



Preparing. Protecting. Empowering.™

Professional Development Catalog

2012

ChildBuilders Strategy Statement

ChildBuilders trains individuals to deliver our solutions to children and youth of greater Houston to measurably influence their awareness, beliefs and attitudes to promote healthy decision-making skills which are proven to prevent risky behavior and abuse.

The Benefits of ChildBuilders' Professional Development Solutions:

- Individuals who work with children are able to recognize signs of potential victimization
- Professionals learn positive discipline skills for the classroom or other settings
- Children have increased knowledge of how to develop healthy relationships, how to protect themselves, and how to seek out help if they need it
- Participants develop strategies for healthy communication and non-violent conflict resolution
- School districts, child care centers and others are able to learn how to be compliant with child abuse reporting laws as well as those in the Texas Education Code (TEC) that are relevant for schools and concern safety education. The relevant statutes are listed below:

DATING VIOLENCE POLICIES (TEC Section 37.0831-2007)

(a) Each school district shall adopt and implement a dating violence policy to be included in the district improvement plan under Section 11.252. (b) A dating violence policy must: (1) include a definition of dating violence that includes the intentional use of physical, sexual, verbal, or emotional abuse by a person to harm, threaten, intimidate, or control another person in a dating relationship, as defined by Section 71.0021, Family Code; and (2) address safety planning, enforcement of protective orders, school-based alternatives to protective orders, **trainings for teachers and administrators**, counseling for affected students, and **awareness education for students** and parents.

CHILD ABUSE REPORTING AND PROGRAMS (TEC Sec. 38.004-1995)

(a) The Texas Education agency shall develop a policy governing the child abuse reports required by Chapter 261, Family Code, of school districts and their employees. The policy must provide for cooperation with law enforcement child abuse investigations without the consent of the child's parents if necessary, including investigations by the Department of Protective and Regulatory Services. Each school district shall adopt the policy. (a-1) The agency shall: (1) maintain on the agency Internet website a list of links to websites that provide information regarding the prevention of child abuse; and (2) develop and periodically update a training program on prevention of child abuse that a school district may use for staff development. (b) Each school district shall **provide child abuse anti-victimization programs** in elementary and secondary schools.

POLICIES ADDRESSING SEXUAL ABUSE OF CHILDREN (TEC Sec. 38.0041-2009)

Each school district shall adopt and implement a policy addressing sexual abuse of children to be included in the district improvement plan under Section 11.252 and any informational handbook provided to students and parents. (b) A policy required by this section must address: (1) methods for **increasing teacher, student, and parent awareness of issues** regarding sexual abuse of children, including **knowledge of likely warning signs** indicating that a child may be a victim of sexual abuse, using resources developed by the agency under Section 38.004; (2) actions that a child who is a victim of sexual abuse should take to obtain assistance and intervention; and (3) available counseling options for students affected by sexual abuse.

ChildBuilders "Train the Trainer" Solutions

One of ChildBuilders' (CB) core competencies is the "train the trainer" model, in which CB trains teachers, counselors, nurses, coaches and other professionals to teach one of our three curricula

- WHO (safety education)
- PUC (parenting education)
- Love U2 (Relationship Smarts Plus education) to their students

These trainings are typically four to eight hours in length.

Personal Safety Education

Training Description:

The WHO program teaches children and adolescents how to avoid and/or respond to victimization by using appropriate decision-making and communication skills. WHO helps children and adolescents see themselves as capable, worthy human beings who do not deserve abuse of any kind and to understand that, if they are victimized, they are not to blame. Trained school personnel or volunteers deliver engaging, age-appropriate presentations on child abuse, peer pressure, Internet safety, domestic violence, sexual and emotional abuse, kidnapping, date rape, bullying, and suicide. Three evaluation studies of the WHO program have been conducted using a pre-test/post-test control group design with random assignment to groups. All studies reported statistically significant increases in knowledge of concepts and strategies of personal safety.

