

Rape Crisis and Sexual Violence Prevention Program Curricula July 1, 2011 – June 30, 2015

(Please keep in mind when choosing a curriculum that it should focus on primary prevention education, be multi-session, and be socio-culturally relevant for the target population. The availability of resources can change very quickly. Before including any of the curricula on this list in your DOH work plan, please confirm that the curricula are available, identify any costs involved and discuss with your contract manager)

The italicized text is per NYSCASA and the Alliance

1. Girls Circle

Overview: Structured support groups integrating relational theory, resiliency practices, and skills training in a specific format designed to increase positive connection, personal and collective strengths, and competence in girls. It aims to counteract social and interpersonal forces that impede girls' growth and development by promoting an emotionally safe setting and structure within which girls can develop caring relationships and use authentic voices.

Target Audience: Girls ages 9-18

Duration: 1 1/2-2 hours once per week for eight to twelve weeks, depending on specific program

Goal: To enhance girls' abilities so they are able to take full advantage of their talents, academic interests, career pursuits, and potential for healthy relationships.

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

2. The Council for Boys and Young Men (formerly Boys Council)

Overview: The Council is a strengths-based group approach to promote boys' and young men's safe, strong and healthy passage through pre-teen and adolescent years to increase the "protective factors" in the lives of boys at-risk for juvenile delinquency and/or gang involvement once they enter adolescence. Services focus on building the boys' social/emotional competencies, improving school engagement, and building character.

Target Audience: Boys ages 9-18

Duration: 1 1/2-2 hours once per week for ten weeks

Goal: To recognize boys' strengths and capacities, challenge stereotypes, question unsafe attitudes about masculinity, and encourage solidarity through personal and collective responsibility.

www.boyscouncil.com/research.htm

3. Men of Strength (MOST) Clubs

Overview: This program, Men Can Stop Rape, provides high school age young men and college men with a structured and supportive space to learn about healthy masculinity and redefine male strength for creating cultures free from violence.

Target Audience: High school males

Duration: Multiple sessions over a year

Goal: To mobilize men to use their strength for creating cultures free from violence, especially men's violence against women.

www.mystrength.org/5.0.html

4. Expect Respect

Overview: This program from Safe Place in Austin, TX, is a comprehensive prevention program designed to raise awareness of dating violence, teach skills for healthy relationships, develop youth leadership, support group, and school-wide prevention strategies increase safety and respect on school campuses.

Target Audience: Grades 5-12

Duration: Eight-hour training curriculum for youth leadership, plus youth-led prevention project; Twenty-four week curriculum for students who've already experienced domestic violence or sexual abuse and been involved in abusive dating relationship.

Goal: To engage entire school community in changing social norms about dating relationships and creating a respectful environment.

<http://www.safeplace.org/Page.aspx?pid=376>

5. Safe Dates

Overview: Safe Dates can be used as a dating abuse prevention tool for both male and female middle- and high-school students. Safe Dates would fit well within a health education, family life skills, or general life skills curriculum. Highly engaging and interactive curriculum that helps teens recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive dating relationships. Designated as a Model Program by the Substance Abuse and Mental Health Services Administration. In 2006, *Safe Dates* was selected for the National Registry of Evidence-based Programs and Practices (NREPP), and received high ratings on all criteria.

Target Audience: Grades 8-9

Duration: Nine 50-minute sessions

Goal:

- To raise student awareness of what constitutes healthy and abusive dating relationships.
- To raise student awareness of dating abuse and its causes and consequences.
- To equip students with the skills and resources to help themselves or friends in abusive dating relationships.
- To equip students with the skills to develop healthy dating relationships, including positive communication, anger management, and conflict resolution.

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

6. Choose Respect

Overview: Choose Respect is an initiative from the CDC to help adolescents form healthy relationships to prevent dating abuse before it starts. This national effort is designed to motivate adolescents to challenge harmful beliefs about dating abuse and take steps to form respectful relationships. This national effort helps parents, caregivers, older teens, educators, and other caring adults motivate teens to challenge harmful beliefs about dating violence and take steps to form healthy and respectful relationships.

