



Sexual Violence Prevention Curricula Guide

Prevention curricula can be a useful tool to enhance programming, so the Prevention Resource Center (PRC) has compiled a listing of several curricula that are used by sexual violence prevention specialists. These curricula may be helpful when working with a community to build skills related to sexual violence prevention. Additionally, once community stakeholders have found ways to address sexual violence in their community, they may be interested in curricula activities that meet their identified needs. Almost every curriculum will need to be modified to fit the community you are working with and you may find it most beneficial to pull from several curricula to create a customized program.

This list is not intended to include all possible curricula options nor serve as an endorsement; the intention of this resource is to provide a starting point for examining curricula that will meet the needs of your community. When using any curriculum, you should consider how this meets your community's needs, if it is consistent with The 9 Principles of Effective Prevention, and if it reaches your community on more than one level of the Social-Ecological Model.

We do hope to continue to expand this glossary of prevention curricula over time and welcome your suggestions. Additionally, if you have used any of these curricula and would like to share feedback on the strengths and weaknesses, adaptations that were needed, and how it was received by your communities please feel free to either leave a comment on these pages or send your feedback to prevention@wcsap.org.



SEXUAL VIOLENCE PREVENTION CURRICULA GUIDE

Topics	Title	Description	Target Audience	Availability
Healthy Relationships; Girls & Women; Culturally Specific	Be Strong: From the Inside Out http://www.youthoverviolence.org/	Empowerment Model program created by Peace Over Violence. Structured to encourage positive female development on each level of the social-ecological model. Each lesson provides an opportunity for young women to challenge oppressive social norms, build connections with peers, develop their sense of self-esteem, and work towards preventing sexual and intimate partner violence. This is an evidence-informed curriculum and utilizes the <i>40 Developmental Assets for Adolescents</i> . Some evaluation has been conducted with promising results for young women.	Females age 13-19. Developed for use with primarily Latina and African American females in LA; can be used with any population.	Entire curriculum and CD can be purchased for \$95.
Boys & Men; Healthy Relationships	Boys-Talk http://www.boys-talk.org.au/	Brook Friedman released this program to help teachers and parents support young men as they examine masculinity, violence, and relationships. The topics in the program cover gender identities, sexuality education, masculinity, media literacy, self-esteem, and assertiveness, problem solving, dating violence, sexual harassment, sexual assault, sexual health, friendships, and creating healthy relationships.	Young men.	The program manual is offered in Australia for \$38.50, contact the author for pricing.

CSA; Healthy Sexuality	Care for Kids (2005) http://www.healthunit.org/carekids/default.htm	<p>The Leeds, Grenville, & Lanmark District Health Unit created a health-based curriculum for children that emphasizes healthy sexuality education as an important aspect of child sexual abuse prevention. It contains 6 units- Bodies, Babies, Feelings, Touching, Bedtime, and Secrets/Surprises. Each unit teaches and reinforces 2 to 4 simple, age-appropriate messages via a circle time, a song, a book, and an activity or craft. Positive evaluation results in Canada.</p> <p>*Adapted in the US by Prevent Child Abuse Vermont and The Collins Center (Harrisonburg, VA).</p>	Children ages 3 to 7.	Some materials available in PDF on the website. Contact for more information.
Healthy Relationships	Choose Respect http://www.cdc.gov/chooserespect/index.html	<p>This program, developed by the CDC, aims to foster healthy relationship skills in teens. Various lessons, role-plays, and activities serve as tools of primary prevention of dating violence through the promotion and normalization of healthy relationships. For youth, various materials were created in fun and colorful styles, such as bookmarks, posters, and pocket guides. Lessons are divided to target each level of the social-ecological model.</p>	Middle school students. Opportunities for parents and teachers to get involved.	Materials range from \$25 to \$125. Some materials available in the WCSAP Library.
Bullying; Technology	Cyber Bullying Curriculum for Grades 3-5 (2009) http://www.hazelden.org/web/go/cyberbullying	<p>This 5-session curriculum also incorporates parents and the entire school through policy recommendations and posters. Students will be given skills to use technology safely, respectfully, and in a positive way. Students are engaged through homework assignments, scenarios, and other digital activities. Can preview curriculum online.</p>	Elementary students.	Facilitators guide and CD-Rom are sold for \$99. Available in the WCSAP Library.

