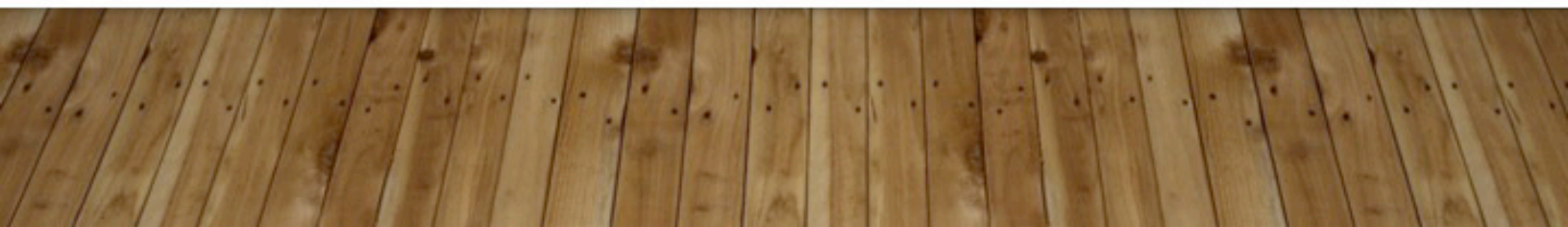


PREPARE[®]

PREPARE, INC., AN IMPACT ORGANIZATION

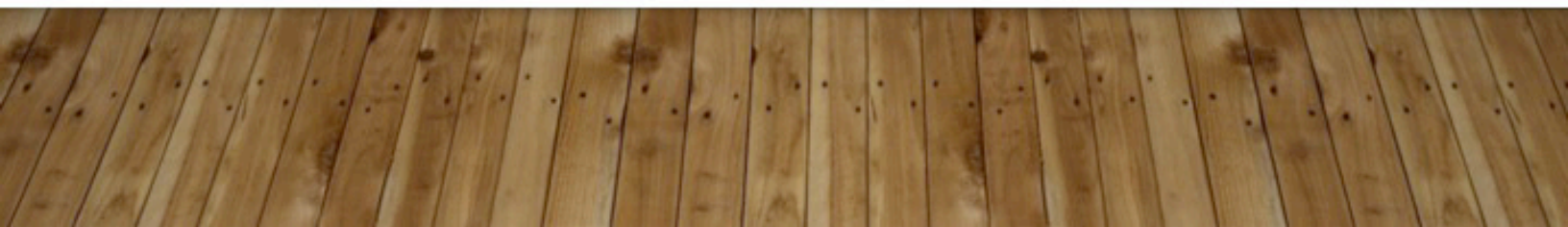
LOWER & MIDDLE SCHOOL PROGRAMS



ABOUT PREPARE INC.

Prepare Inc. is an educational services company that offers **comprehensive violence prevention programs** and evidence-based programs for personal safety, communication skills, and self-defense. Our school programs are designed to empower students and improve their safety and well-being by simultaneously lowering risk factors and raising protective factors. Prepare is recognized for its ability to communicate with young people and tailor its programs to always be age-appropriate.

Since 1992, Prepare Inc. has served over 30,000 young people and adults and provided programs and trainings for over 30 K-12 schools.

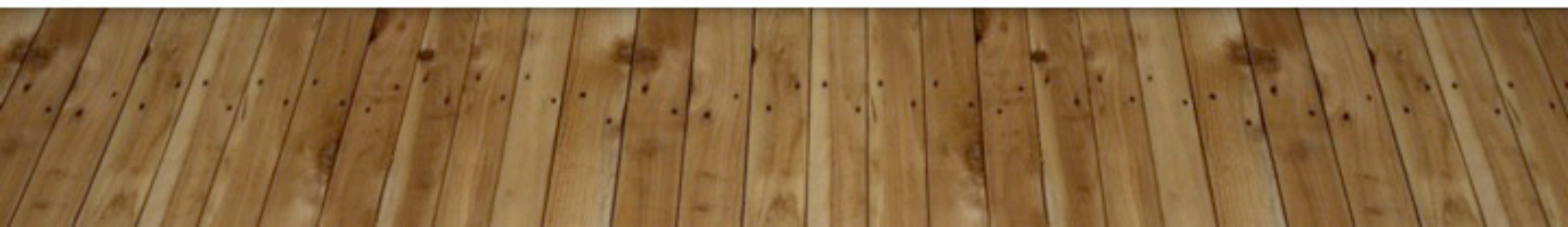


2ND – 8TH GRADE PROGRAMS

Prepare Inc. offers the following programs for lower and middle school students:

- **Anti-Bias, Anti-Bullying**
- **Street Smarts and Body Boundaries**
- **Positive Peer Relationships**

Improving the safety of young people is a community-wide effort. Therefore, we highly recommend combining one or more of these programs with the **Parent, Caregiver, and Educator Workshop**. The workshop encourages and multiplies a community of positive adult role models who are able to reinforce the lessons learned.



