

★ **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. It is best if done in two or four sessions for maximum effectiveness, but it can be done in one if necessary.

★ **Three Kinds of Touches**

This short child abuse prevention program takes an early step in the effort to reduce child victimization. We address *safe* touches, *'ouch'* touches, and *private* touches in an attempt to empower children to recognize and respond to unsafe situations.



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