Bullying; Technology	Cyber Bullying Curriculum for Grades 6-12 (2008) http://www.hazelden.org/web/go/cyberbullying	This 8-session curriculum addresses cyber bullying, communication skills, peer pressure, and media literacy. This model uses trained peer leaders to teach skills to their peers using small group discussions, scenarios, and other exercises. There are additional resources to use school-wide to address policies and procedures.	Middle and high school students. Includes information for parents as well.	Facilitators guide and CD-Rom are sold for \$99. Can preview curriculum online.
Bystanders; Bullying; Healthy Relationships; Sexual Harassment	Expect Respect http://www.safeplace.org/page.aspx?pid=376	Program created by Safe Place in Austin, TX. Offers activities across the spectrum of prevention: <i>Safe Teens</i> youth leadership development curriculum, a school-wide prevention strategies guide, and a school-based support group curriculum. The youth leadership and school-wide components offer a chance to work across the social-ecological model on the primary prevention of violence, bullying, and harassment. Identified as a promising practice by the CDC. Can preview the Manual overview and table of contents online.	Middle and high school students. Engages entire school community as well.	Entire program (four books and CD) costs \$160. Available in the WCSAP Library.
Healthy Sexuality; Healthy Relationships	F.L.A.S.H. Curriculum (2010) http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/flash.aspx	The King County Public Health Department created this comprehensive sexuality education and violence prevention curriculum. Students are exposed to developmentally appropriate and medically accurate information. Through the course of school, students will learn about healthy sexuality, prevention of disease, body image, gender role norms, media literacy, communication, LGBTQ youth experiences, self-esteem, decision making, and healthy relationships. Includes teacher and community resources. Considered a promising practice.	Divided into following lessons: Grades 4,5, & 6; Grades 7/8; High School, and Special Education.	Prices range from \$55 to \$85 per grade section, or download for free. Available in the WCSAP Library.

Healthy Relationships; Sexual Harassment	Flirting or Hurting http://www.wcwonline.org/component/option,com_virtuemart/Itemid,477/category_id,46/flypage,flypage.tpl/lang,en/page,shop.product_details/product_id,1040/vmcchk,1/	This curriculum created by Nan Stein at the Wesley Centers for Women addresses sexual harassment. Students are given skills to identify and prevent sexual harassment through this adaptable curriculum with up to 10-lessons. The program is evidence-informed but lacks formal evaluation.	Middle and high school students.	Can be ordered in hard copy for about \$25. Available in the WCSAP Library.
Healthy Sexuality; Healthy Relationships	The Fourth "R" http://www.youthrelationships.org/curriculum_resources.html	Curriculum created by Strategies for Healthy Youth Relationships in Ontario, Canada. A comprehensive school-based program involving students, teachers, parents, and the community to prevent violence. Healthy relationship skills are considered an essential piece of education to be incorporated into schools through health classes, English classes, or after-school programs. The curriculum addresses violence, bullying, sexual pressure, media, conflict resolution, and substance abuse. Evidence-based curriculum with results shown to reduce dating violence and increase safe sex practices.	Middle and high school students. Engages teachers and parents as well.	Curricula sold individually by grade and setting. Prices range from \$60 to \$700. Can preview selected lessons.
Boys & Men; Culturally Specific; Healthy Relationships	Good Guys! Partnership & Positive Masculinity http://www.jwi.org/Page.aspx?pid=300	This program, created by Jewish Women International, explores issues of power and control, gender, self-esteem, masculinity, and relationships within a Jewish context. The sessions teach boys how to create healthy relationships and deal with peer pressure. There are 3 boys-only sessions that examine media messages of masculinity, power and relationships, respect, and responsibility.	Boys and young men in Jewish communities.	Can order for \$50. http://www.jwi.org/Page.aspx?pid=269&nccsm=21&nccspID=895

