

# NCSC CAP

## Child Assault Prevention Program

Dear Parents or Guardians,

I am writing to give you some detailed information about the CAP children's workshops that will soon be offered in your child's school.

The main theme of CAP is that all children have the right to be SAFE, STRONG and FREE. The classroom workshop, which takes an hour in grades 1-5 or two shorter sessions in kindergarten, begins with a discussion of these rights. The program emphasizes helping children develop ideas about what they can do to keep their rights to be safe, strong and free.

In the workshops, three presenters enact role-plays that focus on three themes: how to handle bullying, how to stay safe if a stranger tries to trick a child, and what to do if a familiar adult tries to touch a child in a way that feels uncomfortable. First, the presenters do the role-play with an unsuccessful outcome. Next, they discuss strategies for staying safe: asking a teacher or friends for help with a bully, yelling "NO" and running away from a stranger, and saying no and seeking adult help in dealing with an uncomfortable situation with a known adult. Then, the presenters enact the role-play using these strategies successfully. Finally, in a fourth role-play, the child's teacher and a presenter act out what would happen if a child asked the teacher for help with a problem. For more details about the role-plays, please read the second side.

After the presentation, children may speak with one of the presenters, in order to review, clarify and reinforce the material. In addition, children sometimes ask our help in problem solving. Children are always encouraged to go back to their parents and discuss what they have learned in the CAP workshop.

One of the most important goals of CAP is to encourage children and parents to discuss everyday issues of safety. We all want our children to be kind and cooperative. We also want our children to feel safe exploring the world. Since we can't always be with them, we need to feel certain that our children have the skills needed to recognize a potentially dangerous situation and to know what to do. Information about real potential dangers and solutions enhances a child's confidence. Children need to know that they don't have to do something if it makes them feel unsafe with another person. They need to know that they should always go to a parent or another adult if someone is doing something that confuses or frightens them.

The Child Assault Prevention program is being sponsored in your child's school by the PTO, along with grants from the United Way and other foundations. Parental permission is needed; your principal will provide information about permission procedures. I also hope you will attend the parent workshop. If you have any further questions, I may be reached at 969-5906, ext. 143, or at the address below.

Sincerely,

Gail Sommer  
Director, Newton and Needham CAP