

# Youth Education Curriculum List

<p><b>SHIFTING BOUNDARIES</b></p> <p><b>Audience:</b> Middle School students</p> <p><b>Length:</b> 4 to 6 class periods</p> <p><b>Group Size:</b> 1 classroom</p> <p><b>Cost:</b> Free</p>	<p><b><u>Summary:</u></b></p> <p>Shifting Boundaries is an evidence-based, multi-level prevention program for middle school students on sexual harassment and precursors to dating violence. The program is unique in that it embraces an environmental approach that identifies multiple strategies to support young people – both school-wide interventions and classroom lessons.<sup>1</sup></p> <p><b><u>Components:</u></b></p> <p>Consists of a classroom curriculum and school-wide intervention</p> <p>6<sup>th</sup> grade lessons consist of:</p> <ul style="list-style-type: none"> <li>• What is a boundary?</li> <li>• Measuring personal space</li> <li>• DVD portion and respecting boundaries agreement</li> <li>• Mapping safe and unsafe spaces at school</li> </ul> <p>7<sup>th</sup> and 8<sup>th</sup> grade lessons consist of:</p> <ul style="list-style-type: none"> <li>• What is a boundary?</li> <li>• Measuring personal space</li> <li>• Big Deal or No Big Deal?</li> <li>• DVD portion and respecting boundaries agreement</li> <li>• “Says Who” questionnaire/“What Can I Do?” tips</li> <li>• Mapping safe and unsafe spaces at school</li> </ul> <p>The school-wide intervention includes the entire school building and consists of revising school protocols for identifying and responding to dating violence and sexual harassment. It also includes the introduction of temporary school- based restraining orders, and placement of posters in the school to increase awareness and reporting of dating violence/harassment.</p> <p><b><u>Evaluation Findings:</u></b></p> <p>“The research team randomly assigned 30 New York City middle schools (two 6<sup>th</sup> and two 7<sup>th</sup> grade classrooms in each, with a final total of 117 participating classrooms) to one of four conditions:</p> <ol style="list-style-type: none"> <li>1) a classroom-based intervention,</li> <li>2) a building intervention,</li> <li>3) both classroom and building interventions, or</li> <li>4) a no treatment group.</li> </ol> <p>The <i>classroom curriculum</i> included six sessions emphasizing the consequences for perpetrators of dating violence/harassment (DV/H); state and federal laws for DV/H; the setting and communicating of boundaries in relationships; and the role of bystanders as interveners. The <i>building intervention</i> included the introduction of temporary school-based stay-away orders; assignment of faculty and school safety personnel to monitor unsafe areas identified through the use of student “hot spot mapping”; and the use of posters to increase awareness and reporting of DV/H to school personnel. We collected program evaluation data from about 2,700 students who completed surveys administered before the intervention, immediately afterwards, and about six months post-intervention.”<sup>2</sup></p> <p><b><u>More Information:</u></b></p> <p><a href="https://preventipv.org/materials/shifting-boundaries">https://preventipv.org/materials/shifting-boundaries</a></p>
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<p><b>SAFE DATES</b></p> <p><b>Audience:</b> Middle and High School</p> <p><b>Length:</b> Ten 50-minute sessions</p> <p><b>Group Size:</b> 1 Classroom</p> <p><b>Cost:</b> Free</p>	<p><b>Summary:</b></p> <p>"This evidence-based program helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive relationships. It is during the critical pre-teen and teen years that young people begin to learn the skills needed to create and foster positive relationships. With Safe Dates, young people are given the tools needed to build these skills."<sup>3</sup></p> <p><b>Components:</b></p> <p>The Safe Dates program includes a curriculum with ten 50-minute sessions, one 45-minute play to be performed by students, and a poster contest.</p> <p>The 50-minute sessions consist of:</p> <ul style="list-style-type: none"> <li>• Session 1: Defining Caring Relationships</li> <li>• Session 2: Defining Dating Abuse</li> <li>• Session 3: Why Do People Abuse?</li> <li>• Session 4: How to Help Friends</li> <li>• Session 5: Helping Friends</li> <li>• Session 6: Overcoming Gender Stereotypes</li> <li>• Session 7: How We Feel, How We Deal</li> <li>• Session 8: Equal Power through Communication</li> <li>• Session 9: Preventing Dating Sexual Abuse</li> <li>• Session 10: Reviewing Safe Dates Program</li> </ul> <p>Dating Abuse Play (45-minutes)</p> <p>Poster Contest</p> <p>Parent Materials</p> <p><b>Evaluation Findings:</b></p> <p>Adolescents participating in the program, as compared with those who did not participate, also reported:</p> <ul style="list-style-type: none"> <li>• Less acceptance of dating violence</li> <li>• Stronger communication and anger management skills</li> <li>• Less Gender stereotyping</li> <li>• Greater awareness of community services for dating abuse</li> </ul> <p>"Researchers studied the same group of students four years after implementation and found that students who participated in the Safe Dates program reported 56 percent to 92 percent less physical, serious physical, and sexual dating violence victimization and perpetration than teens who did not participate in Safe Dates. The program has been found to be equally effective for males and females and for whites and non- whites."<sup>4</sup></p> <p><b>More Information:</b></p> <p><a href="https://www.hazelden.org/store/item/38103">https://www.hazelden.org/store/item/38103</a> <a href="http://www.violencepreventionworks.org/public/safe_dates.page">http://www.violencepreventionworks.org/public/safe_dates.page</a></p>
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# Youth Education Curriculum List

