

Safe Heart Programs

Safe Heart Kits are filled with fun and interactive items that teach kids how to keep their heart safe when in a tricky situation.

There are four key concepts presented:

1. Be Aware
2. Make the right choice.
3. Be courageous.
4. Be strong and take action.



Each kit contains all the materials needed to teach the Safe Heart process. The unboxing of items and hands-on learning solidifies each step by using both sides of the brain. This learning experience is enhanced with practical real-life discussions.

The Safe Heart Kit program can be implemented with varying group sizes.
Great Art – Safe Heart is an expanded format for middle school aged youth.

Great Art - Safe Heart is a program design for middle schoolers to recognize when they are in a tricky situation and empower them to make a decision to keep their heart safe.



This 8-week program meets weekly and builds on the four core concepts of the Safe Heart Kit by exploring more in depth conversations around some difficult topics, presented in an age-appropriate way.

Topics Include:

- Tricky Friends
- Grooming
- Coercion
- Fortitude
- Say NO
- Social Media Safety

Attendees will create an amazing art project each week that solidifies the concepts presented in the session.

Parents and mentors are invited to the last day of the program to celebrate. The youth share what they learned and display their art projects in an Art Show.