



COLORADO

School Safety Resource Center

Department of Public Safety

Colorado School Safety Resource Center

**RESOURCES FOR CHILD
SEXUAL ABUSE AND ASSAULT
PREVENTION**

June 2021

This Guide is updated annually. For the latest information between updates, please check the online version at <https://www.colorado.gov/cssrc>

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I. INTRODUCTION

A. Purpose of this Guide

Dear School Safety Partners:

As you know, school personnel are uniquely situated to prevent, mitigate, and report child sexual abuse. Nationally, up to **1 in 4 girls and 1 in 6 boys** are a victim of child sexual abuse¹. **Schools officials** are significantly more likely than police to know about interpersonal violence occurring against students.² As the Adverse Childhood Experiences Study (ACES) noted, childhood trauma can have negative lasting long-term effects on life expectancy, economic outlook, and life satisfaction³.

In 2020, the Colorado Child Abuse and Neglect Hotline System received over 190,000 calls from concerned Coloradans. Of those calls, 34,116 were screened in for further assessment with 55,845 total allegations of suspected child abuse or neglect. Of those allegations, 4,031 (7.2%) concerned sexual abuse, and 1,023 (25.4%) were substantiated. Despite the 5% drop in total calls from 2019 during the pandemic, the percentage of total allegations and sexual abuse reports remained consistent. *Ibid.*

The Colorado School Safety Center supports child sexual abuse education and prevention efforts throughout Colorado. The Child Sexual Abuse Prevention Specialist at the Center is dedicated to providing resources and training to schools, parents, and students at no cost. As a part of its Safe School Plan, each school district is encouraged to adopt a child sexual abuse and assault prevention plan, including comprehensive, age-appropriate curricula for K through 12th Grade. Education on body safety is a critical piece of reducing victimization in our communities.

As a school professional, it can feel overwhelming to integrate abuse prevention into an already packed school day. The good news is that **child molestations can be prevented**⁴. More good news is that juveniles who offend, which is the case in a sizable number of child abuse cases, recidivate at very low levels when proper interventions are put in place.⁵ In addition, **child sexual abuse prevention is highly correlated with common-practice initiatives** such as a positive school culture and positive parent engagement⁶. Child sexual abuse prevention education can easily be integrated into the Colorado Department of Education Comprehensive Health Standards (outlined below in Section VIII(b) or other classroom content as the school/district sees fit. Child sexual abuse prevention must assist educators in identifying signs of abuse and predatory behavior and promote disclosure with appropriate response and reporting; and assist students in setting boundaries, learning about safe/unsafe touch, consent, grooming behaviors of predators, safe modes of disclosure, and other related topics.

B. Overview of Child Sexual Abuse

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

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. In order to commit their crimes successfully, offenders must not be detected, and children must not report. Accordingly, we must sometimes look

¹ Finkelhor, D., Hotaling, G., Lewis, I. A., & Smith, C. (1990). Sexual abuse in a national survey of adult men and women: Prevalence, characteristics and risk factors. *Child Abuse & Neglect* 14, 19-28. doi:10.1016/0145-2134(90)90077-7

² Finkelhor, D., Ormrod, R., Turner, H., Hamby, S. "Child and Victimization Known to Police, School, and Medical Authorities." *OJJDP Juvenile Justice Bulletin*. Apr. 2012: 1-7. Retrieved from: <http://www.ojdp.gov/pubs/235394.pdf>

³ Felitti, V.J., & Anda, R.F. (1997). The Adverse Childhood Experiences (ACES) Study. Centers for Disease Control and Prevention.

⁴ Osdan, R. & Reid, E. (2015). The Importance of Knowing Child Sexual Abuse Symptoms in the Elementary Teacher's Work. *International Journal of Humanities and Social Science*, 5, 7: 20-32.

⁵

⁶ 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.

to the behaviors of the offenders and to the manifestation of behaviors in children to determine whether abuse or risk of abuse is occurring.

1. 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.

2. 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 suspicions of abuse. See that section and your school district policies with any questions you have regarding your obligations under the law.

The School Safety Resource Center provides in-person training free of charge, and produced an online training for school staff on reporting in 2017. That course emphasizes the indicators of sexual abuse. It offers an overview of the prevalence of abuse and the barriers in reporting it, the types and indicators of abuse, characteristics of abusers, and proper response and reporting procedures. Printable certificates are available upon completion. The course is available here: <https://www.train.org/colorado/course/1071847/>

Working in a school setting, you have close and consistent contact with children and are able to see trends and warning signs earlier than other concerned community members. As a mandatory reporter, your job is to report any 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**. Remember: a report is not an accusation of child sexual abuse but rather the sharing of information that may appear to be signs and symptoms of child sexual abuse.

If you have a suspicion to report, you must be the one to make the call. 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. Some common obstacles to reporting include:

- Fear of making an inaccurate report or being wrong
- Fear of negative reactions
- Concern that child protective services or law enforcement will not provide sufficient intervention
- Fondness for the parents and a belief that they would not hurt their own child
- Fear of misinterpreting cultural disciplinary styles
- Concern about becoming entangled in legal proceedings.

While these feelings can be typical, most revolve around the stress of reporters deciding if the evidence warrants a call. The good news is that you, as a mandated reporter, simply need to report anything you notice and do not have to determine if something is abuse or not. You are legally protected from liability when you report in good faith. You are legally culpable if you do not report when you suspect abuse.

The Colorado Department of Human Services released a standardized mandated reporter online training in 2015. In the course, participants learn about the history and rationale of mandated reporting, signs and symptoms of abuse, the process of making a mandated report, and the availability of resources statewide. The course is customizable to the experience level or interest of participants in the information. Completion certificates are printable at the site. The course is available at: <https://www.coloradocwts.com/mandated->

[reporter-training](#) Another course has been added to train on Recognizing and Identifying Human Trafficking. It is available here: <https://learning.coloradocwts.com/course/search.php?search=recognizing+and+responding>

3. Office of the Child Protection Ombudsman (OCPO)

<https://coloradocpo.org/>
info@coloradocpo.org

720.625.8640

The State of Colorado has a Child Protection Ombudsman to assist in improving the quality of the child protection systematic process. Its mission is to provide a review of information when necessary, improve service delivery of child protection services, strengthen the process through which professionals and community engage within the system, and educate professionals, community partners and citizens on their role in the protection of children.

The OCPO **can** do the following:

- Facilitate a process of independent, impartial review of family and community concerns
- Request independent, accurate information
- Conduct case reviews to help identify and resolve child protection and overall systemic issues
- Provide recommendations to the State and County child protection departments, as well as to the Colorado Legislature, to improve the child protection system or overall service delivery
- Offer the complainant options for resolving their concerns
- Serve as a resource and systems navigator
- Provide ongoing public education

The OCPO **cannot**:

- Directly respond to emergencies regarding child safety
- Cannot investigate allegations of child abuse and/or neglect
- Review complaints concerning domestic relations issues (Child and Family Investigator, court rulings, custody orders, etc.)
- Investigate or overturn the acts or decisions of the Court or their staff
- Investigate complaints or concerns regarding the conduct of Judges, Magistrates or attorneys
- Investigate complaints regarding a Guardian ad Litem <http://www.coloradochildrep.org/ocr-cases/additional-case-types/>
- Provide legal advice
- Intervene in any criminal or civil proceeding or any criminal investigation

The Ombudsman's Office is an independent/neutral organization to oversee concerns and complaints related to child protection systems in Colorado. It operates to repair and improve collaborations and serve as a resource to public and private agencies. Concerns and accolades regarding child protection services should be referred to that office.

II. CHILD SEXUAL ABUSE PREVENTION PROGRAMS

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 which implement social-emotional learning, safeguard behavioral health, address antisocial/aggressive behaviors, substance abuse, family conflict, and even poor school/community attachment. Programs containing these elements, especially those which 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), National Registry of Evidence-based Programs and Practices (NREPP), 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 Colorado School Safety Resource Center (CSSRC) does not endorse any programs and takes no responsibility for any services mentioned below. Many of the abstracts were written by the program developers. The CSSRC offers these as information for further investigation by a district and/or school. list is not exhaustive, and the CSSRC welcomes the addition of programs to this list as they become available, especially if they have evidence of effectiveness and adherence to best practice. 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 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.*

A. 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 participants⁷
- Combine the techniques of modeling, group discussion, and role-playing/rehearsal⁸
- Engage participants for longer periods of time than less effective programs⁹
- Contain multiple sessions¹⁰
- Incorporate parents/caregivers¹¹

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,

⁷ Davis, M.K. & Gidycz, C.A. (2000). Child sexual abuse prevention programs: A meta-analysis. *Journal of Clinical Child & Adolescent Psychology*, 29, 257-265.

⁸ *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.

⁹ *Id.*, Davis & Gidycz (2000).

¹⁰ *Id.*, Davis & Gidycz (2000); Topping & Barron (2009).

¹¹ 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).

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 implementation of evidence-based practices (EBPs). The CSSRC will continue to use the previous NREPP designations until new guidelines are released.

***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 policy makers. 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 from the CEBC are rated on a 1 to 5 Scale (1 being well-supported by research evidence, 2-supported, 3-promising, 4-fails to demonstrate effect, and 5-concerning program).

***CDC The Centers for Disease Control Injury Center**

<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.

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

(202) 336-5817

jsilva@apa.org

www.actraisingsafekids.org

| | |
|---------------------|--|
| Listing: | CEBC (Promising), NIJ/CS (Promising), OJJDP (Promising) |
| Description: | The ACT program, developed by the American Psychological Association Violence Prevention Office, is a well-evaluated early prevention intervention focusing on <i>parents and caregivers of young children</i> . The program engages a variety of organizations and agencies and trains professionals (ACT Facilitators) to deliver the program 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 <i>US HHS Department/Head Start Office</i> in the “Compendium of Parenting Interventions”; listed by <i>World Health Organization</i> 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, Power Point and brochures. |
| Cost: | The program kit that professionals receive at the training costs \$150; Parent Handbook is \$25, and other parenting materials are available free by request. |

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

904.642.0210

info@mbfpreventioneducation.org

www.mbfpreventioneducation.org/

| | |
|---------------------|---|
| Listing: | CEBC (Promising) |
| Description: | <ul style="list-style-type: none">● 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 5 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).● Program evaluation research includes 2015 Florida State University program evaluation; 2016-2018 and 2019 Randomized Control Trials led by the University of New Hampshire, University of Florida, |

and Georgia State University (GSU). The 2018 study was recently published in the Journal of Interpersonal Violence and showed positive knowledge and skill gains, as well as long-term retention by students. <https://journals.sagepub.com/doi/10.1177/0886260520909185>) The GSU study has been accepted for publication in the *Journal of Child Sexual Abuse* (2021).

- Full research reports are available at <https://www.mbfpreventioneducation.org/why-use-our-programs/research/>

| | |
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| Target: | <p>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.</p> <p>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.</p> <p>MBF Child Safety Matters – for students in grades K-5 – two 35-55-minute lessons per grade level annually.</p> <p>MBF Teen Safety Matters – Middle School – for students in grades 6-8 – two 55-minute lessons per grade level annually.</p> <p>MBF Teen Safety Matters – High School – for students in grades 9-12 – two 55-minute lessons per grade-level group (9-12) annually.</p> <p>School-based programs can be presented in four shorter lessons and also have lesson options available for remote presentation for distance learners.</p> |
| Content: | <p>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 banner) 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.</p> |
| Cost: | <p>All programs are available to districts, schools, and organizations via a three-year digital subscription and include training for multiple facilitators.</p> <p>MBF After-School Matters - \$750</p> <p>MBF Athlete Safety Matters - \$750</p> <p>MBF Child Safety Matters - \$1500</p> <p>MBF Teen Safety Matters-Middle School - \$750</p> <p>MBF Teen Safety Matters-High School - \$750</p> <p>Custom quotes are available for larger purchases for use in multiple sites.</p> |

3. Body Safety Training© (BST) Series

Sandy K. Wurtele, PhD.

