



# CVAC.

Crime Victims Assistance Center

WWW.CVAC.US • CRISIS LINE 607-722-4256

# Community and Prevention Education Program Guide

## 2024-2025



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Please contact the Education & Outreach Specialist, Stephanie Mix, to schedule education sessions at [stephanie.m@cvac.us](mailto:stephanie.m@cvac.us)

The Education Department of Crime Victims Assistance Center works diligently to amend and update trainings to include relevant information for each audience. During the scheduling process, we will work with you to ensure an appropriate match.

## CVAC Services

CVAC offers many various response and prevention services. Consider bringing us in to talk to your group about all of our programs, and share information on making referrals to our agency!

## Basic Advocacy

This 1-2 hour training focuses on the basic philosophy of advocacy, how to help someone in crisis, and how to help them move forward after a traumatic experience. We will also connect how trauma affects an individual's brain, and in turn, their behaviors as they cope with what has happened.

## Healthy Relationships

This program will focus on aspects of healthy relationships including relationship values, setting healthy boundaries and skills for positive communication. Healthy relationships will be contrasted with aspects of unhealthy relationships, along with a brief overview on the dynamics of abusive relationships.



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### **Sexual Assault & Trauma**

In this training we will focus on sexual assault from a trauma perspective. Topics covered include: How sexual assault changes the brain, why a victim responds the way they do, rape culture, how to help and support victims.

### **Rape Culture**

In this program we take a look at our culture, including media and advertisements, to discover the messages being consciously and unconsciously transmitted. We will work to connect how these messages impact our collective thoughts and behaviors in ways that often promote or normalize rape and abuse.

### **Online Safety for Parents & Caregivers**

A wide-ranging topic, this program can be adapted for audiences starting at any base-level of knowledge. Topics include social networking apps 101, smartphones, privacy and safety settings, and parental monitoring apps, as well as issues youth face, like sexting, cyberbullying, and more.

### **Boundaries & Communication**

This workshop is focused on developing and building skills around setting healthy boundaries, and utilizing healthy communication skills in relationships of all forms, including friendships, families, and romantic relationships.



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### **Child Abuse**

This training provides an overview of the different dimensions of child abuse including physical abuse and neglect, emotional abuse and neglect, and sexual abuse between an adult and child, or between two children. In addition, information will be provided on handling a disclosure, and making a report. This program can be tailored to the specific needs of the audience.

### **Child Sexual Abuse**

This program will cover various aspects of child sexual abuse, including statistics and dynamics. Additional topics can include information on abusers and grooming behavior, when and how to report, and prevention strategies.

### **CSEC: Commercial Sexual Exploitation of Children**

CVAC's Safe Harbour program assists runaway/homeless youth who are at risk of being trafficked as well as the providers who are trying to assist them. This training addresses the root causes and initial red flags that individuals may encounter. We will discuss methods of prevention as well as ways that practitioners and professionals can work with trafficked youth in a productive manner. This presentation can be tailored for school staff, human service agencies, and medical providers.



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### Youth Education:

All youth education can be tailored to the audience's age group, excluding evidence-based curricula for specific ages like Child Safety Matters or Not a Number.

Contact Stephanie Mix for Scheduling: [stephanie.m@cvac.us](mailto:stephanie.m@cvac.us)

#### **Monique Burr Foundation's Child Safety Matters ®**

MBF Child Safety Matters® is a comprehensive, evidence-based curriculum for elementary school students in grades K-5. The program educates and empowers children and all relevant adults with information and strategies to prevent, recognize, and respond appropriately to bullying, cyberbullying, all types of abuse, and digital abuse dangers. This curriculum consists of two sessions, and there is an associated cost for classrooms. CSM meets NYS Erin's Law requirements for K-5. CSM CANNOT be tailored.

#### **Lovel46's Not A Number ®**

Not A Number® is an interactive child trafficking and exploitation prevention curriculum designed to provide youth with information and skills in a manner that inspires them to make safe choices. Youth learn to identify and utilize healthy support systems that may decrease their vulnerabilities. This is an evidence-based curriculum produced solely by Lovel46. The five hour-long lessons can be slightly shortened for in-class facilitation, and are intended for youth ages 12-18. The curriculum is inclusive of all genders, and is designed for applicability across gender, ethnicity, sexual identities, and socioeconomic backgrounds.



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### **One Circle Foundation's Girl's Circle ®/ Unity Circle ®**

Evidence-Based support group model with skill-building activities and discussions that build on protective factors and improve relationships in a format that interests and engages youth. Themes include friendship, self-esteem, social media, sexting, resiliency, and more!

Girls Circle® addresses conditions and risks and builds on protective factors, for ages 9-18. Unity Circle® is for people of all genders with expansive curricula rooted in diversity, equity, and inclusion. Gender responsive and gender expansive circles for cisgender, nonbinary, gender nonconforming and transgender youth/adults wherever they identify.

### **One Love Foundation's One Love Workshops ®**

One Love's evidence-based interactive skills-based workshops create opportunities for participants to practice the language of healthy and unhealthy relationships, actively explore and express their ideas with peers, and to reflect on their experiences. One Love's workshops often utilize compelling, relatable films that allow participants to explore the complicated dynamics of relationships from 4<sup>th</sup> Grade to College.



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### Safety Detectives

Safety Detectives is an in-house curriculum developed by Crime Victims Assistance Center, which aims to teach youth from Kindergarten to 2nd Grade about personal safety, including speaking to adults about feeling scared, unsafe, or confused, the importance of bodily privacy, "yes" feelings and "no" feelings, and not keeping secrets about unsafe situations.

Youth will look for "clues" (red flag lessons about safety) throughout the presentation, and will receive "certification" stickers declaring them Safety Detectives at the end of the roughly 30-minute lesson.

### Healthy Relationships (Youth)

This presentation will work on building skills for healthy relationships of all kinds (family, friendships, romantic relationships), but with a focus on romantic or dating relationships for middle and high school students.

Defining abusive relationships, recognizing the warning signs of an abusive situation, creating and maintaining healthy boundaries, how to communicate/argue in a healthy manner, how tech can contribute to unhealthy relationships, offering advice on how to safely leave an abusive relationship, and how to help a friend in an abusive relationship will all be covered.



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### Teens, Tech, & Consent

With online exploitation rates rising due to the pandemic, and an increased amount of technology use among youth generally, this lesson focuses on the intersections between technology and consent, specifically for teens and youth. From big issues like cyberbullying, sexting, and "revenge porn" to privacy and location settings, tech use is viewed through the lens of consent education, giving youth definitions of consent, coercion and harassment as well as resources to get help if needed.

### Online Identity & Safety

This presentation focuses on the benefits and risks inherent in our everchanging social media landscape. We discuss the effects the Internet has on our interpersonal relationships/the façade we sometimes create, as well as general online safety tips, safe texting, and online harassment.

### Consent

This presentation addresses sexual consent. We define the term, and break it down into different aspects. We also discuss the age of consent, coercion, power of authority, the use of alcohol and other "date rape" drugs, victim blaming, and how to help a friend who has been sexually assaulted.



