



# The Center

for Empowerment and Education

# Youth Education Programs



2021/2022  
[www.wcogd.org](http://www.wcogd.org)

# Preschool & Elementary

## Care & Kindness Puppet Show

This puppet show teaches children the difference between respect and mean behaviors. Lucy and Sebastian encourage students to identify their feelings along a Calmometer, or Calm Thermometer, and offer the children techniques for dealing with feelings of anger, frustration or silliness, so they can always act respectfully towards others.

## Safe Touch, Unsafe Touch Puppet Show

During this interactive puppet show, our puppets, Lucy and Sebastian, teach children the difference between safe, unsafe, and confusing touches. Students learn about the Clean, Safe, and Healthy Rule: the only time it is okay for anyone to look at or touch the private parts of our bodies is if it's a trusted adult and only if it's to keep us clean, safe, and healthy. Students learn to say no, get away safely, and tell a trusted adult if anyone ever makes them feel uncomfortable. During the program, children practice speaking up for themselves and identify trusted adults in their life.

## Boundaries and Our Bodies

Through an interactive activity, students will come to understand that all people are unique with different, likes, dislikes, and boundaries. Students will learn how to recognize non-verbal communication cues from others and the importance of respecting everyone's boundaries, including their own. Combined with empowering messages of bodily autonomy, students learn the steps to take if anyone makes them feel uncomfortable. Students engage in an age appropriate conversation on the grooming process and learn that no matter what, it is always ok to assert their boundaries.

## 'Just Kidding' Interactive Book Reading

"Just Kidding" by Trudy Ludwig is the story of D.J. who is constantly on the receiving end of jokes by his fellow classmate (and friend) Vince. It explores how saying "Just Kidding" doesn't change the emotional toll teasing and kidding can have on self-esteem. In "Just Kidding" DJ navigates feeling helpless to taking positive action with the help of his those around him. Together we will read this story, discussing the difference between joking and teasing, as well as what to do when we see this behavior happening to others.

## The Recess Queen

This interactive book reading explores the story of students who are afraid to stand up to a bully at school. After the reading, students discuss the ways the children in the story were bystanders, upstanders, and what the students could have done differently for a better outcome. Students will leave with an Upstander Toolbox, filled with different ways they can be upstanders when they witness mean/bullying behavior. The book 'Recess Queen' is written by Alexia O'Neill.

### ACT OUT

Act Out is our live interactive theatre program that utilizes theatrical scenarios to depict real-life situations. Facilitated by our educator, audience members are allowed to interview the actors who remain in character. This allows for lively and thought provoking discussions. Within the context of the performance and interview portion of the program, we educate and inform students about the issues and dynamics that were played out in the scenarios. Issues that can be explored include: bullying, healthy friendships, conflict resolution, boundaries and nonverbal communication, and sexual harassment.

Students are asked to identify the problematic dynamics in each scenario, and give suggestions on how the characters could respond and intervene to have a better outcome. Actors can redo the scenario based on the students' suggestions. Students will leave with an understanding of the different ways they can be an "upstander" and intervene if they are ever experience the situations that were depicted in the program.



# Middle School

## Healthy Friendships & Conflict Resolution

Students learn the necessary elements of healthy interactions and relationships. Students will use critical thinking skills as they play an interactive game asking them to identify healthy and unhealthy behaviors. Students explore how to resolve conflicts in a healthy way, and learn active listening skills and “I Statements.” This program can be split into two sessions or offered in one session.

---

### Empathy

Through this program, students learn about empathy: what it is, how it's cultivated and how we can display it when interacting with others. The difference between empathy and sympathy is discussed, and what barriers prevent us from being empathetic. Students will learn about stereotypes and how to overcome stereotypes in order to have empathy. Students will explore the five different steps of empathy, and will have a chance to demonstrate these steps and skills through interactive scenarios.

---

### Boundaries & Consent

Students learn the concept, definition, and application of consent in various situations. This includes a discussion on personal boundaries and how to respect others' personal boundaries. Comparisons are used to demonstrate the use of consent on a broad spectrum of behaviors, such as crossing physical or emotional boundaries, or crossing boundaries around possessions. The Boundaries and Consent program uses real life scenarios so students can apply their knowledge inside and outside of the classroom.