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Anti-bias, Anti-bullying Program

Every year, 1 out of 4 U.S. students report being bullied. Over half of bullying incidents stop when a peer intervenes.

Students can learn how to stand up against bias & bullying.

Challenge Stereotypes

The program is a school-based workshop for lower and middle school (Grades 2-8) that empowers students to speak up and take action against social cruelty, bullying and exclusion. These actions lead to the creation of more caring and inclusive school communities.

Build Community

The program provides a respectful environment where students can examine the root causes - bias, stereotypes, and discrimination. They will learn how to build authentic relationships that honor and value difference.

Practice Kindness

Method and Curriculum

We use stories, cooperative games, and community-building exercises to create a foundation of trust and openness so that students can share safely and learn from each other. Interactive role-playing based on real-life experiences allows participants to practice taking an active stand against mean words and behavior.

Speak Up & Be an Ally

The Anti-bias, Anti-bullying program supports students to develop:

- SELF AWARENESS and the cultivation of a positive self-concept and group identity
- CRITICAL THINKING about bias and stereotypes and their impact on relationships and communities
- SKILLS to set boundaries and communicate powerfully and respectfully
- COURAGE to address social cruelty and exclusion and to advocate for each other as allies

The Anti-bias, Anti-bullying program is best delivered in **8 one-hour sessions to groups of 20 students**. It is often paired with Positive Peer Relationships. This program can be tailored to fit your school's needs.

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Street Smarts and Body Boundaries

“You own your body.”

Students can learn how to manage inappropriate or aggressive behavior from older teens and adults.

Find Your Voice

The program is a school-based workshop for lower and middle school (Grades 2-8) that empowers students to speak up and get to safety in a wide variety of situations such as traveling to and from school, hanging out with friends, waiting to get picked up, or being on their own at other homes.

Set Limits

Street Smarts and Body Boundaries addresses body boundaries in uncomfortable, inappropriate or dangerous situations. Students learn how to end an encounter and access adult help and support.

Get Help from Adults

Method and Curriculum

Street Smarts and Body Boundaries uses experiential learning and repetitive practice to introduce personal safety skills and concepts in a supportive and non-competitive classroom environment. Interactive role-playing allows participants to practice active verbal and physical resistance to boundary violations and aggression.

Trust Your Instincts

Street Smarts and Body Boundaries supports students to develop:

- ASSESSMENT – how to spot manipulations and tricks and trust their instincts
- ACTION – how to avoid or escape people or situations that make you uncomfortable, using your body, brain and voice to set and protect your physical and emotional limits
- ACCESS – how to find safe places / safe people for adult help
- EXPLORE – an understanding of how rigid gender roles and gender scripts make young people more vulnerable to predatory behavior from adults

Streets Smarts and Body Boundaries is best delivered in **8 one-hour sessions to groups of 20 students.**

It is often paired with the Anti-bias, Anti-bullying program and/or Positive Peer Relationships.

This program can be tailored to fit your school's needs.

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Positive Peer Relationships

“My best friend gets angry when I want to play with other kids at recess.”

Students can learn how to navigate friendships and peer relationships in a low drama way.

Speak Up

The program is a school-based workshop for lower and middle school (Grades 2-8) that empowers students to manage complex issues that come up in relationships.

Set Limits

Positive Peer Relationships teaches real life communication skills that help preserve and enhance relationships. It answers the questions kids have about how to deal with changing friendships, hurt feelings, misunderstandings and group dynamics. Students explore what is most important to them in a friend and what they value most in healthy relationships.

Learn about Friendship

Method and Curriculum

Positive Peer Relationships uses experiential learning and repetitive practice to introduce calm and confident body language, non-violent communication scripts, and adrenaline management in interactive role-plays with instructors. Instructors use games, brainstorming sessions, group work, and story-telling.

Peaceful Resolutions

Positive Peer Relationships supports students to develop:

- OBSERVATION – how to read people and situations accurately
- SELF-MANAGEMENT – how to respond calmly and clearly when your boundaries have been crossed
- CRITERIA – for healthy relationships
- PRINCIPLES – what we value in friendships and communities

Positive Peer Relationships is best delivered in **8 one-hour sessions to groups of 20 students**. It is often paired with the Anti-bias, Anti-bullying program. This program can be tailored to fit your school's needs.

CONNECTING DISCIPLINES

Prepare Inc. programs draw on knowledge, skills, and mindsets from multiple academic disciplines.