Training Length:

- Preschool – half day
- Primary – full day
- Secondary – full day

Curriculum Content:

- | | |
|-------------------------------------|----------------------------------|
| • Strangers | • Self-care |
| • Hurts | • Societal and peer pressure |
| • Touches | • Media |
| • Secrets | • Physical fighting |
| • Stranger danger/child molestation | • Sexual harassment/Sexual abuse |
| • Harassment/bullies | • Stranger harassment |
| • Verbal/physical/emotional abuse | • Running away |
| • Materialism | • Pre-marital battering |
| • Internet safety | • Date rape |
| • Truancy | • Eating disorders |
| • Substance abuse | • Suicide |

Curriculum Goals:

Youth and adolescents will be taught concepts and strategies of personal safety. Parents will be engaged by students receiving take-home materials for parents to read. Additionally, youth and adolescents, parents and participants increase their knowledge to reduce victimization and increase safety.

Training Objectives:

At the conclusion of the session, trainers will be able to teach children and youth to:

1. KNOW - Recognize signs of potential victimization
2. DO - Identify and do something to protect themselves
3. TELL - Talk to a trusted adult about what has happened

Curriculum Implementation Guidelines:

Once trained, the school personnel will present the one-hour program to students. This program is guided by DVDs and puppets, all of which are available for purchase or rental.

Relationship Education

Training Description:

The Love U2:Relationship Smarts Plus program is a 13-lesson research-based curriculum that builds skills and knowledge necessary for healthy relationships. Participants benefit from cutting edge content which includes dating violence prevention, communication and conflict management skills, goal setting, personal values, and a unique approach to pregnancy prevention that educates students about the needs of children and the importance of sequence, i.e. education, job and marriage before babies. Love U2 is based on a five-year federally-funded evaluation at Auburn University. Each lesson is packed with engaging hands-on, fun, informative and upbeat activities used to build skills and knowledge necessary for making wise choices and promoting healthy relationships now and in the future.

Training Length: Full day

Curriculum Content:

- Who am I and where am I going?
- Maturity issues and what I value
- Attraction and infatuation
- Love and intimacy smarts
- Principles of smart relationships
- The low risk approach to relationships: Decide, don't slide!
- Is it a healthy relationship?
- Breaking up and dating abuse
- A foundation for good communication
- Communication challenges
- Through the eyes of a child: Why healthy relationships matter to babies
- Looking towards the future; Healthy relationships and healthy marriages
- Follow your north star, insight into healthy relationship development

Curriculum Goals:

Participants will learn how to identify healthy and unhealthy relationships, and gain knowledge about signs of abusive behaviors. Participants will learn tools such as communication skills and non-violent conflict resolution to help ensure they develop and maintain healthy relationships. Other goals also include the ability of the participant to impact others, specifically teens, with the knowledge learned from the program.

Training Objectives:

At the conclusion of the session, participants will demonstrate understanding of curriculum topics and confidence in their ability to teach teens the following concepts:

1. The nature of romantic attractions and how to build healthy relationships
2. The importance of getting to know oneself and to develop a personal success plan to achieve future life and family goals
3. Low risk approach to relationships: Decide, don't slide!
4. Awareness of behaviors which demonstrate abuse as well as early warning signs of abuse

5. Make wise relationship and sexual choices
6. Decision making, problem solving, communication and conflict management skills useful for all kinds of relationships
7. Build a foundation for understanding why healthy and stable parental relationships matter for a child

Parenting Education: Building Healthy Relationships Today & Strong Families Tomorrow

Training Description:

Parents Under Construction (PUC) is a research-based, award-winning program designed to teach students, pre-school through high-school, skills that will enable them to build healthy relationships today and strong families tomorrow. PUC helps prepare children for the most important job they will ever have - parenting. Curriculum trainings are offered for individuals in schools, child care, after school, faith-based and community settings who serve children and adolescents, preschool through high school. Each curriculum: preschool, primary and secondary offers 11-15 lessons. The number of lessons and time to complete correlates with the developmental level of children (as few as fifteen minutes for preschool and up to an hour and fifteen minutes for high school). Research indicates that PUC positively impacts children's attitudes regarding the use of mentally healthy discipline techniques, enjoys overwhelming parental approval, and best of all, preliminary studies indicate knowledge gains and attitude changes are retained at least five years after initial program instruction. Participants benefit from the training by learning new information about child development and nurturing behavior management skills.

