

We Care Parent Newsletter: Program Introduction

INTRODUCTION

Your child is taking part in the We Care Elementary Program. This Program is a sexual abuse prevention program that promotes healthy relationships at an age appropriate level for 3rd, 4th, 5th, and 6th grade students. The Program includes a classroom curriculum, trainings for school staff, and information and events for parents. We Care is a part of the Healthy Relationships Project, a series of three programs (Care for Kids, We Care Elementary, and SAFE-T) provided by Prevent Child Abuse Vermont (PCAVT) serving children ages 3-13, their families, and schools. For more information about the Healthy Relationships Project, please visit www.pcavt.org.

APPROACH TO PREVENTION

All Healthy Relationship Project programs include a common approach to prevention. Central to the Healthy Relationships Project approach to prevention are the following beliefs:

- Adults are responsible for protecting children and adolescents from abuse.
- Violence can be prevented through helping students build healthy relationship skills.



Questions?

If at any point you have any questions or concerns about We Care Elementary, please contact the We Care Elementary Team at:

**Prevent Child Abuse
Vermont**

Montpelier, VT
802-229-5724
pcavt@pcavt.org
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Act 1: School Communities

In 2009, the Vermont legislature passed Act 1, requiring that all school staff be trained in child sexual abuse prevention and that parents also be given the opportunity to receive sexual abuse prevention information. In addition, the law requires that sexual abuse prevention education be part of comprehensive health education K-12. The law went into effect for schools on July 1, 2011, and PCAVT has partnered with schools to assist them as they work to meet these new requirements across the state.

Education is the best way to provide communities with the tools to prevent and respond to sexual abuse. PCAVT provides training, curriculum materials, resources, and co-teaching support in your child's school.

Curriculum at a Glance

Third Grade

1. Program Introduction and Safe Spaces
2. Self-Esteem
3. Support Systems and Understanding Feelings
4. Recognizing and Responding to Feelings
5. Body Language and Mixed Messages
6. Wrap-Up

Fourth Grade

1. Program Introduction and Safe Spaces
2. Trusted Adults and Asking for Help
3. Recognizing Feelings in Ourselves
4. Personal Boundaries
5. Mixed Up and Confused
6. Wrap-Up

Fifth Grade

1. Program Introduction and Safe Spaces
2. Empathy
3. Recognizing Others' Boundaries
4. Asking for Permission
5. Coping and Accepting No
6. Wrap-Up

Sixth Grade

1. Program Introduction and Safe Spaces
2. Sexuality
3. Sexual Harassment
4. Body Language
5. Adult Support and Resources
6. Wrap-Up