

CHILD<sup>®</sup>



BUILDERS

Respected. Nurtured. Protected.

## Professional Development Catalog

*2022-2023*

Our mission is to promote mental health and prevent abuse by empowering children, parents, and educators with knowledge and skills to keep themselves and each other safe.

# Overview

ChildBuilders has been serving the Houston community for nearly 50 years. Founded in 1974 by a group of child advocates dedicated to improving mental health services for Houston area children, the core of ChildBuilders’ work has evolved from expanding treatment options for children in need of psychiatric intervention to preventing the trauma that contributes to mental illness.

Today, our mission is to promote mental health and prevent abuse by empowering children, parents, and educators with knowledge and skills to keep themselves and each other safe. **These skills include:**

- assertiveness,
- empathy,
- responsible decision-making,
- emotional control, and
- resilience.

Our **long-term goal** is for all children to grow up to be adults who can cope with adversity, strengthen their communities, constructively participate in civic life, and nurture the next generation to do the same.

ChildBuilders’ cost-effective, sustainable model trains school personnel, community volunteers, and parents to help Houston’s youth to identify and avoid unsafe situations; develop empathy and strong decision-making skills; establish and maintain healthy relationships; and prepare for their future role as nurturing parents. **Our strategy involves:**

- developing developmentally appropriate curricula,
- training and mentoring school personnel to teach the curricula,
- presenting directly to **students, parents, and educators** on a variety of topics promoting mentally healthy behavior,
- tailoring programs to the needs of the community, and
- providing access to online learning and resources.

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# Workshops & Training At A Glance

## Curriculum Training

ChildBuilders trains school personnel and other professionals to teach the following programs in half-day (4hr) or full-day (8hr) professional development workshops.

### Education for a Caring and Resilient Future

- Parents Under Construction, Grades 7-12 (8hr)
- Build to Nurture, Grades PreK-1 (4 hr)

### Relationship Education

- Relationship Smarts PLUS, Middle and High School (8 hr)
- Love Notes, High School & Young Adults (8 hr)

### Personal Safety Education

- Stand Strong • Stay Safe Early Childhood, Grades PreK-1 (4 hr)
- Stand Strong • Stay Safe Elementary, Grades 2-5 (8 hr)

## Workshops

ChildBuilders presents 60-minute workshops to parents and professionals on a variety of topics. A selection of student presentations is available. Unless otherwise indicated, these workshops can be held in person or virtually. ChildBuilders offers CPE credits for educators and CEU credits for licensed professional counselors and social workers.

### Parents, Caregivers, and Community

- Building Healthy Relationships in a Social Media Age
- Feeling Stressed? Learn Mindful Parenting
- Keeping Children Safe in a Troubled World
- When Children Test Your Patience: How to Parent with Empathy
- When Life Gets Hard: Parenting Through Trauma
- You've Got This: Parenting and Children's Mental Health

### Educators

- Care for the Caregiver (in-person only; 3 hours)
- Mind Matters: Overcoming Adversity and Building Resiliency
- Mindfulness Practices for Your Classroom
- Navigating Rough Waters: Post-Pandemic & Children's Mental Health
- Recognizing and Reporting Child Maltreatment
- When Life Gets Hard: Coping with Adverse Childhood Experiences and Trauma

### Students

- Building Health Relationships in a Social Media Age
- Dating Violence
- Stand Strong • Stay Safe - Early Childhood

# Curriculum Training

## Personal Safety Education

### Stand Strong • Stay Safe – Early Childhood (Grades PreK-1)

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
- Avoiding self-blame

#### Training Objectives

After attending this training, 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 use 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 (Grades 2-5)

8 Hours

#### Curriculum Description

The content of the elementary curriculum is presented in two editions. The lower elementary edition is designed for second through third grade students, and the upper elementary edition is for fourth through fifth grade students. The safety messages are presented to students over the course of five 45-minute lessons. Each lesson includes a story, discussion of the safety message, and an opportunity for practice and integration of the material.