719.255.4150

swurtele@uccs.edu

<http://www.sandywurtele.com>

| | |
|---------------------|--|
| 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 (\$7 for e-book), \$40.00 for curriculum for teachers

4. Botvin LifeSkills® Training (LST)

(914) 421-2525

lstinfo@nhpamail.com

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

Listing: BHYD (Model Plus), NIJ/CS (Effective), NREPP (Legacy), OJJDP (Effective, multiple studies), PPN (Proven)

Description: Life Skills Training is proven to reduce violence and risky behaviors such as tobacco, alcohol, and drug use. Designed as a universal prevention program, students learn personal self-management skills, social skills, and resistance skills. LST contains 30 sessions to be taught over three years (15, 10, and 5 sessions). Additional violence prevention lessons are available each year (3, 2, and 2 sessions).

Target: Differentiated by elementary, middle, and high school students, with materials for post-secondary transition

Content: All lessons include teacher/student guides and use demonstration, reinforcement and online resources. Stress-reduction CDs and other supplemental aids are also available.

Cost: Varies per grade level, but approximately \$100 for teacher's manual, \$5 per student workbooks and \$20 per student CD/ROMs

5. Bringing in the Bystander (BITB) Prevention Program

(603) 862-7020

info@soteriasolutions.org

soteriasolutions.org

Listing: CDC (Promising), NIJ/CS (Promising)

Description: Highly interactive, researched and evaluated, BITB College 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 500 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.

BITB [College Prevention Program](#) has been evaluated widely and results show students show increased helping behaviors up to a year after program participation. Students are more likely to recognize an opportunity to intervene. Program participants, who reported low opportunity to help as bystanders at pre-test, reported they engaged in more behaviors to help strangers 1 year later.

Target: The program was created and evaluated for 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, 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 package \$900 for large high schools; \$500 for small high schools for curriculum and the 3-year license to use. Multiple school licensing discounts are available. Training optionally available for \$475 per person at our annual High School Institute.

College Partner Level package for \$2,250 includes the 3-year license to use, 2 copies of the Facilitator Guide for trainers, 1 copy of the new Implementation Guide, participation in the BITB listserv, and additional implementation support materials including webinars, videos, and tutorials as they are released.

College Basic Level package for \$1,950 includes the 3-year license to use, 2 copies of the Facilitator Guide for trainers, and participation in the BITB listserv. Additional guides are \$60 each. Optional Training workshop available for \$475 per participant (discount available for student attendees). Purchase the curriculum directly by visiting their [SHOP](#) or email info@soteriasolutions.org for more information.

6. Coaching Boys into Men™ (CBIM) and Athletes as Leaders

<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.

Athletes as Leaders, www.AthletesAsLeaders.org/contact, is available as a companion program to CBIM for female-identifying athletes in high school sports teams. Following national evaluation by the University of Pittsburgh, Athletes as Leaders (AAL) was determined to be a promising program. It is similar to CBIM, AAL aims to promote healthy relationships and end sexual violence, and empower female youth to take an active role in shaping positive school norms. It is a free, downloadable 10-session curriculum, created at the Harborview Center for Sexual Assault and Traumatic Stress at the University of Washington. It is available here: www.AthletesAsLeaders.org/the-program

Both programs are offered in Colorado through:

Safe Shelter of St. Vrain Valley: located in Northern Colorado, but serves the St. Vrain Valley, region, state and nation. Safe Shelter provides safety, support and resources to individuals impacted by relationship abuse. Through its comprehensive residential emergency shelter program and nonresidential services, crisis line and community education, the organization promotes empowerment and advocacy for the right of every individual to live an independent life free of intimidation, exploitation and abuse. **Safe Shelter** delivers the following additional prevention programs for teens:

- **Teens Ending Relationship Abuse (TERA)** is a research-informed, peer-leadership development and prevention program that trains a core group of high school students about healthy relationships and the skills to deliver the TERA program to teens in a classroom or group setting. For more information about TERA: <http://safesheltertera.org/>
Jackie List, Executive Director
82 21st Avenue, Longmont, CO 80501
Office: 303-772-0432 24-Hour Crisis Line: 303-772-4422 Fax: 303-772-1576
jackie@safeshelterofstvrain.org

and Jana's Campaign™ <http://www.janascampaign.org/coaching-boys-into-men/> Jana's Campaign™ provides education about and prevention against gender and relationship violence, and delivers CBIM and AAL in Kansas, Nebraska, Oklahoma, Texas and Colorado.
Kaiti Dinges, Executive Director
P.O. Box 647, Hays, KS 67601 785.656.0324 janascampaign@gmail.com

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| Target: | Coaches of and 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 |

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

info@sarecentre.org

<http://sarecentre.org/infographic.html>

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| Listing: | BHYD (Promising) |
| Description: | This sexual assault resistance program is designed to help first-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, 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. Florida Atlantic University was proud to be the first university in the United States to implement this program. EAAA has been tested with younger girls and a full adaptation is in development. |
| Target: | 17-24 year old college/university women (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: | \$3,300 CDN to attend the train-the-trainer workshop which includes a three-year licensure, in-person and webinar training, the Campus Trainer and facilitator manuals, and all reusable materials needed to deliver the program. 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 is the EAAA's official collaborator for EAAA Facilitator training. Approved alternative empowerment self-defense instructors can be used outside of Canada. A 2020 estimate of program implementation cost is available at https://www.blueprintsprograms.org/programs/1032999999/eaaa-enhanced-assess-acknowledge-act-sexual-assault-resistance-education/ |

8. Enough! Preventing Child Sexual Abuse in My School

Jetta Bernier, Executive Director

MassKids

112 Water Street, Suite 204

Boston MA 02115

Phone: 617.742.8555

info@masskids.org <https://elearning.enoughabuse.org/>

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| 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 published, random-controlled research study of 134 teachers in three states 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.

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 under a Licensing Agreement based on a reasonable 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. The Licensing Agreement includes regular reports to the purchasing entity about the number and demographics of learners registered who completed the course, and their pre- and posttest scores and evaluation survey results.

9. Families and Schools Together (FAST)

Molly McGowan, Director of Programs
608.663.2382
answers@familiesandschools.org
<https://www.familiesandschools.org/>

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| Listing: | CEBC (Promising), NIJ/CS (Effective), NREPP (Legacy) , OJJDP (Effective with multiple studies) |
| Description: | <p>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.</p> <p>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.</p> <p>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.</p> <p>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.</p> |
| Target: | Students PreK-5 th 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 |

10. Fourth R: Skills for Youth Relationships

519-858-5154

thefourthr@uwo.ca

www.youthrelationships.org

Listing: NIJ/CS (Promising), NREPP (Legacy), CASEL (Complimentary) 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 has 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, 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

11. Green Dot

571.319.0354

info@livethegreendot.com

<http://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.

12. The Incredible Years® (Classroom Dinosaur Curriculum)

303.839.1808

Julie Steffen, Program Director for Invest in Kids Colorado, The Incredible Years

jsteffen@iik.org

www.iik.org <http://incredibleyears.com/programs/child/classroom-curriculum/>

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.)

13. Nurse-Family Partnership

3038391808 ext. 117

khirst@iik.org

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

Description: First-time pregnant women 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: Low income, first-time parent who has not had the benefit of a college education.

Content: Regularly-scheduled home visits by registered nurses on a gradually decreasing frequency as the child ages.

Cost: Free.

14. Nurturing Parenting™

800.688.5822

FDR@nurturingparenting.com

<http://www.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.

15. Positive Action® Program

800.345.2974

info@positiveaction.net

<https://www.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 a Pre-K-12 social-emotional learning (SEL) program that addresses the whole child—physical, intellectual, social and emotional domains—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'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, Spanish option available for K-4 and 7-8.

Content: Posters, games, music, puppets, and manipulatives, plays, radio scripts, stories, journaling

Cost: Delivery of training differs depending on whether face-to-face, on site (\$5,000 per day including travel expenses) or online (\$300 per hour). Grade level instructor's kits run \$400-550 each.

16. RealConsent

info@behavioralsciencetech.com

<https://www.ibridgenetwork.org/#!/profiles/4005658529748/innovations/399/>

Listing: CDC (Effective)

Description RealConsent is an online training program for sexual assault prevention. The program's framework is based on social cognitive theory, social norms theory and the bystander decision model. The program was rigorously tested with a randomized controlled trial and is listed on the CDC's website. The six modules communicate key themes using a high degree of interactivity and engagement. Definitions, scenarios, survivor stories portrayed by actors, expert testimony, advice from peers, and interactive quizzes and games are utilized throughout. There are also scenarios that ask the student to decide whether informed consent is possible, after providing guidelines for what constitutes consent. A serial drama (titled "Crew") provides educational entertainment and highlights a group of male friends that model both positive and negative outcomes for key behaviors and instruct on relevant topics including: knowledge of informed consent, communication skills regarding sex, the role of alcohol and male socialization in sexual violence, empathy for rape victims, and bystander education

Target: College-age men

Content: Six 30-minute modules

Cost: This program is still in its beta testing phase and will be available soon. Use the contact information for more information or to be included in beta testing.

17. Ripple Effects Whole Spectrum Intervention System

800.259.6618

info@rippleeffects.com

<http://rippleeffects.com/>

Listing: NREPP (Legacy)

Description: Developed by Alice Ray, the creator of Second Step at the Committee for Children, Ripple Effects is a trauma-informed, student-centered digital tool for SEL, prevention, and student mental health supports that delivers instruction personalized to the particular learning style and risk and protective factors of each learner. Ripple Effects has three developmentally appropriate versions of its learning/instructional system: for grades PreK-1, 2-5 and 6-12. It provides Tier 1 SEL Character Ed, Tier 2 Targeted Prevention, and Tier 3 individual interventions, and PBIS/MTSS supports for students. To request a no-cost demo version of the full program, contact rippleeffects.com/demo

Target: Versions for Early Learners Pre K – 1 (Bouncy Ready to Learn), elementary gr. 2 -5 (Ripple Effects for Kids) and teens gr. 6 -12 (Ripple Effects for Teens), and staff (Educator Ally)

Content: Programs include a library of 205 15-minute lessons for elementary students and 430 for secondary students. Modules in both elementary (Ripple Effects for Kids) and secondary programs (Teens) include information on personal safety training, character education, management of feelings, decision-making, bully prevention, substance abuse prevention, and connection to community, dealing with domestic

violence/abuse, anxiety and depression. The secondary program (Teens) also includes lessons on sexual harassment and abuse, comprehensive substance abuse prevention, vandalism, truancy, and dating violence. Staff can create customizable and differentiated lesson track for every student quickly with the online lesson planning app. Per the program, Ripple Effects is the only evidence-based online program that also has evidence of effectiveness, via scientific studies, that it improves student mental health (lowered rates of depression), improves resilience skills, lowers dropout rates and discipline referrals, and results in higher grades.

Cost: Software license pricing varies with permanent licenses or annual subscriptions, starting at one time cost of \$3,500.

18. Safe Child Program

Sherryl Kraizer, PhD

303-809-9001

<https://safecild.org/safe-child-program-child-abuse-prevention-program/>

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

19. Safe Dates (Second Edition)

(800) 328-9000 ext. 4324

customersupport@hazeldenbettyford.org

<https://www.hazelden.org/web/go/safedates>

Jana's Campaign™ delivers Safe Dates 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 CD-ROM) with family materials, including optional drama and art activities.

Cost: \$245

20. Second Step®: Skills for Social and Academic Success

800.634.4449

support@secondstep.org

<http://www.secondstep.org>

This curriculum is available with adaptations (so without the exact efficacy assurances of Second Step®) under the name "Safety Smarts" through the **Voices Carry Child Advocacy Center** in Larimer County.

<http://www.voicescarrycac.org/programs-services/school-based-programming/>

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

Description: The Second Step®: Skills for Social and Academic Success 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.