Target Audience: Teens ages 11-14, Parents, community groups and policy education and advocacy

Duration:

- Zone 1 is for teens with 11 topics
- Zone 2 is for parents and caring adults with 7 topics
- Zone 3 is for community groups with 10 topics
- Zone 4 if for policy education and advocacy with 7 topics

Goal: Choose Respect is designed to encourage teens to form healthy, respectful relationships and to form positive, healthy attitudes about their relationships with others. Choose Respect seeks to reinforce and sustain these positive attitudes as they get older and begin to enter dating relationships.

- Choose Respect is designed to encourage teens to form healthy, respectful relationships and to form positive, healthy attitudes about their relationships with others. Choose Respect seeks to reinforce and sustain these positive attitudes as they get older and begin to enter dating relationships. Providing effective messages for teens, parents, caregivers, educators, and other caring adults that encourage them to choose to treat themselves and others with respect.
- Creating opportunities for teens to learn about positive relationship behaviors.
- Increasing teens' ability to recognize and prevent unhealthy, violent relationships.
- Promoting ways for a variety of audiences to get access to information and other tools to prevent dating violence.

<http://www.chooserespect.org>

7. Mentors in Violence Prevention

Overview: The mission of MVP is to raise awareness about the level of men's violence against women, challenge the thinking of mainstream society, open dialogue between men and women, and inspire leadership by empowering people with concrete options to effect change. The program promotes bystander intervention and encourages student athletes and student leaders to be role models in violence prevention.

Target Audience: Student athletes, student leaders, coaches, educators and school/university staff, social service providers, and professional athletes

Duration: Multiple sessions training of 12-14 hours over six to seven 2-hour sessions conducted over 2-3 months. After this training students are invited to continue their involvement through additional train the trainer sessions (two 2-hour sessions).

Goal:

- Raise Awareness of participants about the level of men's verbal, emotional, physical and sexual abuse of women.
- Challenge thinking by countering mainstream messages about gender, sex and violence.
- Open dialogue by creating a safe environment for men and women to share their opinions and experiences.
- Inspire leadership by empowering participants with concrete opinions to effect change in their respective communities.

<http://www.sportinsociety.org/vpd/mvp.php>

8. **Bringing in the Bystander**

Overview: Bringing in the Bystander prevention program emphasizes a bystander intervention approach and assumes that everyone has a role to play in ending violence against women. In addition to the prevention goal, the program has a research component which seeks to measure the effectiveness of the prevention program with different constituencies.

Target Audience: University and college campuses with single gender groups.

Duration: Three ninety-minute sessions

Goal: Participation in this program and research project represents a unique opportunity for members of the University of New Hampshire community to take on a leadership role in educating themselves on how to stop violence against women on the University of New Hampshire campus

<http://www.unh.edu/preventioninnovations/index.cfm?ID=BCC7DE31-CE05-901F-0EC95DF7AB5B31F1>

9. **Building Healthy Relationships**

Overview: Building Healthy Relationships was developed by Pittsburgh Action against Rape and this powerful curriculum addresses the issues of sexual harassment, bullying, respect, and healthy relationships in ways that are educational and entertaining for all grades. Building Healthy Relationships is a two-part curriculum that includes different lesson plans and interactive activities for grades K-2, 3-5, 6-8, and 9-12.

Target Audience: 2 curriculums K-5 and 6-12

Duration: 5 weeks meeting twice a week for 30-45 minutes with a take home activity to complete with parent or guardian. This is then discussed the next day in class.

Goal: Centers upon a student's ability to differentiate between sexual harassment and mutual respect, utilize effective communication and negotiation skills to prevent and resolve conflicts, and ultimately to recognize the components of a healthy relationship.

http://www.pcar.org/acatalog/Education_and_Curriculums.html

10. Girl Power!

Overview: The Girl Power Curriculum is a prevention/education support group for pre-adolescent girls addressing the significant correlation between sexual assault and drug and alcohol abuse. The curriculum addresses identity, diversity, communication, decision-making, drug and alcohol prevention, and sexual assault prevention.

Target Audience: 5th grade girls

Duration: Eight session group counseling

Goal: To help girls build personal and social competency skills that empowers them to promote personal safety in their lives.

- Strengthen self-esteem and self perception
- Promote awareness about how certain environments can affect self-esteem
- Promote resiliency.

http://www.pcar.org/acatalog/Education_and_Curriculums.html

11. Tough Guise

Overview: Tough Guise program was developed by Jackson Katz focusing on societal norms that support gender violence.

