

**JOIN THE
SCHOOL
MOVEMENT
TO END
VIOLENCE**

PREPARE[®]

PREPARE[®]

AN IMPACT[®] ORGANIZATION

Since 1992, Prepare has provided the highest quality comprehensive violence prevention education and worked to build safer individuals and communities. Prepare's values and methodology are aligned to educational best practices and incorporate the social and cultural values of the communities where we work.



OUR WORK

trauma informed



research driven

socially & culturally responsible



WE CREATE

critical life skills



allied beliefs
& behaviors



safer schools





COMPREHENSIVE EDUCATION

There are no short-term fixes to complex problems, so we provide programs of sufficient length, depth, and breadth to make an impact. Students and faculty appreciate the opportunity to fully develop the concepts and skills that result in lasting change. We use the term comprehensive to describe:

- curriculum that reaches young people at key developmental stages
- programs that address the entire continuum of violence including social pressures, micro-aggressions, street harassment and worse case scenarios
- response options that offer a wide range of solutions to manage a wide range of problems at multiple decision and action points
- an interdisciplinary approach that integrates sociology, psychology, gender studies, legal systems, anatomy, and physiology

REAL LIFE SOLUTIONS FOR SAFETY & SOCIAL PROBLEMS

Most students have not had the opportunity to learn and rehearse how to respond effectively in the moment of fear, intimidation, or emotional discomfort. They practice managing problematic situations, self-advocacy, and allied behavior.

METHODOLOGY

Our evidence-based programs utilize varied teaching methods so that students with different learning styles can interact with the material in effective ways including: experiential practice such as role-plays, interactive exercises, learning through discovery, critical and moral thinking, focused group discussions, community-building opportunities, and physical activity.

CUSTOMIZABLE CURRICULUM & ANONYMOUS SURVEYS

Prepare works closely with school leadership to support community and curriculum goals. We engage in a thorough needs assessment and then customize modules to meet identified school needs. Anonymous pre- and post- program surveys can be utilized to demonstrate the efficacy of our programs and to capture immediate and longitudinal shifts in beliefs and behaviors.

CERTIFIED INSTRUCTORS

Programs are taught by a diverse group of highly trained instructors, all of whom completed a 200-hour IMPACT Self-Defense and Violence Prevention certification and receive on-going professional development. Instructors use trauma-sensitive teaching methods and non-victim blaming language.





YOUTH PROGRAMMING

We layer learning goals through age-appropriate modules designed to connect to key developmental stages. We engage in a thorough needs assessment with school leadership and create tailored modules to meet your goals.



CURRICULUM

body boundaries
& healthy sexuality



street safety

interpersonal safety
in relationships



GRADE 2-8 MODULES

+ Anti-Bias / Anti-Bullying

+ Street Smarts & Body Boundaries

+ Postive Peer Relationships

GRADE 9-12 MODULES

+ Personal Safety

+ Healthy Relationships & Community Safety

+ College-Bound & Gap Year Preparation

+ Our Whole Lives Sex & Sexuality (OWL)



PROFESSIONAL DEVELOPMENT

Positive connections to adults is the number one protective factor for young people. We take a school-wide approach with the goal of reaching all adults in a school community. This creates a shared common language for discussing challenging situations, multiplies a community of confident adult role models to respond compassionately and swiftly when situations arise, and promotes preventative measures.



CURRICULUM

introduction to community safety



trauma for educators

boundary setting



introduction to personal safety & self defense

building consent culture



CUSTOMIZABLE PROGRAMMING

All workshops are customizable and include dynamic role-plays, group discussion, and individual rehearsal of concepts one-on-one with highly trained facilitators.

COMPLIMENTARY TRAINING

We offer introductory trainings for faculty and families for every student program we deliver.



OUR FOUNDERS

DONNA CHAIET

Donna Chaiet is a nationally recognized speaker and author of an award-winning series of eight books for Rosen Publishing Group entitled *The Get Prepare'd Library of Violence Prevention for Young Women*. Her second award-winning book *THE SAFE ZONE: A Kid's Guide to Personal Safety* was published by Morrow Junior Books. Donna collaborated with Co-Founder Karen and Anti-Racism Educator Randy Clancy to create an evidenced-based Anti-bias, Anti-bullying curriculum for grades 2-12. She has completed training with the Substance Abuse and Mental Health Services Administration focusing on current methodology in prevention science and is a certified Our Whole Lives Sex and Sexuality Instructor. She was certified as a Crime Victims Counselor and provided pro bono legal work for abuse survivors. Donna earned her B.A. at SUNY Albany and her J.D. at Brooklyn Law School.

KAREN CHASEN

Karen is nationally recognized for her collaborative work and research with other experts in the fields of safety and preparedness, trauma recovery, and intervention. She partnered with Dr.'s Rosenblum and Taska to develop a trauma intervention combining personal safety classes with group therapy for their clients at the Center for Family Resources in NJ. She joined forces with Dr.'s Weinberg and Vogel-Davis of Montclair State University's Counseling and Psychological Services Center in NJ to utilize this trauma intervention for college students – both programs are firsts in the country. Karen is a guest professor at Drew University and Hunter College, and annual speaker at Columbia University Journalism School and the Dart Center for Journalism and Trauma. Karen earned her B.A. at SUNY Albany and her J.D. at Boston College Law School. She is on IMPACT International's Board of Directors, the umbrella organization for IMPACT personal safety programs. She completed the International Trauma Studies Program at New York University (now affiliated with Columbia University) and de Becker's Advanced Threat Assessment and Management Academy.



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We are so fortunate that Prepare works with our students across divisions. It's advantageous that students become familiar with the curriculum at the earliest ages, because it allows them to become comfortable, confident, and ready to layer new concepts and skills at each developmental stage and for different vulnerabilities and social pressures. Instructors have a way of reading the room, meeting the students where they are, and ensuring student comfort and safety. They've truly become a part of our school community.

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— Robyn Jaffe, Director of Health & Wellness
The Nightingale-Bamford School

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Educator Workshops are thoughtfully planned and incredibly engaging. Participants strengthen intuition, communication skills, and social-emotional development in themselves and for the young people in their lives. PREPARE creates a supportive environment in which participants feel comfortable taking risks and asking tough questions. The students, educators, and families in our school community are prepared with invaluable knowledge and skills.

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— Michelle Harris, LCSW, MA,
Director of Elementary School Social Work,
Community Roots Charter School

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