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| 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 14) |
| Content: | Unlimited online staff training, student notebooks, poster, 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 \$209. Grades Pre-K through 5 bundle = \$1,319, K-5 Bundle = \$1,129. Check your local Children's Advocacy Center (CAC) for free trainings for schools. CACs are listed below in section VI. |

21. Shifting Boundaries: Lessons on Relationships for Students in Middle School

Bruce Taylor, PhD

NORC at the University of Chicago

taylor-bruce@norc.org 301.634.9512

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 teen dating violence (TDV) as precursors or risk factors for TDV. 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

22. Stewards of Children (Darkness to Light)

866.FOR.LIGHT

stewards@d2l.org

<http://www.d2l.org>

<https://www.illuminatecolorado.org/stewards-of-children>

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 2-3 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 Alissa Kalish at akalish@illuminatecolorado.org.

The training is available through most of the state’s Children Advocacy Centers, including but not limited to Blue Sky Bridge (see pp. 22 and 47-48) <https://blueskybridge.org/our-work/education/>; Life Stories Child & Family Advocacy in Weld County (p. 47 below) lifestoriesweld.org; the Voices Carry Child Advocacy Center in Larimer County (p. 47 below) <http://www.voicescarrycac.org/programs-services/school-based-programming/>, the Western Slope Center for Children (p. 48 below) <http://www.wscchildren.org>; Check with your local Children’s Advocacy Center and the School Safety Resource Center for other local offerings near you.

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| 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: | \$10 per person (ask Illuminate Colorado for potential grant information). Facilitator training also available through the website. |

23. Triple P Positive Parenting Program®

Triple P America
 803 451 2278
contact.us@triplep.net
<http://www.triplep.net/>

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| Listing: | BHYD (Promising), CEBC (Promising research evidence for parent training, supported by research evidence for prevention), NIJ/CS (Effective), NREPP (Legacy), (OJJDP (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 <i>per se</i> , 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 |

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

Calgary Communities Against Sexual Abuse
 403.237.6905 extension 228
wdyt@calgarycasa.com
<http://www.calgarycasa.com/who-do-you-tell/>

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| 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

B. “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.¹² Scientific research reveals that the elements of best practice may include whether the program:

- Is grounded in theoretical framework
- 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, and 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.

1. The Blue Bench

Susie Roman, MA, Director of Prevention and Education

P.O. Box 18951

Denver, CO 80218

303-329-9922

info@thebluebench.org <https://thebluebench.org/prevent/our-programs/>

Counties

Denver Metro

Served:

Description: The Blue Bench offers a number of scientifically-supported prevention programs and education workshops which are aligned with Colorado’s Comprehensive Health Standards for grades 6-12:

- **Keeping Kids Safe** (for elementary students’ parents, teachers, and other adults serving children and adolescents) is a two-hour workshop designed to empower participants with knowledge and strategies
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¹² 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.

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 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.
- **Bringing in the Bystander®** is an evidence-based program developed by the University of New Hampshire (see p.11). The Blue Bench has adapted it for high school students, where it is deliverable in a flexible format, from 90 minutes to multiple sessions adding up to 5 hours total. It is designed to increase high school students' knowledge about the dynamics of sexual violence, empathy for survivors, and skills to engage in safe bystander intervention.
- **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.
- **Safety and Empowerment Skills** are three to six-hour classes for individuals who are age 13+ years old and female-identified, trans-identified, gender non-conforming, non-binary and gender expansive. Participants learn verbal assertiveness skills and physical techniques designed to be effective against a perpetrator regardless of the perpetrator's size and strength.
- **iEmpathize: The Empower Youth Program** (See, Programs to Prevent Human Trafficking--in Section III in this Resource Guide, below.)

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| Target: | Differentiated modules for middle and high school students and parents |
| Content: | Lecture and discussion, role play |
| Cost: | Free |

2. Blue Sky Bridge

Trish Wood, MJ, Prevention & Educator Management

303.444.1388

twood@blueskybridge.org

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| Counties Served: | Available in the Boulder Valley and St. Vrain Valley School Districts. |
| Description: | Blue Sky Bridge is Boulder County's Child Advocacy Center (CAC), providing a variety of trainings for the purpose of keeping children safe. Their school 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. The curriculum includes safe/unsafe touching rules, identification of trusted adults, reporting, and the NO, GO, TELL plan of action. Parents receive separate training on identifying abuse, promoting safe environments, childhood sexual development, and responding to a disclosure. Teachers receive 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 <i>Stewards of Children</i> training, <i>Nurturing Healthy Sexual Development</i> , mandatory reporting and customized trainings. |
| Target: | Kindergartners, 3rd graders, parents, school staff, and community members |
| Content: | Presentation by trained facilitators utilizing puppets, storybooks and role-plays |
| Cost: | Free |

3. Child Lures® Prevention/Teen Lures® Prevention's

a. Think First and Stay Safe™ Adult Training and Youth Curriculum (Grades Prek-6);

b. Teen Lures™ TV Newscast School Program (Grades 7-12)

Jennifer Mitchell, BS, National Child Safety Expert

800.552.2197

info@childluresprevention.com

<https://www.childluresprevention.com>

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| Description: | Think First & Stay Safe™ and Teen Lures TV Newscast™ are comprehensive primary prevention training and curricula. Both curricula are differentiated by grade level and taught sequentially. Both are standards and research-based turnkey school resources. They meet state and national mandates for |
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bullying/harassment and sexual violence prevention education. Think First and Stay Safe™ has been scientifically evaluated multiple times using federal standards and is consistently proven to be effective in increasing student knowledge and skills; multi-year evaluations of Teen Lures TV Newscast document program efficacy. Both curricula are approved by the State Departments of Education in Colorado and nearly a dozen other states, with more pending. Aligns with the Colorado Department of Education’s Comprehensive Health Standards, grade specific. Approved by erinslaw.org and National Educators to Stop Trafficking (NEST). 2019-2020 Edition. For information on studies to measure program efficacy, see: <https://childluresprevention.com/wp-content/uploads/2019/04/Hollys-House-Pre-Post-Data-Summary-TFSS-2019.pdf>.

- a. **Think First & Stay Safe™ Adult Training and Youth Curriculum** teaches youngsters developmentally-appropriate lessons about healthy relationships and pro-social behaviors. All PreK-6 students learn to set, respect and assertively defend personal/digital boundaries of self and others. Interactive classroom lessons promote each child’s right to body ownership and safety. Students learn that bullying/cyberbullying, harassment, physical and sexual abuse are against the law. Students identify trusted adults and learn that all secrets can be told. Proven prevention strategies help lower risk of child sexual abuse, bullying, harassment, child luring and Internet/electronic crimes. *Scripted* lessons are designed to be taught in as few as 5-15 minutes each. For Grades PreK-2, there are seven short lessons to be taught. In addition to a Quick Review of previous years’ concepts, Grade 3 has five lessons, Grade 4 has six lessons, Grade 5 has five lessons and Grade 6 has five lessons.
- b. **Teen Lures TV Newscast** curriculum for Grades 7-8 and 9-12 consists of ten Student News Anchor Scripts, with corresponding Video Newsclips, and Teacher-facilitated Class Discussions and activities. Each student-led Newscast teaches media literacy while simultaneously allowing teens to peer teach about healthy relationships, consent and personal safety. Behavioral goals are to open student/adult dialogues, change cultural norms and reduce harassment, dating violence, sexual assault, bullying/cyberbullying, sexting, identity theft, online luring, suicide and human trafficking. Students perform the 5-min Newscasts (2 student anchors per Newscast), as an introduction to each Class Discussion.

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| Target: | Think First & Stay Safe™ training and curriculum is for use with Grades PreK- 6. Teen Lures TV Newscast™ curriculum is for use with Grades 7-12. |
| Content: | Flashdrive or Online Access. Grades PreK-6: Unlimited Staff Training (7 modules) & Parent/Guardian Training (3 online modules), grade-specific scripted lessons and corresponding PowerPoint Presentations for interactive learning, Student Activities and Take-home Handouts, Role Playing Scenarios, Positive Thinking Skills, Videos and Video Links for each grade, Classroom Posters, Parent Tools, Pre/Post Student Evaluations. (Optional: Student Personal Safety Workbook and Parent Guide) |
| Cost: | The complete PreK-6 toolkit is \$489; complete Grades 7-12 toolkit is \$498, unlimited use within each school. (Bulk Rates available for 6+ kits). Optional resources: Think First Parent Guides are \$1.00/each; Student personal safety workbooks for Grades 3-6 are \$1.25/each; Let's Talk Teens parent-teen handbook are \$1.25/each. Each is 20 pages, color illustrated, English or Spanish. |

4. Childhelp® Speak Up Be Safe

480.922.8212

info@childhelp.org

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

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| Description: | <i>Childhelp Speak Up Be Safe Prevention Education Curriculum</i> is a comprehensive program that helps children and teens learn the skills to prevent or interrupt cycles of neglect, bullying, cyberbullying and child abuse – physical, emotional, and sexual. We also teach internet safety. The program uses an ecological approach to prevention education by providing materials to engage parents and caregivers, teachers, school administrators and community stakeholders. In addition to increasing children’s abilities to recognize unsafe situations or abusive behaviors and building resistance skills, lessons focus on helping children build a responsive safety network with peers and adults that the child identifies as safe. Childhelp Speak Up Be Safe Prevention Education Curriculum is research-based and evidence-informed and is aligned with Common Core 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 |
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| | encounter. Trained and certified facilitators deliver age-appropriate lessons twice a year for Pre-Kindergarten through 12th grade students. |
| Target: | Modules for students grades PreK-12, and youth sports |
| Content: | Personalized online profiles and resources for each facilitator of the lessons, virtual campus, take home items after each lesson, reinforcement activities after the unit is completed, assessments, videos, kinesthetic learning. |
| Cost: | \$2 per student on an annual basis. |

5. Circles of Safety® from Stop it Now!

Jenny Coleman, Director

413.587.3501

jcoleman@stopitnow.org

<http://www.stopitnow.org/circles-of-safety>

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| 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: | 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. |

6. Date Safe Project (DSP)

info@DATESAFEProject.org

<https://www.datesafeproject.org/k12/miky-instructors-guide-curriculum/>

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| Description: | The Date Safe Project is a full complement of sexual assault prevention materials including programs and workshops, curriculum, and online support. The program teaches concepts basic to healthy relationships, including consent, respect, responding to risk, supporting survivors, etc. Options include assemblies and seminars (contact DSP) a Train-the-Trainer for educators, staff and student leaders (contact DSP), and curriculum packages. |
| Target: | Middle and high school students, educators |
| Content: | The curriculum <i>Can I Kiss You?</i> 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: | \$148 for Interactive Package (Instructor’s guide, emailed pdf, and a paperback copy of the book <i>Can I Kiss You?</i> \$497 for Full Curriculum (same as above, plus 30 paperback copies of the book <i>Can I Kiss You?</i> This item was available for half price as of June, 2018. \$697 Ultimate Teacher’s Pack (same as Full Curriculum, plus “Voices of Courage” ebook, “HELP! My Kids are Dating!” DVD, 17 posters and 12 Shirts. This item was available for half price as of June, 2018. |

7. Front Range Center for Assault Prevention

Victoria Strong, MA, MNM- Executive Director
720.210.4801

victoria@frontrangepap.org

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

Counties Served: Colorado Front Range primarily Denver/Boulder and surrounding areas, but contact Front Range CAP to inquire about your school.

