

MBF Prevention Education Programs, developed by the Monique Burr Foundation for Children (MBF), are evidence-based/evidence-informed, comprehensive prevention programs that educate and empower children and adults with universal strategies and Safety Rules that apply to all types of child abuse, bullying, cyberbullying, digital dangers, exploitation, and human trafficking.

The programs are provided at no cost to Florida public schools through a generous appropriation by the Office of the Florida Attorney General. Private schools, public schools outside of Florida, and organizations wanting to partner with their local schools may purchase the programs at a nominal cost.

The following information is provided to assist those that may be seeking funding to implement MBF Prevention Education Programs. The information and text may be copied directly, or edited as needed, to complete grant applications or apply for funding through other sources.

Introduction

The Need for Prevention Education

A high need exists for prevention education in schools as abuse, bullying, and other types of victimization affect students' physical and emotional health, as well as their academic success. Children comprise only about 25% of the U.S. population, however they are the most victimized segment of our society.

- » 1 in 10 children will be sexually abused before they reach their 18th birthday.¹
- » The 4th most frequently searched term online by children 7 and under is the word "porn."²
- » 160,000 students stay home from school every day for fear of being bullied.³
- » The Department of Justice reports that 1 in 4 children is or will be bullied, and 1 in 3 will be cyberbullied.⁴
- » 1 in 25 youth in one year received an online sexual solicitation where the solicitor tried to make offline contact.⁵

Consequences of Victimization

The correlation between abuse, bullying, and other types of victimization and poor health outcomes is widely acknowledged. Victims may suffer from physical, emotional, social, or behavioral consequences across the lifespan. Academic achievement may also be negatively impacted.

According to the National Child Traumatic Stress Network, one out of every four children attending school has been, or will be, exposed to a traumatic event.⁶ While the goal of schools is to educate students, trauma negatively impacts the academic achievement of children.

Research shows that trauma is the greatest cause of underachievement in schools. According to multiple sources, including the report by the Kauffman Foundation, *Set for Success*, trauma impacts neural development in the brain. Therefore, emotional and behavioral consequences are usually evident and school readiness and behavior are affected.⁷ Some of the indicators or consequential behaviors include:

- » Hypervigilance or always being on alert. Abused and bullied children may constantly be in "fight or flight" mode making it hard for them to relax and concentrate on schoolwork.
- » Displaying aggression and social anxiety.
- » Lacking behavioral self-regulation; expressing emotions and behaviors in ways that lack control.
- » Displaying an inability to relate with others such as lacking trust and misreading others' intentions.

School-based Prevention Education

Research also shows that schools are the best place to implement prevention programs,⁸ and polyvictimization research supports using a comprehensive program with universal rules and strategies applicable to all types of victimization, rather than separate programs for each.⁹ Schools that consistently use a comprehensive, research-based prevention program will generally experience knowledge, attitude, and behavior changes including:

- » Improved academic achievement
- » Improved social skills
- » Safer environments

Program Overview

MBF Prevention Education Programs, including *MBF Child Safety Matters*[®] for elementary schools and *MBF Teen Safety Matters*[®] for middle and high schools, were developed by the Monique Burr Foundation for Children (MBF). They are evidence-based/evidence-informed, comprehensive, trauma-informed prevention programs that educate and empower children and relevant adults with universal strategies and the MBF 5 Safety Rules[®] that apply to all types of child abuse, bullying, cyberbullying, digital dangers, exploitation, and human trafficking.

Based on the public health and social-ecological frameworks for prevention, the programs were developed based on the latest research and prevention best practices. These include developmental victimology and polyvictimization research, cognitive-behavioral theory, healthy sexual development, and trauma-informed practices, with a specific focus on the developmental stages and different learning styles of children. The lessons are presented in a fun and engaging way that increases knowledge, builds preventative as well as resistance skills, engages safe adults, and addresses risk and protective factors. Learning objectives and evaluation standards are included as well as alignment with national academic learning standards.

