

Grade (Dates)	Program/Description	Performance Indicators	Learning Targets/Activities
PK-1  Oct/Nov (2 days)	<p><u>Care &amp; Kindness</u>: Speak up; ask for help; coping; recognize mean behavior</p> <p><u>Safe Touch</u>: Instincts; be assertive; respect boundaries; safety plan</p>	<ul style="list-style-type: none"> <li>- Describe healthy &amp; safe environments, and identify and communicate what makes you feel safe or unsafe.</li> <li>- Appropriate displays of affection at school; i.e.: hugs, high-five</li> <li>- Appropriate displays of affection at home is different than at school</li> <li>- Identify areas considered as unsafe (bathing suit example)</li> <li>- Describe different types of touch</li> <li>- Self-management and healthy behaviors</li> <li>- Access information/resources</li> <li>- Communication skills</li> <li>- Decision- making skills</li> <li>- Advocacy</li> </ul>	<ul style="list-style-type: none"> <li>- Puppet Shows</li> <li>- Students will understand how to be respectful and handle disappointment</li> <li>- Students will understand how to handle emotions - silliness, anger, stress</li> <li>- Students understand through modeling (puppets) areas of body safe zones, and how to ask for help/speak up</li> <li>- Students discuss the learning objectives following the puppet shows</li> <li>- Students learn how to express feelings in healthy ways and healthy hygiene</li> <li>- Students will be able to identify trusted adults at home and school</li> <li>- Students will be able to ask for help and share feelings</li> </ul>
2  Oct/Nov (2 days)	<p><u>Empathy</u>: Identify others feelings; relate to others; be assertive; safe/unsafe touch; safety plan</p>	<ul style="list-style-type: none"> <li>- Self-management and healthy behaviors</li> </ul>	<ul style="list-style-type: none"> <li>- Students will be able to express feelings in healthy ways</li> <li>- Students will be able to demonstrate how to treat self and others with dignity and respect</li> <li>- Student will be able to explain how to treat one's body with dignity and respect</li> <li>- Students will be able to describe how to respond in unsafe situations</li> </ul>
3  Oct/Nov (2 days)	<p><u>Bully BEANS</u>: Identify bullying; identify trusted adults; respond/help to stop bullying</p>	<ul style="list-style-type: none"> <li>- Communication skills</li> <li>- Decision-making skills</li> </ul>	<ul style="list-style-type: none"> <li>- Mentor text: a story about growing a friendship and responding to bullying behavior</li> <li>- Students will be able to identify refusal skills and other ways to take action to stop</li> </ul>

			<p>unhealthy behavior</p> <ul style="list-style-type: none"> <li>- Students will be able to identify factors that could influence one's ability to make responsible, healthy, safe decisions (i.e.: peer pressure)</li> </ul>
<p>4-5 Oct/Nov (2 days)</p>	<p><u>Boundaries + Act Out (Gr.5):</u> Explore school relationships; understand healthy relationships; personal boundaries; non-verbal communication</p>	<ul style="list-style-type: none"> <li>- Decision-making skills</li> <li>- Advocacy</li> <li>- Self-management and healthy behaviors</li> </ul>	<ul style="list-style-type: none"> <li>- Interactive role plays</li> <li>- Seek input from audience to make sense of what is happening in the role play</li> <li>- Students will learn how to recognize non-verbal communication cues from others and the importance of respecting everyone's boundaries, including their own</li> <li>- Students will be able to identify healthy behaviors of taking care of oneself (grooming)</li> <li>- Students will be able to identify steps on how to handle uncomfortable situations</li> </ul>
<p>6 1/26/17</p>	<p><u>Healthy Relationships and Conflict Resolution:</u> Healthy interactions; unhealthy behaviors and characteristics</p>	<ul style="list-style-type: none"> <li>- Decision-Making Skills</li> <li>- Problem-solving Skills</li> <li>- Goal setting strategies</li> <li>- Assertiveness Skills</li> </ul>	<ul style="list-style-type: none"> <li>- Informational Sessions</li> <li>- Large Group Format</li> <li>- Audience Participation</li> <li>- PowerPoint Presentation</li> <li>- Question and Answer</li> <li>- Examples of current events</li> </ul>
<p>7 2/15/17</p>	<p><u>Cybersafety:</u> Online dangers</p>	<ul style="list-style-type: none"> <li>- Decision-Making Skills</li> <li>- Problem-solving Skills</li> <li>- Goal setting strategies</li> <li>- Assertiveness Skills</li> <li>- Reporting and Resource Skills</li> </ul>	<ul style="list-style-type: none"> <li>- Informational Sessions</li> <li>- Large Group Format</li> <li>- Audience Participation</li> <li>- PowerPoint Presentation</li> <li>- Question and Answer</li> <li>- Examples of current events</li> </ul>
<p>8 1/26/17</p>	<p><u>Boundaries &amp; Sexual Harassment:</u> Personal (physical &amp; emotional) boundaries</p>	<ul style="list-style-type: none"> <li>- Decision-Making Skills</li> <li>- Problem-solving Skills</li> <li>- Goal setting strategies</li> <li>- Assertiveness Skills</li> <li>- Reporting and Resource Skills</li> </ul>	<ul style="list-style-type: none"> <li>- Informational Sessions</li> <li>- Large Group Format</li> <li>- Audience Participation</li> <li>- PowerPoint Presentation</li> <li>- Question and Answer</li> </ul>