Description: Front Range Center for Assault Prevention (FRCAP) is the Denver/Boulder chapter of the International Center for Assault Prevention (ICAP) <http://www.internationalcap.org/>. From FRCAP: Since 1996, the Colorado CAP Project has been providing Child Assault Prevention workshops to Front Range schools and community organizations, serving more than 125,000 students. CAP is a community partnership involving children, adolescents (Pre-K through high), parents, caregivers, and school staff . . . all working together to help our children remain "Safe, Strong & Free!" The CAP Project teaches how to recognize unsafe situations and provides options, life skills and strategies to deal with them. CAP provides strategic prevention education to focus on the most common types of assault. The curriculum is focused on reducing vulnerability to all types of abuse/neglect while increasing self-confidence and identifying safe community adults for support. Curricula reflect an approach to assault prevention that incorporates risk reduction strategies such as: individual and group interactive participation and practice, multi-session formats addressing communication skills, self-defense techniques, recognizing the vulnerability of children, helping youth to distinguish between appropriate/inappropriate interpersonal behavior, how to assert themselves and stand up for others, and most importantly promote healthy relationships.

These curricula also hold fidelity as prescribed by ICAP as each classroom workshop is scripted and delivered by trained professionals with intentionality for each age group. Important objectives also include supporting the reports of violation, reducing the stigma/self-blame that victimized children feel, establishing safe and healthy relationships, and educating parents, teachers, and other community members about the issues. FRCAP's philosophy is to retrain every two years. Most schools engage in multi-year planning for repetition of the curriculum.

Child Assault Prevention (CAP) Project:

- Two-hour training for faculty/school staff and a separate two-hour training for parents and community members. Evening or morning/afternoon sessions available for both adult trainings.
- Skill building is emphasized/practiced, while teaching: self-assertion, peer support and seeking adult support, recognizing unsafe situations and how to stay safe.
- Kindergarten: two 45-minute workshop sessions on consecutive days, review time after sessions.
- Grades 1-6: 1.5 hour workshop session per class, review time after each session.
- Grades 7-12: three workshop sessions on consecutive days for 60 minutes each day. Teen workshops focus on neglect, emotional, verbal and physical assault, bullying, upstander intervention, stranger awareness and internet/technology safety, date/acquaintance rape and sexual assault/incest, healthy relationships/communication skills and reporting. Through role-planning and guided group discussion, teens observe and practice prevention strategies as well as avoiding high risk situations and seeking help. Responsibility for their own as well as other's safety is emphasized, with review time after each session.

Target: Modules for preschool, elementary, middle/high school students, school staff, & parent audiences.

Content: Classroom Workshops-Guided group discussion, role-plays and skill-building practice
Teen CAP- Role plays, group activities, group discussion, prevention/resource handbook with follow-up activities, homework activity sheets
School Staff/Parent- Both adult trainings are required before student workshops take place. Adults receive a prevention handbook with a complete description of CAP and follow-up activities, both handouts and online. Current statistics, myths and facts surrounding abuse issues, identifiers of possible victims and grooming behaviors of offenders, state law regarding reporting, demonstration of student workshops, teaching prevention and details the importance of role-modeling healthy relationships.

Cost: Varies/sliding fee scale available where needed

8. Intervene

cornellhealth@cornell.edu

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

| | |
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| Description: | <p>The Skorton Center for Health Initiatives at Cornell Health, in collaboration with the Cornell Interactive Theater Ensemble, has developed a bystander intervention video and workshop called <i>Intervene</i> © 2016. <i>Intervene</i> is both a video and a workshop:</p> <ul style="list-style-type: none">● Video: The online 20-minute video <i>Intervene</i> includes brief filmed scenarios demonstrating ways in which student bystanders can successfully intervene in problematic situations. Seven different situations are addressed, including sexual assault, sexual harassment, intimate partner violence (emotional abuse), hazing, alcohol emergency, emotional distress, and bias.● Workshop: An in-person 60-minute workshop provides an opportunity for students to view the video with others and engage in a facilitated conversation to reflect upon the attitudes and behaviors that influence the process of intervening as an individual or with assistance. Participants also discuss additional related scenarios not included in the film. <p>The Center conducted a randomized controlled trial evaluating the effectiveness of the video. After four weeks, students who watched the stand-alone video reported a higher likelihood to intervene for most situations compared to a control group who did not view the video. The workshop was effective at increasing students' likelihood to intervene for most situations as measured in the four-week follow-up survey.</p> |
| 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. |

9. Keeping Your Children Safe in the Real and Virtual World, You are Not Alone, and Recognizing and Reporting Child Abuse (Dallas Children's Advocacy Center)

Lana Ahrens, Director of National Training, Dallas Children's Advocacy Center (DCAC)

<mailto:education@dcac.org>

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

| | |
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| Description: | <p>Training videos for parents (<i>Keeping Your Child Safe in the Real and Virtual World</i>—22 minutes), and for children (<i>You are Not Alone</i>—10 minutes) are 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. <i>Recognizing and Reporting Child Abuse</i> (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.</p> |
| Target: | <i>Keeping Your Child Safe in the Real and Virtual World</i> and <i>You Are Not Alone</i> are for students ages 8 to 14 and their parents, home-based. <i>Recognizing and Reporting Child Abuse</i> 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 mailto:education@dcac.org in order to receive access to curriculum for free. |

10. The Kempe Center for the Prevention and Treatment of Child Abuse and Neglect

<https://medschool.cuanschutz.edu/pediatrics/sections/child-abuse-and-neglect-kempe-center>

The Gary Pavilion at Children's Hospital Colorado

Anschutz Medical Campus, 13123 E. 16th Avenue, B390, Aurora, CO 80045

303.864.5300

Description:

The Kempe Center provides clinical care, advocacy, research, and education, partnering with policy makers, human service agencies, child advocacy groups and nonprofits to prevent child abuse and neglect and to treat victims of abuse and neglect. The Center is affiliated with The Children's Hospital and a program at the Department of Pediatrics, School of Medicine, University of Colorado at the Anschutz Medical Campus, where it has its home. The Kempe Center improves the care and well-being of all children by strengthening families, communities, and the systems that serve them. The Center serves families across the Rocky Mountain West in multiple states and consults across the globe. See Kempe's website kempecenter.org for a full listing of services and resources.

Programs: Among a multitude of programs dedicated to improved outcomes for infants and children, the following prevention programs are currently available:

- **CARE Network:**

Contact: carenetwork@ucdenver.edu

Website: <https://www.kempecarenetwork.org/>

About: The CARE Network's aim is to increase local capacity by building appropriate infrastructure to provide technical assistance and resources through a state-funded program that develops and maintains a standardized, coordinated response to suspected child abuse and neglect through a network of designated healthcare providers. The Kempe Center serves as The Resource Center for these designated CARE Network providers to offer providers support to conduct medical exams and behavioral health assessments for suspected physical and sexual abuse or neglect.

- **Child Protection Team (CPT) Clinic:**

Contact: 720-777-6919

Website: <https://www.childrenscolorado.org/doctors-and-departments/departments/child-abuse/>

About: The Child Protection Team (CPT) provides comprehensive medical evaluations in our weekly outpatient clinic and through inpatient and emergency department consultations at Children's Hospital Colorado. Children's offers the only hospital-based multidisciplinary child abuse program in Colorado. Family and child evaluation for suspected maltreatment includes family support and education about the behavioral and emotional impact of child maltreatment. Best practice care and treatment are offered in the most sensitive and family-centered manner.

- **Stress, Trauma, Adversity Research, and Treatment (START) Center Clinic:**

Contact: 303-724-1669; StartClinic@UCDenver.edu

Website: <https://medschool.cuanschutz.edu/psychiatry/programs/STARTcenter>

About: The START Center Clinic is dedicated to providing optimal treatment for people of all ages suffering from the effects of loss, trauma, chronic stress and adversity. We understand the issues that arise from these experiences as psychological injuries that, with the right interventions, can be healed. These injuries cause a range of difficulties such as mood, sleep, relationships, and occupational functioning, and many will suffer from Depression, Anxiety, Anger, and Post-traumatic Stress Disorder. We offer a range of treatments that have demonstrated effectiveness and will work with you to develop a plan that fits your particular needs. Whenever possible, we encourage the involvement of family and important supports in treatment, as these should hasten one's recovery.

- **NABICC**

Contact: 720-777-2422

Website: <https://www.childrenscolorado.org/doctors-and-departments/departments/pediatric-rehabilitation/rehabilitation-clinics/>

About: The Non-Accidental Brain Injury Care Clinic is a multidisciplinary clinic providing consultation and family-centered care. Board-certified experts provide services for infants and young children diagnosed with non-accidental brain injury. Our goals are to help families understand the outcome and care needed for a child diagnosed with non-accidental brain injury, to offer emotional support, and to help caregivers advocate on behalf of their child.

- **Multidisciplinary State And Regional Team (START) Consultation**

Contact: KempeSTART@UCDENVER.EDU or 303-864-5185

Website: <https://medschool.cuanschutz.edu/pediatrics/sections/child-abuse-and-neglect-kempe-center/training-and-consultation/start-tec>

About: A service of the Kempe Center for the Prevention and Treatment of Child Abuse and Neglect, START is a Multidisciplinary State And Regional Team (START) of Expert Consultants. START provides interdisciplinary case consultation for highly complex, protracted, or difficult child abuse and neglect cases. The consultation team can involve experts from many disciplines, including but not limited to medicine, medical toxicology (adult substance abuse and drug-exposed child), nursing, behavioral health, law, ethics, psychology, and clinical social work.

- **Family Group Decision Making (FGDM)**

Contact: fgdm@ucdenver.edu

Website: <https://medschool.cuanschutz.edu/pediatrics/sections/child-abuse-and-neglect-kempe-center/training-and-consultation/professional-development-in-fgdm>

About: The National Center on Family Group Decision Making's Training & Consultation Team has extensive practice and implementation experience with multiple meeting models and approaches, including family group conferences, family team meetings, case planning conferences, family unity meetings, and youth conferences, to name a few. The team has served as supervisors, coordinators, facilitators, training and coaching masters, practitioners, and program implementers in FGDM.

- **Trauma-Responsive Practice and Implementation Program (TRIP)**

Contact: evelin.gomez@childrenscolorado.org; angele.fauchier@cuanschutz.edu

About: The Trauma-Responsive Practice and Implementation program aims to a) help individuals, organizations, and communities understand trauma and how adverse experiences impact wellbeing; b) increase the resilience of children, youth, families, and the workforce through training and evidence-based practices; and c) decrease retraumatization by helping organizations create awareness, policies, procedures, and practices that heal communities.

- **Fostering Healthy Futures (FHF)**

Contact: <https://www.fosteringhealthyfutures.org/contact>

Website: <https://www.fosteringhealthyfutures.org/>

About: Fostering Healthy Futures (FHF) for preteens is a positive youth development program for preadolescent children (ages 9-11) who have current or previous child welfare involvement due to one or more adverse childhood experiences (ACEs). These ACEs may include the experience of maltreatment, out-of-home placement, housing, caregiver or school instability, violence exposure and/or parental substance use, mental illness, or incarceration. Starting fall of 2021, Kempe's Fostering Healthy Futures program will start disseminating its preteen program to nonprofits and community agencies while serving as an intermediary to provide ongoing training and support.

- **Child Welfare Training System (CWTS)**

Contact: kempecwts@ucdenver.edu

CWTS Website: <https://www.coloradocwts.com/>

Free online Mandatory Reporter Training: <https://www.coloradocwts.com/mandated-reporter-training>

About: The Kempe Center was selected by the Colorado Department of Human Services to manage and oversee the redesign of the Child Welfare Training System – a strength-based, family-centered, and competency-based training program for child welfare professionals and para-professionals. The Kempe Center oversees the delivery of specialized courses for caseworkers, supervisors, case service aides, foster parents, and other child and family serving personnel.

- **Foster Parent Learning Exchange**

Contact: michelle.mares@cuanschutz.edu; paula.haugerud@cuanschutz.edu

Website: <https://coloradocwts.com/index.php/families>

About: The Foster Parent Learning Exchange is a support system that builds bonds among caregivers who are caring for children and youth from other parents. Weekly topic-based sessions will grow your parenting insights and skills and connect you at a deep level with other caregivers who can relate to your fostering experiences.

