



WELCOME

We all need to be equipped with the tools to protect our story so we can maintain a healthy mind, discover our purpose, achieve our goals, and be free to thrive. It's difficult to protect your story if you've never learned the importance of setting goals and how to protect those goals.

OBJECTIVES

Students will be able to:



TIME: 20 minutes from start to finish WITHOUT class discussion.



RESOURCES

- Student Worksheet (in-person delivery)
- Guide to Understanding Abuse Handout



ONLINE DELIVERY

Students take the course independently online. Activities, Knowledge Checks, and evaluations are completed online inside of the modules.

1. Students go to the link you provided.
2. Once students have completed the module, it is recommended facilitator follows-up with discussion questions provided.
3. Students do not need the Student Worksheet for this delivery method.
4. Offer Guide to Understanding Abuse to students as an electronic resource.



IN-PERSON DELIVERY

A facilitator delivers the video version of the module in-person to students. Activities, Knowledge Checks, and evaluations are completed in class on the Student Worksheet.

1. Pass out Student Worksheet.
2. Login to your POP account and navigate to the video version.
3. Press play. (The video will pause & prompt students to complete activities, Knowledge Checks, & evaluation questions on their Student Worksheet.)
4. Upon conclusion of the lesson, it is recommended facilitator follows up with the discussion questions provided.



Press play to start **Your Goals Matter**.

ACTIVITY 1: Set Your Goals

Students will write down their top 3 goals and create an action plan.

 CONTINUE



KNOWLEDGE CHECK

Students will select answers according to what they've learned.

1. Not having a plan and writing down your goals will make it difficult for you to succeed.

2. The most harmful distractions that keep you from achieving your goals are related to:

3. The definition of sexual abuse includes:

 CONTINUE

ACTIVITY 2: What if?

Students will match the correct outcome to each question.

 CONTINUE



EVALUATION QUESTIONS

1. What was something that you learned that you did not know before?
2. What steps will you take as a result of what you learned today?



CONCLUSION

Provide student resources and collect student worksheets.



DISCUSSION QUESTIONS

Suggested questions to prompt further conversation.

1. How do you think writing your goals and having a plan will help you succeed?
2. What are some distractions you experience daily? How can you prevent them from distracting you?
3. How has COVID impacted your ability to achieve your goals?



GO DEEPER

The lesson doesn't have to end when the video stops! Here are some suggested activities facilitators can do with students for greater impact and comprehension.



GOAL SETTING

This is an important skill for students to develop. Great goal setting lesson plans and activities can be found at ...

https://www.canr.msu.edu/news/achieving_your_goals_an_evidence_based_approach)



GUIDE TO UNDERSTANDING ABUSE

Many who are abused are not equipped with defining words to identify the type of abuse they are or have experienced. **KNOWLEDGE IS POWER.**

1. Create 5 columns for the 5 types of abuse on a large wall or smartboard.
2. Enter the name of each type of abuse at the top of each column.
3. Write single descriptive words from the guide on sticky notes.
4. Hand out descriptive words to students.
5. Direct students to place the descriptive words in the correct column.
6. Once descriptive words are placed, it is encouraged to have a time of discussion. Refer to the suggested questions below.
7. Hand out the Guide to Understanding Abuse with links and hotlines.



WHEN A CHILD DISCLOSES ABUSE

• If you are a mandatory reporter (teachers, clergy, healthcare providers, counselors, childcare providers), you are required to follow your state's mandatory reporting procedures. In many states, **ANY ADULT WHO SUSPECTS CHILD ABUSE OR NEGLECT IS REQUIRED TO REPORT**. All adults are encouraged to voluntarily report. Please check your state's reporting laws.



STAY CALM & BE COMPASSIONATE.

EFFECTIVE RESPONSE TECHNIQUES

- Thank them for trusting you and telling you something that was not easy to say.
- Listen well and repeat back what you heard them say, using their own words when possible.
- Validate them by naming it as abuse, assuring them it was not their fault.
- Determine what action needs to be taken and communicate what steps the child needs to take and what steps you are going to take.



ADDITIONAL RESOURCES

- For help and specific hotline or contacts information, **PLEASE VISIT** PowerOverPredators.org



Childhelp, "The Issue of Child Abuse" (n.d.) <https://www.childhelp.org/wp-content/uploads/2021/06/Childhelp-Signs-of-Abuse-Full-Set.pdf>

Childhelp, (n.d.) <https://www.childhelp.org/wp-content/uploads/2014/07/CPS-Phone-Numbers.pdf>

Sarah Gardner & Dave Albee, "Study Focuses on Strategies for Achieving goals, Resolutions" (2015). *Press Releases*. 266. <https://scholar.dominican.edu/news-releases/266>