

KRISTI
HOUSE



With major support from
THE FREDERICK A. DELUCA FOUNDATION

KRISTI HOUSE
Prevention Education

TRAININGS FOR CHILDREN AND TEENS

BOUNDARY SAFETY

COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN

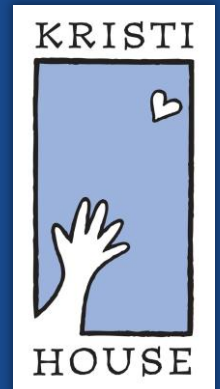
ONLINE SAFETY

SAFE TEEN DATING

CHILD SAFETY MATTERS™

NOT A NUMBER™

ONE LOVE FOUNDATION



To request a best practice training, virtually or in person, for groups of 10 or more, complete a

Training Inquiry Form

To register for an upcoming training, select a date from our

Online Training Calendar

All youth programs have an accompanying curriculum specifically for adults and parents.

All courses are available in English, Spanish or Creole upon request.
For additional information, contact Deborah Billings:
DBillings@kristihouse.org, 786-510-6405

Kristi House Prevention Education Trainings are **FREE!**
Training Inquiry Form and Online Calendar:

KRISTIHOUSE.ORG/EDUCATION

BOUNDARY SAFETY

Available for Grades 2 – 5, Ages 7 – 12, 1 Hour Program

This program teaches children how to identify personal boundaries, understand that different situations require different boundaries, and how to respectfully and assertively define and defend personally boundaries with strangers, family or friends. This program engages children through fun, interactive scenarios and role playing which enables them to easily identify and assert personal boundaries without feelings of shame or guilt.

COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN - SAFETY

Available for Grades 6 – 12, Ages 11 – 17, 1 – 1.5 Hour Program

This awareness-raising program for middle and high school students discusses what commercial sexual exploitation is, who it happens to and how. Youth's vulnerabilities and other risk factors are explored along with information and skills that will support them in identifying red flags and encourage them to seek healthy support systems. Resources for kids at risk or involved "in the life" are provided. Materials from the CSEC Community Intervention Program developed by the *U.S. Department of Justice* and leading U.S. CSEC programs.

ONLINE SAFETY by NetSmartz

Available for Grades 4 – 5, Ages 9 – 11, and Teens Grades 7 – 12, Ages 13 – 17, 1 – 1.5 Hour Program

This interactive, educational program developed by *National Center for Missing & Exploited Children* with funding from the *U.S. Department of Justice Office of Juvenile Justice and Prevention* provides age-appropriate resources to help teach children and teens how to be safer on and offline. Safety skills include teaching youth how to practice good digital citizenship by avoiding and reporting inappropriate content, protecting personal information, preventing cyber bullying and how to recognize and prevent other potential internet risks, even personal exploitation, and how to report victimization to a trusted adult.

SAFE TEEN DATING

Available for Grades 7 – 12, Ages 13 – 17, 1.5 – 2 Hour Program

This interactive, educational program was developed using materials from Safe Dating of the Hazelden Foundation, LoveisRespect.org, and the Children's Safety Network from the Florida Dept. of Education: Get Smart-Get Help-Get Safe. This program provides age-appropriate resources to help teach teens how to date safely. Safety skills include helping teens identify harmful dating behavior, understanding the difference between physical and emotional abuses yet noting the severity and impact of both. The program engages teens through scenarios, role play and videos to enable them to identify the difference between normal conflict and abusive patterns, to help them reject abuse as normal. This program showcases the elements of healthy relationships through video and discussion.

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MBF Child Safety Matters®, GRADES K-5 from Monique Burr Foundation for Children



This program is a series of comprehensive, primary prevention education programs that effectively educate and empower students, schools, adults, and communities with information and strategies to protect children from bullying, cyberbullying, child abuse, digital abuse, and other digital dangers. Supported by the Florida Department of Education, Florida Office of the Attorney General, Florida Department of Children and Families and the Florida Governor's Office. Designed with teachers and classrooms, aligns with Common Core Standards and National Health Education Standards, taught in two lessons per classroom annually.

Elementary School Edition:

Facilitators provide two age and developmentally appropriate lessons (ranging from 35-55 minutes each) to classrooms using standardized Scripts and PowerPoint presentations which include information and fun and engaging videos, games, and activities for students. (Can also be delivered in four shorter lessons.)

