



Program Introduction & Overview

The Monique Burr Foundation for Children, Inc. (MBF) is dedicated to protecting children from all forms of maltreatment and exploitation by providing the best prevention education programs, collaborating with partner organizations, and engaging communities in child safety initiatives with community awareness efforts and resources. There is no denying the need for prevention education in our schools as abuse and bullying have reached epidemic numbers in our country:

- 1 in 4 girls and 1 in 6 boys will be sexually abused before they reach their 18th birthday.
- “Porn” is the 4th most frequently searched term online by children 7 and under.
- 160,000 students stay home from school every day for fear of being bullied.
- 1 in 4 children is bullied, and 1 in 5 children is cyberbullied.

In an effort to change these staggering statistics, the Foundation provides MBF Child Safety Matters™, a 1st through 5th grade, comprehensive, research-based, bullying, cyberbullying, and child abuse prevention curriculum. The program has been provided successfully to Florida’s elementary schools since 2010. **To date, the program is approved in 53 of 67 counties and has been provided to over 409,000 students by over 1090 trained facilitators.**

The MBF Child Safety Matters program is standardized, researched, practical, and supported by experts and partner agencies in the education and child abuse prevention fields. It was created after substantial literature reviews and interviews with subject matter experts, and is based on the best prevention-focused theoretical paradigms, providing a sound research base for the program and ensuring efficacy in its implementation model.

The program is aligned with Florida Education Standards, over 90 Florida Next Generation Sunshine State Standards, and the Florida School Counseling Framework and Standards. It meets Florida Statute 39 to provide child abuse prevention education in Florida schools and the Jeffrey Johnston Stand Up For All Students Act as amended July 2013 by Florida law, Chapter 2013-87, requiring cyberbullying prevention education in schools for students, staff, faculty, and parents.

MBF Child Safety Matters meets best practices in prevention literature and effectively educates and empowers children and adults with information and strategies to help prevent bullying, cyberbullying, digital abuse, and all forms of child abuse.

Theoretical Foundations

- Public Health Model
- Social-Ecological Model
- Lifespan Development Theory
- Normative Sexual Development Theory
- Cognitive-Behavioral Theory
- Social-Emotional Learning Theory
- Polyvictimization Prevention Research
- Trauma-Informed Prevention Research
- Positive Character Development Constructs
- Six Protective Factors

Prevention Education Best Practices

- Comprehensive curriculum content
- Comprehensive target audience
- Multiple lessons with students
- Opportunities for reinforcement
- Proper training for instructors
- Age and developmentally appropriate content
- Interactive lessons with behavior rehearsal
- Fosters adult/child communication
- Teaches who potential offenders may be
- Teaches importance of adult supervision, self-esteem and self-protective behaviors

Program Development History

The MBF Child Safety Matters program was originally created and released in 2010 as Speak Up Be Safe, by a team that included Childhelp, a nationally recognized child abuse prevention organization, Arizona State University, a leading research University, and the Monique Burr Foundation for Children, a long-time abuse prevention leader in Florida, under the leadership of Lynn Layton, Executive Director, and Stacy Pendarvis, MSW, MA, Program Director. Together with the Florida Cooperative Education Planning Team, including partners from the Florida Department of Education, Department of Children and Families, and the Governor's office, this team developed a comprehensive, research-based, developmentally appropriate prevention education curriculum that educates and empowers students, school staff, and parents/guardians with information and strategies to prevent and respond to bullying, cyberbullying, and all types of child abuse and exploitation.

In 2014, the program was updated from the original 2009 curriculum, Speak Up Be Safe. Based on extensive facilitator feedback, substantial literature reviews, and input from noted education and child abuse prevention subject matter experts, the program was then reviewed by leaders in both fields, and released in Florida with the new name, MBF Child Safety Matters™.

Program enhancements and updates included:

- Updated Student Classroom Presentations, including new, interactive videos and activities.
- Streamlined facilitator scripts, structured with safety and abuse information in Lesson 1 and bullying, cyberbullying and digital safety in Lesson 2.
- Alignment with The Florida Education Standards and Florida School Counselor Framework and Standards.
- Updated and improved classroom and take home reinforcement materials with new activities.
- Improved and varied training options for facilitators.