Training Length:

Primary – full day
Secondary – full day

Curriculum Content:

- The influence of parenting on a child's mental health and future success
- Building trust by responding to infant needs
- Attachment and attunement
- Developing self-esteem in young children
- Routines and helping children feel safe and secure
- Parenting styles – autocratic, democratic, permissive
- Discipline vs. Punishment
- Positive discipline techniques such as choices and consequences, reflective listening, redirection, etc.
- Positive communication skills
- Co-parenting and the roles of fathers and mothers

Curriculum Goals:

Students and parents learn healthy parenting concepts, skills and attitudes. Participants use training concepts in teaching and in working with students. Students grow up to become mentally healthy parents, thereby eradicating child abuse in future generations.

Training Objectives:

At the conclusion of the session, participants will:

1. Demonstrate understanding of accurate information about child development and be able to identify and correct childrearing myths
2. Increase knowledge and skills related to nurturing positive discipline techniques
3. Describe the impact parenting practices have on a child's self-esteem and future success
4. Demonstrate understanding of curriculum topics and confidence in the ability to teach the program to students

ChildBuilders "Subject Training" Solutions

These two to three hour trainings are on numerous topics such as recognizing and reporting child maltreatment, nurturing discipline, dating violence prevention, and building resilience in teens and children. Once trained, participants will have increased knowledge and feel more prepared to interact with students.

Building a Foundation for Mental Health through Nurturing Discipline

Training Description:

What are our goals for discipline? How do we achieve these goals? What is the most mentally healthy way to discipline children? What else can be done? At this presentation, participants will learn the answers to these questions and more. Participants will leave with concrete alternative discipline techniques to use with children and youth in a variety of settings.

Training Length: 3 hours

Learning Objectives:

Participants will learn, and use positive discipline techniques with children. Children will receive nurturing and positive guidance to enable them to thrive socially, emotionally, academically and physically. At the conclusion of the session, participants will be able to:

1. Identify goals of positive discipline and best methods to achieve those goals
2. Compare positive before-the-fact and after-the-fact discipline techniques with traditional after-the-fact discipline techniques
3. Identify at least four methods of positive discipline techniques
4. Implement positive discipline techniques with young children

Recognizing & Reporting Child Maltreatment

Training Description:

This training provides participants with the knowledge and expertise on recognition and prevention of child maltreatment. In order to obtain this knowledge, the objectives listed below will guide the participant through the necessary steps to ensure that all youth are nurtured, respected and protected. Awareness of child abuse and neglect is pertinent to the well-being of children.

Training Length: 2 hours

Training Goal:

Increase knowledge of risk and protective factors related to abuse, and reporting requirements.

Learning Objectives:

At the conclusion of the session, participants will be able to:

- Explain, for the mandated reporter, the laws pertaining to reporting suspected child abuse and neglect
- Describe the reporting process for suspected child abuse and neglect
- Explain how to handle disclosures of suspected child abuse and neglect
- Teach how to recognize the signs and symptoms of suspected child abuse and neglect
- Discuss the impact of child abuse and neglect in Houston and the state of Texas

Smart Dating Dating Violence Prevention

Training Description:

This training will provide participants with knowledge regarding dating violence as well as skills to ensure healthy relationships. Interactive activities and discussion will be utilized to learn the impact of dating abuse, how to identify early signs of abuse, how to help others in potentially dangerous relationships, how to identify the difference between healthy and unhealthy relationships, and tools for developing smart relationships. This upbeat and fast-paced training will fly by as participants learn about and discuss a topic that impacts so many young people today!

Training Length: 3 hours

Training Goals:

Participants will learn how to identify healthy and unhealthy relationships, and will gain knowledge about signs of abusive behaviors. Participants will leave training with several tools and skills that can be used to help ensure they maintain healthy relationships. In addition, the participants will impact others, specifically teens, with the knowledge learned from the training.

