

TITLE IV WAIVER REQUEST

Proposed Program Title

Program Title: New Jersey Child Assault Prevention (NJ CAP) - Elementary Curriculum (Grades 1 – 6)

Proposed Program Description

Developer: International Center for Assault Prevention (ICAP)

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

Description: Elementary CAP includes workshops for school staff, parents and children. Workshops are conducted on site by trained CAP facilitators. Adult workshops provide instruction on recognizing signs of child abuse/neglect, handling children's disclosures of abuse in a sensitive way, rights and responsibilities in reporting abuse, and communication and prevention strategies to empower children to be free from abuse. The interactive Children's Workshops consist of a discussion of rights and personal boundaries followed by three role plays representing the most common child assault scenarios: assault by a bully, assault by a stranger, and assault by a known adult. Each role play is used as a springboard for brainstorming strategies to keep children "Safe, Strong and Free" using guided discussion. The role plays are then repeated using the strategies discussed. A final role play involves the classroom teacher as a supportive adult responding to a child's request for help.

Components: CAP's three-pronged approach to prevention education includes the following: School Staff In-service (1 ½ hrs.), Parent Program (1 ½ hrs.) and Children's Workshops (1 hr. individual classroom workshops conducted by 3 CAP facilitators). At the conclusion of each classroom workshop, a 30-minute 'Review Time' period is available for children to speak one-on-one with a CAP facilitator to review and reinforce concepts and strategies learned and to discuss any 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 grades one to six. 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, 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. 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. This 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