills programs, after-school or community programs

Includes

Licensing and certification to facilitate

Cost

Need trained facilitator

Learn more

Love146.org

LiveRespect

Intended Audience

Middle and high school age boys

What

LIVERESPECT seeks to give coaches, educators, and mentors tools to help raise awareness amongst young men about healthy, respectful manhood and to prevent violence and discrimination against women and girls. The curriculum encourages boys to examine their personal attitudes and beliefs about manhood and addresses the prevention of bullying, dating violence, and sexual assault in schools and in sports.

How

Online certification training is available for those wanting to implement the curriculum. Curriculum can be used by coaches, educators or mentors.

Includes

Educator's guide and program guide

Cost

Free

Learn more

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

Shifting Boundaries

Intended Audience

Middle school youth (grades 6 and 7)

What

Shifting Boundaries uses a two-part intervention designed to reduce dating violence and sexual harassment with a classroom-based curricula and a school-wide programming component. The program highlights the consequences for perpetrators and identifies unsafe areas within the school where faculty surveillance should be increased.

How

Shifting Boundaries is taught in a classroom setting over the course of 6 – 10 weeks. Each lesson includes discussion questions, group work, and personal reflection. Classroom lessons cover topics on setting boundaries, measuring personal space, determining appropriate and inappropriate behaviors at school, understanding aspects of sexual harassment, responding to sexual harassment, and examining the consequences for harassers. The school-wide intervention component consists of students mapping out safe and unsafe spaces in the school and distributing posters in the school to increase awareness and reporting of dating violence and sexual harassment. The intention is to revise school protocols for identifying and responding to dating violence and sexual harassment. The curriculum also introduces students to temporary school-based restraining orders and introduction of temporary school-based restraining orders.

Includes

6-session curriculum

Cost

Free

Learn more

<https://www.nij.gov/topics/crime/intimate-partner-violence/teen-dating-violence/Documents/shifting-boundaries-all-schools.pdf>