

CHILD[®]



BUILDERS

Respected. Nurtured. Protected.

Professional Development Catalog

2018

Overview

ChildBuilders is a nonprofit organization specializing in prevention and the promotion of mental health in children. Our programs provide the knowledge and skills needed to recognize and prevent child maltreatment and trauma. We prepare children to navigate life's challenges by teaching them to be assertive, resilient, and empathetic.

Our vision is to foster an environment where children are respected, nurtured, and protected. We believe this is done by reaching the child, parents, and professionals. We reinforce and strengthen the message by cultivating a supportive community. ChildBuilders staff trains individuals to present our programs to youth and follow up with parents upon completion of the program.

Curriculum Training

ChildBuilders trains school personnel and other professionals to teach the following programs in half-day or full-day trainings.

Parenting Prep Education

- Parents Under Construction

Relationship Education

- Relationship Smarts PLUS
- Love Notes v2.0

Social and Emotional Learning

- Build to Nurture

Safety Education

- Stand **Strong** • Stay **Safe** Early Childhood
- Stand **Strong** • Stay **Safe** Elementary

Workshops

ChildBuilders presents 45- to 90-minute workshops to parents, students, and professionals on a variety of topics.

Parents and Community

- Building Healthy Relationships in a Social Media Age
- Keeping Children Safe
- Mentally Healthy Parenting

Middle and High School Students

- Building Healthy Relationships in a Social Media Age
- Dating Violence Prevention

Professionals

- Recognizing and Reporting Child Maltreatment

ChildBuilders offers CPE credits for educators and CEU credits for licensed professional counselors and social workers.

Texas Law

The following are statutes of the Texas Education Code associated with ChildBuilders' professional development offerings.

Dating Violence Policies (TEC Section 37.0831)

(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 Section 38.004)

(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 Section 38.0041)

Each school district shall adopt and implement a policy addressing sexual abuse and other maltreatment 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 and other maltreatment 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 or other maltreatment of children should take to obtain assistance and intervention; and (3) available counseling options for students affected by sexual abuse. (c) The methods under Subsection (b)(1) for increasing awareness of issues regarding sexual abuse and other maltreatment of children must include training, as provided by this subsection, concerning prevention techniques for and recognition of sexual abuse and all other maltreatment of children.

Texas Constitution and Statutes. (2013). *Texas Education Code*. Retrieved from <http://www.statutes.legis.state.tx.us/>

Curriculum Training

Safety Education

Stand Strong • Stay Safe Early Childhood

4 Hours

Curriculum Description

This prekindergarten through first grade curriculum teaches how to prevent victimization through assertiveness skill building. Through interactive presentations and role-play, children learn how to stay safe from bullying, emotional abuse, physical abuse, sexual abuse, and neglect. Follow-up activities, Home Connections, and a Parent Guide allow for ongoing practice and repetition to increase retention of the skills. There are four 20-minute lessons.

Curriculum Content

- Assertiveness
- Power of Kind Words (Emotional Abuse)
- Inappropriate Touch (Sexual Abuse)
- Neglect
- Physical Abuse

Training Objectives

Participants will be able to:

1. Explain the need for safety education
2. Recognize types of abuse and when to make disclosures
3. Demonstrate assertiveness and using kind words
4. Identify core concepts of the curriculum
5. Implement each lesson
6. Express confidence in the ability to teach the program

Stand Strong • Stay Safe Elementary

4 Hours

Curriculum Description

Five 30-minute lessons teach second through fifth grade students to set and defend personal boundaries, be assertive, and get help when faced with unsafe situations. The program uses a series of comic book style stories to introduce and discuss the concepts of boundaries, consent, physical abuse, sexual abuse, emotional abuse, and bullying. Practice and repetition are provided through group activities, role-plays, follow-up activities, and Home Connections.