The programs are RESEARCHED. They are research-based and utilize prevention research best practices.

The programs are PRACTICAL. They were developed *with* schools, not *for* schools, and make the best use of existing resources. This ensures schools have usable programs that will reach and protect children rather than sit on classroom shelves. The programs also help schools meet statutes regarding the provision of abuse and/or bullying prevention education, and required instruction statutes for health education.

The programs are SUPPORTED. They have been reviewed and their use in schools is endorsed by national subject matter experts, including: David Finkelhor, Ph.D., Director, Crimes Against Children Research Center; Sameer Hinduja, Ph.D., Director, Cyberbullying Research Center; and Sharon W. Cooper, MD, FAAP, CEO, Developmental and Forensic Pediatrics and Consultant, Internet Crimes Against Children and National Center for Missing and Exploited Children. They are trusted and supported by many experts and agencies in the education and prevention fields, as well as by parents, schools, and administrators. For states with mandates from Erin's Law, MBF Prevention Education Programs are approved and recommended by Erin Merryn, founder of Erin's Law.

Other programs may claim efficacy and high numbers served, however MBF Prevention Education Programs have outcome data showing more than 5000 facilitators trained and over five million students reached since the programs began in 2010, indicating a true partnership with schools.

Program Elements

Learning Objectives

Students will:

- demonstrate increased knowledge about various types of abuse and victimization.
- recognize and respond appropriately to Red Flags and unsafe situations.
- demonstrate an increase in skilled response to unsafe situations using the MBF 5 Safety Rules®.
- identify Safe Adults and demonstrate good communication skills with Safe Adults.
- demonstrate increased communication with parents/guardians regarding their safety.

Schools will:

- create a safe and supportive environment to protect children and provide for their safety.
- demonstrate increased communication with parents/guardians regarding child safety.

Parents/Guardians will:

- demonstrate increased communication with children regarding their safety.
- demonstrate an increased capacity to educate and protect children and provide for their safety.

The MBF 5 Safety Rules®

MBF Prevention Education Programs are based on 5 Safety Rules that help students prevent, recognize, and respond appropriately to any unsafe situation or person.

Safety Rule #1 – Know What's Up. Know personal information and general safety information and procedures.

Safety Rule #2 – Spot Red Flags. Recognize warning signs for yourself and others.

Safety Rule #3 – Make a Move. Respond to Red Flag warning signs and unsafe situations to stay safe.

Safety Rule #4 – Talk It Up. Use your voice to say NO, to be an Upstander for others, and to talk to a Safe Adult.

Safety Rule #5 – No Blame | No Shame. If you are ever hurt, you are never to blame, and you should never be ashamed to tell.

Topics

All grade levels in the MBF Prevention Education Programs cover the same topics. However, the content is presented in an age- and developmentally appropriate way for each grade level. Cultural and gender differences are respected throughout the curriculum and reinforcement materials. Male and female adults and children of varying ethnicities and cultures are visually represented in all materials.

MBF Child Safety Matters® is presented in two classroom lessons in varying times from 35 minutes each in kindergarten to 55 minutes each in fifth grade (or in four shorter lessons). Topics covered include:

- General safety and prevention
- Social-emotional learning skills
- Healthy relationships
- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect
- Bullying
- Cyberbullying
- Digital abuse and other digital dangers
- Digital citizenship

MBF Teen Safety Matters® is presented in two classroom lessons ranging in time from 45-55 minutes each (or in four shorter lessons). Topics covered include:

- General safety and prevention
- Social-emotional learning skills
- Healthy relationships
- Relationship abuse
- Physical abuse
- Emotional abuse
- Sexual abuse
- Neglect
- Sexual assault
- Exploitation
- Human trafficking
- Bullying
- Cyberbullying
- Digital abuse and other digital dangers

Curriculum Materials

MBF Prevention Education Programs provide essential materials for implementing programs in schools via digital subscriptions to a password protected Facilitator Portal. Lessons are provided to students sequentially in individual classrooms (vs. groups or assemblies) using turnkey scripts and PowerPoints.