Target Audience: Grades 6-12 with ethnically and racially diverse single or mixed gender groups, primarily in a school setting

Duration: 3-4 one hour sessions

Goal: It educates participants about gender roles, bystander interventions, and encourages taking action to create community change. Includes moving beyond the classroom with information for administrators, teachers and policy development.

Jackson Katz video and study guide

http://www.mediaed.org/assets/products/211/studyguide_211.pdf

Developed as an RPE curriculum by Connecticut's YWCA of New Britain

<http://www.ywcanewbritain.org/contact/>

12. Violence Intervention Partners Program, Women and Families Center

Overview: The Violence Intervention Partners Program is a male only program that encourages participants to compare their personal values with socially imposed stereotypes.

Target Audience: Males, intended for racially and ethnically diverse classrooms in grades 6-12.

Duration: flexibility to be delivered in 8-16, 45-60 minute sessions

Goal: It also empowers youth to make their own choices about what values will shape their relationships with peers, adults, and communities.

http://www.womenfamilies.org/Content/Primary_Prevention_Program.asp

13. No More Bullies, from New Jersey Child Assault Prevention

Overview: This program is aimed at bullying prevention, but its school wide approach is a strong model incorporating many levels of the spectrum of prevention. All programs doing prevention work should aim to adopt some of the ideas from this program.

It begins by getting the school administration on board with the program, and then educates teachers, staff, and parents about the topics and programs.

Target Audience: K-2nd grade program and a 3-8th grade program.

Duration: 120-150 minutes of materials to be delivered over multiple days.

Goal: After the curriculum has been delivered for the first time, there is a review of the program with the steering committee and students to address strengths and weaknesses of the program and to plan for ongoing implementation of the program.

http://www.njcap.org/no_more_bullies_no_more_victims44.wbp

14. Inside the Classroom, Illinois Coalition Against Sexual Assault (ICASA)

Overview: *Prevention advocates and educators must be very careful about which lessons to include if they choose this program. Contains some risk-reduction materials, would encourage focus on bystander intervention and “teaching males to stop committing sexual violence” components. RPE programs must utilize an appropriate number of sessions.*

Target Audience: Intended primarily for racially and ethnically diverse high-school students, this program can be adapted for slightly younger or older audiences.

Duration: The curriculum includes 6 programs on various topics, each program ranging from 1-5 sessions lasting 40-50 minutes.

Goal: Provide healthy relationships, power and control, and media influence to H.S. students. Curriculum available via membership access to ICASA’s library

<http://www.icasa.org>

NYSCASA also owns a copy of the curriculum.

15. It’s A Guy Thing! Empowerment Groups

Overview: It’s A Guy Thing is a male only program intended to be presented universally to racially and ethnically diverse groups focuses on increasing knowledge of protective and risk factors for perpetrating sexual assault, ideally presented in tandem with other female focused and mixed gender programs.

Target Audience: of 4th grade students

Duration: 10 one-hour sessions

Goal: Encourages participants to challenge the underlying social constructions that sanction and perpetuate sexual and intimate partner violence, including cultural power differences based on gender and sexuality, and encourages bystander interventions.

<http://www.helplinedelmor.org/volunteer.php>

16. Men Stopping Violence Curriculum (prevention of gender-based violence)

Men at Work: Building Safe Communities

Overview: Men Stopping Violence Curriculum is a gender-base violence prevention program.

Target Audience: College age and older males, and applicable to a racially and ethnically diverse group. It is also appropriate for mixed gender groups in a classroom or community-based setting

Duration: 3 modules, with a total of 24 two-hour sessions, each 2-hour session can stand alone.

Goal: Program explores men's violence against women by dismantling belief systems, social structures and institutional practices that oppress women and children and are harmful to men.

<http://www.menstoppingviolence.org/page/1032/Men-At-Work>

Requires attending a 3-day training, which includes follow up technical assistance

17. Rape Crisis Center of Central New Mexico Programs

Overview: The Palabra Program focuses on recognizing what contributes to sexual violence and helps participants redefine masculinity, gender roles, family messages, and media messages. Originally intended for Chicano boys, the program has also been used with African American and Native American populations and includes community leaders modeling positive male influences and collaborative work between men and women.

Target Audience: Middle school males

Duration: Ten 45-minute sessions

Goal: Help the male participants to identify and understand sexual violence.