SCIENCES

Physics
Anatomy
Physiology
Biology
Chemistry
The Brain

PUBLIC SPEAKING & COMMUNICATION SKILLS

Verbal and Non-verbal Cues
Verbal Strategies & Persuasion
Boundary Setting
Conflict Resolution

GENDER STUDIES

Media Literacy
Identity
Gender Roles & Stereotypes

ATHLETICS & PHYSICAL EDUCATION

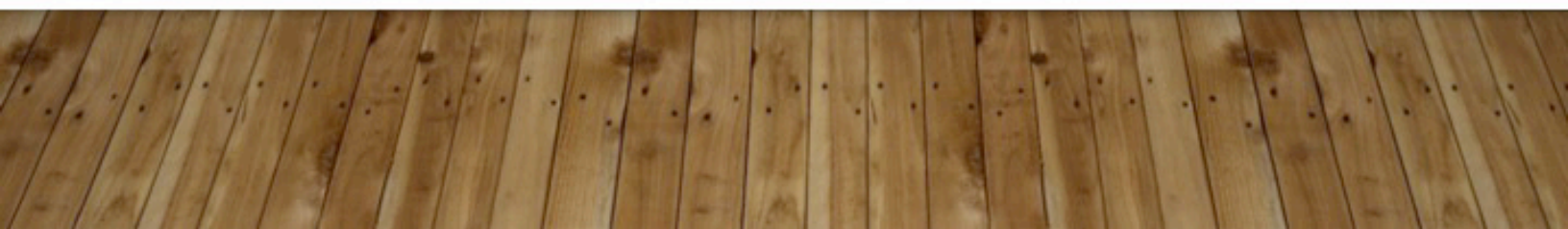
Balance & Agility
Body Awareness
Purposeful Movement
Adrenaline Management

HEALTH & LIFE SKILLS

Values
Authentic Voice
Relationships
Limits
Body Sovereignty

SOCIO-EMOTIONAL LEARNING

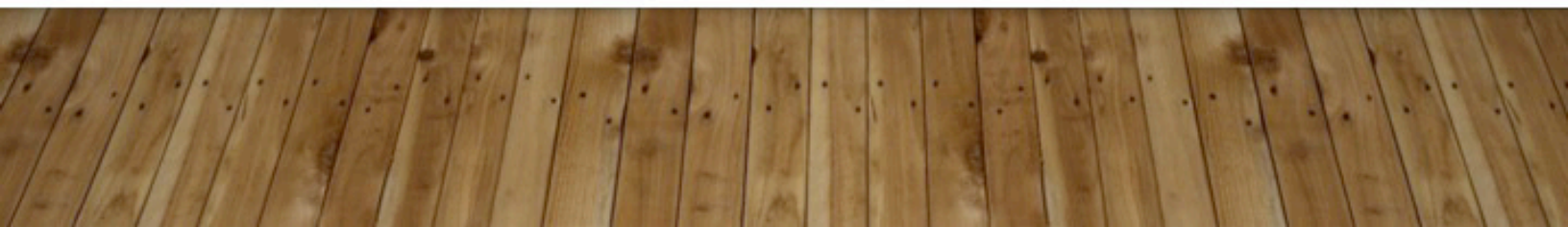
Instincts & Intuition
Feelings Vocabulary
Personal Awareness
Problem Solving



JOIN OUR COMMUNITY

PROGRAM PARTICIPANTS - PARTIAL LIST

The Berkeley Carroll School	Marymount School of New York
The Chapin School	MS 324
The Churchill School and Center	The Nightingale-Bamford School
Community Roots Charter School	The Packer Collegiate Institute
The Dalton School	PS 811Q
Brooklyn Friends School	Rodeph Sholom School
Ethical Culture Fieldston School	Sacred Heart Greenwich
Friends Seminary	Saint David's School
Grace Church Upper School	Stephen Gaynor School
Greenwich Academy	Trinity School
The Jack and Jill School	Williamsburg Collegiate Charter School
Mary McDowell Friends School	



