★ **Exploring Feelings**

This program is based on the theories of emotional intelligence: children who can identify their own emotions, as well as those of others, have improved self-esteem and an increased sense of security. *Exploring Feelings* can be adapted to any grade level, including preschool.

★ **Three Kinds of Touches**

Intended for young children (ages 3-5), this short child abuse prevention program takes an early step in the effort to reduce child victimization. We address *good* touches, *bad* touches, and *confusing* touches in an attempt to empower children to recognize and respond to unsafe situations.

★ **Safety Matters**

This program is designed not only to address the issue of child physical and sexual assault, but also to help children recognize potentially dangerous situations. Whether the situation arises with a stranger or someone the child knows, it is important that children know their rights to safety. We introduce a simple rule that children can implement when they are feeling unsafe.

★ **Bullying**

This program addresses the very real, and often serious, issue of bullying that students face both in and out of school. In this program, students will interactively participate in activities and discuss several issues: different types of bullying, the causes, the effects on victims, the role of bystanders, and techniques for dealing with bullies. The program aims to empower children, to increase awareness of their own actions, act assertively, and seek help when necessary.

★ **Healthy Relationships**

A program designed to encourage individuality and unity among children. Respect is the key. We hope to reinforce the values that may be integral in creating a safe environment for children. The program covers topics such as effective communication, conflict resolution, and anger management.

★ **Internet Safety**

The Internet is a great educational tool, even for children, but it is important that they are aware of dangers as well. This program outlines some of the dangers that children might encounter while online. Topics addressed are cyberbullying, being a responsible web user, and protecting sensitive information. Information about online predators will be included as well.

CRIME VICTIMS COUNCIL of the Lehigh Valley

The above programs vary in length, but generally run between 20 and 50 minutes. Programs are provided <u>at no cost</u>, and most can be adapted to parent education workshops.