MBF Child Safety Matters® is available for grades K-5. The curriculum and most reinforcement and program materials are available for download from the portal, or they may be purchased separately. Materials include:

- » Curriculum Book with Facilitator Manual
- » Facilitator Flash Drive with Scripts and Classroom PowerPoints as well as additional materials and resources
- » Parent Opt-Out Forms
- » Parent Information Sheets
- » Safe Adult Bookmarks
- » Student Safety Rules/Coloring Posters
- » Student Stickers
- » Safety Rules Classroom Posters
- » Safety Rules Banner

MBF Teen Safety Matters® for middle school is available for grades 6-8. For high school it is available as two lessons for students in all grades, 9-12. The curriculum and most reinforcement and program materials are available for download from the portal, or they may be purchased separately. Materials include:

- » Curriculum Book with Facilitator Manual
- » Facilitator Flash Drive with Scripts and Classroom PowerPoints as well as additional materials and resources
- » Parent Opt-Out Forms
- » Parent Information Sheets
- » Safe Adult Bookmarks
- » Student Resource Cards
- » Safety Rules Classroom Posters
- » Safety Rules Banner

Virtual Lessons

For distance learning, MBF programs may be delivered to youth remotely using the MBF Virtual Facilitator Guide to adapt the standard scripts and PowerPoints.

Additionally, *MBF Child Safety Matters*[®], *MBF Teen Safety Matters*[®], and *MBF Mental Health Matters*[™] have been developed as Nearpod Lessons. Nearpod is a virtual interactive platform available at no cost for use by educators. The MBF Nearpod lessons can be taught in person by a facilitator while students view the digital presentation on individual devices or can be presented remotely using a video conferencing platform, such as Zoom, Google Classroom, or Microsoft Teams.

Supplemental Mental Health/Substance Abuse Lessons

Recognizing the connection between trauma and mental health, MBF also provides *MBF Mental Health Matters*[™], supplemental lessons for *MBF Child Safety Matters*[®] and *MBF Teen Safety Matters*[®] that address mental and emotional health and substance use and abuse. They are developmentally appropriate, trauma-informed, and include the same MBF 5 Safety Rules to educate and empower students to develop coping skills, recognize mental health issues, prevent substance abuse and learn how to seek help for themselves or a friend.

Reinforcement Materials

Student, parent, and school reinforcement materials are provided to foster adult/child communication, reinforce the Safety Rules, keep parents the ultimate authority in a child's life, and assist parents and schools with protecting children.

Materials are provided to parents/guardians prior to student participation and after each lesson. Parents also have access to additional resources on a website and free mobile app. Parent materials are also available on the Facilitator Portal in several foreign languages.

Research and Evaluation

Program Evaluation

MBF programs were created based on the latest research and best practices in prevention education and in consultation with leaders and subject matter experts in both the education and prevention fields. This, along with ongoing program evaluation, ensures the programs are the most up-to-date and comprehensive programs available.

MBF Child Safety Matters[®] is an evidence-based curriculum for elementary school students in grades K-5. The program is presented in two comprehensive lessons ranging from 35-55 minutes (or in four shorter lessons) by trained facilitators in classrooms. Facilitators present turnkey scripts along with engaging, interactive PowerPoints with lecture, group discussion, skills-practice activities, videos, and games.

Four independent research studies have examined the effectiveness of the program with positive results for both student knowledge gains and facilitator implementation fidelity. Research study summaries, as well as full reports, are available at <https://www.mbfpreventioneducation.org/why-use-our-programs/research/>. MBF is committed to ongoing research to ensure the efficacy of all programs and strives to be transparent in our explanations of our programs' efficacy or evidence base.

MBF Athlete Safety Matters[®] is a curriculum designed to protect youth athletes, from beginning to elite level. Two lessons are presented to youth athletes in grade-level clusters (K-2, 3-5, 6-8, and 9-12) by trained facilitators in a variety of sports or other settings. Facilitators present turnkey scripts along with engaging, interactive PowerPoints with lecture, group discussion, skills-practice activities, videos, and games.

