

Safe Haven's **My Voice Matters (MVM)** Youth Violence Prevention (YVP) curriculum incorporates skills-based, age-appropriate, and evidence-based practices that cover the following topic areas of violence prevention and human trafficking prevention: Social Norms, Healthy Relationships, Red Flags and Risk Factors, Bystander Intervention, and Getting Help. Each topic is delivered during a 45- to 75-minute session. This curriculum is delivered in secondary (8th-10th grade) health education or similar classes.

Each MVM session employs active learning strategies, gallery walks, small group activities, and videos with guided reflections to complete. Thanks to generous funding and grants, the MVM curriculum will be provided to area schools as an open educational resource, free of charge. This includes access to pre and post assessments based on the CDC's shared risk and protective factors for multiple forms of violence.

Safe Haven staff works alongside identified school personnel for the initial implementation and modeling of classroom material. Following completion of training for staff prevention education, Safe Haven will continue to provide support and ongoing technical assistance to all school staff implementing the My Voice Matters curriculum for students. This gradual release model helps to build local school district capacity overtime.

- **Social Norms** – Students learn that social norms are unspoken and unwritten rules that influence the way people in a society behave, how social norms contribute to risk and protective factors for violence and human trafficking, and how they can change these harmful norms to make their communities safer.
- **Healthy Relationships** – Students learn how to recognize and identify the characteristics of healthy, unhealthy, and abusive relationships. Students also learn the definition and dynamics of consent, and how to construct and verbalize their personal boundaries.
- **Red Flags** – Students build skills and strategies to recognize, avoid, and deal with sexual harassment, violence, and human trafficking by analyzing high risk scenarios and practicing appropriate responses to red flag behaviors.
- **Bystander Intervention** – Students learn about and practice using 5 bystander intervention strategies to intervene when they observe peers experiencing harassment. Bystander intervention is a strategy for changing harmful social norms that increase youth risk for violence and human trafficking.
- **Getting Help** – Students learn the definition and benefits of community connectedness, how to find help through support services and resources, and how to offer refer peers to supportive programs and services, and how to report abuse.

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