PREPARE®

LOWER VULNERABILITY • RAISE RESILIENCY

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 trainings are an important part of a larger movement to create social change, prevent violence, and support healing.

THE PARENT, CAREGIVER, & EDUCATOR WORKSHOP

BE A ROLE MODEL

The Parent, Caregiver, and Educator Workshop teaches adults how to **build protective factors** and **reduce vulnerabilities** for young people. We believe that the best way to keep young people safe is for the adults in their lives to **model positive** and **effective behavior**.

THE PARENT, CAREGIVER, & EDUCATOR WORKSHOP

OUR COMMUNITY-WIDE APPROACH

Improving the safety of young people is a **community-wide** effort. The Workshop **encourages** and **multiplies** a community of **positive adult role models** who are able to **reinforce** the lessons learned and who can **listen to** and **support** young people when they need help or have questions.

THE PARENT, CAREGIVER, & EDUCATOR WORKSHOP

Sample Scenario: How to Engage in Challenging Conversations

Seven year old Pat discloses that a teenage cousin encouraged a "game" that involved using the cousin's phone to take pictures of each other and then posting them to social media.

Do you have enough information? What questions might you ask? What conversation strategies can you use? What are your goals?

METHOD AND CURRICULUM

During the Parent, Caregiver, and Educator Workshop, participants engage in interactive verbal exercises and problem-solving scenarios. Participants learn how to:

- **CULTIVATE** intuition and avoid bias, paranoia, and worry
- **ENGAGE** in challenging conversations
- **ASSESS RISK** and spot red flags for predators and warning signs of abuse
- **REPLACE** safety myths with facts
- **TALK TO AND TEACH** children about healthy boundaries, including body autonomy

CUSTOMIZE A WORKSHOP FOR YOUR AUDIENCE

This short but impactful program teaches skills that adults can **immediately put to use** to **improve** their interactions with children and to **help advocate** for them with other adults.

The Workshop is a 3-4 hour program for up to 24 participants. This program can be **tailored to fit your school's needs.**

*"Nobody should be without this course. It is **fundamental** for living in today's world."*

JOIN OUR COMMUNITY

PREPARE INC. PROGRAM PARTICIPANTS - PARTIAL LIST

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

WHAT PROGRAM PARTICIPANTS ARE SAYING

*"I can redefine my **boundaries** and follow my **intuition**. I gained clarity and confidence to engage in hard conversations."*

*"I learned to **breathe, think,** and then **act.**"*

*"We should be teaching these **concepts to everyone.**"*

I feel so much less worry knowing that my children's teachers are on my family safety team."

CONTACT US TO SCHEDULE A WORKSHOP

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