Theories and information from Palabra should be emphasized in implementing these other programs from RCCCNM:

18. Rape Crisis Center of Central New Mexico Programs

Credible Peer Leaders Project A program with eight 45-minute sessions for adolescents that help participants understand sexual violence and train them to be peer leaders who respond to problematic behaviors that can lead to violence as well as peer disclosures. *A focus on the prevention parts of this program and not on the response portions is imperative for this to be considered primary prevention.*

19. Rape Crisis Center of Central New Mexico Programs

Anti-Sexual Violence Training Institute A program with six 45-minute sessions for middle and high school students that includes information on what contributes to sexual assault, gender roles, healthy relationships, and defining sexual assault.

<http://www.rapecrisiscnm.org/programs-and-services/community-education-a-outreach/youth>

20. Prevent Child Abuse Vermont Programs:

The Sexual Abuse Free Environment for Teens Program (SAFE-T)

Overview: This program looks at prevention from victim, perpetrator and bystander points of view.

Target Audience: 7th and 8th mixed gender groups that are also appropriate for high school students with emotional or behavioral problems. There is also an addendum available for inner city teens.

Duration: 10 session/ 30 hour program

Goal: Promoting healthy relationships in early adolescents and a school community change project promoting respect.

<http://www.pcavt.org/index.asp?pageid=319>

21. Prevent Child Abuse Vermont Programs: Care for Kids

Overview: A health-based curricula for children to be facilitated by child care providers and early childhood educators trained in this program.

Target Audience: children ages 3-7 years

Duration: 6 units approximately 60 minutes discussion and activities which may need to be broken up depending on the age and attention span of the children. Messages from each unit should continue to be reinforced over a 1-2 week period before beginning a new unit.

Goal: Emphasizing the link between healthy child education and child sexual abuse prevention.

<http://www.pcavt.org/index.asp?pageid=6>

22. Teen Exchange, Metropolitan Organization to Counter Sexual Assault

Overview: Teen Exchange is a multi-session sexual violence prevention program that focuses on identifying and developing healthy relationships and preventing sexual violence. Core topics include: Healthy relationships; sexual harassment; sexual assault; drug facilitated rape; dating violence; gender stereotypes/media literacy; seeking help and/or resources for youth and others. Additional discussion topics may include: Role of the bystander; anger management/conflict resolution; victim empathy.

Target Audience: Designed for use with groups of single-sex, middle school-aged youth

Duration: Classroom setting over a period of 6–8, 45 minute sessions of curriculum with additional class time dedicated to a culminating communications project.

Goal: Identifying and developing healthy relationships and preventing sexual violence.

An abbreviated Teen Exchange is available in a "Pick Three" format. The curriculum sessions utilize lecture, interactive discussion, group activities, role-play, videos, handouts, etc. and are administered in a Program. Materials have been translated into Spanish. To learn more and/or request a presentation, call 816.931.4527 and ask for the Coordinator of Education and Outreach Services.

http://www.mocsa.org/srv_ythed.php

23. Teen PEP (Peers Educating Peers)

Overview: The Teen Prevention Education (Teen PEP) is a comprehensive, sexual health program that utilizes peer-to-peer education to increase students' knowledge, attitudes, skills, and behaviors associated with healthy decision-making.

Target Audience: Middle and high school students (for credit or as an after-school program), both male and female, ages 12–18. Teen PEP trains high school juniors and seniors as teen leaders in participating schools. These leaders in turn educate their younger peers in middle and high schools through discussion and role plays in the classroom. Implementation requires a training, which includes access to the curriculum and follow up technical assistance.

Duration: 16-unit curriculum, with units ranging from 20-75 minutes

Goal: The program model is designed to: Offer stakeholder teams effective resources and strategies to create a culture of positive peer pressure where responsible sexual decisions are valued; provide faculty advisors with increased knowledge and abilities to effectively teach sexual health to students in an atmosphere of mutual respect; give peer educators the information, communication skills, and confidence to be effective sexual health advocates and leaders among their peers; equip students with the knowledge, skills, and motivation to avoid STIs, HIV and unintended pregnancy; provide parents/guardians with the knowledge and skills to appropriately discuss sex and sexuality with their children. At the foundation of Teen PEP's success is a two-year program planning and implementation model, with the first year focused on preparing for implementation and the second year focused on effective implementation.

<http://www.teenpep.org/index.cfm>

24. Pennsylvania Coalition Against Rape (PCAR) Programs: PCAR Teens & Primary Prevention of Sexual Assault: Where to Start?