Curriculum Content

- Assertiveness
- Boundaries and consent
- Physical abuse
- Sexual abuse and grooming
- Emotional abuse and bullying
- Getting help
- Abuse is never a child's fault

Training Objectives

Participants will be able to:

1. Explain the need for safety education
2. Recognize types of abuse and when to make disclosures
3. Understand the key content of each lesson
4. Facilitate a responsive discussion of each comic story
5. Express confidence in the ability to teach the program to students

Relationship Education

Relationship Smarts PLUS 3.0

Full Day

Curriculum Description

This 12-lesson, evidence-based curriculum teaches middle and high school students how to build skills necessary for healthy relationships. Topics include self-awareness, goal setting, respect, boundaries, dating violence, communication, unplanned pregnancy, and social media. Each lesson is packed with engaging, hands-on, informative, and upbeat activities that build the skills and knowledge necessary to make wise choices and develop healthy relationships now and in the future.

Curriculum Content

- Self-awareness and maturity
- Attraction and infatuation
- Understanding and evaluating healthy relationships
- Communication and decision-making
- Dating violence and breaking up
- Sexual decision making and unplanned pregnancies
- Teens, technology, and social media

Training Objectives

Participants will be able to:

1. Recognize the nature of romantic attractions and how to build healthy relationships
2. Recognize the benefits to the low risk approach to relationships: Decide, don't slide!
3. Identify early warning signs of abuse
4. Distinguish between healthy and unhealthy relationships
5. Increase skills in decision making, problem solving, communication, and conflict management
6. Express confidence in their ability to teach the program to students

Love Notes v2.0

Full Day

Curriculum Description

Love Notes v2.0 is an evidence-based pregnancy-prevention program for at-risk youth. In a 13-lesson adaptation of Relationships Smarts PLUS 3.0 that integrates relationship skills with practical pregnancy prevention strategies, students learn how to make wise choices about partners, sex, relationships, pregnancy, and more.

Curriculum Content

- Forming and maintaining healthy relationships
- Assessing relationships and making decisions
- Healthy vs. unhealthy relationships
- Effective communication and conflict management
- Intimacy and sexual values
- Unplanned pregnancy and relationship turbulence
- The Success Sequence

Training Objectives

Participants will be able to:

1. Demonstrate setting boundaries and applying them at the first sign of disrespect
2. Identify early warning signs of abuse
3. Distinguish between healthy and unhealthy relationships
4. Increase skills in decision making, problem solving, communication, and conflict management
5. Teach youth to cultivate a personal vision for love, intimacy, and success
6. Express confidence in their ability to teach the program to students

Parenting Prep Education

Parents UnderConstruction

Full Day

Curriculum Description

This 10-lesson curriculum is designed to teach middle and high school students skills that will positively influence their future parenting. Parents Under Construction enhances children's awareness of how parenting influences children's mental health. The program helps children today learn the parenting skills they will need in the future. This program increases the social and emotional competence of children and prevents physical abuse, emotional abuse, and mental health challenges now and in future generations.

Curriculum Content

- Increase knowledge of parenting responsibilities, demands, and costs
- Learn accurate information about child development
- Develop empathy for children and parents
- Enhance their knowledge about mental health, and understand the relationship between parenting practices and the child's mental health
- Apply a wide range of positive discipline techniques
- Learn how to create a nurturing environment for the wellbeing of children

Training Objectives

Participants will be able to:

1. Explain the need for parenting preparation in middle and high school
2. Connect mental health and parenting practices
3. Confidently implement the hands-on activities and role-plays included in each lesson
4. Explain the impact of learning positive discipline techniques now on becoming nurturing parents in the future
5. Express confidence in their ability to teach the Parents Under Construction curriculum to students

Social and Emotional Learning

Build to Nurture

Full Day

Curriculum Description

Build to Nurture is an eight-lesson, interactive curriculum which prepares children with social and emotional skills they need to become caring, nurturing, and contributing members of their families and communities. It is easily integrated into prekindergarten through first grade classrooms with hands-on learning, center activities, and parental involvement through Home Connections. Lessons and strategies are used to improve the classroom climate and promote community and connection.

