FREE COMMUNITY TRAININGS & CLASSES

*We are proud to offer a variety of FREE trainings for parents, youth, organizations and the general community.*

- Our trainings help Nevadans to identify and implement strategies to support the well-being of children in our communities. Some topics include recognizing and reporting child maltreatment, child sexual abuse prevention, selecting safe caregivers for children, the effects of stress on children's brain development, and tactics to build healthy families and communities. Full descriptions of our trainings can be found on the back of this flyer. Many of our presentations are available in English and Spanish.

- Most of our trainings and classes are one-hour long and are targeted toward parents, community members and professionals who work with youth.

- All presentations can be customized to the needs of the audience.

Email or call our program coordinator for more information and to schedule a presentation: Valeria.gurr@unlv.edu/702 895-1128
Classes are one-hour long and available in English or Spanish.

**THE CHOOSE YOUR PARTNER AND CAREGIVER CAREFULLY**
Everyone knows there are times when you have to leave your child with another person. It’s hard to imagine someone you love or trust could hurt your child, but it happens. Many children are harmed each year by adults who don’t know how to take care of a child, especially when the child is crying or being difficult. The purpose of this course is to provide information on how to carefully select safe caregivers for children, including identifying warning signs and behaviors in potential significant others, babysitters, or other individuals that may care for children.

**ENOUGH ABUSE: STRATEGIES FOR YOUR FAMILY & COMMUNITY**
Enough Abuse! This educational program provides strategies for adults to take responsibility for preventing child sexual abuse. Learn how to recognize behaviors in adults that suggest someone might pose a sexual risk to children, and to recognize signs a child might have been sexually abused.

**HEALTHY FAMILIES, HEALTHY COMMUNITIES:**
This class, appropriate for all types of community organizations, focuses on tactics for building strong family foundations and community connections, enabling communities to prevent neglect and abuse through forming interconnected support systems.

**SPEAK UP FOR YOUR FAMILY: ADVOCACY 101**
Learn the basics of what makes up advocacy and discover how this process can help you achieve a better outcome for you, your family, and your community.

**For Parents & Children**
These activities are most appropriate for children aged 5 and under.

**STORY TIMES**
These story times teach parents and children the importance of speaking up, while also showing parents how to make reading fun for their child. This activity lasts 30 minutes.

**LEARNING FOR YOUR LITTLE ONE WORKSHOP**
This workshop teaches parents how their child is learning and growing from 0-5. It provides parents with some tools and resources to help get their child ready for school.

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**For Youth**

**WE DESERVE TO BE SAFE! (K-5th grade)**
Who: Children/ Duration: 30-60 minutes.
This presentation addresses personal safety (including physical and mental) and bullying. Physical safety includes personal space/boundaries and physical abuse. Mental safety includes communication with peers and adults. The definition, consequences, and reasons for bullying behaviors are also addressed in this presentation. The program closes with the value of kindness. This presentation can be given assembly style or in smaller classroom groups.

**CARE FOR KIDS (Pre-k- 2nd grade)**
Who: Children/ Duration: 3 hours.
Care for Kids is a fun, health-based curriculum for children from 3-8 years old. The curriculum contains 6 units that teaches and reinforces 2 to 4 simple, age-appropriate messages about the body, emotions and asking for help via a circle time, a song, a book, and an activity or craft. This well-researched curriculum also includes a component that helps adults understand the link between healthy sexual education and child sexual abuse prevention. This presentation can be given assembly style or in smaller classroom groups.

**WE CARE ELEMENTARY (3rd-6th grade)**
Who: Children/ Duration: 6 hours.
We Care Elementary is a developmentally targeted sexual abuse prevention program created for elementary school communities that focuses on building children’s protective factors and understanding healthy relationships through multimodal, highly experiential lessons. This training also has a component that emphasizes skill building in the adult community through training opportunities and informational articles.

**EXPECT RESPECT (7th-12th grade)**
Who: Children/ Duration: 8 hours.
The Expect Respect program consists of eight one-hour sessions that focus on reducing risk factors for violence and promoting protective factors for healthy relationships. Topics include: preventing teen violence with a focus on bullying and sexual harassment, skills to develop healthy relationships, how to be respectful and positive, and leadership development.