

YWCA IS ON A MISSION

YWCA Stepping Stones
Prevention Education Catalog

eliminating racism
empowering women

ywca

**As part of YWCA Stepping Stones,
we know an important piece to
the elimination of sexual abuse
and assault is through education,
beginning at a young age.**

**To that end, we are on a mission
to provide education throughout
McLean County to children starting
in pre-Kindergarten to high school
and college-age students, as well as
civic groups and employers.**

**We have dozens of modules available
for you to choose from or we can
customize the education to your
group. Contact us for more details
and to schedule a session today!**

**YWCA STEPPING STONES
(309) 585-3620
YWCAMCLEAN.ORG**

PRE-KINDERGARTEN TO FIFTH GRADE

Talking About Touching Basic

In one 25-30 minute session, students will learn the difference between safe, unsafe, and unwanted touches. Students will learn the “Touching Rule” and “The Safety Steps.” Each session age-appropriate and tailored to each classroom. This lesson meets the requirements of Erin’s Law.

Talking About Touching Basic Plus

In three 25-30 minute sessions, students will learn how to be safe around strangers and not to go somewhere with someone they don’t know. They will learn the difference between safe, unsafe, unwanted touches and what to do if someone touches them in a way that is unsafe or unwanted. Each session age-appropriate and tailored to each classroom.

Talking About Touching Expanded

In five 25-30 minute sessions, students will learn to always ask first before going anywhere with anyone, the difference between safe touches (hugs, high-fives, etc.), unsafe touches (kicks, hits, punches), that no one should touch their private body parts except to keep them clean and healthy, and what to do if they are hurt or feel unsafe including how to tell an adult. Each session age-appropriate and tailored to each classroom.

Talking About Touching Premium

In up to 13, 25-30 minute sessions, students will learn various personal safety rules. The curriculum can be personalized to your classroom needs and includes all of the lessons in the Talking About Touching series and adds more in-depth lessons on safe touches, including the following: bike safety, gun safety, fire safety, safety with strangers, safe and unsafe touches, reporting to an adult, how to say no, unwanted touches, how to report bullying, and being assertive. Each session age-appropriate and tailored to each classroom.

THIRD TO SIXTH GRADE

Steps to Respect Basic

In one 30 minute session, students will receive information on respect and anti-bullying. Students will learn to define respect and ways to show their teachers and peers they are being respectful. Students will be able to define bullying and learn ways to intervene to help someone who is being bullied.

Steps to Respect Expanded

In five 30 minute sessions, students will build on the previous lesson, learn different types of bullying, and reasons why someone may bully. Students will also learn how to regulate and control emotions.

Steps to Respect Premium

In ten 30 minute sessions, students will have series of lessons related to respect, bullying, and regulating and controlling emotions.

JUNIOR HIGH SCHOOL

Healthy Relationships Basic

In one lesson students will learn characteristics of healthy and unhealthy relationships. Participants will go through the “Cycle of Abuse” to understand how unhealthy relationships often play out.

Healthy Relationships Expanded

In three lessons students learn how to define boundaries and why they are important. Students will then learn characteristics of healthy relationships including the Cycle of Abuse. In the third lesson, students will be able to define sexual harassment and understand the difference between flirting and sexual harassment through an interactive lesson.

Healthy Relationships Premium

During this five lesson curriculum, students will learn the difference in communication styles and how to use these when addressing bullying. Students will learn the importance of establishing boundaries in friendships and other relationships. Students will also learn the characteristics of healthy relationships and the differences between sexual harassment and flirting.

JUNIOR HIGH SCHOOL CONTINUED

Bullying

In this 45 minute lesson students will learn how to identify bullying and the importance of intervening when they see bullying.

Respect, Gender Roles, Boundaries Basic

During two 45-minute sessions students will learn how to identify bullying and the importance of intervening when they see bullying, how to intervene in bullying situations, and how societal gender roles impact bullying and relationships.

Respect, Gender Roles, Boundaries Expanded

During three 45-minute sessions students will learn how to identify bullying and the importance of intervening when they see bullying, how to intervene in bullying situations, how societal gender roles impact bullying and relationships, and the importance of establishing healthy boundaries in a relationship and respecting other peoples boundaries.

HIGH SCHOOL

Healthy Relationships Basic

In one 45-minute to one-hour session, students will learn the different stages of the cycle of abuse and how to provide support to a friend in an unhealthy relationship. Students will be able to define consent in terms of a sexual relationship.

Healthy Relationships Basic Plus

In two 45-minute to one-hour sessions, students will learn the importance of establishing boundaries through an interactive exercise as well as how to define consent. In the second lesson students will learn the stages of the cycle of abuse and how to intervene when they see a potential sexual assault.

Healthy Relationships Expanded

In three 45-minutes to one-hour sessions, students will learn about establishing healthy boundaries, the differences between healthy and unhealthy relationships, including the cycle of abuse, consent, and how to intervene when they see a potential sexual assault.

JUNIOR AND SENIOR HIGH SCHOOL

Girls BE U

Girls: Building Empowerment and Uniqueness (Girls BE U) is an empowerment group offered to McLean County junior high and high school girls which allows them to explore their own unique and positive qualities through an open and creative curriculum. As program participants gain greater self-awareness and confidence, their newly acquired skills and knowledge will enable them to become leaders and role models for others. The program allows girls to meet new people, try new things, and tap into their personal strengths and abilities within a safe and healthy environment. During ten one-hour sessions, the following topics will be discussed: self-esteem and confidence, communication skills, healthy relationships, identity, and privilege and oppression.

