

Prevention Education

for Middle Schoolers

from **The Crime Victims' Center of Chester County, Inc.**

Our goal is to support middle and high school students by sharing tools and coping strategies to express their feelings in constructive and empowering ways. We explore how to set and respect boundaries and work to increase awareness of strategies, resources, and helpers in their community in the event that harm happens. Additionally, if you have a specific topic you would like to cover with students we would love to collaborate to meet your students needs.

CVC Middle School Programs

Respectful Relationships

Respectful Relationships is a program based on the Safe Dates curriculum. In our program, we will identify and reflect on positive relationship qualities in many spheres of the students' lives and consider how relationships build the fabric of our communities.

Being An Active Ally

Being an Active Ally is an active bystander program geared toward identifying our networks of support. We will focus on building the strong community we want, as well as learn bystander intervention strategies that are available to help individuals in the community who are being harmed or targeted.

Sexual Harassment

Sexual Harassment is a program we developed to discuss the difference between hurting and flirting. Dating and having crushes is a normal part of growing up; but, dating can become scary or harmful when we don't respect boundaries and personal space. We bring audience participants together to explore and understand the causes, consequences, and effects of sexual harassment.

Conflict Resolution

Conflict resolution is a program designed to better navigate conflict & how it can be a healthy part of relationships. We will discuss how conflict arises when our needs are not met, add to our vocabulary of feelings and needs, and practice solving conflicts by looking for how our responses are rooted in our values.

Internet Safety

Internet Safety and Cyberbullying remind youth that as they grow they have more control and freedom, which also comes with added responsibility. It is vital that technology is used in mindful ways that serve us and keeps our community safe. We often discuss the importance of discretion when sharing photos and information and keeping private photos private. Let us know specific topics you'd like us to cover.

To learn more about our programs or to ask for a program that addresses a specific topic that is a need for your school, please contact education@cvcofcc.org or call our office at 610-692-1926 and ask to learn more about Prevention Programming.

CVC Middle Program Bundles

You can book us for one 45-60 minute program for an entire grade in middle school. Maybe you are hoping to address a specific topic for your school. For instance we are often asked to talk to students about internet safety with students to address students' misuse of the internet before it happens. We do find, however, that booking *more than one session* makes each lesson more effective, since we can build on our past programs. Also, we can adapt many of these programs for high school as well.

Suggestions by Idea

Care & Consent Bundle:

Two 45 minute programs:

- **Internet Safety & Respectful Relationships**
 - Learning about the opportunity & responsibility to make one's own boundaries
 - Learning to identify healthy and unhealthy relationship characteristics

Community Safety Bundle:

Two 45 minute programs:

- **Sexual Harassment & Being an Active Ally**
 - Learning the difference between hurting and flirting
 - Build network of support & learn bystander strategies to support someone who is being hurt

Conflict Resolution Bundle:

- When there is a particular issue with conflict in your learning space, we would be happy to help! Invite us to teach compassionate communication over 3 or 4 lessons spending each class learning each step in the conflict resolution process:
 - Developing coping strategies for stressful situations to get back to calm
 - Understanding the difference between observation & judgment
 - Practicing identifying feelings and needs & giving empathy to self and others
 - Practice making specific attainable requests

Suggestions by Grade

For 6th grade we recommend 3 programs:

Internet Safety (personal boundaries) <ul style="list-style-type: none">• To communicate & respect boundaries• To learn about intent & impact	Conflict Resolution (conflict with others) <ul style="list-style-type: none">• To practice identifying feelings• To practice identifying needs	Being an Active Ally (supporting community) <ul style="list-style-type: none">• To understand what a community ally is• To practice bystander strategies
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For 7th grade we recommend:

Preventing Sexual Harassment <ul style="list-style-type: none">• To understand what harassment is & its impact• Noticing wanted vs unwanted behaviors

For 8th grade we recommend:

Respectful Relationships <ul style="list-style-type: none">• To learn qualities of healthy versus unhealthy relationships• To become aware of strategies and resources to address unhealthy behaviors