Overview: Topics include gender roles, media literacy, bystander intervention, and healthy relationships.

Target Audience: Designed for middle school audience

Duration: Twelve 40-45 minute discussion and activity-based sessions

Goal: Provided knowledge for gender roles, media literacy, bystander intervention, and healthy relationships.

http://www.pcar.org/sites/default/files/file/TA/teen_primary_prevention_sexual_assault.pdf

25. Wise Guys (a program of the Family Life Council)

Overview: Wise Guys is a multi-session curriculum that covers such topics as self-esteem, decision making, dating violence, sexuality, STDs, and abstinence. Some of the specific goals for the program include: preventing teen pregnancy, STDs and date rape/sexual assault; helping male youth develop healthy, responsible picture of what it means to be a man. *Jovenes Sabios*, is the Spanish-language version of Wise Guys.

Target Audience: Teen males, between the ages of 11 to 17

Duration: Once a week for 10-12 sessions, each 45-60 minutes long

Goal: The specific goals are to help participants: 1) (teens) act responsibly by postponing sexual involvement and making healthy decisions; 2) (teens) talk with parents about sexuality; 3) have healthy sex role attitudes; 4) have greater knowledge about sexuality issues; 5) increase consistency of contraception for those already sexually active; 6) foster healthy communication and respect for partner.

<http://www.wiseguysnc.org/index.htm>

26. In Touch With Teens Curriculum & In Touch With Teens Programs, from Peace Over Violence

Overview: Curriculum based on the principles that violence is learned and preventable. This curriculum is used in conjunction with the In Touch with Teens Program, which includes education and mobilization for other audiences: Parenting for Healthy Relationships; Mentor Step, which pairs youths and adults; Theater Peace, where high school youth visit middle schools and use role play to educate on violence prevention; Digital Storytelling; and P2P, a peer-to-peer program.

Target Audience: Youth ages 12-19 in mixed gender groups, and is appropriate for ethnically and racially diverse populations.

Duration: An 11-unit curriculum, each unit should be delivered over a total of 2 hours, although additional materials are included to allow educators to choose what is most relevant for the group.

Goal: Focuses on healthy relationships by strengthening understanding of root causes of violence and educating about various types of interpersonal violence. *Advocates should not overemphasize awareness, but rather focus on prevention and root causes.*

http://www.peaceoverviolence.org/education/itwt_curriculum/summary

Additional resources:

- **Report Describing Projects Designed to Prevent First-Time Male Perpetration of Sexual Violence** (RTI International, 2008)

http://www.nsvrc.org/sites/default/files/publications_Prevent-First-Time-Male-Perpetration-of-Sexual-Violence.pdf

In 2002, the Centers for Disease Control and Prevention (CDC) funded RTI International to identify programs designed to prevent first-time male perpetration of sexual violence and to provide evaluation assistance to a subset of these programs. RTI conducted an environmental scan to identify programs in the relatively new field of prevention of first-time perpetration of sexual violence. The current report provides updated information on 23 of the original 37 programs and adds information on 36 new programs that have been developed since the 2003 report. This report offers a catalogue of programs targeting prevention of first-time male perpetration of sexual violence.

Not a curriculum, but a good resource for working with campus communities:

- American College Health Association [Shifting the Paradigm: Primary Prevention of Sexual Violence](#).

Not specific to SV, but a good resource on programs/practices:

- *Evidence-Based Practices for Children Exposed to Violence* (U.S. Department of Justice & U.S. Department of Health and Human Services)

A current matrix of evidence based practices in prevention and intervention for children exposed to victimization

http://www.safestartcenter.org/pdf/Evidence-Based-Practices-Matrix_2011.pdf

Another great resource if targeting the issue of Child Sexual Abuse:

- *Transforming Communities to Prevent Child Sexual Abuse and Exploitation: A Primary Prevention Approach* (Prevention Institute, May 2009)

http://preventioninstitute.org/documents/MSFoundation_Childsexualabuse_prx_FINAL_052609_000.pdf

This policy brief presents the distilled research and critical thinking of a diverse group of local and national experts in the field of child sexual abuse and exploitation. Via candid dialog and interviews, these leaders developed and prioritized primary prevention strategies, analyzed environmental factors and norms that perpetuate these problems, and outlined policies and practices for transforming our communities and our nation during these turbulent political and economic times.