

TITLE IV WAIVER REQUEST

Proposed Program Title

Program Title: New Jersey Child Assault Prevention (NJ CAP) – Early Childhood Curriculum (Preschool – Kindergarten)

Proposed Program Description

Developer: International Center for Assault Prevention (ICAP)

Goal: To provide young children and adult caregivers with information, skills and strategies that reduce child vulnerability to verbal, physical and sexual abuse and assault.

Description: The Early Childhood Curriculum includes workshops for school staff, parents and children. All workshops are conducted on site by trained CAP facilitators. Adult workshops provide instruction on recognizing signs of child abuse/neglect, handling children's disclosure of abuse in a sensitive way, rights and responsibilities in reporting abuse, a description of the children's workshops and communication and prevention strategies to empower children to be free from abuse. The classroom workshops teach children to recognize potentially dangerous situations and strategies to help them to stay "Safe, Strong and Free." Children's rights and personal safety issues are taught through the use of pictures, dolls, songs and role plays.

Components: The curriculum utilizes a three-pronged approach to prevention education that includes the following: School Staff In-service (1 ½ hrs.), Parent Program (1 ½ hrs.) and Individual Classroom Workshops for children. The Children's workshops are implemented in three 20 to 25 minute classroom sessions for Preschool and two 45-minute sessions for Kindergarten. At the conclusion of each classroom workshop, children have the opportunity to participate in one-on-one 'Review Time' session with a CAP facilitator which reviews and reinforces the program's educational message and offers children a safe setting for discussing issues that may concern them.

Explanation & Research Justification

Priority Problem: This program addresses victimization from the most common forms of abuse and assault for children in preschool and Kindergarten. Please select the one(s) that best fit your identified need: 22-Violence, 29-Bullying, 30-Victimization, 34-Interpersonal conflict, 38-School climate/environment, and 39-Risk Factors.

Justification: Research documents the impact of child maltreatment on the child, on the family, and on society as a whole. Specifically, the traumatization of children through physical, emotional and sexual abuse and assault is a pervasive problem in our culture, and some of our most pressing social problems, including interpersonal violence, find their roots in child abuse and neglect. Reducing the vulnerability of children to all forms of assault reduces the potential for future violence.

Area Measured: Increased awareness/knowledge of: personal rights and boundaries, potentially safe and unsafe situations, developmentally appropriate prevention strategies, and guidelines for when and how to seek help.

Research: Finkelhor, D. (2007). Prevention of sexual abuse through educational programs directed toward children. *Pediatrics*. Vol. 120. No. 3. www.pediatrics.org. Article cites CAP.

Goldman, J. et al. (2003). *A coordinated response to child abuse and neglect: The foundation for practice*. Child Abuse and Neglect User Manual Series. Washington, DC: Government Printing Office. www.childwelfare.gov/pubs/usermanuals/foundation/index.cfm. This manual discusses the role of prevention education as a protective factor in child abuse. CAP is founded on concepts and strategies that parallel the programs cited herein and is, therefore, also likely to contribute to reduced vulnerability.

A list of CAP research and evaluations is available at www.njcap.org