FOUNDER BIOS

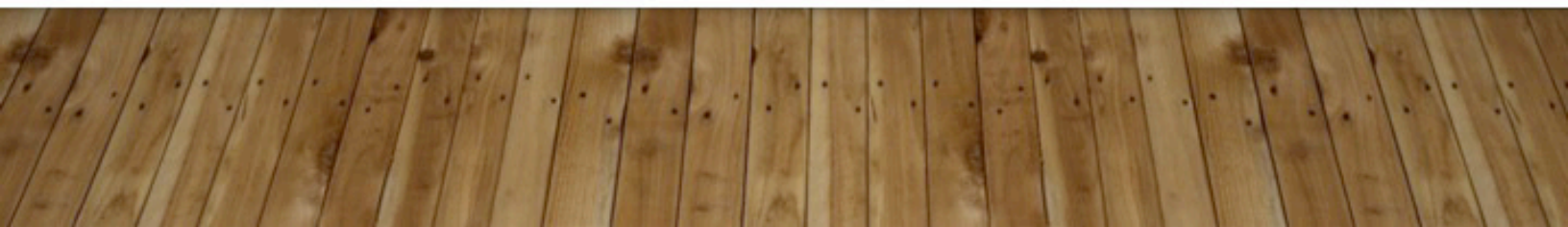
DONNA CHAIET Co-Founder & President

Donna Chaiet is President and Co-Founder of Prepare Inc. She is a certified IMPACT self-defense instructor and trainer and is a nationally recognized speaker in violence prevention and personal safety. Chaiet has conducted safety and communication seminars for Fortune 500 companies throughout the United States, including PepsiCo, Seagram, Time Warner, Bristol-Myers Squibb, Google, and the United States Army, as well as universities, hospitals, health clubs, schools, and community organizations. Her television appearances include CBS, NBC, ABC, WOR, FOX, Lifetime, Fox Cable, and New York 1. Chaiet has contributed to the violence prevention and personal safety field for over 25 years.

Chaiet authored 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 book was published by Morrow Junior Books and is entitled THE SAFE ZONE: A Kid's Guide to Personal Safety. Chaiet collaborated with Co-Founder Karen Chasen and Randy Clancy to create Walk the Talk, an evidenced-based anti-bias, anti-bullying curriculum for lower, middle, and upper school students.

Chaiet earned her B.A. at State University of New York at Albany and her J.D. at Brooklyn Law School. Before co-founding Prepare Inc., she was a practicing attorney in New York City, specializing in family law, small business and entrepreneurship, and intellectual property. She was certified as a Crime Victims Counselor and provided pro bono legal work for abuse survivors.

She has been honored by the National Organization of Women, receiving their Power and Influence Award, and the National Association of Women Business Owners, receiving their Business Owner of the Year award. She has completed training with the Substance Abuse and Mental Health Services Administration focusing on current methodology in prevention science.



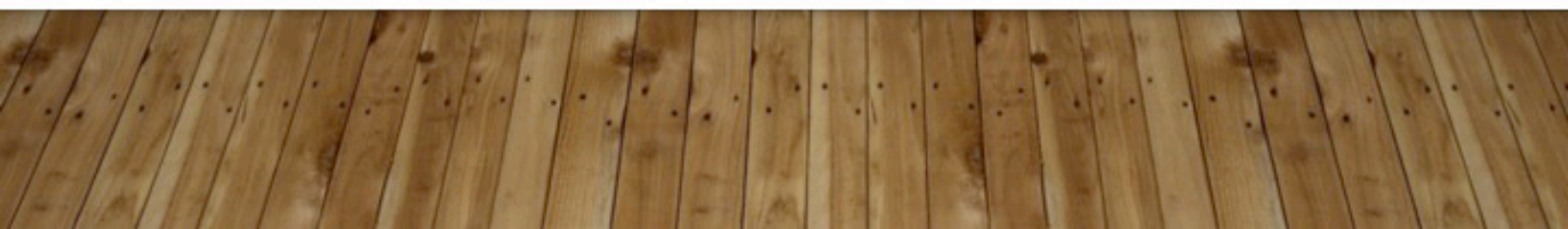
FOUNDER BIOS

KAREN CHASEN Co-Founder & Vice President

Karen Chasen is Vice President and Co-Founder of Prepare Inc. She is a certified IMPACT self-defense instructor and trainer. She currently serves as the Chair of the Chapter Development Committee for IMPACT International, the umbrella organization for IMPACT personal safety programs around the world. She is the Board Chair of the non-profit Emerging Strategies for Learning and Leadership Inc. Chasen's contributions to the violence prevention and personal safety field span 25 years. She is nationally recognized for her collaborative research with other experts in the fields of safety and preparedness, education, communication, trauma recovery, and intervention.

Chasen is a repeat guest professor at Drew University with Dr. Jill Cermele for a course entitled *Gender Violence and Women's Resistance* in the Psychology and Women's Studies Department. She collaborated with Dr. Gianine Rosenblum and Dr. Lynn Taska to develop a trauma intervention combining personal safety classes with group therapy for private clients of the Center for Family Resources in NJ. She collaborates with Dr. Lisa Weinberg and Dr. Jennifer 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.

Chasen earned her B.A. at SUNY Albany and her J.D. at Boston College Law School. She completed a certificate program at the International Trauma Studies Center at New York University (now affiliated with Columbia University) and received certification as a Tactical Specialist in disaster and emergency preparedness with Black Umbrella. Chasen completed the Advanced Threat Assessment and Management Academy with Gavin de Becker Inc.



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