Healthy Sexuality	It's All One (2011) http://www.pocouncil.org/publications/books/2010_ItsAllOne.asp	<p>This curriculum, created by the Population Council, provides a unified approach to sexuality, gender, HIV, and human rights education. Materials are divided into two volumes: guidelines and activities. The Guidelines book presents an evidence-based policy argument, initial lessons, fact sheets, and a final project-based unit. The Activities book provides effective teaching methods, sample activities, and additional resources. Students learn about sexual health, gender, sexuality, healthy relationships, communication, decision making, reproduction, and preventing gender-based violence.</p>	<p>Young adults at least 16 years of age. Identifies which activities are adaptable for youth ages 10-15.</p>	<p>Limited quantities available for free by request.</p>
Healthy Relationships; Culturally Appropriate	Love – All That and More (2009) http://www.faitrustinstitute.org/store/01tA0000000M7rhlAC	<p>The Faith Trust Institute created this healthy relationship and violence prevention curriculum comprised of 6-session curriculum, facilitator's guide, and DVD clips. Teens are given skills to combat violence and develop healthy relationships.</p>	<p>Middle and high school students. Facilitator's guide for use with Christian and Jewish youth, or in public schools.</p>	<p>Complete program can be ordered for \$150. Available in the WCSAP Library.</p>
Boys & Men	MASV Toolkit (Men Against Sexual Violence) http://www.pcar.org/men-against-sexual-violence-masv	<p>This toolkit curriculum created by the Pennsylvania Coalition Against Rape promotes male involvement in ending sexual violence. For those interested in the Men Against Sexual Violence model, this services as a resource to engage men in these activities. The toolkit includes information on the MASV movement, talking points, anti-violence pledges, creating a taskforce, ways to involve both young men and college-aged men, serving male victims, and additional resources.</p>	<p>Emphasis on young and college-age men.</p>	<p>The toolkit is free to download from the PCAR website.</p>

Bystanders; Boys & Men; Bullying	Mentors in Violence Prevention (MVP) Playbook for College Males. http://www.jacksonkatz.com/mvp.html	<p>The MVP Model was created by Northeastern University's Center for the Study of Sport in Society and Jackson Katz. Approaches youth as potential bystanders, not victims or perpetrators, to sexual violence, bullying, and harassment. Playbooks use scenarios in order to build bystander response skills. Official training of trainers is available. Originally designed to engage student-athletes and student leaders to use their social influence over peers however can be used to engage a wide range of youth. This program is evidence-based and has shown increased bystander skills.</p> <p>Can be adapted for use with middle school students; especially with high school peers facilitating.</p>	College males.	<p>Order Playbooks and Trainer's Guides for College Males for \$20. High School Males and Females for \$35. Or \$50 for complete set of six (High School & College). Available in the WCSAP Library.</p>
Bystanders; Boys & Men; Bullying	Mentors in Violence Prevention (MVP) Playbook for High School Males.		High school males.	
Bystanders; Girls & Women; Bullying	Mentors in Violence Prevention (MVP) Playbook for High School Females.		High school females.	

Boys & Men; Bystanders	MOST (Men of Strength) Clubs http://www.men-can-stop-rape.org/info-url2696/info-url_list.htm?section=Men%20of%20Strength%20%28MOST%29%20Clubs	Youth development program created by Men Can Stop Rape. Mobilizes young men to prevent sexual and dating violence. MOST Clubs provide a safe space for young men to connect with male peers and mentors, redefine masculinity, and build capacity of young men to create healthier communities. Utilizes a 22-week curriculum and a variety of social media projects to engage young men and the community. Identified as a promising practice by the CDC. Evaluation results have shown a positive change in knowledge, beliefs, and behaviors; as well as increased bystander skills in young men.	Middle and high school males.	Must apply for consideration to start a MOST Club. Approximate start-up cost for a site is \$12,500.
Bullying	No Name-Calling Week: Elementary http://www.nona-mecallingweek.org/cgi-bin/iowa/all/resources/record/109.html	Each year a week is dedicated to ending name-calling and other bullying in schools. The project is targeted for all students, K through 12, but broken into three age-appropriate sections. The Elementary lesson plans encourages students to embrace differences amongst peers, strategies to stay safe, skills to speak up and ways to build a bully-free school.	Elementary school students.	Complete set of five lesson plans can be downloaded from the website.
Bullying; Culturally Specific; Technology	No Name-Calling Week: Middle School http://www.nona-mecallingweek.org/cgi-bin/iowa/all/resources/record/110.html	This component of the no name-calling project focuses on students in middle school through an 11-session curriculum. These lessons focus on bullying, racism, discrimination based on sexual orientation, gender expression, media literacy, self-esteem, and peer pressure. In addition, students are given opportunities to draft school policies to help change acceptance of discrimination and violence.	Middle school students. The Kit includes tips for adapting for younger or older audiences.	Order the entire Kit for \$130. Some lessons can be downloaded for free.

