

## CAPC Fact Sheet



LAFSD • MSD • OUSD • SRVUSD • Bancroft Elementary  
WCSD (5th Grades) • Cesar Chavez • Lincoln • Verde Meadow Homes • Ygnacio Valley • Fair Oaks • Cambridge

### CHILDHELP SPEAK UP BE SAFE

- Evidence-based primary prevention curriculum aimed at stopping and preventing child abuse (including Human Trafficking in 8th grade)
- Developmentally appropriate curriculum 1st through 8th grade
- Based on research: child development, learning styles, social psychology, and child abuse and neglect prevention

### HOW IT WORKS

- Two interactive and engaging lessons per grade, taught by classroom
- 35 - 60 minutes for each lesson
- 5th and 6th grades receive sexual harassment prevention as part of their lessons
- Reinforcement activities for every grade
- Consent forms and lesson review for parents/caregivers

### TEACHES CHILDREN

- How to identify unsafe situations
- How to identify safe adults
- How to talk to safe adults
- 5 key safety rules (age appropriate)

### CURRICULUM BIG IDEAS

Every lesson (across all grade levels) reinforces same primary ideas through age-appropriate instruction and interaction

- Safety is important
- You deserve to be safe
- Child safety is an adult's responsibility
  - In 8th grade curriculum, this idea evolves into an adult-adolescent shared responsibility
- There are safe adults
- You need to know safety rules
- RESIST strategies can help

### NEXT STEPS

- Visit our website for a detailed curriculum summary by grade: <https://capc-coco.org/childhelp-speak-up-be-safe.html>
- Contact Carol Carrillo MSW, Executive Director, with further questions: [ccarrillo@capc-coco.org](mailto:ccarrillo@capc-coco.org)

The California Evidence-Based Clearinghouse for Child Welfare (CEBC), which advances evidence-based practices in child welfare, has upgraded its rating of the Childhelp Speak Up Be Safe child safety curriculum from a level-three rating — for programs with promising research evidence — to a level-two rating, for programs supported by research evidence.