- **SafeCare® Colorado**

Contact: 800.799.5876

Website: https://www.coloradoofficeofearlychildhood.com/OEC_Families?p=Family&s=SafeCare-Colorado&lang=en

About: Kempe has partnered with the Colorado Department of Human Services and providers across the state to connect at-risk families to a parent support program called SafeCare® Colorado. This evidence-based program offers proactive, in-home, voluntary services that support at-risk families in gaining skills to provide a safe home, address child health needs, and engage in positive interactions with their children ages 0 to 5-years-old. The services are delivered in the family's home by trained professionals on a weekly basis. The Kempe Center oversees all of the aspects of rollout and sustainability of SafeCare® Colorado from implementation support in collaboration with site leadership, to home visitor training and ongoing coaching, community and human services outreach and marketing, as well as continuous information feedback to improve program delivery.

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| Target: | Child welfare practitioners, supervisors, administrators; legal, mental health, and medical professionals; community and neighborhood leaders; researchers; policymakers; advocates; and parents, kinship care providers and adoptive parents. |
| Content: | Medical and behavioral health services and training for professionals who support child and family wellbeing. |
| Cost: | Contact the individual programs or the Center with questions. |

11. Kidpower® Colorado

Jan Isaacs Henry, Executive Director

(719) 963-7376

jan@kidpowercs.org

<http://kidpowercs.org/>

Counties Served: El Paso and surrounding areas, Denver Metro

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 from \$45 to \$250 per child. Scholarships are available for low income families. The program is clear that they do not want families to miss the message due to lack of funding.

12. myPlan App (created by the Johns Hopkins School of Nursing)

Tina L. Bloom, PhD, MPH, BSN, RN bloomt@missouri.edu

National Dating Violence Hotline 866.331.9474 or text “loveis” to 22522 loveisrespect.org

National Domestic Violence Hotline 800.799.7233 thehotline.org

Description: myPlan is a tool that survivors of intimate partner violence can use to help them make decisions about safety. Accessible through a discreet and confidential smartphone app (or web-based tool), myPlan is not meant as a replacement for the expertise of advocates and providers—it is designed to encourage the majority of survivors who may never seek services to reach out for help. Designed through a series of multi-year research studies conducted by Johns Hopkins University School of Nursing, myPlan is the first interactive safety decision aid. The tool is accessible via a mobile app and website, and designed to assist intimate partner violence (IPV) survivors in identifying and navigating their own safe path forward.

Decision aids in health care settings have been shown to be effective in assisting patients to make difficult decisions about treatment options. By providing information and helping to clarify personal values, decision aids can assist someone to weigh risks and benefits to make informed decisions that impact their safety. Tested in two longitudinal randomized controlled trials with over 1000 survivors, friends, and advocates across the country who have reported reduction in decisional conflict, using more safety behaviors, and being more likely to safely end a dangerous relationship.

Target: 12 and up

Content: Downloadable app, available through the App Store, Google Play or Web App

Cost: Free

13. 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.

Target: Children 5-17, educators, parents, law enforcement

Content: All online downloadable presentations, videos, and games

Cost: Free

14. Parenting Safe Children

Feather Berkower, MSW

303.931.5782

feather@parentingsafechildren.com

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

Description: Parenting Safe Children provides a four and one-half 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, body-safety rules for children and teens, and building a Prevention Team™ of caregivers. The parent workshop is offered live via Zoom or as a pre-recorded online workshop. Additionally, a three and one-half hour professional in-service 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

Cost: \$53.75 per person for live presentation (includes materials); \$44.99 for the online version (includes videos, activities and downloadable materials). Phone consultations are \$125 per hour.

15. Peace Maker Campaign (Advocates for Victims of Assault)

Brooke Turner
970.668.3906
brooke@summitadvocates.org
<http://www.summitadvocates.org/peace-maker/>

Counties Served: Summit

Description: Presented by the Summit County Advocates, the Peace Maker Campaign teaches elementary students age-appropriate information about healthy relationships and conflict resolution, bully prevention, empathy building, and body safety.

Target: Students grades 1-5

Content: Interactive discussion, role play, English and Spanish

Cost: Free

16. Play it Safe!®

Diane Mayfield, M.Ed.
817.927.4006
dmayfield@womenscenter.org
https://playitsafe.org/show.php?name=aboutus_playitsafe

Description: This evidence-informed 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 (4 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 1 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 3 to 8 programs. For 9 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.

17. radKIDS® Personal Empowerment Safety Program

Berthoud Fire Protection District

Andrew Kuiken

970.566.0222

radKIDS@radKIDS.org

<http://www.radkids.org/about-radkids/>

Counties Served: Boulder, Larimer, Weld

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: Free

18. Safe@Last, and Be. (Sexual Assault Center of Tennessee)

615-259-9055 Ext. 314

Prevention@SACenter.org

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

Listing: Both programs meet American School Counseling Association Standards

Description: Sexual assault and prevention program presented in online and in-class formats. Educators learn how to recognize and respond to child sexual abuse. Students learn about personal boundaries, body safety and assertiveness, how to identify and disclose to a trusted adult, and how to navigate peer pressure. Safety with respect to guns, gangs, bullying and internet safety are also discussed. Lessons are taught in four 30-45 minute sessions. Teens focus on healthy relationships, bystander intervention, technology, and learning how to access help in case of violence or abuse.

Target: Safe @Last = Students grades K-6;

Be. = Students grades 7-12

Campus Safe@Last = College students and professionals (in development)

Content: Online interactive workbook, role-plays and games, Catholic module available

Cost: \$125 for each curriculum

19. SafeTouch (Lutheran Family Services)

Brittany Foster, MSW, SafeTouch Coordinator

2032 Lowe Street Suite 200, Fort Collins, CO 80525

970.232.1148

brittany.foster@lfsrm.org

<http://www.lfsrm.org/prevention-services/safetouch>

Counties Served: Weld County

Description: SafeTouch is a school-based program was 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.

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| Target: | Students grades K-5, adaptable for faith-based communities and children with disabilities |
| Content: | Discussion, puppets, pictures, videos, role-play |
| Cost: | Free |

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

Ann Costello, MPH

acostello@nyspcc.org

<http://www.nyspcc.org/our-work/safe-touches-personal-safety-training-children/>

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| Description: | <i>Safe Touches</i> is a comprehensive child sexual abuse prevention program designed for children K through 3 rd grade. Trained facilitators help kids learn and practice key safety concepts using puppets to talk about sensitive safety concepts. After the workshop, the children are given an age-appropriate activity book on body safety to complete at home with their caregivers. Key safety concepts include private body parts, safe and not safe touches (and that they happen to both boys and girls and may be made by people we know or don't know), how to report not safe touches, that abuse is never the child's fault, and that children should tell until they are believed. The Safe Touches curriculum was developed by The New York Society for the Prevention of Cruelty to Children (NYSPPC), 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 research study to assess program efficacy among second and third graders. The study found significant increases in knowledge of workshop-related concepts. |
| Target: | Students K-3 (Safe Touches). The NYSPCC also provides Child Sexual Abuse Prevention Education (not Safe Touches) for students in grades 4 through 12, as well as for parents/ caregivers, and teachers and other staff members. The Curriculum is currently only available in English. |
| 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, including travel expenses. This program has not been implemented in Colorado. Please contact the New York Society for the Prevention of Cruelty to Children to learn more. |

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

Ivette Diaz, Executive Director

786-288-5045

Contact:

SaferSmarterKids.org PreK through 5th grade, including children with disabilities

SaferSmarterTeens.org Middle, high school

SaferSmarterSchools.org Professional development

<https://safersmarterfamilies.org/> For families—free extension activities and prevention information

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| Description: | These school-based curricula are designed for PreK through grade 12 and include adaptations for special education. Professional development for educators is also available. Studies funded by the developer, conducted independently, have indicated significant increase in body safety knowledge after completion of the program. The spiral curriculum builds with the development of the child, and contains elements that address body-safety, bullying, empowerment, and Internet safety. With age-appropriate considerations, the programs address safe/unsafe situations, the grooming process, and balances of power in relationships. Each grade contains five to eight 30 minute lessons that can be incorporated into reading, health, or social science lessons. Safer, Smarter Kids teaches students how to identify safe and unsafe situations and individuals, and how to seek help if they feel unsafe or uncomfortable. 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. |
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| | 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. |

22. Sexual Assault Victim Advocate (SAVA) Center

Hope Cornelis, Director of Prevention Education and Outreach

www.savacenter.org

Emergency Hotline: 970.474.4200 Fort Collins: 970.472.4204 Greeley: 970.506.4059 Loveland: 970.775.2962

SuperWorld (Larimer and Weld County) <mailto:hope@savacenter.org> 970.472.4204

Speak Up! (Larimer and Weld County) <mailto:emmily@savacenter.org> 970.472.4204

Sexual Assault Resource Team (SART) Peers (Larimer and Weld County) <mailto:miranda@savacenter.org>
<mailto:hope@savacenter.org> 970.472.4204

Safety, Opportunities, All Abilities, Resources (SOAR) (Larimer and Weld County) <mailto:hannah@savacenter.org>
970.472.4204

Description: The SAVA Center provides confidential support to victims of sexual assault through crisis intervention, advocacy, and counseling. SAVA also provides prevention programs through community outreach and education. These curricula are primarily designed for ages 6 through 18. (Our program for individuals with disabilities can be provided to adults as well.) Each prevention program utilizes the STOP Sexual Violence strategies outlined by the Centers for Disease Control and Prevention to address sexual violence prevention in school communities.

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! provides weekly groups for middle school students to explore personal identity, relationships, and reduce sexual violence. Speak Up! examines how influences like media and gender stereotypes affect our ability to form healthy relationships and explores ways to support self-esteem and healthy decision making. Speak Up! is targeted to youth ages 12-16 and is comprised of one-hour sessions each week for a semester or school year covering the following topics:

- Identity – who we are and who we want to be
- Gender Stereotypes – portrayals of masculinity and femininity in the media
- Self-Esteem – cultivating healthy body image and sense of self
- Feelings & Communication – identifying, recognizing, and expressing emotions
- Preventing Gender Violence – defining sexual harassment and sexual assault
- Healthy Relationships – setting boundaries and advocating for ourselves
- Our Futures – setting goals for the future and supporting ourselves and our friends

The Sexual Assault Resource Team (SART) Peers Program has been educating students about sexual violence prevention for over 25 years in Northern Colorado. SART Peers is a peer education program in which high school student leaders are trained to give presentations to high school and middle school students about sexual harassment, sexual assault, and what to do about it. SART Peer educators provide an 80-90 90 minute presentation for middle and high-school aged youth (12-18). (A train-the-trainer model is available.) 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.

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| Target: | Students aged 6 through 18 |
| Content: | Differentiated--see above. |
| Cost: | No cost for Larimer and Weld County students. Please contact to discuss cost outside that geographic region. |

23. SungateKids SafeKids (SK²)

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

303.368.1065

erin.katz@sungatekids.org

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

Counties Served: Douglas, Jefferson, Arapahoe, Elbert, and Lincoln Counties, and the greater Denver Metro area via SungateKids Child Advocacy Center. Please contact SungateKids to inquire about availability in your district.

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

III. PROGRAMS TO PREVENT HUMAN TRAFFICKING

- 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>. A simple fact sheet for schools can be downloaded here: <http://www2.ed.gov/about/offices/list/oese/osh/tipfactsheet91913.pdf>. The National Center for Homeless Education (U.S.D.E.) contains assistance for how schools should respond to instances of trafficking at <http://center.serve.org/nche/downloads/briefs/trafficking.pdf>. 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 <http://www.missingkids.com/theissues/cse/cstt>.
- 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://sites.google.com/state.co.us/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.
- National Human Trafficking Hotline = (888) 373-7888.