#### Curriculum Content

- Assertiveness
- Boundaries and consent
- Stopping abuse
- Bullying
- Digital media safety
- Emotional control
- Handling conflict
- Avoiding self-blame

#### Training Objectives

After attending this training, 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 (Middle & High School)

8 Hours

### Curriculum Description

This 13-lesson, evidence-based relationships skills curriculum for young teens teaches skills necessary for creating 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
- Understand and evaluate healthy relationships
- Communication and decision-making
- Dating violence and breaking up
- Sexual decision making and unplanned pregnancies
- Teens, technology, and social media

### Training Objectives

After attending this training, 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 the ability to teach the program to students

## Love Notes (High School & Young Adults)

8 Hours

### Curriculum Description

Love Notes is an evidence-based pregnancy-prevention program for at-risk youth. In a 13-lesson adaptation of Relationships Smarts PLUS 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

After attending this training, 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 the ability to teach the program to students

# Education for a Caring and Resilient Future

## Parents Under Construction (Grades 7-12)

8 Hours

### Curriculum Description

This 10-lesson curriculum is designed to enhance middle- and high-school students' awareness of how parenting influences children's mental health. The program helps youth today learn the parenting skills they will need in the future. Parents Under Construction increases the social and emotional competence of children and can help prevent 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 a child's mental health
- Apply a wide range of positive discipline techniques
- Learn strategies for creating a nurturing environment for the well-being of children

### Training Objectives

After attending this training, 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 the ability to teach the program to students

## Build to Nurture (Grades PreK-1)

4 Hours

### Curriculum Description

Build to Nurture is an eight-lesson, interactive curriculum which prepares children with the social and emotional skills they need to become caring, nurturing, and contributing members of their families and communities. This content is easily integrated into prekindergarten through 1<sup>st</sup> 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

- Build a classroom community
- Emotional intelligence
- Assertiveness
- Empathy
- Solve problems and understand consequences
- Kind Words

### Training Objectives

After attending this training, participants will be able to:

1. Identify the need for social and emotional learning (SEL)
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

## 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

60 minutes

#### Objectives

After attending this workshop, students will be able to:

- Define respect
- Identify the three styles of communication and apply assertiveness
- Recognize healthy vs. unhealthy relationships
- 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

60 minutes

#### Objectives

After attending this workshop, students will be able to:

- Recognize healthy and unhealthy relationships
- Identify early warning signs of abuse
- List several ways to date safely
- Identify different ways to get help

### Stand Strong • Stay Safe -Early Childhood

#### Workshop Description

Over the course of four 20-minute interactive lessons, young children learn skills to keep themselves physically and emotionally safe. These classes use engaging puppets and age-appropriate scenarios to discuss assertiveness, kindness, physical abuse, sexual abuse, and neglect in an age-appropriate way. Children practice assertive communication throughout each lesson, identify trusted adults they can report to, and learn to recognize potentially unsafe situations. ChildBuilders staff make presentations to students while their classroom teacher is present. Follow-up activities and Home Connection handouts will be provided.

#### Audience

Prekindergarten through Grade 1

#### Length

4 20-minute lessons over the course of a week

#### Objectives

After attending this workshop, students will be able to:

- Identify physically and emotionally unsafe situations
- Have open and honest discussions about physical and sexual abuse if the need arises
- Confidently use assertiveness to communicate needs in everyday situations and potentially unsafe situations.
- Make a disclosure to a trusted adult if they experience abuse or other victimization.

# 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. Offered online or in person.

### Audience

Parents, guardians, and caregivers of middle and high-school students

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- Define respect
- Identify the three styles of communication and apply assertiveness
- Distinguish between healthy and unhealthy relationships
- Recognize the influence of social media on relationships

## Feeling Stressed? Learn Mindful Parenting

### Workshop Description

Mindfulness helps you to pay attention to the here and now with kindness, openness, and curiosity. Participants will learn to let go of their distracted thinking and refocus their attention on the present in a nonjudgmental way. Mindfulness helps parents and guardians find a new way to respond to the day-to-day stress of parenting, calm their mind, become less judgmental, and be kinder to themselves and their children. Offered online or in person. Presented in collaboration with Dr. Ann Friedman and Mindful Being Houston.

### Audience

Parents, guardians, and caregivers of preschool and elementary-age students

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- Use their toolbox of mindfulness strategies to reduce stress and improve focus in themselves and their children
- Explain how stress and mindfulness affect the brain
- Express confidence in using mindfulness practices

## Keeping Children Safe in a Troubled World

### Workshop Description

This workshop presents proactive strategies adults can use to recognize and respond to abuse (such as bullying, sexual abuse, emotional abuse, or physical abuse). Participants will develop a general understanding of child abuse, learn to identify signs and symptoms of abuse and explore ways to prevent trauma. While this workshop is great for any adult engaged in parenting or caring for children, it is especially effective for parents whose children are learning Stand Strong \* Stay Safe at school. Offered online or in person.

