

KRISTI  
HOUSE



KRISTI HOUSE  
Prevention Education

## TRAININGS FOR ADULTS

CHILDREN WITH PROBLEMATIC SEXUAL BEHAVIOR

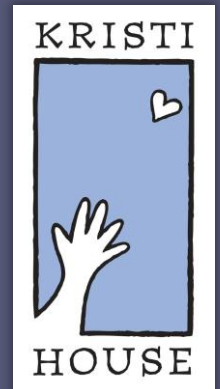
CHILDHOOD TRAUMA TRAINING FOR NON-CLINICIANS

COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN

STEWARDS OF CHILDREN

WHAT EVERY ADULT NEEDS TO KNOW ABOUT CHILD SEXUAL ABUSE

ADDITIONAL COURSES



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

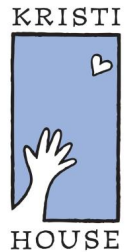
**Online Training Calendar**

Attendees who complete a pre- and post-survey are provided proof of participation.

All courses are available in English, Spanish or Creole upon request.  
For more information, contact Kristi House's Director of Prevention Education:  
Toshiba Mitchell, Ed.D., [TMitchell@kristihouse.org](mailto:TMitchell@kristihouse.org), 786-744-6598

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

**KRISTIHOUSE.ORG/EDUCATION**



## CHILDREN WITH PROBLEMATIC SEXUAL BEHAVIOR

### DESCRIPTION:

Some sexual play between young children close in age, such as playing doctor or looking at private parts, is considered normal. However, some children display intrusive, aggressive or coercive sexual behaviors. This is inappropriate and potentially harmful to these children and their peers. Any child can be affected. Both boys and girls might display sexual behavior problems and sexual abuse isn't necessarily a factor. Recognizing and responding to sexual behavior problems is important since research suggests a quarter to half of child sexual abuse involves children acting out on other children. We know sexual abuse is devastating for the victim, and, if unchecked, leads to a life of perpetrating for the child exhibiting abusive behavior. This program will provide participants with an understanding of sexual behavior problems versus normal sexual development, and ways to respond.

### PRE-REQUISITE SKILLS:

No prerequisite skills are needed. However, the training is most appropriate for school teachers, counselors and administrators, as well as others in child-serving organizations.

### EVIDENCE-BASED RESEARCH:

This awareness training was created based on the evidence-based intervention for children with problematic sexual behavior developed by Dr. Barbara Bonner, Ph.D., Director, and The Center on Child Abuse and Neglect at the University of Oklahoma Children's Physicians Developmental and Behavioral Pediatrics. Class duration is 2 – 2.5 hours.

### LEARNING FACILITATION:

The presentation includes PowerPoint, Audio, Video and Lecture. Objectives – Pre/Post Knowledge Survey will be given.

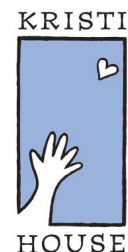
1. Participants will understand and be able to identify the difference between normal sexual development and problematic sexual behaviors.
2. Participants will articulate signs and symptoms of problematic behavior.
3. Participants will learn basic skills in creating a positive environment where children understand boundaries, and can promote impulse control, social skills and empathy development.

### STUDENT IMPACT:

Students who may be confused about sexual behaviors due to exposure to violence, pornography, abuse or some other reason will find a positive environment in them

Attendees who complete a pre- and post-survey are provided proof of participation.

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## CHILDHOOD TRAUMA TRAINING FOR NON-CLINICIANS

### DESCRIPTION:

Child traumatic stress refers to the physical and emotional responses of a child to events that threaten the life of the child or of someone critically important to the child. Students preparing to become social workers, teachers, counselors and or plan to work with children in other ways are invited to participate in this informative, interactive education program about trauma-informed care and what it means for the health and well-being of children. This educational program was developed and tested in collaboration with FIU College of Education and based on materials from the National Child Traumatic Stress Network.

### PRE-REQUISITE SKILLS:

No prerequisite skills are needed. However, the training is most appropriate for students who might become social workers, teachers, counselors and administrators, as well as non-clinical staff of child-serving organizations.