1. A21

427 E. 17th Street #F223
Costa Mesa, CA 92627 USA
949.202.4681
info@a21.org
<http://www.a21.org/content/education/gn9vq0>

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| Description: | <ul style="list-style-type: none">• Bodies are Not Commodities: Online awareness and prevention resource (Common Core aligned). The program includes five multi-media and interactive sessions, supplementary curriculum for Social Studies, English and Health. Its goal is to prevent human trafficking, protect students, and offer pathways of engagement. Targeted to high school students.• 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: | See above. |
| Content: | Facilitator guide, student activity guide, video downloads and resources |
| Cost: | Free download |

2. iEmpathize Empower Youth Program

Candace Joice, Education Manager
303.625.4074
<http://empower.iempathize.org/>
info@iempathize.org

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| Description: | iEmpathize is a Colorado-based organization with an exploitation-prevention curriculum designed to equip students with strategies to stay safe from issues of exploitation, from bullying to sex trafficking. The program utilizes original, age-appropriate media featuring young adults that focuses on positive, non-sensationalized content. Central to the curriculum is character education and empathy development. The curriculum is delivered in five lessons; content is available via either print or online deliverables. Tied to common core in language arts and social studies, as well as tied to national standards in health education and counseling. Now available through The Blue Bench (See p. 21-22 above). |
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| Target: | Grades 7-12 |
| Content: | Videos paired with a facilitator guide containing activities, discussion questions, and assessments |
| 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. |

3. My Life My Choice

989 Commonwealth Ave.

Boston, MA 02215

617.779.2179

<http://www.fightingexploitation.org/prevention-education-and-solutions>

MLMCinfo@jri.org

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| Listing: | NIJ/CS (Screened Out but multiple indicators of effectiveness by NIJ) |
| Description: | The My Life My Choice Curriculum: <i>Preventing the Commercial Sexual Exploitation of Adolescent Girls</i> is a survivor informed, gender-responsive, ten-session exploitation prevention curriculum. This curriculum was the subject of a three-year evaluation, funded by the National Institute of Justice and published in 2019, giving it evidence-based status. The My Life My Choice Curriculum seeks to empower youth to protect themselves from the commercial sex trade. The Curriculum works to change female-identified youth's attitudes and perceptions of the commercial sex industry, increase knowledge, as well as build self-esteem and personal empowerment. The Curriculum provides an in-depth look at participants' vulnerabilities, and helps youth shift behaviors if they are already on the path towards exploitation. While the Curriculum can be used as primary prevention, it was designed for secondary and tertiary levels of prevention in order to reach the most vulnerable girls - those who are disproportionately at risk for victimization and youth who are involved with the child welfare system. Additionally, as part of their larger Prevention Solution Model, My Life My Choice provides a suite of advanced training opportunities, ranging from facilitating the Prevention Curriculum to advanced clinical training and residential leadership. |
| Target: | The curriculum is gender specific - for girls only - who are between the ages of 12 and 18. The group is beneficial for all adolescent girls but especially impactful to girls who are at disproportionately high risk to be victims of commercial sexual exploitation (for example, girls who have a history of childhood sexual abuse or girls who are involved in the child welfare system), as well as girls who have been victims of exploitation. |
| Content: | The curriculum is ten sessions long and each session is written to be 75 minutes. The curriculum recognizes different learning styles and therefore 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 a pimp, recruitment tactics, substance abuse, self-esteem, sexual health, healthy relationships, and local and national resources to support youth at risk of exploitation. |
| Cost: | In order to receive the curriculum, you must be trained by a Licensed <i>My Life My Choice</i> Trainer. As part of the training, you will receive a copy of the curriculum as well as a membership to the <i>My Life My Choice</i> Online Community, a web-based platform for providers using the curriculum across the country. Each agency should send two facilitators to the training (as the model requires that all groups be co-facilitated by Certified Facilitators). The cost of the two-day training is approximately \$700. There is an application process to attend the training. Please contact <i>My Life My Choice</i> for more information. |

4. Not a Number (Love 146)

NotaNumber@love146.org

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

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| 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 |
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| | 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 |

5. Not for Sale

2225 3rd Street

San Francisco, CA 94107

650.560.9990

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

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

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| Description: | The high school curriculum is derived from the book <u>Not for Sale</u> 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-alouds, study questions, writing prompts and activities. |
| Cost: | Free |

6. The Prevention Project® --Richmond Justice Initiative (RJI)

<mailto:info@prevention-project.org>

<http://www.prevention-project.org/home/prevention-project-program/>

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| Description: | The six-lesson curriculum (45-50 minutes per session) is Common-Core aligned for Social Studies, Health and English. It was reviewed by National Educators to Stop Trafficking, and ranks as the most comprehensive curriculum of its kind. Middle school audiences have the choice between a two-lesson version or a six-lesson version that has two lessons per grade (6 th -8 th). The Prevention Project curriculum seeks not only to prevent human trafficking but to equip students to be part of the solution to eradicate it. Students learn about grooming behaviors and risk factors to their self-esteem, and they are also given tools to empower them to make a difference. The program is national, research-informed, and includes significant input from survivors and experts in law enforcement, education and advocacy. |
| Target: | Middle and high school students. Can be presented in schools, after-school programs, youth groups. |
| Content: | Teacher's guide, videos, interactive activities, PowerPoints, homework and counseling resources to aid potential victims, updated annually and housed in a convenient online teacher portal. Teachers are trained through a convenient suite of videos that can be done on their own time, totaling 40 minutes. |
| Cost: | Highly subsidized by the organization's donors. Price ranges between \$200 - \$450 per year depending on the size of the school or program and the curriculum purchased. |

7. 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/. Contact Lisa Brandt, trained facilitator, at 719.491.3859.

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| 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 insert-able 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 |

8. UNICEF

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

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| Description: | UNICEF offers four different curricula targeted to the groups named. Each of them contains lessons to raise awareness, identify and prevent human trafficking. Lessons vary from one to four sessions and include assessments, extensions and study questions, depending on the age of the audience. |
| Target: | Families, middle and high school students, educators |
| Content: | Includes activities, links to videos. Link to the Facilitator's Guide here: https://www.unicef.org/protection/Facilitator_guide.pdf . Check back for regular additions from the International Labour Office. http://www.ilo.org/ipec/areas/Traffickingofchildren/lang--en/index.htm |
| Cost: | Free |

IV. * Sexual Health Programs

1. Education, Training and Research (ETR)

Offered in Colorado through the Colorado Sexual Health Initiative (CoSHI), Office of Children, Youth and Families

Colorado Department of Human Services

Zoa P. Schescke, MPA, CoSHI Manager

Theo Isoz, CoSHI Training Specialist

Anna Wendt, CoSHI Training Specialist

303.866.2810

<mailto:theo.iso@state.co.us> for training inquiries, or mailto:cdhs_coshi@state.co.us for general information

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| Listing: | The ETR curricula are recognized by the U.S. Dept. of Health and Human Services as Evidence-Based interventions, and also meet the criteria of being medically accurate. CoSHI team members are trained as facilitators and trainers in all of the following ETR curricula. https://tppevidencereview.aspe.hhs.gov/EvidencePrograms.aspx |
| Description: | <ul style="list-style-type: none">● Be Proud! Be Responsible! is a flexible six-hour intervention (delivered in six 50-minute modules--adaptations permissible), designed to modify behaviors and build knowledge, understanding, and a sense of responsibility regarding STD/HIV and unplanned pregnancy risk in vulnerable youth. The intervention aims to affect knowledge, beliefs, and intentions related to condom use and sexual behaviors such as initiation and frequency of intercourse. https://www.etr.org/ebi/programs/be-proud-be-responsible/● Making Proud Choices! is an adaptation and extension of Be Proud! Be Responsible! that allows for flexibility of delivery to youth in schools, community settings, and out-of-home care. Major components include focus on goals, knowledge, beliefs, and self-efficacy, related to life skills and healthy sexuality. https://www.etr.org/ebi/programs/making-proud-choices/● Draw the Line/Respect the Line is a three-year evidence-based middle school curriculum that promotes abstinence by providing students in grades 6, 7 and 8 with the knowledge and skills to prevent HIV, other STDs and pregnancy. Using an interactive approach, the program shows students how to set personal limits and meet challenges to those limits. Lessons also include the importance of respecting others' personal limits. Five to seven lesson plans per school year, each lesson 45-50 minutes. The basic set includes a teacher's guide and student workbooks for up to 30 students. English and Spanish, with supplemental materials available. https://www.etr.org/ebi/programs/draw-the-line/ |
| Target: | Middle and high school students or youth in community settings, Age 12-18 |
| Content: | The basic set includes a facilitator curriculum, activity set (cards, posters, handouts), curriculum DVDs, and student workbooks. |
| Cost: | Contact CoSHI to discuss potential for partnership and training opportunities, ¹³ or contact ETR directly for information on training costs. |

2. Elevatus

Elevatus Training, LLC

43 Owls Hill Rd

Westmoreland, NH 03467 USA

<mailto:kath@elevatustraining.com>

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

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| 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. <u>Curricula:</u> |

*Programs marked with an asterisk have been approved by the Colorado Department of Public Health and Environment for use by funded partners in Comprehensive Sexual Health Education.

- *Sexuality Education for People with Developmental Disabilities*: 22 lesson plans, handouts, teaching tools, and a manual for how successfully to 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.

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| 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 <i>Sexuality Education</i> curriculum, \$397 for the foundational online course; \$195 for <i>Building Healthy Relationships at Work</i> , \$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. |

3. Dibble Institute

800-695-7975

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

mail to: RelationshipSkills@DibbleInstitute.org

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| Listing: | <p>Love Notes 3.0 https://www.dibbleinstitute.org/love-notes-3-0/: US Health And Human Services Teen Pregnancy Prevention Evidence Review, CEBC (NR), 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</p> <p>Mind Matters https://www.dibbleinstitute.org/mind-matters/: Evaluations underway.</p> <p>Relationship Smarts PLUS 4.0 https://www.dibbleinstitute.org/our-programs/relationship-smarts-plus-classic/ : 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)</p> |
| Description: | <p>Love Notes 3.0: Unplanned pregnancy, single parenting, and troubled relationships are a serious threat to the well-being and futures of many young adults, as well as to their children. Love Notes 3.0 was created for this vulnerable, high-risk audience. In 13 lessons, participants discover, often for the first time, how to make wise choices about partners, sex, relationships, pregnancy, and more. Rather than focusing on what to avoid, Love Notes builds assets and appeals to aspirations. It offers young people new conceptual frameworks to help them make informed decisions instead of sliding into unplanned choices that can derail their lives.</p> <p>Mind Matters: People who have experienced trauma and toxic stress often have difficulty regulating their emotional responses when facing challenges in school, life, and relationships. As participants learn the skills and strategies in Mind Matters, they can begin to say, “I am not a victim of what happened to me.” Mind Matters’ 12 one-hour lessons teach students ages 12 and up to respond to</p> |

negative experiences with innovative methods based on current research and neuroscience. These skills give individuals a way to take charge of their emotions and improve their states of mind. Students learn to address their physical, relational, and mental health needs.

Relationship Smarts PLUS 4.0: Relationship Smarts PLUS 4.0 is designed to help teens learn, in 12 ready to teach lessons, how to make wise choices about relationships, dating, partners, sex, and more. New content keeps this curriculum current by covering timely topics such as consent, sexting, and assault. The program uses popular media and lively activities to engage both males and females in learning. An updated workbook helps teens apply curriculum concepts to their own lives. Parent-Teen activities for each lesson stimulate conversations and connections with trusted adults.