## COACHING BOYS INTO MEN

### Audience:

High School  
Male  
Athletes. Led  
by Team  
Coaches

### Length:

12 sessions,  
15-20 minutes

### Group Size:

Intended for use  
with a team

### Cost: Free

### Summary:

“Coaching Boys into Men (CBIM) is a violence prevention program for athletic coaches to teach young male athletes about the importance of respect for themselves, others, and particularly women and girls. Athletic coaches play an extremely influential and unique role in the lives of young men. Because of these relationships, coaches are poised to positively influence how young men think and behave, both on and off the field. CBIM is the only evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.”<sup>5</sup>

### Components:

Over the course of a season the coach has weekly discussions with the team using the CBIM cards. Coaches lead their players through 12 brief weekly activities that address themes: such as personal responsibility, respectful behavior, and relationship abuse.

### Evaluation findings:

“In 2012, Coaching Boys Into Men underwent a rigorous three year evaluation in Sacramento, California funded by the Centers for Disease Control (CDC). The study found that athletes who participated in the program were significantly more likely to intervene when witnessing abusive or disrespectful behaviors among their peers and were also more likely to report less abuse perpetration.”<sup>6</sup>

### More Information:

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

<http://www.coachescorner.org/wp-content/uploads/2017/06/Advocate-2-CBIM-Organizing-Journey.pdf>

# Youth Education Curriculum List

## ATHLETES AS LEADERS

**Audience:** High School athletes on girls' sports teams

**Length:** 10 sessions, each about 20 minutes

**Group Size:** Intended use is with a team

Cost: Free

### Summary:

Athletes As Leaders, is a program for high school female athletic teams. The program aims to empower female-identified youth to take active roles in promoting healthy relationships. Athletes are encouraged to be leaders in changing social norms at the school to a culture of safety and respect.

### Components:

The program consists of 10 sessions that include an introduction session and cover:

- Challenging Gender Stereotypes
- Privilege and Oppression
- Self-Image and Standards of Beauty
- Rumor Spreading
- Relationships
- Consent
- Messages about Manhood
- Girl Positivity
- Celebrating our Successes

### Evaluation findings:

A national evaluation of Athletes As Leaders, during the 2017-18 academic year of 268 athletes on 12 teams in 8 states found that athletes had an improved ability to identify abusive behaviors, improved belief in gender equity, and increased self-image and confidence. Research shows that when girls are empowered, sexual violence is less likely to occur.<sup>7</sup>

### More Information:

<https://www.athletesasleaders.org/> <https://www.athletesasleaders.org/training>  
<https://www.athletesasleaders.org/advocates>

# Youth Education Curriculum List

1. <http://www.preventconnect.org/wp-content/uploads/2013/05/NIJFindingsSummary10.08-12.10.pdf>
2. <http://www.preventconnect.org/wp-content/uploads/2013/05/NIJFindingsSummary10.08-12.10.pdf>
3. <https://www.hazelden.org/web/public/safedates.page>
4. <https://www.hazelden.org/store/item/38103>
5. <http://www.coachescorner.org/>
6. <http://www.coachescorner.org/impact/>
7. <https://www.athletesasleaders.org/the-program>