### EVIDENCE-BASED RESEARCH:

This 3-hour training was adapted from materials developed by the National Child Traumatic Stress Network and California Social Work Education Center in collaboration with the Chadwick Center for Children and Families, Child and Family Policy Institute of California and the California Institute for Mental Health.

### LEARNING FACILITATION:

The presentation includes PowerPoint, Audio, Video, Lecture, and Small Group Collaborative Exercises. Objectives – Pre/Post Knowledge Survey will be given.

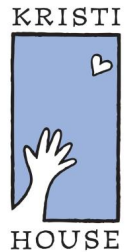
1. Participants will understand the impact of trauma on the development and behavior of children and their adult caregivers.
2. Participants will articulate trauma-informed intervention strategies.
3. Participants will address the safety and well-being of the children they serve.

### STUDENT IMPACT:

Participants are exposed to various strategies for enhancing a child's well-being and resilience. The training particularly emphasizes promotion of protective factors and the use of trauma-focused mental health services when needed.

Attendees who complete a pre- and post-survey are provided proof of participation.

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## COMMERCIAL SEXUAL EXPLOITATION OF CHILDREN

### DESCRIPTION:

This 3-hour workshop provides a basic overview of commercial sexual exploitation of children (CSEC), the extent of the problem and the impact this type of trauma has on children. It will also include tips for identifying and engaging victims and discussion of services victims need for healing and reintegration into mainstream society.

### PRE-REQUISITE SKILLS:

No prerequisite skills are needed. However, the training is most appropriate for school personnel and staffs of child serving organizations, particularly those agencies that serve adolescents and children in foster care.

### EVIDENCE-BASED RESEARCH:

This training was adapted from the CSEC Community Intervention Project developed by Girls Educational and Mentoring Services, Bilateral Safety Corridor Coalition, The Salvation Army, and Polaris Project. It was funded from the Office for Juvenile Justice and Delinquency Prevention and has been presented throughout the U.S. to raise awareness of this domestic problem of child sex trafficking.

### LEARNING FACILITATION:

The presentation includes Video, PowerPoint, Lecture, and Small Group Collaborative Exercises.

1. Participants will understand how children become victims of sexual exploitation.
2. Participants will articulate the unique needs of these child victims.
3. Participants will identify a plan to effectively engage and provide services to this underserved population of victims.

### STUDENT IMPACT:

The average age of entry into commercial sexual exploitation for adolescents is 13 years old. Children entrapped in sex trafficking face daily physical and mental abuse by trafficker and perpetrators who exploit them for profit and pleasure. Until recent recognition that this is a problem in our country, especially in South Florida, most trafficked children were misidentified or treated as criminals and arrested. Increasing awareness of potentially helpful adults can help prevent children from falling into sexual exploitation, as well as dramatically improve the chances that exploited children will get the services they need to escape from the trafficker and begin to restore their lives.

Attendees who complete a pre- and post-survey are provided proof of participation.

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## STEWARDS OF CHILDREN

by Darkness to Light



### DESCRIPTION:

This nationally recognized, best practice program uses videos, workbook activities and discussion to engage and educate about child sexual abuse and how to keep children safe. Parents, college students, working professionals, volunteers at child-serving organizations and other staff at agencies and community-based organizations learn that child sexual abuse knows no socio-economic, cultural or racial boundaries. Through compelling stories from survivors of child sexual abuse of their trauma and healing, participants will learn how to develop practices to prevent, recognize and react responsibly to child sexual abuse. The latest changes in mandated reporting laws will be reviewed. Class duration is 2 – 2.5 hours.

### PRE-REQUISITE SKILLS:

No prerequisite skills are needed. However, the training is most appropriate for college students interested in careers in social work or as school teachers and who anticipate working in other child-serving organizations.