Program Goals

1. To educate and empower children with increased knowledge and skills to recognize and respond to unsafe situations and to increase communication with safe adults.
2. To educate and empower schools to improve social and academic outcomes and to create safer schools.
3. To educate and empower parents and other adults with increased knowledge and skills to recognize and respond to unsafe situations and to increase communication with students and schools.
4. To educate and empower the community at large with increased awareness and action because awareness plus action equals prevention.

Program Goals: Educate, Empower, Impact

Program Details

- Research-based program that teaches strategies, including Safety Rules and Safety Choices, for recognizing and responding to unsafe situations and for preventing and reacting to bullying, cyberbullying, online dangers, and all forms of child abuse and exploitation.
- Implemented in classrooms to 1st through 5th grade students by trained facilitators (usually counselors, teachers or other school personnel).
- Taught in two developmentally appropriate lessons per grade with Facilitator Script, Student Classroom Presentation, and Supplemental Materials directly from a Facilitator Flash Drive.
- Take-home reinforcement materials for students and parents / guardians included with the curriculum.
- Monthly Reinforcement Lesson Plans including activities are provided for each grade level.

From Theory to Practice

- The program is **RESEARCHED**. It uses the best theories, guidelines, and practices from prevention research.
- The program is **PRACTICAL**. It was developed *with* schools, not *for* schools and did not reinvent the wheel or waste resources when developing the program. This ensures schools have a usable program that will reach and protect children rather than sit on classroom shelves.
- The program is **SUPPORTED**. It is supported by state and national subject matter experts, leaders, and agencies in the education and prevention fields, therefore it can be trusted by parents, schools, and administrators.

Other programs may claim efficacy and high numbers served; MBF Child Safety Matters has outcome data showing more than 1090 Facilitators trained and more than 409,000 students reached in Florida's 53 approved counties out of 67 since the program began in 2010, indicating a true partnership with schools.

Academic, Trauma, and Prevention Program Research

It is understood that the overarching goal of schools is to educate students. However, trauma directly impacts the academic achievement of children, and thus cannot be isolated from the academic goals in the school environment. The National Child Traumatic Stress Network (NCTSN) reports that one out of every four children attending school has been exposed to a traumatic event that can affect learning or school behavior. Ziegler¹ states, "Trauma may constitute the greatest cause of underachievement in schools." According to the NCTSN, students may suffer from decreased reading ability and lower grade point averages, and increased school absences, suspensions, and drop out rates.

Bullied, cyberbullied, and abused children have a harder time learning and achieving in school due to delayed neural development and subsequent emotional and behavioral consequences such as hypervigilance (constant fight or flight mode), aggression and social anxiety, diminished behavioral self-regulation, inability to relate well to others, and the development of learning disabilities.

There is ample research that supports the use of school based prevention programs to reduce and prevent bullying and child maltreatment. Research shows that comprehensive, primary prevention programs are easily implemented in schools and are able to reach high numbers of students quickly and effectively, including traumatized children. A 2007 Centers for Disease Control and Prevention study² also showed that school based universal prevention programs were effective at reducing violent and aggressive behavior, and a 2009 analysis of 53 bullying programs showed school based programs to be very effective³.

The MBF Child Safety Matters program was developed using the theoretical frameworks from this literature and is grounded in research based on several theoretical paradigms supporting the use of primary prevention programs in schools. For example, the foundational basis of the program includes the Public Health Model and Social-Ecological Theory, Lifespan Development Theory and Normative Sexual Development Model. There are also several additional areas of research explicitly included in the curriculum design, both in the student presentation materials, and in the facilitator training materials. These include Cognitive–Behavioral Theory, Social–Emotional Learning Theory, and Polyvictimization and Trauma-Informed Prevention Research. Positive Character Development Constructs and the Six Protective Factors are also incorporated through instructional techniques, direct activities, supplemental materials for parents, and supplemental materials and resources made available to schools and the community at large. Finally, best practices in prevention program knowledge and implementation strategies have been incorporated throughout the curriculum and program materials. MBF Child Safety Matters meets all of the essential criteria on the Curriculum Checklist in the NCMEC's "Guidelines for Programs to Reduce Child Victimization"⁴ as well as the effective program guidelines in the "CASEL Guide for Effective Social and Emotional Learning Programs (Preschool and Elementary School Edition)"⁵.

