



Program Descriptions

YWCA Lancaster's Sexual Assault Prevention and Counseling Center (SAPCC)

Primary Prevention Programs:

For Children (under 18):

- Bigs and Littles: Sisters and Brothers
- Girl Power!
- Care for Kids
- We Care Elementary
- SAFE-T
- Boss of My Body
- Safe Dates
- Safe Dates Abridged

For Adults:

- Parents in the Know
- Sexual Harassment in the Workplace
- Relationships and Boundaries Series

Continuing Education Credit:

- Mandated Reporting (Act 31 and Act 126 Credit)

Education Awareness Presentations:

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| - Sexual Violence 101 | - Sexual Violence in the Media |
| - Sexual Harassment | - Intersections of Oppression and Sexual Assault |
| - Consent | - LGBTQ+ and Sexual Violence |
| - Mandated Reporting | - Self-Care |
| - Bystander Intervention | - Vicarious Trauma |
| - Sexual Assault and Drugs/Alcohol | - Human Trafficking |
| - Healthy Relationships | - SAPCC Services |
| - Nurturing Positive Sexual Development | - Adverse Childhood Experiences: Impact on Health |
| - Trauma 101 | |
| - Trauma- Informed Classrooms | |



What is the Difference Between Education Awareness and Primary Prevention Programs?

Education Awareness Programs

Education Awareness programs are one-time presentations designed to raise awareness about sexual violence, as well as other related topics. These presentations also provide information about SAPCC services. Presentations can be adapted to meet the needs of the organization, business, school, or community group's target audience. Multiple Education Awareness programs can be combined and adapted to meet the definition of a Primary Prevention program.

Primary Prevention Programs

Primary Prevention programs are series designed to move beyond awareness and education by focusing on skill-building, as well as changing attitudes and behaviors in order to prevent sexual harassment, abuse, assault, and other forms of violence. Primary prevention programs are designed to prevent sexual violence before it occurs by focusing on conditions that reduce violence. Primary Prevention programs are comprehensive, developmentally appropriate, and occur over a period of time as a series.

Primary Prevention Programming for Children

Big and Littles: Sisters/Brothers

Program Summary

Big and Littles: Sisters and Bigs and Littles: Brothers are mentoring programs that aim to strengthen how elementary school students (Little Sister or Little Brother) feel about themselves. Littles are paired with a high school student (Big Sister or Big Brother) who serve as their role model and mentor. Program content is adapted from both evidence and research-based curriculums. Sessions consists of 30 minutes of tutoring and snack, 15 minutes of sharing circle/ group check-in, and 45 minutes of an activity and/or craft. Some of the weekly empowering themes are drug and alcohol prevention, coping skills, teamwork, communication, self-esteem, body image, and gender stereotypes. Sliding scale fee available.

Target Audience

Littles: 2nd-4th grade students. Twelve female-identifying students participate in the Sisters program and twelve male-identifying students participate in the Brothers program.

Bigs: 9th-12th grade students. Twelve female-identifying students participate in the Sisters program and twelve male-identifying students participating in the Brothers program.



Session Frequency & Duration

Approximately 20 weekly 1 ½ hour sessions that occur after school hours

Girl Power!

Program Summary

Girl Power! is an empowerment program designed to support female-identifying students during the challenging years of early adolescence. Topics include self-esteem, coping skills, healthy relationships, drugs and alcohol prevention, healthy boundaries, and gender roles. Sessions include discussions, crafts, and other hands-on activities related to the theme.

Target Audience

Twelve female-identifying middle school aged students. Programs are often grouped by age or grade.

Session Frequency & Duration

Approximately 10 weekly sessions per group. Session length is dependent on the school's schedule and range from 45 minutes to 1 hour. Programs can occur during the school day (lunch, club periods, study halls) or in an afterschool setting.

Healthy Relationship Project (Care for Kids, We Care Elementary, SAFE-T)

Program Summary

Healthy Relationship Project (HRP) is a researched-based, trauma-informed, and age-appropriate child sexual abuse prevention curriculum created by Prevent Child Abuse Vermont. The Healthy Relationship Project utilizes all best practice core concepts for prevention, including adult responsibility for keeping children safe, victim and victimizer prevention, bystander intervention, social-emotional skill building, and healthy child sexual development. HRP is divided into three programs: Care for Kids, We Care Elementary, and SAFE-T. Program objectives and lessons vary depending on grade level. Examples of topics covered in each program include:

- **Care for Kids:** asking for help, feelings, bodies, babies, asking for permission.
- **We Care Elementary:** communication, understanding feelings, personal boundaries, recognizing boundaries in others, and understanding harassment.
- **SAFE-T:** coping skills, empathy, respecting boundaries, flirting, joking, sexual harassment, consent, gender stereotypes, showing support and being a bystander.