			<ul style="list-style-type: none"> <li>- Examples of current events</li> </ul>
9 1/24/17	<u>Healthy Relationships &amp; Dating Violence</u> : Root causes of dating violence and prevention	<ul style="list-style-type: none"> <li>- Decision-Making Skills</li> <li>- Problem-solving Skills</li> <li>- Goal setting strategies</li> <li>- Assertiveness Skills</li> <li>- Reporting and Resource Skills</li> </ul>	<ul style="list-style-type: none"> <li>- Informational Sessions</li> <li>- Large Group Format</li> <li>- Audience Participation</li> <li>- PowerPoint Presentation</li> <li>- Question and Answer</li> <li>- Examples of current events</li> </ul>
10 1/24/17	<u>Sexual Harassment</u> : Understanding and communicating personal boundaries	<ul style="list-style-type: none"> <li>- Decision-Making Skills</li> <li>- Problem-solving Skills</li> <li>- Goal setting strategies</li> <li>- Assertiveness Skills</li> <li>- Reporting and Resource Skills</li> </ul>	<ul style="list-style-type: none"> <li>- Informational Sessions</li> <li>- Large Group Format</li> <li>- Audience Participation</li> <li>- PowerPoint Presentation</li> <li>- Question and Answer</li> <li>- Examples of current events</li> </ul>
11 4/4/17	<u>Addressing Sexual Assault &amp; Prevention</u> : Laws, statistics, myths about perpetrators and victims	<ul style="list-style-type: none"> <li>- Decision-Making Skills</li> <li>- Problem-solving Skills</li> <li>- Goal setting strategies</li> <li>- Assertiveness Skills</li> <li>- Reporting and Resource Skills</li> </ul>	<ul style="list-style-type: none"> <li>- Informational Sessions</li> <li>- Large Group Format</li> <li>- Audience Participation</li> <li>- PowerPoint Presentation</li> <li>- Question and Answer</li> <li>- Examples of current events</li> </ul>
12 2/15/17	<u>Before You Go</u> : Defining sexual assault; safety on college campuses	<ul style="list-style-type: none"> <li>- Decision-Making Skills</li> <li>- Problem-solving Skills</li> <li>- Goal setting strategies</li> <li>- Assertiveness Skills</li> <li>- Reporting and Resource Skills</li> </ul>	<ul style="list-style-type: none"> <li>- Informational Sessions</li> <li>- Large Group Format</li> <li>- Audience Participation</li> <li>- PowerPoint Presentation</li> <li>- Question and Answer</li> <li>- Examples of current events</li> </ul>

Regional School District 12  
**OFFICE OF CURRICULUM, INSTRUCTION & ASSESSMENT**  
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BRIDGEWATER - ROXBURY - WASHINGTON

January 17, 2017

Dear Parent/Guardian,

In accordance with Region 12 Board of Education Policy 5145.511, *Sexual Abuse Prevention and Education Program*, and in compliance with Public Act 14-196, the district is required to offer a comprehensive sexual assault awareness and prevention program to our students.

We are excited to partner with The Women’s Center to provide educational programs that align with the guidelines set forth in the state framework to ensure that students receive age-appropriate content and materials.

The Women’s Center is a member agency of the Connecticut Alliance to End Sexual Violence, and, since 1975, has provided services to victims of sexual assault and domestic violence in the Greater Danbury area.

The District’s programs are highlighted below.

**PK – Grade 1:** *Care, Kindness & Safe Touch* – Speaking up for oneself in a respectful manner/ recognizing mean behaviors/asking for help/trusting one’s instincts/respect boundaries of others/be assertive

**Grade 2:** *Empathy* – Identify feelings of others/relate to others/difference between safe and unsafe touch/ safety plan

**Grade 3:** *Bullying* – Identify bullying and mean behaviors/identify trusted adults/stop bullying

**Grade 4-5:** *Act Out/Boundaries* – Explore school relationships/healthy relationships/empathy awareness/non-verbal communication/personal boundaries/taking care of oneself

**Grade 6:** *Healthy Relationships & Conflict Resolution* – Healthy interactions/Identify healthy and unhealthy behaviors and characteristics/recognize red flags

**Grade 7:** *Cybersafety* – Recognize online dangers/stop behaviors and protect oneself

**Grade 8:** *Boundaries & Sexual Harassment* – Personal boundaries/Respect others’ boundaries/crossing physical or emotional boundaries/identify harassment/Title IX/laws

**Grade 9:** *Healthy Relationships & Dating Violence* – Root causes of dating violence/identify red flag behaviors/seeking help

**Grade 10:** *Sexual Harassment* – Understanding and communicating personal boundaries/ laws/consequences associated with harassment

**Grade 11:** *Addressing Sexual Assault* – Laws/statistics/debunking myths about perpetrators and victims/ resources for victims

**Grade 12:** *Know Before You Go* – Preparation prior to going to college/behaviors that constitute sexual assault and importance of consent/college campus norms/intervene in safe, non-violent manner/help end sexual harassment and abuse/laws regarding sexual assault on college campuses

Parents and guardians are welcome to attend the programs to learn how to talk with their child about these important topics. Connecticut state law requires us to offer these programs, and we believe that all efforts to prevent sexual assault can only benefit students, however, students are not required to attend. Please communicate, in writing, directly with Mr. Todd Dyer, Director of Counseling, ([dyert@region-12.org](mailto:dyert@region-12.org)), prior to the day of a scheduled program if your child will not participate.

Shepaug Valley Students will be offered the above referenced programs on specific days during the months of January, February and April as outlined below.

Grade 6: January 26

Grade 7: February 15

Grade 8: January 26 and April 19

Grade 9: January 24

Grade 10: January 24

Grade 11: April 4

Grade 12: February 15

Our district’s partnership with The Women’s Center is long-standing and we are confident that their presentations will be informative and in compliance with the state statute.

If you have any questions, I welcome you to contact me or your child’s school counselor at 860-868-6218.

Sincerely,

Teresa DeBrito  
Director