Bullying	Olweus Bullying Prevention Program http://www.olweus.org/public/bullying_prevention_program.page	<p>This program aims to improve peer relationships and reduce violence and harassment within schools by including components that target individuals, classrooms, schools, and communities. Facilitators can utilize lesson plans, DVDs, and other activities included. Available in Spanish on the CD-Rom. Recognized as a model program by the Center for Study and Prevention of Violence. It is recommended to work with a certified Olweus trainer. Has been adapted for use with Kindergarten- Grade 2 and also with high schools.</p>	Elementary, middle, and junior high school students.	Starts at \$145, additional pieces are sold individually. Available in the WCSAP Library.
Healthy Sexuality; Healthy Relationships	Our Whole Lives (OWL) (2000) http://www.uua.org/religiouseducation/curricula/ourwhole/index.shtml	<p>The Unitarian Universalist Association created this secular curriculum to help participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas: human development, relationships, personal skills, sexual behavior, sexual health, and society and culture. The curriculum is based on a holistic view of sexuality and provides facts about anatomy and human development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. Each volume contains different lessons, ranging from 8-session to 27-session curricula.</p>	Six different age-appropriate volumes available: K-grade 1, Grades 4-6, Grades 7-9, Grades 10-12, Young Adults (age 18-35), and Adults.	Each volume is sold separately with prices ranging from \$40 to \$75. Requires an official training to become a facilitator of the curricula.
Healthy Sexuality; Culturally Specific	Our Whole Lives, Sexuality & Our Faith http://www.uua.org/religiouseducation/curricula/ourwhole/faq/sexualityfaith/154514.shtml	<p>This is the religious education companion series to the curricula <i>Our Whole Lives (OWL)</i>. The <i>Sexuality and Our Faith</i> series introduces explicitly UU and UCC material to the sexuality education programs in our congregations. The <i>Sexuality and Our Faith</i> supplementary material includes a companion book for each age-appropriate volume of OWL.</p>	Age-appropriate volumes available: K-grade 1, Grades 4-6, Grades 7-9, Grades 10-12, Young Adults (age 18-35), and Adults.	Only available to Unitarian Universalist or United Church of Christ congregations

Healthy Sexuality; Disability; Girls & Women Healthy Relationships; Sexual Harassment	Personal SPACE (2000) http://www.thearc.org/programs/personal_space.html	This violence prevention program for women with developmental disabilities was created by The Arc of Maryland. The Personal SPACE (safety, planning, awareness, choice, and empowerment) program focuses on sexuality, healthy relationships, sexual harassment, sexual assault, domestic violence, and safety planning. The curriculum includes the lesson plans, tools for planning and teaching the materials, and resources.	Adult women with developmental disabilities.	Free to download.
Bystanders; Healthy Relationships	The Red Flag Campaign (2010) http://www.theredflagcampaign.org/	Public awareness campaign created by the Virginia Sexual and Domestic Violence Action Alliance. Encourages bystanders to intervene when they witness peers in dating or sexual violence situations. The posters address emotional abuse, jealousy, victim-blaming, isolation, sexual assault, sexual coercion, and stalking. Posters represent diversity of racial/ethnic backgrounds and both heterosexual and same-sex relationships. Planning Guide includes tips to launch the campaign, discussion group guides, and sample press releases.	College students.	Purchase the campaign package of posters, Planning Guide, and flags for \$850.
Healthy Relationships	Safe Dates (2010) http://www.hazelden.org/web/public/safedates.page	Comprehensive dating violence prevention program. Consists of a 10-session curriculum, play, parent materials, and posters. Students discuss healthy relationships, red flags, helping friends, gender stereotypes, and sexual assault. This is an evidence-based program that has had long-term outcomes measured.	Middle and high school students.	Order entire program for \$225. Available in the WCSAP Library.