Target Audience

Care for Kids: Preschool – 2nd grade students

We Care Elementary: 3rd - 6th grade students

SAFE-T: 7th - 8th grade students



Session Frequency & Duration

Care for Kids: Approximately 6 weekly 45 minutes sessions

We Care Elementary: Approximately 6 weekly 45 minutes sessions

SAFE-T: Approximately 10 weekly 45 minutes sessions

Boss of My Body

Program Summary

Boss of My Body is a child abuse prevention program that was adapted from evidence-based curriculums. The program includes concepts related to: communicating feelings, boundaries, consent, and safety networks. It moves beyond “No, Go Tell” concepts and places emphasis on an adult’s responsibility to keep children safe. The program seeks to provide correct and trauma-informed information to strengthen communication between children and trusted adults in their lives.

Target Audience

Preschool-age to 5th grade students

Session Frequency & Duration

Preschool-2nd grade students: 3 weekly 45 minute sessions

3rd-5th grade students: 3 weekly 1 hour sessions

Safe Dates

Program Summary

Safe Dates is an evidence-based teen dating violence prevention program. The program identifies healthy and abusive relationships and engages bystander intervention strategies. Session themes include: defining caring relationships, defining dating abuse, why people abuse, how to help friends, overcoming gender stereotypes, equal power through communication, how to deal with feelings, and preventing and recognizing sexual assault.

Target Audience

Middle and high school aged students

Session Frequency & Duration

Approximately 10 weekly sessions per group. Session length is dependent on the school’s schedule and range from 45 minutes to 1 hour.



Safe Dates Abridged

Program Summary

Safe Dates Abridged was adapted from the evidence-based teen dating violence prevention curriculum, Safe Dates. The Safe Dates Abridged program was modified to meet the needs of individuals with intellectual and developmental disabilities. The program content and activities concepts related to boundaries, consent, coping with feelings, and understanding healthy relationships. The term 'relationship' encompasses peer, friend, family, and dating roles. Upon request, additional sessions can be added to emphasize consent and healthy sexuality within relationships.

Target Audience

Middle and high school students with intellectual and developmental disabilities. Program has also been successful with students in emotional support classrooms.

Session Frequency & Duration

Approximately 6 weekly sessions per group. Session length is dependent on the school's schedule and range from 45 minutes to 1 hour.

Primary Prevention Programming for Adults

Sexual Harassment in the Workplace: Respect at Work:

Program Summary

The Respect at Work program moves beyond legal definitions and liability concerns to include content aimed to organizational culture and change employee attitudes and behaviors related to sexual harassment. The sessions are customized to meet the comprehensive needs of each workplace.

Training and consultation can include:

- Workplace climate assessment
- Training and workshops for employees on sexual harassment and intervening as a bystander
- Training and workshops for managers, supervisions, Human Resource professionals on responding to sexual harassment and promoting a safe workplace
- Policy and procedure review for the organization or business

Please indicate which option(s) you are selecting under "additional information" in the Program Request Form.



Target Audience

Employees and leadership teams of workplace environments

Session Duration & Frequency

Sessions and timeframes are dependent on program content and goals chosen by the individual(s) requesting the training

Parents in the Know:

Program Summary

Parents in the Know is a practice-based child sexual abuse prevention program that helps parents and guardians learn, practice, and strengthen skills to prevent child sexual abuse and recognize red flags. Adults will learn how to respond when another adult acts inappropriately towards children, how to feel more comfortable talking with children about their bodies and development, and how to talk with children about healthy relationships. Childcare and meals may be offered to program participants.

Target Audience

Parents, guardians, and caregivers of children under the age of 18.

Session Duration & Frequency

Approximately 4 weekly 2-hour sessions. However, the 8 hours of content can be provided in smaller or larger increments.

Relationships and Boundaries Series:

Program Summary

The program was adapted from evidence and researched based programs aimed to empower individuals with disabilities. The series emphasizes healthy relationships through interactive discussions and activities related to consent and boundaries. Upon request, additional sessions can be added to emphasize dating relationships and healthy sexuality. The program includes sessions for parents, caregivers, or support staff to simultaneously engage in content related to: red flags of abuse, boundaries, and resources to support

Target Audience

Adults with intellectual or developmental disabilities and their parents, caregivers, or support staff.

Session Duration & Frequency

Approximately 2-3 1-hour sessions.



Continuing Education Credit

Mandated Reporter Training:

Program Summary

Act 31 requires all employees licensed by the Pennsylvania Department of State to take a 2 to 3 hour training on Recognizing and Reporting Child Abuse every 2 years.

Act 126, the Pennsylvania Child Abuse Recognition and Reporting Training mandates that all school entities and independent contractors who have direct contact with children a minimum of 3 hours of training every five years on child abuse, recognition, and reporting.

The training meets both Act 31 and Act 126 requirements. The workshop defines forms of abuse, identifies the role of a mandator, and outlines the reporting process for the state of Pennsylvania. The live training provides opportunities for questions and guidance that pre-recorded Mandated Reporter trainings do not.