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; communication and conflict; intimacy and sexual decisions; updates to the Success Sequence; social media

Cost: **Love Notes:** Instructor's Kit - \$425.00 includes 13 lesson plans (plus bonus lesson on Social Media), all activity resources, ready to use game cards, reproducible handouts, and complete PowerPoints with fidelity notes. Participant Journals - \$130 full color. (pack of 10) Quantity discounts available. Primary Colors Personality Profile - \$15 (pack of 10) Quantity discounts available.
Mind Matters: Instructor's Kit - \$299.00 includes 12 lesson plans, all activity resources, ready to use game cards, reproducible handouts, complete PowerPoints with fidelity notes, and access to private FaceBook group led by the author. Participant Journals - \$49 (pack of 5) Quantity discounts available.
Relationship Smarts: Instructor's Kit - \$399.00 includes 13 lesson plans, all activity resources, ready to use game cards, reproducible handouts, and complete PowerPoints with fidelity notes. Student Journals - \$95 (pack of 10) Quantity discounts available.

4. * Family Life and Sexual Health (FLASH)

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

Available in Colorado through:

1. Kindling Communication
Theo Isoz, Sexual Education Consultant
574.309.1632

2. Durango Sexual Assault Services Organization
Maura Doherty-Demko, Executive Director
<mailto:maura@durangosaso.org>

theo@kindlingcommunication.com

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

5. * Get Real

Offered in Colorado through the Colorado Sexual Health Initiative (CoSHI),
Office of Children, Youth and Families
Colorado Department of Human Services
Zoa P. Schescke, MPA, CoSHI Manager
Theo Isoz, CoSHI Training Specialist
303.866.2810
<mailto:theo.iso@state.co.us> for training inquiries
<https://www.getrealeducation.org/>

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| Description: | <i>Get Real</i> emphasizes social and emotional skills as a key component of healthy relationships and responsible decision-making. It promotes abstinence from sex as a healthy and safe 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. <i>Get Real</i> is developmentally appropriate, inclusive of LGBTQ+ youth, trauma informed, and aligned to the National Health Education Standards using the CDC's Health Education Curriculum Analysis Tool, for both middle and high school. The <i>Get Real</i> middle school curriculum consists of 27 sequential lessons taught across the middle school years—9 lessons each in Grades 6, 7 and 8. The high school curriculum consists of 11 sequential lessons taught in Grade 9 or 10. <i>Get Real</i> is designed to delay sex and increase correct and consistent use of protection methods when a person becomes sexually active. |
| Target: | Middle and high school students and their parents |
| 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 |

6. * Our Whole Lives

Robert LaChausse, PhD, Chair
Department of Health Sciences
California Baptist University¹⁴
<https://www.positivepreventionplus.com/>

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| Listing: | Effective, Office of Adolescent Health |
| 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 <i>PLUS</i> 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 includes: Lessons with Opening and Closing Animations, downloadable Power Point 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: | Middle OR High School Curriculum \$509 for curriculum guide, 30 workbooks and 102 activity cards. Materials are also sold separately. \$329 for each curricula, \$7 per student workbook. |

*Programs marked with an asterisk have been approved by the Colorado Department of Public Health and Environment for use by funded partners in Comprehensive Sexual Health Education.

7. * Positive Prevention Plus

Robert LaChausse, PhD, Chair
Department of Health Sciences
California Baptist University¹⁵

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

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| Listing: | Effective, Office of Adolescent Health |
| Description: | <p>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.</p> <p>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 <i>PLUS</i> 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.</p> |
| Target: | Teens, young adults in a classroom or community setting |
| Content: | The curricula includes: Lessons with Opening and Closing Animations, downloadable Power Point 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: | Middle OR High School Curriculum \$509 for curriculum guide, 30 workbooks and 102 activity cards. Materials are also sold separately. \$329 for each curricula, \$7 per student workbook. |

9. Power Through Choices

<https://powerthroughchoices.org/learning-center/>

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| Listing: | Offered through the Colorado Sexual Health Initiative (CoSHI), CDHS mailto:cdhs_coshi@state.co.us 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: | Youth <i>in systems of care</i> ages 13-18 |
| 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. |
| Cost: | In Colorado, contact CoSHI to discuss potential for partnership and training opportunities, mailto:cdhs_coshi@state.co.us , or contact Healthy Teen Network. https://www.healthyteenetwork.org/ |

*Programs marked with an asterisk have been approved by the Colorado Department of Public Health and Environment for use by funded partners in Comprehensive Sexual Health Education.

10. * Rights, Respect, Responsibility (3 Rs)

<mailto:nora@advocatesforyouth.org>

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

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

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| Listing: | Effective, Office of Adolescent Health |
| Description: | <p>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.</p> <p>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.</p> |
| 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 |

11. Street Smart

<https://www.cdc.gov/hiv/research/interventionresearch/rep/packages/streetsmart.html>Listing:

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| Listing: | Offered through the Colorado Sexual Health Initiative (CoSHI), CDHS mailto:cdhs_coshi@state.co.us CDC Replicating Effective Programs Project Evidence-Based Program. Reduces substance use and unprotected sex acts, especially among young women and African American youth. |
| Description: | <p>Street Smart is a multisession, skills-building program designed to help groups of runaway youth reduce unprotected sex, number of sex partners, and substance use. The program is based on social learning theory, which describes the relationship between behavior change and a person’s beliefs that they have the ability to change a behavior and that changing that behavior will produce a specific result. CoSHI has worked with the curriculum expert to edit the curriculum to be updated, Colorado-specific, and more inclusive.</p> <p>The intervention consists of eight, 1.5 to 2-hour drop-in group sessions delivered over a two- to six-week period. Sessions are held after dinner at the runaway shelter where the youth are staying and are led by trained counselors. Approximately ten youth attend each group session. During early sessions, information on HIV prevention is conveyed in video and art workgroups where the youth review and discuss commercial HIV/AIDS prevention videos and then develop their own soap opera dramatizations, public service announcements, commercials, and rap songs. The majority of the sessions address improving youth’s social skills, particularly assertiveness and coping, through exercises that teach them to identify their emotional and behavioral reactions and unrealistic expectations in situations with potential risk for HIV transmission. The small group format permits collective support for safer behaviors and behavior change to be developed and mobilized. In addition to the group sessions, private sessions with a counselor are included to give youth the opportunity to assess their own barriers to safer sex and discuss their dysfunctional attitudes and behavior patterns. Youth also are given access to medical and mental health care through weekly visits from a public health nurse, visits to a community-based agency that provides comprehensive care, and referrals for specific individual health concerns.</p> |
| Target: | <i>Runaway and system-involved youth ages 11 to 18.</i> |
| Content: | Discussion with trained counselors, videos, workgroups, outlets for artistic expression, access to public health professionals |
| Cost: | Contact CoSHI to discuss potential for partnership and training opportunities: mailto:cdhs_coshi@state.co.us . |

12. Working to Institutionalize Sexuality Education (WISE)

A Program of Trailhead Institute

Adrienne Wall, Senior Program Manager
1385 S. Colorado Blvd. Suite A622, Denver, CO 80222
720.836.1191

<mailto:awall@trailhead.institute>

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

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| 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 targeted 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. |

V. STATEWIDE GOVERNMENT PROGRAMS

1. Colorado Department of Education

<https://www.cde.state.co.us/>

201 E. Colfax Ave., Denver, CO 80203
303.866.6600

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| 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: | <ul style="list-style-type: none">• The Colorado Department of Education (CDE) provides leadership, resources, support and accountability to the state's 178 school districts, 1,836 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 889,000 public school students. Here is a link to CDE's Comprehensive Health Academic Standards: https://www.cde.state.co.us/cohealth/statestandards• 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://www.cde.state.co.us/sites/default/files/documents/healthandwellness/download/child_abuse_manual_2002.pdf |

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- Additionally, there is a guide for school nurses:
https://www.cde.state.co.us/sites/default/files/documents/healthandwellness/download/nurchild_a_buse.pdf
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2. Colorado Department of Human Services

a. 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
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: The Colorado Sexual Health Initiative (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). See Street Smart and Power Through Choices, as well as the Sexual Health Programs on p. 38 above.

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

mailto:cdhs_communications@state.co.us
mary.gerlach@state.co.us
<https://www.colorado.gov/pacific/cdhs/children-families>

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

303.866.5700 (for administrative inquiries only—child abuse reports go to **844-CO-4-KIDS**)

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 system. 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, creates and supports free online training for school professionals: [Link to online Mandated Reporter Training](#).

c. Office of Early Childhood

800.799.5876
cdhs_oec_communications@state.co.us
<http://www.coloradoofficeofearlychildhood.com/>
1575 Sherman Street, Denver, CO 80203

Mission: To provide collaborative leadership to align resources for children, families, and early childhood professionals to best prepare Coloradans for future success, through access to coordinated and quality early childhood programs and family supports.

Description: There are two divisions within the OEC: The Division of Early Care and Learning, which assists in the provision of access to safe and high quality early learning environments; and the Division of Community and Family Support, which addresses individualized family and child development needs. The OEC has piloted and continues to provide multiple programs for the support of families with young children and their communities throughout the state. Check their website for details on programming in your area. The office brings together an assembly of experts in the fields of child development and child abuse prevention, including the Child Care Licensing Committee, the Child Care Licensing and Appeals and Waivers Panel, the Colorado Children's Trust Fund Board, the Colorado Interagency Coordinating Council, and the Early Childhood Leadership Commission.

3. Colorado Department of Public Health and Environment

- 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

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| 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. |

4. Colorado Department of Public Safety

a. Colorado School Safety Resource Center

<https://www.colorado.gov/pacific/cssrc>

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

Margaret M. Ochoa, J.D. margaret.ochoa@state.co.us

303.239.4439

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| 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: | <p>The CSSRC provides training, consultation, and resources for school staff, parents, and students pre-K through higher education on best practices in child sexual abuse and assault prevention. Trainings include but are not limited to:</p> <ul style="list-style-type: none">• Primary, secondary and tertiary prevention of child sexual abuse (Kempe Center Curriculum)• Identification of child abuse and predatory behavior• Mandated reporting• Adult/professional sexual misconduct including sexual harassment and assault• Understanding and responding to the sexual behavior of children and adolescents (Kempe Center Curriculum and Nurturing Healthy Sexual Development)• Informed supervision (Kempe Center Curriculum) and Center curriculum for schools• Human trafficking• Relationship 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 <p>Margaret Ochoa, J.D., the Child Sexual Abuse Prevention Specialist, is trained to facilitate the Kempe Center Curricula; Nurturing Healthy Sexual Development; Called to Protect, the safe environment program used by the Archdiocese of Denver; and can create trainings based upon district/school needs and capacities in addition to those listed here.</p> |

b. Human Trafficking Council

<https://sites.google.com/state.co.us/human-trafficking-council>

700 Kipling Ave, Lakewood, CO, 80226

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

maria.trujillo@state.co.us

Mission: To bring together leadership across various levels of government and the community a collaborative coalition to help combat human trafficking. The Council is expected to improve comprehensive services for victims and survivors of human trafficking, to assist in the successful prosecution of human traffickers, and to enhance human trafficking prevention efforts in Colorado.

Description: The Colorado Human Trafficking Council has established a set of guiding principles in addition to the paradigm established by the United Nations and the National Trafficking Victims Protection Act: prevention, protection, prosecution and partnership.

c. Sex Offender Management Board, Administered by the Office of Domestic Violence and Sex Offender Management in the Division of Criminal Justice

<https://www.colorado.gov/pacific/dcj/sex-offender-management-unit>

700 Kipling Ave, Lakewood, CO, 80226

Raechel Alderete, Coordinator, Juvenile Standards

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>

VI. STATEWIDE RESOURCES AND COALITIONS

1. Colorado Coalition Against Sexual Assault (CCASA)

Brie Franklin, Executive Director

(303) 839-9999

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

info@ccasa.org

1330 Fox Street, Suite 2, P.O. Box 40350, Denver, CO 80204

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.

2. Colorado Organization for Victim Assistance (COVA)

303.861.1160

coloradocrimevictims.org

<mailto:info@coloradocrimevictims.org>

Nancy Lewis, Executive Director

1325 S. Colorado Blvd., Suite 508-B, Denver, CO 80222

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.