### Audience

Parents, guardians, and caregivers of preschool and elementary-age students

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- Define abuse and identify signs and symptoms of abuse
- Describe warning signs and protective factors for child abuse
- Discuss strategies to respond to their child if they suspect abuse

## When Children Test Your Patience: How to Parent with Empathy

### 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. Offered online or in person.

### Audience

Parents, guardians, and caregivers of preschool and elementary-age students

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- List discipline strategies that embody empathy and assertiveness.
- Explain how empathy affects parenting.
- Express confidence in using empathy-based discipline with their children.

## When Life Gets Hard: Parenting Through Trauma

### Workshop Description

What are Adverse Childhood Experiences? How does trauma impact children? What works to help children who have experienced trauma, such as grief and adversity? In this interactive workshop, participants will learn about how trauma affects development and behavior and leave with 5 strategies to help their child heal from traumatic experiences. Presented in collaboration with Janet Pozmancier, Consultant. Offered online or in person.

### Audience

Parents, guardians, and caregivers of preschool and elementary-age students

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- Explain the impact of toxic stress on a child's brain and mental health
- Identify symptoms of toxic stress in a child
- Describe strategies to reduce the impact of toxic stress on a child
- Express confidence in the ability cope with trauma in their family

## You've Got This: Parenting and Children's Mental Health

### **Workshop Description**

What is typical childhood behavior and when should I be worried? What can I do if my child begins to experience a mental health issue? In this interactive workshop, participants learn about signs and symptoms of mental health concerns in young children and discuss 3 strategies for helping children who may be developing mental health issues. Presented in collaboration with Janet Pozmantier, Consultant. Offered online or in person.

### **Audience**

Parents, guardians, and caregivers of preschool and elementary-age students

### **Length**

60 minutes

### **Objectives**

After attending this workshop, participants will be able to:

- Distinguish between typical childhood behavior and symptoms of a possible mental health issue
- Explain how to seek help if they are concerned about their child's mental health
- Express confidence in understanding their child's mental health

# Workshops For Educators

## Care for the Caregiver

### Workshop Description

Student well-being and academic success depends on the stability and well-being of teachers and caregivers, and many of us have been “hanging by a thread” and/or “burning the candle at both ends.” This highly interactive workshop focuses on self-care and stress reduction for educators and other caregivers. New skills can be applied immediately and many activities can be used with students. Presented in collaboration with Janet Pozmantier, Consultant.

This workshop is held in person only. Maximum attendance per workshop is 25 participants.

### Audience

Professionals working with children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

### Length

3 hours

### Objectives

After attending this workshop, participants will be able to:

- Describe how stress affects functioning on personal, interpersonal, and community levels
- Demonstrate 3 strategies for stress management, coping with challenges and building resiliency
- Express confidence in their capacity to build trust and safety among groups

## Mind Matters: Overcoming Adversity and Building Resiliency

### Workshop Description

Too many students experience on-going stress, and all too often the underlying trauma of Adverse Childhood Experiences (ACEs) takes a toll. Mind Matters gives educators a way to directly help young people who may have experienced trauma in their lives build skills to self-regulate. During the workshop you will learn fun ways to engage young people in learning self-soothing, emotional regulation, and other neurobiological skills for self-management and recovery. Presented in collaboration with Janet Pozmantier, Consultant. Offered online or in person.

### Audience

Professionals working with children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- Describe strategies for teaching youth emotional regulation skills.
- Demonstrate three self-soothing skills.
- List three key, concrete concepts for trauma recovery that can be taught to youth.
- Express confidence in helping youth heal from trauma through the application of self-soothing skills.

## Mindfulness Practices for the Classroom

### Workshop Description

Mindfulness is a practice to pay attention to the here and now with kindness, openness, and curiosity. Through this practice, adults and children alike learn to let go of distracted thoughts and refocus attention on the present in a non-judgmental way. This training for educators provides simple stress-reduction and refocusing practices to incorporate into the school day, with students or for yourself. Participants will receive a handout and slide deck to help implement mindfulness practice. Presented in collaboration with Dr. Ann Friedman and Mindful Being Houston. Offered online or in person.

### Audience

Professionals working with or around children, including child-care workers, teachers, counselors, social workers, and other school personnel.