Boys BE U

Boys: Building Emotion and Uprightness (Boys BE U) is a group offered to McLean County junior high and high school boys which touches on topics related to healthy masculinity and how to be an empathic member of society. Young men will be encouraged to express their emotions and gain self-awareness. During five one-hour sessions, the following topics will be discussed: boundaries, gender roles, self-esteem, bullying, expressing emotions, and privilege and oppression.

ADULTS

Path to Healing - Women

Adult women in eight to ten, one-hour sessions learn about coping skills, healthy/unhealthy relationships, communication skills, setting goals, community engagement, and gender roles. The discussion-based curriculum allows women to connect through topics that affect women in our society and are taught skills to increase their own empowerment. This curriculum is currently offered at the McLean County Jail.

Path to Healing - Men

Adult men in ten to 20, one-hour sessions learn about manhood, masculinity, fatherhood, men's violence against women, coping skills, gender roles, social inequality, setting goals, community engagement, and more. The discussed-based curriculum allows participants to explore and share their thoughts on a variety of topics that affect men in our society. Men are introduced to various ideas that challenge and expand their current viewpoint. This curriculum is currently being offered at the McLean County Jail.

ADULTS WITH DISABILITIES

Illinois Imagines Basic

During one 45-minute session adults with disabilities learn the difference between safe, unsafe, and unwanted touches and how to respond if someone touches in a way that is unsafe or unwanted.

Illinois Imagines Expanded

During five, 45-minute sessions adults with disabilities learn about healthy relationships, how to identify a potentially unhealthy relationship, communication skills to work through conflict and how to stay safe in a relationship.

Illinois Imagines Premium

During ten, 45-minute sessions adults with disabilities learn about healthy relationships, including consent, sexual violence, and self-esteem. At the conclusion, participants will be able to identify unhealthy relationship characteristics, as well as situations that are unsafe, as well as learn how to respond in unsafe or unhealthy situations.

COMMUNITY AND WORKPLACE

Challenges Survivors Face

This 30-minute training discusses the different challenges survivors may face navigating different institutions and what these institutions can do to be more sensitive to the needs of survivors of sexual assault. This training can be combined with other trainings.

Child Sexual Abuse

In one 60-minute training, participants will learn about the prevalence of child sexual abuse, the warning signs parents or caregivers should watch for, how to talk to their child about sexual abuse, and how to respond to a disclosure.

Elder Abuse

In one 30-minute training participants will learn and be able to identify signs of elder abuse and learn how to report potential elder abuse. Participants will also be connected with other community resources on the topic of elder abuse.

Myths and Facts About Sexual Assault

In one 30-minute training, participants will learn the myths about sexual assault and how to counter them with fact.

Privilege and Oppression

In one 60-minute training, participants will walk through how the current structure of our society places value on individuals based on their identities within various groups and how this contributes to sexual violence.

Rape Trauma Syndrome

In this 30-minute training, participants will learn the stages of Rape Trauma Syndrome as well as the long term consequences. Participants will also learn appropriate ways to respond to someone experiencing Rape Trauma Syndrome.

Sexual Assault Response and Prevention Training

This comprehensive 40-hour training will teach participants how to both prevent and respond to sexual assault. Topics include history of the anti-rape movement, rape culture, rape trauma syndrome, crisis intervention strategies, and more. This training also teaches participants how to connect survivors and their families to Stepping Stones and other local agencies.

Sexual Harassment in the Workplace

The workshop or series of workshops can be catered to your organizations needs. In 30 to 60-minute session(s), topics can include harassment pre/post-tests, myth and facts about sexual harassment, reporting sexual harassment, handling disclosures of harassment or abuse, and more.

Supporting Children with Disabilities

This one time 60-minute training is intended for parents or caregivers of children with disabilities. Participants will learn the warning signs of potential sexual abuse. Facilitators will provide information on how to talk with children with disabilities about consent and sexual abuse. Participants will also be connected with community resources on how to provide support to children with disabilities.

Walking the Walk: A Sexual Violence Awareness Exercise

Walking the Walk is designed to allow participants to experience the issues and emotions survivors of sexual violence face each day. This exercise can be planned as an open house or can be done in a group. The experience takes 30-45 minutes. During the exercise participants become a survivor and learn about the different responses survivors receive from family, friends, and community members as you weave your way through your character's story. Participants have the opportunity to explore the unique challenges many survivors face as they navigate the legal system, the medical process, and the education system. At times, participants will be asked to make life choices for their character. This exercise was created to give participants a better understanding of the true complexity of sexual violence and the lasting impact it has on a survivor and their loved ones.

CUSTOMIZED TRAINING

YWCA Stepping Stones has a wide variety of expertises and education materials. Let us help you customize a training that fits your organizations needs! We can combine several courses or create a new one, our goal is to help you meet your educational needs.

CONTACT US

For questions or to schedule a no-obligation consultation, please visit our website at www.ywcamclean.org, call (309) 585-3620, or email Community Outreach Director, Gabe Cripe at gcripe@ywcamclean.org.

**eliminating racism
empowering women**
ywca



YWCA McLean County
1201 N. Hershey Road
Bloomington, IL 61704
(309) 662-0461
www.ywcamclean.org