



**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](http://Violencepreventionworks.org)

[mncasa.org](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://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>