



New Jersey Child Assault Prevention Offers Virtual Workshops

A Statewide Network with a mission to improve the quality of life for children and families in New Jersey by reducing interpersonal violence through assault prevention education and community engagement.

ADULT programs precede the children's programming. They cover the prevention and empowerment strategies given in the children's workshops and offer suggestions for the most effective ways to support those strategies at home, school and in the community.



EDUCATIONAL WORKSHOPS FOR STUDENTS

Students grades 1st through 12th are taught not only their own rights to personal boundaries but also to respect the rights of others regarding peer assault, harassment and abuse. Students learn the difference between normal conflict and bullying and how to be socially responsible in the electronic world. Workshops are age appropriate and geared toward diverse populations.



SERVICES TO SCHOOL STAFF AND ADMINISTRATORS

Workshops are available to school administrators, teachers and support staff to assist them in identifying and reducing student risk for bullying, harassment, physical and sexual abuse and neglect. CAP training strengthens the school community and works toward a safer environment for everyone while fulfilling the requirements for professional development.



COMMUNITY AND PARENT OUTREACH

CAP offers empowerment educational workshops for parents in schools, as well as for adults in churches, services clubs, businesses and local groups. These trainings enable participants to recognize and reduce the risk for children for abuse, exploitation and bullying. CAP strengthens families and helps communities to believe in the rights and protection of all children.

“Empowering Children and Families to be Safe, Strong & Free”

Featured Virtual CAP Programs

- Elementary – 1st through 6th Grades
- Teen CAP – 7th through 12th Grades
- CAP’s Bullying Prevention – 3rd through 8th Grades
- Parents & Staff

To access program applications, view videos and additional information on the individual programs, visit www.njcap.org. To schedule workshops, contact your local county CAP Project.



Virtual Student Workshops

Elementary 1st-5th

Age appropriate classroom workshops for students are facilitated by CAP leaders. Using videos and guided group discussion, the classroom workshop trains children to recognize potentially dangerous situations, and to make effective use of the options available to them when dealing with such a situation. CAP emphasizes self-assertion, peer support and telling a “Trusted Adult” as prevention strategies. CAP approaches the question of assault within the framework of basic human rights that all people have and focus on the rights to be Safe, Strong and Free.

6th Grade

CAP facilitators meet with each classroom to discuss personal safety rights, common kinds of assault against youth, and strategies for handling dangerous situations. Throughout the workshop common assault situations are presented via short scenarios and guided group discussions. Peer bullying is discussed, from the points of view of a victim, a victimizer and the witnesses. Solutions are brainstormed to help students deal successfully with bullying. During the workshop, “self-protection” strategies are taught; including the CAP yell. Through discussion of scenarios of an assault by a known adult, skills are taught to prevent sexual assault and to empower youth to understand how to effectively stand up for themselves in a similar situation.

CAP’s Bullying Prevention Program 3rd – 8th Grades

This workshop is developmentally appropriate for students in secondary and elementary schools. It is a two-session program. Scenarios are used to illustrate situations and children are asked to brainstorm successful strategies. Self-assertion, peer support and telling “Trusted Adults” are the strategies CAP facilitators encourage the children to use. The program focuses on the seriousness of bullying, strategies to de-escalate bullying and exploring how electronic communications are opportunities for bullying. This program helps in problem solving specific bullying situations and strengthens the belief that all children have the right to be Safe, Strong and Free.

TEEN CAP

Teen CAP provides prevention programming to students for three sessions. Throughout the workshop series, common assault situations are presented via short scenarios and guided group discussions. CAP facilitators meet with a class to discuss personal safety rights, common types of assault against adolescents, and strategies for handling dangerous situations. During the workshop, “self-protection” strategies are taught; including ways of walking assertively, the CAP yell and other self-defense movements.

Sexual harassment is discussed with an emphasis on the difference between sexual harassment and flirting. The topic of sexting is introduced and viewed from the perspectives of those involved. Scenarios of an assault by a known adult and an assault by a peer in an acquaintance relationship are discussed. Skills are taught to prevent sexual assault. During this workshop, we challenge some of the culturally supported beliefs regarding physical and sexual aggression.

“Empowering Children and Families to be Safe, Strong & Free”