



The Center

for Empowerment and Education

Youth Education Programs



2023/2024

www.thecenterct.org

PRESCHOOL & ELEMENTARY

'Be Kind' Interactive Book Reading

Our Educators guide students through Pat Zietlow Miller's book, "Be Kind" and facilitate a discussion about understanding different feelings and emotions and learning different ways to practice kindness and empathy.

'Who's the Boss of This Body?' Interactive Book Reading

Our Educators guide students through Meghan Hurley Backofen, LCSW book, "Who's the Boss of This Body?" and teach children that they are the boss of their bodies. Students learn about when a trusted adult may look at or touch a child's private parts using the Clean, Safe, and Healthy Rule. Children will learn the safety rules if they or a child they know receive a touch that makes them uncomfortable, and identify trusted adults in their life.

'Just Kidding' Interactive Book Reading

"Just Kidding" by Trudy Ludwig is the story of D.J. who is constantly on the receiving end of jokes by his fellow classmate (and friend) Vince. It explores how saying "Just Kidding" doesn't change the emotional toll teasing and kidding can have on self-esteem. In "Just Kidding" DJ navigates feeling helpless to taking positive action with the help of his those around him. Together we will read this story, discussing the difference between joking and teasing, as well as what to do when we see this behavior happening to others.

'The Recess Queen' Interactive Book Reading

"Recess Queen" by Alexia O'Neill explores the story of students who are afraid to stand up to a bully at school. Students discuss the ways the children in the story were bystanders, upstanders, and what the students could have done differently for a better outcome. Students will leave with different ways they can be upstanders when they witness mean behavior.

Boundaries and Our Bodies

Through this interactive program, students will learn about different types of boundaries, including personal space. Combined with empowering messages of bodily autonomy, students engage in an age-appropriate conversation about the Clean, Safe and Healthy Rule and safety steps to take if anyone touches them in a way that makes them feel uncomfortable. Students will identify trusted adults to tell if they receive a touch that makes them feel uncomfortable or unsafe.



MIDDLE & HIGH SCHOOL

Healthy Friendships & Conflict Resolution

Students learn the necessary elements of healthy interactions and relationships. Students will use critical thinking skills as they play an interactive game asking them to identify healthy and unhealthy behaviors. Students explore how to resolve conflicts in a healthy way, and learn active listening skills and “I Statements.” This program can be split into two sessions or offered in one session.

Empathy

Through this program, students learn about empathy: what it is, how it's cultivated and how we can display it when interacting with others. The difference between empathy and sympathy is discussed, and what barriers prevent us from being empathetic. Students will learn about stereotypes and how to overcome stereotypes in order to have empathy. Students will explore the five different steps of empathy, and will have a chance to demonstrate these steps and skills through interactive scenarios.

Boundaries & Consent

Students learn the concept, definition, and application of consent in various non-sexual situations. This includes a discussion on personal boundaries and how to respect others' personal boundaries. Comparisons are used to demonstrate the use of consent on a broad spectrum of behaviors, such as crossing physical or emotional boundaries, or crossing boundaries around possessions. The Boundaries and Consent program uses real life scenarios so students can apply their knowledge inside and outside of the classroom.

Flirting or Hurting? Addressing Sexual Harassment

This program about sexual harassment focuses mainly on understanding and communicating personal boundaries. Students identify the difference between flirtatious behaviors and sexual harassment, along with the continuum of harmful acts which can constitute sexual harassment. Students learn laws and consequences associated with harassment. The program concludes with students exploring how they can help, and what to do if they experience sexual harassment.



MIDDLE & HIGH SCHOOL

Healthy Relationships & Dating Abuse

In this program, students discuss which elements are necessary and present in healthy dating relationships. Students learn to identify these elements, “green flags,” and learn how to navigate through issues such as jealousy or conflicts. In the United States, 1 in 3 teens is a victim of sexual, emotional, verbal, or physical abuse by a dating partner. This program also sheds light on unhealthy relationship dynamics rooted in power and control. Students will learn to identify “red flag” behaviors and where to seek help for themselves or a friend.

Building a Culture of Consent to Prevent Sexual Violence

This program teaches students the definition of consent, how to ask for consent before engaging in sexual activity, and when consent can and/or cannot be given. Through activities and discussion, students explore the three required elements of consent: 1) ongoing 2) choice 3) equal. This program also informs students about sexual assault by explaining specific laws, statistics, and debunking myths about perpetrators and victims.

Students will learn about the options and resources available in the aftermath of an assault.

Technology and Relationships

This program explores how social media and technology can be used as tools for power & control. Student will consider the link between technology and dating abuse, stalking, and sexual assault. The permanency and anonymity of technology is discussed, specifically with sexting and revenge porn. Students will leave with an understanding of how to safety plan with and around technology and identify resources.

Our Bodies Are Not Commodities

This program explores the issue of human and sex trafficking here in the United States, dispelling myths and assumptions, as well as providing insight into the tactics that people might use to exploit vulnerable youth. It examines risk factors regarding relationships, self-esteem, our social environments, and other individual vulnerabilities. This sex trafficking prevention program works to empower students with the tools and knowledge to recognize risky or dangerous situations, or people that may be harmful or exploitative. It offers students resources and help available in their local communities.



MIDDLE & HIGH SCHOOL

Bystander Intervention

Through discussion, students learn how they can go from being a bystander to an “upstander” when they witness problematic behaviors.

Problematic situations that can be explored include bullying, sexual harassment, abusive relationships, and sexual violence. For middle school audiences, the dynamics of bullying is covered in more depth. Different bystander intervention techniques are explored and students are given the opportunity to brainstorm how they would intervene in real-life scenarios.

Self-Esteem

This program is designed to bring awareness to students about how they view and treat themselves and how outside influences can affect their self-esteem. Students will learn how to reframe negative self-talk into positive self-talk and explore ways to practice self-care and connect to their true, authentic self. Through various activities, students will not only explore more about themselves, but also work to help support classmates.

Know Before You Go - 12th Grade Only

This program is for students in 12th grade and explores campus sexual assault and the importance of consent. Analyzing campus culture and social norms, students will learn to identify behaviors, attitudes, and customs that impact attitudes and prevalence of sexual violence. The program also focuses on empowering students to safely intervene in potentially harmful situations.

Act Out - Interactive Theater Program

Act Out is our live interactive theatre program that utilizes theatrical scenarios to depict real-life situations. Participants will have the opportunity to identify and share the problematic behaviors they observe in each scene and offer suggestions for how the characters can behave to create a better outcome. One of our educators will facilitate discussion throughout about the issues and dynamics that were played out in the scenarios. Issues that can be explored include: bullying, healthy friendships, conflict resolution, boundaries, sexual harassment, dating abuse, consent, and more. Students will leave with an understanding of the different ways they can be an “upstander” and intervene if they experience or witness any of the situations that were depicted in the program. Act Out can be tailored to meet each unique school/audience needs.



ABOUT OUR PROGRAMS

All of our prevention education programs are provided at no cost and are available to schedule year-round on a first-come first-served basis.

Our programs are in accordance with state guidelines, including C.G.S. 17a-101q regarding child sexual abuse and assault awareness and prevention.

The Center for Empowerment and Education is the sole provider for domestic violence and sexual assault services in our 11-town catchment area and is a member center of both the Connecticut Coalition Against Domestic Violence and the Connecticut Alliance to End Sexual Violence.

All educators at The Center for Empowerment and Education are state certified domestic violence and sexual assault counselors per C.G.S. 52-146K.

To schedule a program,
please fill out our 'Connect With Us' form at
www.thecenterct.org/connect-form/
or call our office at 203-731-5200