3. Colorado School District Self Insurance Pool (CSDSIP)

Steve S. Fast, Executive Director
6857 S. Spruce Street, Centennial, CO 80112 303.722.2600
<https://www.csdsip.org/>
riskcontrol@csdsip.net

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| 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 our 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. |

4. Illuminate Colorado

Anne Auld, Director of Programs
<mailto:aauld@illuminatecolorado.org>
(303) 413-3460
<http://www.illuminatecolorado.org/>
Mail to 951 20th Street

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| Mission: | Illuminate Colorado prevents child maltreatment and builds strong families through education, advocacy, and family support. |
| 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. |

5. Violence Free Colorado (Formerly Colorado Coalition Against Domestic Violence)

Amy Miller, Executive Director
303.831.9632
888.778.7091
<https://www.violencefreecolorado.org>
<mailto:info@violencefreeco.org>
1330 Fox Street, Suite 3, P.O. Box 40328, Denver, CO 80204

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| Mission: | Advancing the well-being of all Coloradans through relationships free from abuse and oppression. |
| Description: | Violence Free Colorado is our state's domestic violence coalition. We work 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. We build 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. Our goal is to improve individual and community health and well-being through statewide visionary advocacy and social change efforts, supporting our members, and informing the public. |

VII. Children's Advocacy Centers

Children's Advocacy Centers 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 members of the National Children's Alliance®. Many of the Centers in Colorado have suggestions for educational curricula for parents, schools, and children in their geographic regions. Some have even created their own programs.

Colorado Children's Alliance (CCA)

1177 Grant Street #308

Mailing address: 303 S. Broadway, Suite 200-329

Denver, CO 80209

303.727.0409

coloradocac.org

The CCA is a Membership Organization and accredited chapter of the National Children's Alliance®. It provides support, technical assistance and leadership on a statewide level to the 14 Child Advocacy Centers it serves. The CCA can help you find a child advocacy center in your region.

ACCREDITED MEMBERS:

- **Ralston House** (1st Judicial District and 17th Judicial Districts) (free awareness/prevention workshops for parents and caretakers with children in youth sports, and communities)
10795 W. 58th Avenue, Arvada, CO 80002
1875 Wadsworth Blvd, Lakewood, CO 80214
2360 W. 112th Ave. Northglenn, CO 80234
720.898.6745 phone
303.432.7992 fax
<mailto:dmooseley@ralstonhouse.org>
ralstonhouse.org

- **Porchlight Family Justice Center** (serving Jefferson and Gilpin Counties)
11100 W. 8th Ave. Suite 200, Lakewood, CO 80215
303.271.6100
Comprehensive legal, emotional, and critical supportive services for victims and survivors of domestic violence, sexual assault, crimes against children, abuse of at-risk individuals, elder abuse, and human trafficking. More than 70 community partner agencies work together to provide coordinated services for victims of violence in Jefferson and Gilpin counties. Porchlight also offers the services of a Child Navigator, a clinically trained mental health professional who works with people aged two to 22 who have been impacted by abuse and need services. Currently accepting walk-in guests Monday-Friday from 8:30 am – 4:30 pm

- **Denver Children's Advocacy Center** (2nd Judicial District) (*Denver Safe from the Start* independent and free materials available online)
2149 Federal Blvd., Denver, CO 80211
303.825.3850 phone
303.825.6087 fax
gizane.indart@denvercac.org
denvercac.org

- **Safe Passage** (4th Judicial District) (Teen support group for female-identifying survivors of abuse)
423 S. Cascade Avenue, Colorado Springs, CO 80903
713.636.2460 phone
888.273.8796 fax
info@safepassagecac.org
safepassagecac.org/

- **TreeTop Child Advocacy Center** (5th Judicial District)
 P.O. Box 1628 Frisco, CO 80443
 970.409.2111 phone
<mailto:info@treetopcenter.org>
<http://www.treetopcenter.org/>

- **Dolphin House** (7th Judicial District) (Independent web-based training and workshops for adults and children)
 735 South 1st Street, Montrose, CO 81401
 970.240.8655 phone
 970.240.8656 fax
dolphinhousecolorado.com
info@dolphinhousecolorado.com

- **¹⁶Voices Carry Child Advocacy Center** (8th Judicial District) (*Stewards of Children* for adults, *Safety Smarts* for children)
 5529 S. Timberline Rd., Ft. Collins, CO 80528
 970.407.9739
 970.407.9743
<mailto:robert@voicescarrycac.org>
voicescarrycac.org

- **River Bridge Regional Center** (9th Judicial District) (independent free prevention workshops for parents)
 520 21st Street, Glenwood, Springs, CO 81601
 970.945.5195
 970.947.9187
<mailto:info@riverbridgerc.org>
riverbridgerc.org

- **Pueblo Child Advocacy Center** (10th Judicial District) (*Stewards of Children* and church-based workshops for adults; training for school staff; *Good Touch, Bad Touch* classes for K-5)
 301 W. 13th Street, Pueblo, CO 81003
 719.583.6332
 719.583.4545
dena@pueblolocac.org
pueblolocac.org

- **Kindred Kids Child Advocacy Center** (11th Judicial District)
 1145 Ohio Ave., Suite A
 Cañon City, CO 81212
 719.345.3870
info@kindredkidscac.org
kindredkidscac.org

- **The Children’s Advocacy Center of the San Luis Valley** (12th Judicial District) (Multiple trainings for children to adults and professionals, including *My Body Belongs to Me*, *Safe Dates*, *Bystander Intervention*, *What is Consent?*, *College Prep: What to Expect as a College Freshman*, *From Playground to Prom Training*, *Signs of and Responding to Intimate Partner Abuse*, *Domestic Violence and Sexual Assault: Skills for Nurses*)
 202 Carson Avenue/P.O. Box 473, Alamosa, CO 81101
 719.589.2465
 719.589.1465
<mailto:info@slvtucasa.net>

¹⁶ Voices Carry will be renamed “The Crawford Child Advocacy Center” in January 2022. Services will remain the same.

slvtucasa.net

- **SARA House** (13th Judicial District) (*Stewards of Children* for adults, *Safe Dates* for teens, *RAD [Rape Aggression Defense]* for middle school girls and women, *Stop Bullying Now!* for grades 3-6)
418 Ensign Street, Ft. Morgan, CO 80701
970.867.2121
<mailto:admin@sarahouseco.org>
sarahouseco.org/
- **Brighter World Child Advocacy Center** (14th Judicial District)
P.O. Box 771424
Steamboat Springs, CO 80477
970.879.2034
brighterworldcac.org
julia@brighterworldcac.org
- **SungateKids** (17th and 18th Judicial Districts) (*SK²*)
P.O. Box 3554, Englewood, CO 80155
303.368.1065
303.368.1089
<mailto:info@sungatekids.org>tuft
sungatekids.org
- **A Kid's Place DBA Life Stories Child & Family Advocacy** (19th Judicial District) (*Stewards of Children*)
1640 25th Avenue, Greeley, CO 80634
970.353.5970 phone
970.353.9577 fax
gwen@lifestoriesweld.org
lifestoriesweld.org
- **Blue Sky Bridge** (20th Judicial District) (*Stewards of Children, Nurturing Healthy Sexual Development*, and customized trainings for adults; independent program for children, see p. 22 above)
2617 Iris Hollow Place
P.O. Box 19122, Boulder, CO 80308
303.444.1388
303.444.2045 fax
info@blueskybridge.org
<http://blueskybridge.org/>
- **Western Slope Center for Children** (21st Judicial District) (*Stewards of Children* and *Nurturing Healthy Sexual Development* for adults)
P.O. Box 3978, Grand Junction, CO 81502
970.245.3788
970.245.7550
office@wscchildren.org
wscchildren.org
- **Four Corners Child Advocacy Center** (22nd Judicial District) (*Stewards of Children, What to Expect When Talking "The Talk": Building Protective Factors for Positive Sexual Development*, mandated reporting training, and *Developing Your Child Protection Plan*)
118 N. Chestnut Street, Cortez, CO 81321
970.565.8155
970.565.8279

VIII. CAMPAIGNS

a. 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>

b. 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>

c. CO4KIDS

CO4Kids is the public awareness campaign for the Colorado Child Abuse and Neglect hotline housed in the Office of Children, Youth and Families within the Colorado Department of Human Services. Strengthening families is the best way to prevent child abuse and neglect. Every parent needs help from time to time - from their families, friends, and sometimes, from professionals.

The Colorado Department of Human Services raises awareness about the signs of abuse and neglect, and encourages people in Colorado to call 844-CO-4-Kids if they are concerned about a child's safety and wellbeing. The campaign theme is "If not you, then who?" The statewide hotline for sharing concerns about possible child abuse or neglect is

844-CO-4-KIDS. Visit co4kids.org to learn more

d. Enough Abuse Campaign

- The **Enough Abuse Campaign** is a citizen education and community mobilization initiative working to prevent child sexual abuse in our 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.
[Click here](#) for information on how to implement the Enough Abuse Campaign in Colorado, and to read about prevention resources available from the Enough Abuse Campaign. Or, visit the Enough Abuse Campaign website for more information: <http://www.enoughabuse.org/>
- **Pledge to Prevent™** is a unique online campaign for action developed by MassKids and its Enough Abuse Campaign, a citizen education/community mobilization campaign working in several states to prevent child sexual abuse. Working in collaboration with several national organizations, the goal of Pledge to Prevent™ is to empower hundreds of thousands of individuals across the country to get educated about child sexual abuse and to take concrete, practical actions to prevent it. Partnering with parents, sexual abuse survivors, college students, etc., the campaign is challenging people everywhere to choose one of over 30 pledges as either a Learner to get the basic facts, a Prevention Influencer to educate others, a Safe Community Promoter to engage schools and youth organizations, or a Movement Builder to promote prevention legislation and policies. Pledgers immediately receive resources matched to their specific pledge in order to build their knowledge and confidence, and empower them to carry out their selected prevention action. Over 30 booklets, videos, posters,

reports, etc. are included in the pool of resources. Pledgers can experience the reach of the campaign through a real-time Pledge Count and a U.S. Map documenting activity in each state and the campaign's growing movement across the country.

Everyone can take the Pledge – family members, everyday citizens, survivors, students, child and family-serving professionals, town or city leaders, school employees, youth organization staff, governors, legislators, district attorneys, police, child welfare workers, church members, as well as local or national sports, media and entertainment celebrities.

Anyone can become a Pledge Ambassador by promoting Pledge to Prevent™ with all their social media contacts and by setting a target number of pledges for their community. 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.

e. 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/#/>

f. 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/>

IX. GUIDELINES & PROTOCOLS

a. 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>

b. 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>

c. 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.

d. The Colorado Statewide Child Abuse Hotline

Borrowed from <http://co4kids.org/tools-and-education/toolkit/co4kids-what-happens-after-you-call>

About the Colorado Child Abuse and Neglect Hotline System:

The Colorado Child Abuse and Neglect Hotline, **844-CO-4-Kids or 844-264-5437** became operational on Jan. 1, 2015. The hotline is designed to provide one easy-to-remember toll-free phone number for individuals to use statewide to report suspected child abuse and neglect. It 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 the child resides. The system enables the Colorado Department of Human Services to capture critical information that it has not previously been able to track on a statewide basis, such as number of calls, duration, speed of answer and wait time on the line, call transfers, and abandonment rate. This data is critical to ensuring that calls across the state are handled quickly and appropriately.

Counties will maintain their current practices of receiving reports of abuse and neglect, but to ensure proper routing, each county must have a dedicated line for child abuse and neglect reporting. Calls made directly to a county's dedicated line will also be routed through the hotline system for data collection purposes. This process is automated and seamless and does not require putting a caller on hold or cause any delay in answering calls. 50

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 located in Prowers County and is staffed 24/7, 365 days/year by trained call-takers, certified annually through the Colorado Child Welfare Training System. All callers will 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.

Learn more about what happens after you call:

844-CO-4-KIDS