Lesson 1: General safety and the four types of child abuse

Lesson 2: Bullying, cyberbullying, digital safety, and digital citizenship

MBF Child Safety Matters® Mental Health/Substance Abuse Supplemental Lesson:

- Review 5 Safety Rules
- Safe Adults, Healthy & Unhealthy Choices, and Safe & Unsafe Situations
- Mental Health and Wellness
 - Healthy vs. Unhealthy Choices
 - Cause & Effect
 - Coping Skills
- Introduction to Substances o Alcohol
 - Tobacco & Nicotine Products
 - Prescription Medicines
 - Drugs & Addiction
- Refusal Skills
- Help and Resources



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MBF Teen Safety Matters®, GRADES 6 – 8, Grades 9 - 12 from Monique Burr Foundation for Children



This is a comprehensive, evidence-informed prevention education program for middle school students in grades 6-8 and high-school students in grades 9-12. The program educates and empowers teens and all relevant adults with information and strategies to prevent, recognize, and respond appropriately to bullying, cyberbullying, all types of abuse, relationship abuse, sex trafficking, and digital dangers.

Middle and High School Editions:

Teen Safety Matters® is comprised of two 55-minute lessons. The program was developed WITH schools, not FOR schools, to make the best use of existing resources and ensure schools have effective programs that are easy to implement. Trained facilitators present in classrooms using turnkey scripts along with engaging, interactive PowerPoints that include lecture, group discussion, skills-practice activities, videos, and games.

Lesson 1: Digital safety, cyberbullying, sexting, and exploitation

Lesson 2: The four types of child abuse, bullying, relationship abuse, sexual assault, and exploitation/sex trafficking

MBF Teen Safety Matters® Mental Health/Substance Abuse Supplemental Lesson:

LESSON 1

- Mental Illness
- Reducing Stigma
- Mental Health and Wellness
- Coping Skills and Resilience

LESSON 2

- Substance Use/Abuse
- The Effects of Drugs
- Refusal Skills
- Help and Resources

LESSON 3

- Self-Harm
- Suicide
- Help and Resources



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Not a Number, GRADES 7 – 12
from Love146



Not a Number is an interactive, five (5), one (1) hour modules, prevention curriculum designed to teach youth how to protect themselves from human trafficking and exploitation through information, critical thinking, and skills development. *Not a Number* uses a holistic approach focusing on respect, empathy, individual strengths, and the relationship between personal and societal pressures that create or increase vulnerabilities. *Not a Number* is an interactive curriculum, designed to provide youth with information and skills in a manner that inspires them to make safe choices when they encounter potentially exploitative situations and utilize healthy support systems that may decrease their vulnerabilities. Developed by Love146.

Through open conversations, engaging activities, the use of media, and opportunities for self-disclosure, participants will:

- Raise their awareness of what constitutes human trafficking and exploitation.
- Learn how to recognize recruitment tactics and understand vulnerabilities.
- Challenge harmful stereotypes and societal attitudes.
- Identify healthy support systems.
- Develop skills to safely navigate potential and existing exploitative situations.
- Learn how to access community resources when situations occur that increase their vulnerability (or if exploitation is already underway).

MODULES:

1. An Introduction to Human Trafficking and Exploitation
2. Society and Culture
3. Red Flags and Relationships
4. Vulnerability and Resilience
5. Reducing Risky Behavior and Getting Help



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Healthy and Unhealthy Relationships, GRADES 6 - 12

An evidence-based program from One Love Foundation



Kristi House offers two evidence-based programs to provide young people with the tools and resources they need to see the signs of healthy and unhealthy relationships. Both "The 10 Signs" and "Amor del Bueno" (*Good Love*) are evidence-based programs developed by the national One Love organization to bring life-saving prevention education to teens through developmentally appropriate and emotionally compelling films to strike up conversations. Each program includes hands-on activities that help teens think through strategies to handle these all-too-common and real-life situations.

Learning Objectives:

1. Understand and engage in conversations about healthy and unhealthy relationships using the 10 Signs
2. Practice healthy behaviors
3. Communicate boundaries and practice consent
4. How to help a friend
5. Navigate break-ups
6. Access resources

The 10 Signs

Grades 6 – 12, 3-minute video, 60-minute workshop, 1 session

This single session program begins with a 3-minute video, "The 10 Signs," which showcases signs of healthy and unhealthy relationships. Students will be guided through discussions and participate in activities so that they are able to identify these signs in their own lives, as well as recognize the healthy and unhealthy relationships they see in movies, television shows and other media.

Amor del Bueno

Grades 8 – 12, 15-minute video, 50-minute workshops, 1 – 3 sessions

Amor del Bueno is a riveting and relatable 15-minute film written and produced by teens. The film portrays a high school aged Latinx couple going through an abusive relationship. The film is followed by a facilitated discussion meant to help participants explore the difference between healthy and unhealthy relationship behaviors. This guide is designed for use with any group of young people you want to get talking with each other about healthy relationships – classes, afterschool programs, faith-based youth groups, sports teams, groups of friends, and more.

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