Target Audience

Mandated reporters- individuals who work or volunteer with children or organizations serving children.

Program Duration & Frequency

2 or 3 hour workshop

Professional Development

40 Hour SAPCC Class - Advocate Training:

Program Summary

The training meets the Pennsylvania Coalition Against Rape's standards for Rape Crisis Centers. Participants who complete the training are eligible to volunteer or work at any center throughout the state. The course work includes material related to: history and philosophy, local center information, values, anti-oppression, counseling issues, sexual assault issues, ethics, confidentiality, medical system, legal system, advocacy, and local resources for information and referrals.

Target Audience

Individuals interested in volunteering on the 24/7 Rape Crisis Hotline or working at the Sexual Assault Prevention and Counseling Center or at another Pennsylvania Rape Crisis Center. SAPCC volunteers answer the hotline remotely from home.

Program Duration & Frequency

The training consists of 40 hours- 20 hours of online content are completed at your own pace and 20 hours of instruction are completed live. Course is offered at minimum twice a year (Spring and Fall).



Education Awareness Presentations

Session Length: Approximately 1 hour. Programs can be extended and combined into series.

Sexual Violence 101

Participants will learn about the continuum of sexual violence, the effects sexual violence have on victims/survivors and ways to support victims/survivors.

Sexual Harassment

Participants learn how to identify and understand the conditions that perpetuate sexual harassment, the effects of sexual harassment on both the individual and culture, and tools on how to respond as a bystander.

Consent

Participants will develop a clear understanding of consent, the components that are required for consent to be present, how to effectively set boundaries in relationships and practice skills through scenarios.

Bystander Intervention

Participants will learn about barriers to speaking up as a bystander, tools for safe and effective bystander intervention, as well as practice scenarios to better strengthen ability to translate information learned to real situations.

Sexual Assault and Drugs/Alcohol

Participants will learn the role drugs and alcohol can play in sexual assault, the impact drugs and alcohol can have on reporting, disclosing, and healing from sexual assault, as well as the increased risks of victim blaming when drugs and alcohol are involved.

Healthy Relationships

Participants will learn how to differentiate between healthy and unhealthy relationships, understand the cycles of abuse, and learn about various tools for healthy communication.

Nurturing Positive Sexual Development

Participants will learn strategies for preventing child sexual abuse and how to start the conversation with children and teens in their lives about sexuality without shame or judgment. The interactive workshop is designed for adults who care for or work with children.

Trauma 101

Participants will develop a basic understanding of the impact trauma has on the brain and its functions, increase their knowledge of trauma symptoms and common responses to trauma, and build a practical understanding regarding how to respond and support someone who has experienced trauma.



Trauma- Informed Classrooms

Participants will learn about the impacts of childhood trauma, identify warning signs, develop strategies to actively support and respond to children who have experienced trauma. The interactive workshop is designed for adults who work with children in a classroom or school-based setting.

Sexual Violence in the Media

Participants will cultivate an understanding on how rape culture and rape myth are promoted in the media, the impact of exposure to violence on both individual and societal levels, how to recognize the messaging that reinforces harmful and inaccurate attitudes and beliefs surrounding sexual violence, and how to consume media using a critical lens.

Intersections of Oppression and Sexual Assault

Participants will learn key terms and concepts for an anti-oppressive framework, develop framework to understand the role of various forms of oppression in sexual violence, and identify ways to incorporate anti-oppressive framework into social change and action.

LGBTQ+ and Sexual Violence

Participants will identify the ways in which forms of oppression and systemic barriers affect the LGBTQ+ population, leading to increased vulnerability to sexual violence victimization, as well as learn considerations when responding to LGBTQ+ survivors of sexual violence.

Self-Care

Participants will learn a variety of holistic strategies for physical, emotional, and mental self-care including wellness, routine, mindfulness practices.

Vicarious Trauma

Participants will learn about how repeat exposure to the traumatic experiences of others can have adverse impacts on mental, physical, and emotional health and wellness, and how to alleviate symptoms of vicarious trauma through self-care and other strategies.

Human Trafficking

Participants will explore labor trafficking and sex trafficking in the United States and will learn how to understand and identify victims of human trafficking.

SAPCC Services

Participants will be provided with information on the programs and services provided by the Sexual Assault Prevention and Counseling Center. Services detailed include: therapy, counseling, 24/7 Rape Crisis hotline, medical advocacy, legal advocacy, education awareness, and primary prevention.



Adverse Childhood Experiences: Impact on Health

Participants will learn about groundbreaking research that links adverse childhood experiences with later-in-life health outcomes, and how healing from traumatic experiences by building resilience can increase holistic wellbeing.

Information Tables

Information tables are perfect for back-to-school nights, wellness fairs, and other community events. Resources, giveaways, and educational materials provide information pertaining to supporting victim survivors and ending sexual abuse, harassment, and assault.