Training Objectives:

At the conclusion of this session, participants will be able to:

1. Possess familiarity about what constitutes a healthy versus an unhealthy relationships in the real world
2. Offer guidance in the form of seven key questions or areas to consider when making relationship decisions
3. Raise awareness of behaviors that demonstrate a potentially abusive relationship as well as the early warning signs of abuse
4. Provide practice in setting boundaries and applying them at the first sign of disrespectful behavior
5. Provide guidelines for dating safely and to know how to help a friend who is involved in an abusive relationship

Building Resilience in Children & Adolescents

Training Description:

Resilience is the ability to bounce back from setbacks, learn from failure, be motivated by challenges and believe in your own abilities to deal with the stress and difficulties in life. Resilience is critical to a child's happiness and overall success in life. All children and adolescents need resilience and, fortunately, it can be learned. This presentation explores how adults can talk to children in ways that build their ability to thrive no matter what life puts in their path. It promotes the use of hands-on, interactive activities and discussion between adults, adolescents and children with a focus on character building, confidence and control.

Training Length: 2 hours

Training Goals:

Participants will recognize the correlation between self-esteem, resilience and mental health, and increase understanding of how to promote positive self-worth in children and adolescents. Children and adolescents will build resilience, enabling them to live healthy and productive lives and to resist the threats and dangers of today's society.

Training Objectives:

At the conclusion of this session, participants will be able to:

1. Define self-esteem, resilience and mental health in relation to children and adolescents
2. Explore the seven "C"s of resilience – competence, confidence, connection, character, contribution, coping and control
3. Identify specific activities for children, adolescents, families and groups that promote resilience

Real Life, Real Talk: Connecting with Teens

Training Description:

Many factors in a young person's environment can affect his or her mental health. Exposure to violence, extreme stress, loss of an important person, movies, television, video games, music, the Internet and social networking influence the mental health of today's youth. Sexuality also has a bearing on the mental health of adolescents, as can drug and alcohol use. A young person who has an open line of communication with a caring adult, has an increased probability of positive mental health or well-being and decreased probability of suicide than one who feels alone with no one to confide in. (The suicide Prevention Resource Center).

Training Length: 2 hours

Training Goals: Participants will have a better understanding of adolescent development, challenges and ability to communicate. Participants will learn to connect with adolescents in a meaningful and helpful way. Adolescents will be better understood by adults who care for and guide them. They will feel supported and more confident in confiding in adults during the confusing and intense years of adolescence.

Training Objectives:

At the conclusion of this session, participants will be able to:

1. Have an increased knowledge of adolescent brain development
2. Develop a deeper understanding of how technology affects the way teens connect and communicate
3. Identify five tips for connecting with teens

NetSmartz Internet Safety Program

Training Description:

Youth have been bullying each other for generations. The latest generation, however, has been able to utilize technology to expand the reach of their harm. This phenomenon is called *cyberbullying*, defined as: "*willful and repeated harm inflicted through the use of computers, cell phones, and other electronic devices.*" Adolescents use technology, usually computers or cell phones, to harass, threaten, humiliate, or hassle their peers. The NetSmartz Internet Safety program provides participants with information on how to minimize the risk that children and teens will be victims of different types of internet victimization, including Cyberbullying. Information is provided on how to educate and protect teens against this form of bullying. Participants will also learn how to reduce the chance of victimization by online predators and the problem of revealing too much personal information online. The presentation will use real life examples to describe the offline consequences of children's online actions.

The training uses real life examples to describe the offline consequences of children's online actions. Elements of the training include:

- Parent education on how to keep children safe on the street and on the internet
- Cyberbullying prevention and reporting tools
- Child and teen presentation information on internet safety and predators

Training Length: 3 hours

Curricula Content:

- **Cyberbullying**-The use of internet technology or mobile technology, such as cell phones, to bully or harass someone
- **Online Predators**-Those who express a sexual attraction to minors and try to get them to reciprocate with sexual chats, images, and meetings offline. Predators may manipulate and gain trust of a minor in a process called "grooming."
- **Revealing Too Much**-Personal and private information shared through texts, images, or videos may attract unwanted attention from cyberbullies or online predators. This may also lead to serious offline consequences at school and with the law.

Curricula Goals:

Facilitators will learn valuable tools to educate youth on the importance of internet safety. The long-term goal of the NetSmartz Internet Safety Program is to ensure all children use the internet safely and to reduce the number of children victimized through internet risks.

Learning Objectives:

At the conclusion of the training, participants will be able to:

1. Recognize and identify internet safety risks
2. Educate children and parents on the importance of internet safety
3. Provide resources to presentation participants on how to use the internet safely