

Program FAQs

1. What type of prevention program is Childhelp Speak Up Be Safe?

Childhelp Speak Up Be Safe is a primary prevention program. Primary prevention programs are delivered to communities or groups with the intention of preventing and reducing the risk of a particular threat. In the case of Childhelp Speak Up Be Safe, the threat is child abuse, and the intent is to prevent abuse before it occurs. Each grade level curriculum is developmentally tailored with attention to the uniqueness of learning styles. The curriculum incorporates active behavior skills learning, modeling, checking for understanding that goes beyond recall, and has built in opportunities for guided practice with positive reinforcement of new learning. A consistent program presence is provided through classroom and school materials that remain visible after the program sessions are complete. The program focuses on enhancing the child's overall sense of confidence with regard to safety, and promotes respect for self and peers that can be applied to general situations as well as potentially harmful situations. Principles of learning from social psychology are infused in the curriculum design and delivery to promote desired behavioral responses as well as knowledge gain.

2. Is Childhelp Speak Up Be Safe an evidence-based program?

The Childhelp Speak Up Be Safe curriculum is the first evidence-based prevention curriculum of its kind with lessons for students in grades Pre-K through 12. It was developed around a broad-based understanding of developmental stage and psychological principles of learning and behavior change. Every activity is purposeful, and the facilitator's responsiveness and style with the children is intentional. Parent engagement is purposeful. Even the certificate that goes home with the children is designed to send a message to would-be perpetrators that this child has completed a child abuse prevention program.

The overall approach for Childhelp Speak Up Be Safe is ecological in that the program provides materials to engage parents and caregivers, teachers and school administrators, and community stakeholders. In addition to increasing knowledge of abusive behaviors and resistance skill building, there is a focus on creating a responsive safety network with peers, teachers, parents/caregivers, and other adults that the child identifies as safe.

Children are provided integrated take-away items to engage their parents or caregivers and reinforce important concepts, including the five Childhelp Speak Up Be Safe safety rules. Knowledge-building information and reinforcing activities are available to facilitators through a learning management system (LMS). Clear evaluation standards are incorporated into the program design to provide further reinforcement of the program goal and a formal mechanism of feedback to inform program revisions and additions, and to build the evidence base of the program.

With the launch of the updated and expanded Pre-Kindergarten - 12th grade curriculum in fall 2015, Childhelp is partnering with Arizona State University to evaluate and demonstrate the impact of the prevention education curriculum. Reports about research results are available at www.childhelp.org/speakupbesafe/evaluation-results.

3. What types of abuse does the program cover?

Childhelp Speak Up Be Safe is a comprehensive prevention education curriculum addressing all types of child abuse - physical abuse, emotional abuse, sexual abuse, neglect, bullying, cyberbullying, and online predators.

4. What grade levels does the program cover?

Childhelp has provided child abuse prevention education for 1st through 6th grades for over 30 years, starting with Good Touch Bad Touch since 1983, which evolved into Childhelp Speak Up Be Safe in 2010. With the launch of the updated and expanded curriculum in fall 2015, Childhelp Speak Up Be Safe has offered comprehensive and developmentally appropriate lessons for Pre-Kindergarten through 12th grade.

5. What training is available for facilitators?

Childhelp requires that every person who intends to deliver Childhelp Speak Up Be Safe lessons is a certified facilitator. Facilitator training is available on demand via the LMS at www.speakupbesafe.org and is included when a school, school district, or community organization purchases the curriculum.

Through several universal training modules, facilitators learn about the epidemic of child abuse, how prevention education is an effective solution, the role of the facilitator in delivering the curriculum, how to handle disclosures, the learning theories upon which lessons are based, and the structure of the facilitator guides and lessons. Facilitators then select the grade-level training modules relevant to the grade(s) they will be delivering. The grade-level modules include the big ideas of each lesson, developmental characteristics of the students, key terms introduced in the lessons, materials needed, and the reinforcement activities that can be delivered by the teacher or facilitator after or between the two lessons.

