CAPS Prevention-Through-Education K-12 Workshops

Developmentally-Appropriate, Multi-Media, In-Classroom Programs are at No Cost to Long Island Schools

For more than 29 years, CAPS has believed that the key to keeping our children safe is education—of children, their parents, teachers, school professionals and the community. Our workshops are offered at no cost to schools, and presented in small classroom settings by CAPS-trained volunteers. (*Caring Kids* is presented by CAPS-trained elementary school guidance counselors and social workers.) Our fee-based parent education, educator and school professionals training programs enhance and support our classroom efforts. *Updated 8/11*

BULLY PREVENTION / RELATIONAL AGGRESSION

Caring Kids™
A bully/violence prevention program for **kindergarten and grade 1** students. CAPS trains school professionals, at no cost, to implement the program in their respective elementary schools.

Steer Clear of Bullies™
A two-session multi-media workshop for **grades 3 and 4** students designed to promote empathy, social-skills building and assertiveness skills.

Friendship Matters™
This is the prequel to *What's Up? Girl Talk Part I,* and uses the same one-hour small group format. This program helps to promote healthy friendships among **5th and 6th grade girls**.

Step Up and Speak Out™
A two-session multi-media workshop for **grades 6 and 7** students designed to help them understand and respond to bullying situations and empower the "silent majority" to safely intervene in bullying incidents.

What's Up? Girl Talk™ Parts I & II
A one-hour workshop geared for **7th and 8th grade girls** that defines and explores the impact of relational and physical aggression on girls' friendships with one another.

CHILD ABUSE PREVENTION

Safety Rules!™ COMING SOON FOR GRADE 1!
A three-session workshop for **grades 2 and 3** students emphasizing that children have the right not to be hurt and helps them practice and understand the skills necessary to keep them safe from harm.

Child Abuse Prevention
A three-session workshop for **high school** students that covers physical, sexual and emotional abuse and neglect and teaches students how to protect themselves and prevent abuse.

INTERNET SAFETY / CYBERBULLYING

cyberSMARTZ ™
A one-session multi-media workshop for **grade 5** students that focuses on cyberbullying and fostering safe, responsible behavior while managing the Internet and other digital technologies.

SurfSafe!™
A one-session Internet safety workshop for **grades 6, 7, 8, and 9** students focusing on cyberbullying, online sexual exploitation and other Web-based threats to children.

SEXUAL HARASSMENT AWARENESS AND PREVENTION
A two-session multi-media workshop for **grades 6, 7, and 8** students that identifies sexual harassment and its causes and effects while empowering students to respond to harassing situations.

DATE / ACQUAINTANCE RAPE AWARENESS AND PREVENTION
A two-session multi-media workshop for **high school** students that covers date rape prevention strategies, promotes awareness and encourages healthy decision making.

"WHAT PARENTS NEED TO KNOW" SERIES

For parents of elementary and middle school students.

On Bullying—teaches parents how to help their child with this challenging issue.

On Cyberbullying—helps parents reduce their child's risks online.

What's Up With My Daughter?—parents of girls explore strategies to help their daughters navigate through their social relationships during these challenging years.

TO SCHEDULE A CLASS, CALL CAPS AT 516-621-0552 OR 631-289-3240
VISIT US ON OUR WEBSITE AT *WWW.CAPSLI.ORG*