¹ Ziegler, D. (2012). Optimum Learning Environment for Traumatized Children: How Abused Children Learn Best in School. Spokane, WA: Can Learn Christian Academy & WebSchoolPro.

² US Department of Health & Human Services, Administration for Children & Families, Children's Bureau (2003). School-Based Child Maltreatment Programs: Synthesis of Lessons Learned. Washington, D.C.

³ Nakamoto, J. & Shwartz, D. (2009). Is peer victimization associated with academic achievement? A meta-analytic review. *Social Development*, 19, 221-242.

⁴ National Center for Missing and Exploited Children and Office of Juvenile Justice and Delinquency Prevention (DATE). Guidelines for programs to reduce child victimization: A Resource for communities when choosing a program to teach personal safety to children. Washington, D.C.

⁵ Collaborative for Academic, Social and Emotional Learning (CASEL). Guide for Effective Social and Emotional Learning Programs (Preschool and Elementary School Edition). Chicago.

Program Development Team

<i>Project Role</i>	<i>Name / Title</i>	<i>Agency</i>
MAIN PROJECT TEAM		
Project Director	Lynn Layton Executive Director	Monique Burr Foundation for Children
Curriculum Development Director	Stacy Pendarvis, MSW, MA Program Director	Monique Burr Foundation for Children
Curriculum Reviewer	Cierra Bennett Finance and Operations Assistant	Monique Burr Foundation for Children
Curriculum Reviewer	Callie Criser Development and Communication Manager	Monique Burr Foundation for Children
Curriculum Reviewer	Mary McDonald Implementation & Support Services Manager	Monique Burr Foundation for Children
Curriculum Reviewer	Cori Wilson Finance and Operations Manager	Monique Burr Foundation for Children
PROJECT CONSULTANTS		
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SUBJECT MATTER EXPERTS (INTERVIEWED)		
Subject Matter Expert Child Maltreatment and Child Exploitation	Sharon W. Cooper, MD FAAP CEO, Developmental and Forensic Pediatrics	Consultant, Internet Crimes Against Children Faculty, Univ of NC Chapel Hill Consultant, National Center for Missing and Exploited Children
Subject Matter Expert in Child Maltreatment	Sandra P. Alexander, M. Ed. Researcher	Centers for Disease Control (CDC)/ Division of Violence Prevention (DVP)
Subject Matter Expert in Digital Safety and Digital Citizenship	Richard Guerry Founder, Executive Director	Institute for Responsible Online and Cellphone Communication Author, Public and Permanent, The Golden Rule of the 21 st Century
Subject Matter Expert in Cyberbullying and Online Safety	Russell A. Sabella, Ph.D. Professor of Counseling	College of Education, Florida Gulf Coast Univ Author of GuardingKids.com book & website; Keeping Kids out of High-Tech Trouble
SUBJECT MATTER EXPERTS (CURRICULUM REVIEWERS)		
Consultant, Education Specialist	Antoinette Meeks, Ed.D, CPP, MCHES Curriculum Specialist Safe Schools Project Manager	Florida Department of Education
Consultant, Education Specialist	Joni Shook, MA Elementary Counseling Specialist	Duval County Public Schools
Consultant, Child Abuse Prevention	Johanna Hatcher, MPA, BSW Prevention Manager	Florida Department of Children and Families
Consultant, Child Abuse Prevention	Carol Neal-Rossi Consultant/Owner	Child Abuse Prevention Curriculum & Resource Development
Consultant, Child Development /Welfare	Jennifer Spaulding-Givens, Ph.D., MSW Social Work Professor	University of North Florida
Consultant, Education Specialist	Cheryl Hall, M.Ed. Health Education Specialist	Duval County Public Schools

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The Monique Burr Foundation for Children is dedicated to protecting children from bullying, cyberbullying and all types of child abuse and exploitation by providing prevention education. For more information, visit www.moniqueburrfoundation.org or contact us at MBF@moniqueburrfoundation.com. Every Florida citizen is a mandatory reporter. Report suspicions of abuse or neglect to 1-800-96-ABUSE or reportabuse.dcf.state.fl.us.