Curriculum Content

- Building a classroom community
- Emotional intelligence
- Assertiveness
- Empathy
- Solving problems and understanding consequences
- Kind words

Training Objectives

Participants will be able to:

1. Identify the need for social and emotional learning
2. Adopt attitudes and practices that support social and emotional competence
3. Model healthy social and emotional behaviors for students
4. Create a positive classroom climate by promoting community and valuing students' personal strengths

Workshops

For Students

Building Healthy Relationships in a Social Media Age

Workshop Description

Dating, friendships, family, and other types of relationships take work to maintain. This workshop will give teens information on how to communicate effectively, identify healthy and unhealthy relationships, and navigate social media. Professionals working with teens and parents of teens will gain ideas on how to talk with adolescents about dating and relationships, identifying healthy vs. unhealthy relationships, and other topics teens face today.

Audience

Middle and high school students

Length

45 - 90 minutes

Objectives

1. Define respect
2. Identify the three styles of communication and apply assertiveness
3. Recognize healthy vs. unhealthy relationships
4. Recognize the connection between social media and relationships

Dating Violence Prevention

Workshop Description

Dating violence is when one person intentionally physically, emotionally, and/or sexually abuses someone they are dating. Teens may not be aware of some of the early warning signs of an abusive relationship. This workshop will teach participants to identify healthy relationships, the signs of abusive behaviors, and how to get help.

Audience

Middle and high school students

Length

45 - 90 minutes

Objectives

1. Recognize healthy and unhealthy relationships
2. Identify early warning signs of abuse
3. List several ways to date safely
4. Identify several ways to get help

Workshops For Parents

Building Healthy Relationships in a Social Media Age

Workshop Description

Dating, friendships, family, and other types of relationships take work to maintain. This workshop will give teens information on how to communicate effectively, identify healthy and unhealthy relationships, and navigate social media. Professionals working with teens and parents of teens will gain ideas on how to talk with adolescents about dating and relationships, identifying healthy vs. unhealthy relationships, and other topics teens face today.

Audience

Parents of middle and high school students

Length

45 - 90 minutes

Objectives

1. Define respect
2. Identify the three styles of communication and apply assertiveness
3. Distinguish between healthy and unhealthy relationships
4. Recognize the influence of social media on relationships

Keeping Children Safe

Workshop Description

Participants will learn how to prevent victimization through the plan, anticipate, communicate, and practice model. Participants will use the model and role-play scenarios they might face with their children, for example, during play dates or Internet use. We recommend this workshop to follow the implementation of Stand Strong • Stay Safe presentations. The workshop is designed for parents to learn ways to keep their children safe.

Audience

Parents

Length

45 - 90 minutes

Objectives

1. Apply the plan, anticipate, communicate, and practice model to various situations
2. Identify the three styles of communication and apply assertiveness
3. Apply safety rules to keep children safe in various activities

Mentally Healthy Parenting

Workshop Description

Children need connection and guidance to grow into healthy adults. The presentation will focus on connecting with your children while disciplining. Participants will learn different methods that can be used to help guide children toward wise choices, while keeping the dignity of the child intact. The parenting philosophies and approaches discussed are based on current experts in the field.

Audience

Parents

Length

45 - 90 minutes

Objectives

1. Explain the importance of emotional intelligence and empathy in parenting
2. Recognize how self-care impacts parenting
3. List positive discipline techniques
4. Describe the connection between parenting practices and self-esteem in children

Workshops For Professionals

Recognizing and Reporting Child Maltreatment

Workshop Description

Child maltreatment is prevalent in our community. This workshop will give professionals a better understanding of child maltreatment. They will learn how to get help for children, recognize the signs of abuse, be aware of the reporting laws, and know what to do when a child makes an outcry.

Audience

Professionals working with children, including teachers, counselors, nurses

Length

45 - 90 minutes

Objectives

1. Recognize the signs and symptoms of suspected child maltreatment
2. Explain how to handle disclosures of suspected child maltreatment
3. Describe the reporting process for suspected child maltreatment
4. Identify the laws pertaining to reporting suspected child maltreatment

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