## ACT OUT

Please see description on page 2 in the  
Preschool/Elementary programs.

# Middle & High School

## Healthy Relationships & Dating Abuse

In this program, students discuss which elements are necessary and present in healthy dating relationships. Students learn to identify these elements, "green flags," and learn how to navigate through issues such as jealousy or conflicts. In the United States, 1 in 3 teens is a victim of sexual, emotional, verbal, or physical abuse by a dating partner. This program also sheds light on unhealthy relationship dynamics rooted in power and control. Students will learn to identify "red flag" behaviors and where to seek help for themselves or a friend.

## Got Consent? Addressing Sexual Assault

This program teaches students the definition of consent, how to ask for consent before engaging in sexual activity, and when consent can and/or cannot be given. Through activities and discussion, students explore the three required elements of consent: 1) An Active Process 2) A Choice 3) Based on Equal Power. This program also informs students about sexual assault by explaining specific laws, statistics, and debunking myths about perpetrators and victims. Students will learn about the options and resources available in the aftermath of an assault.

## Flirting or Hurting? Addressing Sexual Harassment

This program about sexual harassment focuses mainly on understanding and communicating personal boundaries. Students identify the difference between flirtatious behaviors and sexual harassment, along with the continuum of harmful acts which can constitute sexual harassment. Students learn laws and consequences associated with harassment. The program, concludes with students exploring how they can help, and what to do if they experience sexual harassment.

## Bystander Intervention

Through discussion, students learn how they can go from being a bystander to an “upstander” when they witness problematic behaviors. Problematic situations that can be explored include bullying, sexual harassment, abusive relationships, and sexual violence. For middle school audiences, the dynamics of bullying is covered in more depth. Different bystander intervention techniques are explored and students are given the opportunity to brainstorm how they would intervene in real-life scenarios.

## Self- Esteem

This lesson is designed to bring awareness to students about how they live each day, and how outside influences can affect their thoughts. Students will see that they have the ability and power to change their thoughts for the positive, connecting to their true, authentic self. Through various activities, students will not only explore more about themselves, but also work to help support classmates in the process. The goal is for the students to leave feeling important and balanced.



# High School

## **Got TechKnowledge?**

This program explores how social media and technology can be used as tools for power & control. Student will consider the link between technology and dating abuse, stalking, and sexual assault. The permanency and anonymity of technology is discussed, specifically with sexting and revenge porn. Students will come away with an understanding of what sexting is, why it happens, and the legal, social, and emotional consequences associated with it. Students learn that they are never to blame if they have been monitored, harassed. Stalked, threatened, intimidated, or humiliated through technology. Student will leave with an understanding of how to safety plan with and around technology.

---

## **Our Bodies Are Not Commodities**

This program explores the issue of human and sex trafficking here in the United States, dispelling myths and assumptions, as well as providing insight into the tactics that people might use to exploit others. It examines risk factors regarding relationships, self-esteem, our social environments, and other individual vulnerabilities. This sex trafficking prevention program works to empower students with the tools and knowledge to recognize risky or dangerous situations, or people that may be harmful or exploitative. It offers students resources and help available in their local communities.



## Know Before You Go

This program is for students in 12th grade and explores campus sexual assault and the importance of consent. Analyzing campus culture and social norms, students will learn to identify behaviors, attitudes, and customs which lay the groundwork for sexual violence to flourish. The second half of this program will focus on empowering students to be “upstanders” in potentially harmful situations. Attendees will gain tools that will allow them to intervene in safe, non-violent ways to help end sexual harassment and sexual abuse. Students will also learn about Affirmative Consent and the policies and laws in place regarding college campuses’ response to sexual assault.

## College

We offer a wide variety of campus education programs in many different settings and to many different groups; Including academic classes, sports teams, Greek life, clubs, organizations and residence halls. Programs offered at the high school level can be adjusted to be appropriate for college adults and address these issues from a campus life perspective.

To schedule programs,  
please email our

**Director of Education, Training & Outreach,  
Matt Austin, at [matthew.a@thecenterct.org](mailto:matthew.a@thecenterct.org)**