CHILD ASSAULT PREVENTION PROGRAM
K thru 6th Graders, Teachers & Parents
Objectives and Outlines

I. CAP Program Objectives - Parent Program
   A. To educate the adults in our communities about the YWCA services, child
      abuse and sexual assault, and the CAP Program
   B. Trained prevention facilitators present this program

II. CAP Program Objectives – Teacher Program
   A. To educate teachers about the YWCA services, child abuse and sexual
      assault, mandated reporting, and the CAP Program
   B. Trained prevention facilitators present this program

III. CAP Program Objectives – Student Workshop
   A. To give children information in a concrete way about assault
   B. To show them what a situation may look like and more importantly how it
      feels
   C. To get kids brainstorming about what they can and should do if ever in a
      scary or uncomfortable situation
   D. Program is presented by trained prevention facilitators

IV. CAP Program Outline - Parent Program - 2 hours
   A. Introduce the YWCA, and the CAP Program
   B. History of CAP
   C. Some statistics of child abuse and child sexual abuse
   D. General outline of CAP Program and its purpose with the children
   E. Signs and symptoms of child abuse
   F. How to keep communication open and recognize when children are stressed
   G. Perform the CAP program in an abbreviated method with audience
      participation

V. CAP Program Outline – Teacher Program
   A. Introduce the YWCA, and the CAP Program
   B. History of CAP
   C. Some statistics of child abuse and child sexual abuse
   D. General outline of CAP Program and its purpose with the children
   E. Signs and symptoms of child abuse
   F. How to handle a disclosure and information about being a mandated
      reporter
   G. Perform the CAP program in an abbreviated method with audience
      participation
VI. CAP Program Outline – Kid’s Workshop – 1 hour long in classroom – Program is copy written but is presented at the level and age of the students

15 minutes – roughly
A. Introduction of CAP leaders and putting nametags on children
B. Talking about and defining “Safe, Strong, and Free” (motto for CAP Program)

15 minutes – roughly
C. Role-play about child being bullied
D. Talk about feelings and what can be done without physical violence
E. Talk about respect for others and that it is never OK to bully or harass another person
F. For 4th and 5th graders touch on cyber bullying
G. Focus on saying NO – telling someone – and using peer support
H. Redo role-play using above strategies
I. Talk about feelings

15 minutes – roughly
J. Talk about strangers, who they are, whether safe or unsafe, and rules to follow concerning strangers – (4-5) Discuss safety on the internet
K. Define the “Uh oh” feeling (K-3) or instincts (4-5) and how they can keep us safe
L. Do role-play about stranger trying to lure a child
M. Talk about feelings, mistakes child made, and trick stranger used
N. Show self-defense and CAP “Yell”
O. Talk about what to do if they heard someone do the Yell
P. Redo role-play
Q. Talk about feelings

15 minutes – roughly
R. Define and describe ways a person might hurt a child (verbally, physically, and sexually)
S. Do role-play of known adult being somewhat inappropriate with a child
T. Talk about feelings
U. Define the difference between a hug, kiss, or touch that we feel comfortable with and a hug, kiss, or touch that we feel uncomfortable with
V. Define “Good” vs. “Bad” secrets
W. Talk about what to do if that happens again
X. Redo role-play
Y. Talk about feelings
Z. Do a teacher role-play, modeling a favorable adult response to a child asking for help
AA. Review program and pass out CAP buttons

N: Women Services: Prevention/CAP Program Outlines and Objectives CAP K-5th
Information and topics covered in the CAP Programs

K, 1st and 2nd graders:
1) Safe people in their lives
2) Bullying, what it is and what to do if they get bullied
3) How to help someone if they are getting bullied
4) Strangers, who they are
5) That you can't tell just by looking at someone if they are a safe person or an unsafe person
6) Rules to follow around strangers
7) Basic self-defense strategies
8) Where to get help in your neighborhood if no one is home at their house
9) Knowledge that someone they know could someday hurt them (in fact 85% of the time it is someone they know - we don't tell them this)
10) That no one has the right to hurt their body or touch their body, they own their body
11) Recognize the difference between a good secret and a bad secret and what to do with a bad secret
12) Teach them to recognize uncomfortable touch from comfortable touch
13) To tell trusted adults if anything happens that makes them uncomfortable
14) To keep telling even if the 1st person they tell doesn't believe them or help them
15) That it is never their fault if someone hurts them or touches them inappropriately
16) That they have options if they are uncomfortable, they should never stay somewhere they are not comfortable
17) Modeling for them successful outcomes for bullying, strangers, someone they know crossing over boundaries and talking to trusted adults
18) Throughout the program we teach empathy for themselves and for others.
Teaching them to recognizing feelings that they have and others may have
19) Throughout the program we teach problem solving skills, encouraging them to think about possible solutions for each situation and talking through outcomes for those ideas

For 3rd, 4th, 5th graders - all of the above plus
1) Recognizing their instincts and reacting to them
2) Standing up for themselves, how to do it and why it can be difficult
3) How important body language is when standing up for yourself
4) More directive information about being a bystander in a bullying situation
5) Touch on cyber bullying, what it is and what the new law says about cyber bullying
6) Check in with them about their use of the internet and cover some basic internet safety rules
7) Get them to begin to recognize forces that people may use to try to get them to do something that is uncomfortable or scary.
8) More in depth information about removing themselves from dangerous situations.

For 6th graders – all of the above plus
1) More in depth information about cyber bullying, what can happen if they cyber bully someone, and what to do if it happens to them
2) What sexual harassment is; ways that sexual harassment happens, what to do about it, and how to make sure they are not sexually harassing others.
3) More in depth information about internet safety, and cell phone safety.