



Childhelp Speak Up Be Safe

9th-12th grade

SPEAK UP BE SAFE CURRICULUM OVERVIEW

- Curriculum is designed to promote broad participation and critical reflection by engaging students in visual, auditory, and physical learning.
- Primary focus of the younger age groups is to shift responsibility for child abuse and neglect prevention away from the child and onto the adults in the children's lives as much as possible.
- The curriculum helps address the increasing responsibility of adolescents and young adults for their own personal safety in each setting where they may be at risk of experiencing abuse.
- The overall goal is to prevent child abuse while providing adolescents and young adults with a broader understanding of abusive behavior and preventive approaches.
- Developmental characteristics integrated into the curriculum.
 - Communication and language, social and emotional, and cognitive

WHAT TO EXPECT

- Lessons are led by a trained Speak Up Be Safe (SUBS) facilitator. 9th-12th grade SUBS sessions are **two lessons** completed in a **1.5-hour session** (10–15-minute break included). **Individual and group sessions** are offered **in person or virtually via Zoom**. Learning is reinforced through **direct instruction, discussion, and scenarios**.

LESSON TOPICS

- Big ideas
 1. Safety
 2. You deserve to be safe
 3. Personal Safety is an adult-adolescent shared responsibility
 4. There are safe adults
- 5 Childhelp Speak Up Be Safe Safety Rules
 - "I decide what to do with my body"



- “It’s okay to ask for help to keep yourself and others safe”
- “I have choices”
- “Tell someone in authority”
- “Abuse is NEVER my fault”
- RESIST Strategies
 - Run, escape, scream, ignore, stay away, and tell

LEARNING GOALS

- Student will be able to...
 - Verbalize the importance of healthy relationships with adults and others.
 - Express understanding of self in terms of responsibilities, growth and development, and relationships.
 - Demonstrate awareness of the abuse experienced by adolescents.
 - Recognize potential abuse and abusive behavior in a variety of forms.
 - Identify the risk of abuse and the forms it may take in a variety of settings.
 - Express a heightened awareness of who abusers may be and where abuse may take place.