All MBF programs are updated periodically based on extensive facilitator feedback, substantial literature reviews, and input from noted education and child abuse prevention subject matter experts. MBF is also committed to ongoing evaluation to further ensure the programs remain the best programs available.

Student Evaluation

To ensure learning objectives are met in the classroom, student evaluations may be completed before and after classroom implementation using provided pre- and post-test assessments. These measures were developed in consultation with experts in research design and are age and developmentally appropriate.

Program Sustainability

Program sustainability refers to the continuation of a project's goals, principles, and efforts to achieve desired outcomes and is an important consideration in seeking funding. There is no one organizational structure, staffing mix, type of partnership or coalition, or funding strategy that works in every situation. Beginning projects or programs may want to concentrate on sustaining their activities or infrastructure once initial funding ends. Experienced programs may want to enlarge their target population or build new relationships with other schools or agencies.

To ensure sustainability, MBF Prevention Education Programs are cost-effective and are provided to schools or organizations for a period of three years. Beyond the initial three-year period, schools and organizations have the option to purchase continued online access. This ensures that implementing the program is a cost-effective and sustainable project.

References

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- ⁴National Center for Education Statistics and Bureau of Justice Statistics, School Crime Supplement, 2011
- ⁵Wolak, J., Mitchell, K., Finkelhor, D. (2006). Online Victimization: 5 Years Later. Alexandria, VA, National Center for Missing & Exploited Children. Retrieved from <http://www.unh.edu/ccrc/pdf/CV138.pdf>.
- ⁶National Child Traumatic Stress Network Schools Committee. (October 2008). Child Trauma Toolkit for Educators. Los Angeles, CA & Durham, NC: National Center for Child Traumatic Stress.
- ⁷Kauffman Foundation. (2002). Set for Success: Building a Strong Foundation for School Readiness Based on the Social-Emotional Development of Young Children. Kansas, MO.
- ⁸Tutty, L., et al. (2005). School based Violence Prevention Programs: A Resource Manual. Project RESOLVE: Research and Education for Solutions to Violence and Abuse, Alberta, CA.
- ⁹Finkelhor, D., Turner, H., Hamby, R., Ormrod, R. (2011). Polyvictimization: Children's Exposure to Multiple Types of Violence, Crime, and Abuse. Retrieved from <http://www.ojp.usdoj.gov>.

There are a variety of funding sources available for prevention education programs. Below is a list of some potential funding sources, but you may also search for other grant opportunities using key terms such as bullying or abuse prevention, public health education, prevention education, etc.

School/District Sources

- » School or district operational budget
- » PTA budget
- » School fundraisers
- » Every Student Succeeds Act (ESSA) funds

Local/Community Sources

- » Parent sponsor(s)
- » Community groups (Rotary, Junior League)
- » Local retail partners (Target, Walmart)
- » Other local organization/corporate sponsor(s)
- » Child Advocacy Center partnerships/grants

State/National Sources

- » State Children's Trust Funds - <http://www.cfalliance.org>
- » State Departments of Health - <https://www.ehdp.com/links/us-shas.htm>
- » The Annie E. Casey Foundation - <http://www.aecf.org/>
- » National Service Learning Clearinghouse - <http://www.servicelearning.org/>
- » The Pew Charitable Trusts - <http://www.pewtrusts.org/>
- » Robert Wood Johnson Foundation - <http://www.rwjf.org/>
- » W.K. Kellogg Foundation - <https://www.wkkf.org>

National/Federal Grant Databases

- » Grants Office of Safe and Drug Free Schools, US Department of Education - <https://www2.ed.gov/about/offices/list/osdfs/index.html>
- » Office of Juvenile Justice and Delinquency Prevention (OJJDP) - <http://ojjdp.ncjrs.org/>
- » GrantsNet - <http://www.hhs.gov/grantsnet/>
- » Grants.gov - <http://grants.gov/>