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- Use their toolbox of mindfulness strategies to reduce stress and improve focus in themselves and their students
- Explain how stress and mindfulness affect the brain
- Express confidence in using mindfulness practices

## Navigating Rough Waters: Post-Pandemic & Children's Mental Health

### Workshop Description

Although the pandemic may be receding, another wave is now washing over us: skyrocketing mental health concerns. But what is typical childhood behavior? When should I be concerned? And if a student does begin to experience a mental health issue, what can I do? In this interactive workshop, participants learn about signs and symptoms of mental health concerns in youth and 3 strategies for helping students who may be developing mental health issues. Presented in collaboration with Janet Pozmantier, Consultant. Offered online or in person.

### Audience

Professionals working with children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- Distinguish between typical childhood behavior and symptoms of a possible mental health concern
- Identify signs and symptoms of mental health concerns in youth
- Discuss strategies to seek help for a student who may need mental health support
- Express confidence in their understanding of student mental health

## Recognizing and Reporting Child Maltreatment

### Workshop Description

This workshop will give professionals a better understanding of child maltreatment and its prevalence in our community. 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.

Offered online or in person.

### Audience

Professionals working with or around children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- Recognize the signs and symptoms of suspected child abuse and neglect
- Explain how to handle disclosures of suspected child abuse and neglect
- Describe the reporting process for suspected child abuse and neglect
- Identify the laws pertaining to reporting suspected child abuse and neglect

## When Life Gets Hard: Coping with Adverse Childhood Experiences and Trauma

### Workshop Description

What are Adverse Childhood Experiences (ACE's) and how does trauma impact the developing child? How does trauma "show up" in classroom behavior? And what works to help students who have experienced grief and adversity? In this interactive workshop, participants will learn about trauma's effect on development and behavior and 5 strategies educators can use to help students heal from traumatic experiences. Presented in collaboration with Janet Pozmantier.

Offered online or in person.

### Audience

Professionals working with children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

### Length

60 minutes

### Objectives

After attending this workshop, participants will be able to:

- Explain how trauma can affect student development and behavior
- Identify symptoms of trauma in a student
- Describe strategies to help a student heal from traumatic experiences
- Express confidence in their ability to help students cope with stress and heal from trauma

# Pricing

Unless otherwise indicated, workshops and trainings are available both in-person and virtually. Travel outside the Greater Houston Metro area will incur additional charges. All prices subject to change.

<b>Curriculum Training</b>	<b>Cost per Participant/Minimum Charge (8 Seats)</b>
Stand Strong • Stay Safe – Early Childhood <i>Includes 4 Hours of Training and Digital Curriculum</i>	\$225/\$1,800
Stand Strong • Stay Safe – Elementary <i>Includes 8 Hours of Training and Digital Curriculum</i>	\$325/\$2,600
Build to Nurture <i>Includes 4 Hours of Training and Curriculum Binder</i>	\$375/\$3,000
Parents Under Construction <i>Includes 8 Hours of Training and Curriculum Binder</i>	\$500/\$4,000
Love Notes <i>Includes 8 Hours of Training and Curriculum Binder</i>	\$695/\$5,560
Love Notes <i>Includes 8 Hours of Training; Purchase curriculum directly from Dibble Institute</i>	\$250/\$2000
Relationship Smarts Plus <i>Includes 8 Hours of Training and Curriculum Binder</i>	\$675/\$5,4000
Relationship Smarts Plus <i>Includes 8 Hours of Training; Purchase curriculum directly from Dibble Institute</i>	\$250/\$2000

<b>Workshops for Educators, Parents/Caregivers</b>	<b>Cost per Participant</b>	<b>Minimum Charge</b>
Standard Workshop – 60 Minutes	\$20	\$500
Care for the Caregiver – 3 Hours, In Person Only (Workshops capped at 25 participants)	\$40	\$800

<b>Presentations to Students by ChildBuilders (In-Person Only)</b>	<b>Cost per Class</b>
Stand Strong * Stay Safe – Early Childhood, 4 20-minute Sessions <i>(Additional classes presented on the same day/same location are discounted)</i>	\$495
Standard Workshop for Students – 60 Minutes	\$500

<b>Products</b>	<b>Cost Each</b>
Puppets, Set of 6 for Stand Strong • Stay Safe Early Childhood	\$40
Posters, Set of 4, for Stand Strong • Stay Safe Elementary	\$80
Curriculum Binder – Stand Strong • Stay Safe Early Childhood (includes a set of puppets)	\$175
Curriculum Binder - Stand Strong • Stay Safe Elementary	\$275
Curriculum Binder – Build to Nurture, in English or Spanish	\$175
Curriculum Binder – Parents Under Construction	\$210

## **Please contact us for booking**

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