Depending on the number of grades a particular facilitator is delivering, the online training may take from approximately 2 to 4 hours total. Upon completion, the facilitator will complete a feedback survey, receive a certificate of completion, and gain full access to the LMS.

6. How often is facilitator training certification required?

Facilitators are only required to complete the online training modules once, though they continue to have access to the training modules after certification if they would like a refresher on the topics at any time. Additionally, facilitators can complete the grade-level modules to be able to deliver the curriculum content to additional grades as needed.

7. Who can become a certified facilitator?

A facilitator may be any adult approved by the school, school district, or organization that purchases the curriculum. Many schools identify a school counselor, nurse, psychologist, or teacher to deliver the curriculum, though community volunteers, such as PTA members or employees of partner organizations, such as child advocacy centers, may also be selected.

8. What is available in the Childhelp Speak Up Be Safe LMS?

Once a school or organization has purchased the curriculum, facilitators complete the on-demand training in the Childhelp LMS. Once certified as facilitators, they have full access to the LMS, which includes all materials and supporting documentation needed to deliver the lessons, including optional parent consent/opt out forms to be distributed before each lesson, parent information sheets, student handouts or worksheets, teacher reinforcement activities, and certificates of completion for the students.

Facilitator guides for each grade level include two scripted lessons, ranging from 30-45 minutes each, facilitator preparation checklists for before and after each lesson, key terms, alignment to Common Core State Standards (as required by some states), select developmental characteristics of students at each grade level, teacher reinforcement activities, and lists of materials needed for each lesson.

Facilitators also have access to digital classroom presentations for student engagement. In the curriculum update of 2021, a PowerPoint package was added to allow seamless two-screen presentation that includes the classroom slides and the facilitator script.

The LMS also houses various resources for educators, like a mini-course about adapting lessons to the virtual classroom, a course about recognizing signs of abuse, fact sheets about various child abuse prevention topics, and much more.

9. Are the curriculum materials and take-away items available in Spanish?

All curriculum materials in the LMS and those mailed to schools are available in Spanish. Facilitator training modules are presented in English, and have Spanish transcriptions available.

10. Are parents or caregivers allowed in the classroom sessions?

Parents are not allowed to sit in on sessions due to privacy and confidentiality concerns and the nature of the discussions amongs the children. Children are much more comfortable talking among their peers about the topics included in the

curriculum and would not have the same level of comfort if a parent were in the room talking about bullying, abuse, safety, etc.

The evidence-based curriculum is grounded in research, is age and developmentally appropriate, and was developed to keep the parent as the authority figure in these conversations. Information is sent home after each lesson to encourage parents and children to continue the conversations around personal safety.

Parents are free to review the curriculum and it is encouraged for schools to host a parent night prior to implementing the curriculum. Parents may opt their student out of these lessons, but they should be aware of some of the staggering statistics, why the program is necessary, and that it is in the child's best interest to continue in the program or receive the program to remain safe from the dangers and risks they encounter. In addition, helpful resources are available via the Childhelp website to provide parents with tools to help keep their children safe.

11. Can the curriculum be delivered in an assembly setting?

Due to the sensitive nature of the curriculum as well as the grade-specific and developmentally appropriate lessons, the curriculum should be delivered in a classroom or small group setting of about 25-30 students. Childhelp Speak Up Be Safe fosters a safe environment and a relationship of trust with the facilitator and classroom teacher to help children feel comfortable disclosing abuse.

12. Who can call the national hotline for help?

The Childhelp National Child Abuse Hotline at 1-800-4-A-CHILD (1-800-422-4453) is available for 24 hours a day, every day of the year. Our Masters degree and above counselors are able to provide crisis support, information, and guidance to resources for anyone who suspects, has witnessed, or has experienced child abuse or neglect. The Hotline is confidential and anonymous, and the staff will provide you with resources in your local community to help navigate your next steps to helping keep kids safe from abuse. Text and live chat options also are available. Visit <https://www.childhelp.org/childhelp-hotline>.

13. Where do I go for more information?

Visit: www.childhelp.org and www.speakupbesafe.org