Bullying; Technology ; Sexual Harassment	Second Step (2008) http://www.cfchil dren.org/progra ms/ssp/ms/	This curriculum, designed to improve academic success of youth, contains between 13 and 15 lessons depending on grade level. Students are given skills on empathy, communication skills, bullying, bystanders, problem solving, substance abuse, cyber bullying, sexual harassment, stereotyping, and dating violence. This is a research-based curriculum and has shown positive results.	Middle school students.	Each grade level is \$325. Available in the WCSAP Library.
Healthy Sexuality; Disability	Sexuality Education for Adults with Develop- mental Disabilities http://www.plan nedparenthood. org/ppnne/devel opment- disabilities- sexuality- 31307.htm	Planned Parenthood of New England has created cognitively accessible curriculum, which includes 20 lessons with scripts, handouts, detailed pictures, and teaching tools. Participants will learn about different relationships, private versus public, communication, decision making, starting romantic relationships, unhealthy relationships, anatomy, sexuality, consent, sexual choices, pregnancy, and sexual health.	Adults with developmental disabilities.	Can be ordered for \$250. Available in the WCSAP Library.
Bullying; Bystanders; Technology	Steps to Respect (2005) http://www.cfchil dren.org/progra ms/str/overview/	Bullying prevention program created by the Committee for Children. This 11-lesson curriculum is divided into three age appropriate programs, ranging from grade 3 to 6. Students learn skills to develop healthy friendships, conflict resolution, assertive communication, anti-bullying, and bystander strategies. This is an evidence-based curriculum and has had promising results in reducing bullying through a variety of studies.	Elementary school students.	Order the complete program for \$750. Preview lessons online for free. Available in the WCSAP Library.

Healthy Relationships; Girls & Women; Culturally Specific	Strong Girls, Healthy Relationships http://www.jwi.org/Page.aspx?pid=319	Jewish Women International created a 6-session, 12-hour program to promote a healthy sense of dating, friendship, and self-esteem for young women within a Jewish context. Participants are encouraged to explore these concepts through group discussions and individual writing exercises.	Females age 12 to 15.	A complete program contains the curriculum, workbooks, films, and brochures for \$85.
CSA; Bullying	Talking About Touching (2001) http://www.cfchildren.org/programs/tat/overview/	This curriculum was created by the Committee for Children to provide resources to children, families, and teachers about protecting children from sexual abuse. The lessons, videos, and activities explain safe and unsafe touches, general safety rules, assertiveness, and introduces ways to stop bullying and harassment. Each kit contains photo-lesson cards, story book & CD, teacher's guide, parent letters, video, and posters. This is a research-based program.	Two programs: (1) Pre-K and Kindergarten students (2) Elementary school students in grades 1-3.	Pre-K/K can be ordered for \$289. Grades 1-3 can be ordered for \$249. Both available in the WCSAP Library.
Healthy Relationships; Sexual Harassment	Unmasking Sexual Con Games (2003) http://www.boystownpress.org/index.php/unmasking-sexual-con-games-leader-and-teen-set.html	The Teen's Guide discusses warning signs around sexual harassment and also provides skills to develop healthy physical, emotional and sexual relationships. The Leader's Guide contains 10-lessons that discuss emotional grooming, language, friendship, sexual harassment, unhealthy relationships, media literacy, substance abuse, and sexual boundaries.	Middle and high school students.	Teen's Guide available for \$5, Leader's guide for \$30, or purchase as a set for \$32. Older version available in WCSAP Library.

Boys & Men; Healthy Relationships	Young Men's Work (1998) http://www.hazelden.org/OA_HTML/ibeCCtpltmDspRte.jsp?item=12644&sitex=10020:22372:US	This 26-session curriculum, created by Paul Kivel and Allan Creighton, address gender norms, power and control, homophobia, racism, sexism, and other factors that contributes to gender-based violence. Young men are given tools to create healthy relationships through group discussions, activities, and videos. The website provides facilitators with tips on how to incorporate into school health or life skills requirements.	Young men, ages 14 to 19.	The complete collection contains the facilitators guide, activity books, and a DVD and is sold for \$225. Available in the WCSAP Library.
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