### EVIDENCE-BASED RESEARCH:

Named a Noteworthy Program by the U. S. Department of Health and Human Service, Stewards of Children was developed by the Darkness to Light organization in collaboration with the National Children's Alliance and The National Crime Victims Research and Treatment Center. This program has been shown to increase participants' knowledge, improve their attitudes and change their behavior over the long-term for increased safety of the children in their care

### LEARNING FACILITATION:

The presentation includes Video, Lecture, Workbook, and Small Group Collaborative Exercises. Objectives – Pre/Post Knowledge Survey will be given

1. Participants will understand the short and long term consequences of child sexual abuse.
2. Participants will articulate intervention strategies that prevent child sexual abuse.
3. Participants will identify a plan to effectively react to disclosures or suspicions of abuse

### STUDENT IMPACT:

Child Sexual Abuse has devastating consequences for child victims and their non-offending family members. Research has shown that child victims suffer from depression, anxiety, and PTSD. In addition, untreated trauma from sexual abuse leads to debilitating personal and societal consequences. Most child sexual abuse happens in one-adult/one-child situations that are unobservable. Training adults to avoid placing children in these situations will dramatically reduce the risk for children.

Attendees who complete a pre- and post-survey are provided proof of participation.

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## WHAT EVERY ADULT NEEDS TO KNOW ABOUT CHILD SEXUAL ABUSE

This 2-hour presentation uses video, presentation and discussion and is designed for parents who would like to be better equipped to prevent child sexual abuse from occurring and for adults working in or planning to work in child serving organizations. This class will assist adults to identify signs and symptoms of child sexual abuse, help them understand the dynamics of sexual abuse particularly the manipulative behavior of perpetrators, and provide them with skills to support open communication with their children to prevent future victimization. This class will also discuss in detail the additional programs and services offered at Kristi House. Curriculum developed by the Child Sexual Abuse Committee of the National Child Traumatic Stress Network, funded by SAMHSA and Kristi House.

## PARENT ORIENTATION CLASS

This 2-hour presentation is designed for parents of children receiving clinical services at Kristi House. It is designed to assist parents to identify signs and symptoms of child sexual abuse, help them understand the dynamics of sexual abuse particularly the manipulative behavior of perpetrators, and provide them skills to prevent future victimization. The presentation is offered in three locations and in three languages English, Spanish, and Creole.

Attendees who complete a pre- and post-survey are provided proof of participation.

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## INTERNET SAFETY by NetSmartz



Available for parents, caregivers and child serving professionals (1.5-hour program, from NetSmartz) provides guidance and resources for adults to help teach children and teens how to be safer on and offline.

## CHILD & TEEN SAFETY MATTERS™ by Monique Burr Foundation



Available for parents, caregivers and child serving professionals (1.0-hour program, from The Monique Burr Foundation) provides guidance and resources for adults to help teach children and teens how to recognize, respond and seek help to dangerous and potentially abusive situations. Includes a supplemental component to help adults become aware and discuss mental and emotional health, substance use and abuse in youth and teens.

## NOT A NUMBER™ by Love #146



*Not a Number™* is an interactive prevention curriculum presented in five, one-hour modules designed to teach youth how to protect themselves from human trafficking and exploitation. Available for parents, caregivers and child serving professionals *Not a Number™* provides guidance and resources for adults in a 1.5-hour program to help caregivers and community members understand the reality of human trafficking, and most importantly, what you can do to safeguard your youth and others in your community.

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## SUPPORTING THE SUCCESSFUL INTEGRATION OF UNACCOMPANIED CHILDREN IN THE USA

This workshop offers an overview of the unaccompanied minors experience journey towards the USA and the challenges they may face upon arrival. We discuss tips on how caregivers and professionals can best support unaccompanied minors during migration, foster placement and reunification.

## SUPPORTING FAMILIES THROUGH HURRICANE TRAUMA, COVID-19 & OTHER CRISES

These presentations support professionals working with children, caregivers and other adults during times of crisis and community upheaval that can have detrimental impacts on children. The presentations provide strategies and tools for mitigating children's anxiety, fears and despair that often accompanies times of turmoil.



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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.

Attendees who complete a pre- and post-survey are provided proof of participation.

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