

Health Topics for Middle and High Schools

AS REQUIRED BY THE STATE OF FLORIDA

Kristi House Specialists Can Help You Deliver Proven Curriculum on Critical Topics

INTERNET SAFETY

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PERSONAL HEALTHY + SAFETY

MBF TEEN SAFETY MATTERS™3

SUBSTANCE USE + ABUSE

MBF TEEN SAFETY MATTERS™3

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CLASSES: Request a training, virtually or in person, for groups of 10 or more, complete the

[Training Inquiry Form](#)

INDIVIDUALS: To register for an upcoming training, select a date:

[Online Training Calendar](#)

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

All courses are available in English, Spanish or Creole upon request.

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

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COMMERCIAL SEXUAL EXPLOITATION OF TEENS

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. Program is tailored to match age and developmental level of the class. 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

Grades 7 – 1 • 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

Grades 7 – 12 • Ages 13 – 17 • 1.5 – 2 Hour Program

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. 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.

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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. 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 or three lessons per classroom annually.

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 Lessons:

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
- Self-Harm
- Suicide
- Help and Resources

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LIGHT #BlockTraffik, GRADES 9 – 12

from Goya Cares



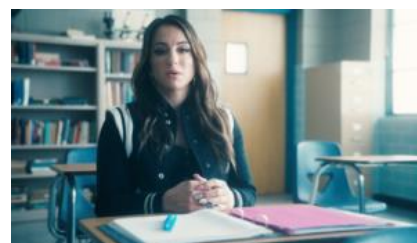
LIGHT #BlockTraffik combines feature film-quality cinematic drama and hands-on, interactive teaching while the story unfolds of how youth are often tricked, lured and forced in sex trafficking.

Narrated by mixed martial arts champion Maycee Barber, the “LIGHT: Block Traffik” video is a compelling film produced by Goya Cares that combats child sex trafficking. The video, interactive activities, and discussion are facilitated by expert educators from Kristi House. It can be presented in the classroom, in an assembly or as an after-school program where students can earn community service hours for participating and spreading the #BlockTraffik message.

Not only will the program help students learn how to keep safe from predators, but it will help fulfill the requirements of Florida Statute 1003.42 on Required Health Instruction in Human Trafficking.

PRESENTATION OUTLINE

- Welcome & Intro: Provided by Kristi House Education Specialists
- Video Run Time: 18:38 minutes
- Total Presentation Time: 45 mins – 1 hour



LEARNING OBJECTIVES

The presentation and video are intended to raise awareness regarding child trafficking and provide one example of how trafficking could happen. The video is emotionally stirring and thoughtfully crafted, providing vivid and heart-wrenching insight into the harsh realities of child sexual exploitation and abuse. It is a stark reminder of the urgency and importance of our work in preventing such atrocities. Students are encouraged to ask questions throughout the presentation.

At key points during the video, trained educators guide discussions about the content of the video including:

Sex trafficking vs. labor trafficking • What are the red flags? • Grooming / manipulation / coercion / force / fraud • Online safety • Sending of nude / inappropriate photos or videos / student to adult as well as peer to peer / laws surrounding the consequences of these actions • Keeping yourself and your friends safe in all environments • Having a safe adult • If you see something, say something • How can you or someone you know get help

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Healthy and Unhealthy Relationships, GRADES 6 - 12

Evidence-based programs 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.

Escalation, Grades 9 – 12 • 42-minute video • 90-minute workshop

Escalation is a compelling film that tells the story of an abusive relationship from its sweet beginnings to the tragic end. The authentic depiction of unhealthy behaviors escalating into violence helps you recognize and understand the early signs of relationship abuse. Watch as Paige and Chase's relationship escalates from happy early stages to emotional and physical abuse.

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