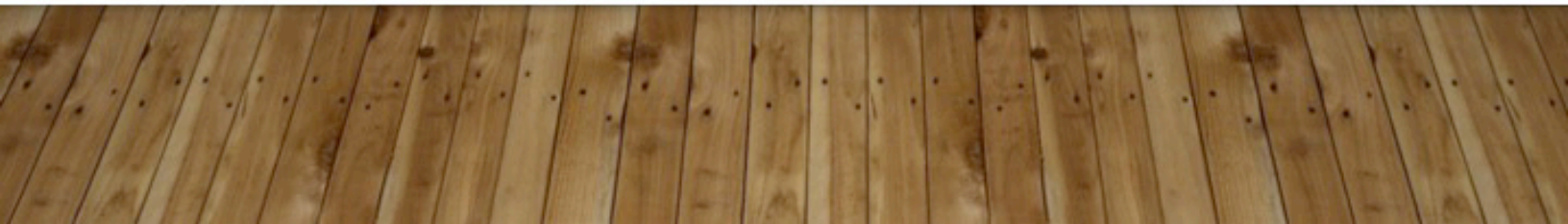


# PREPARE<sup>®</sup>

PREPARE, INC., AN IMPACT ORGANIZATION

## UPPER SCHOOL PROGRAMS

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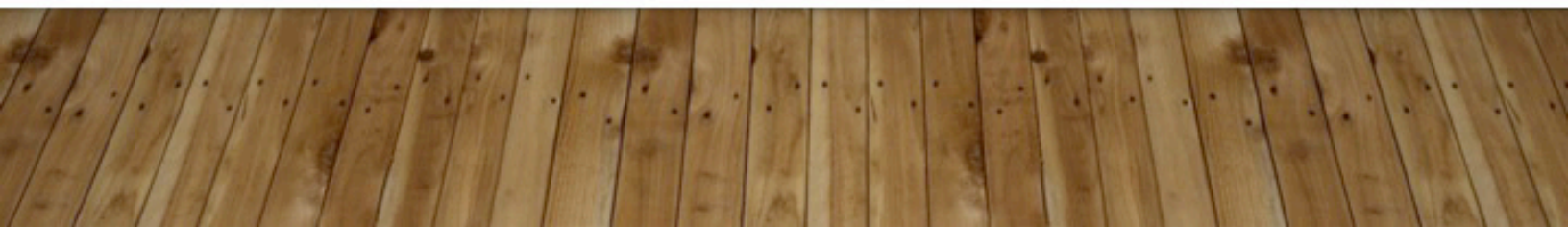


# ABOUT PREPARE INC.

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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.



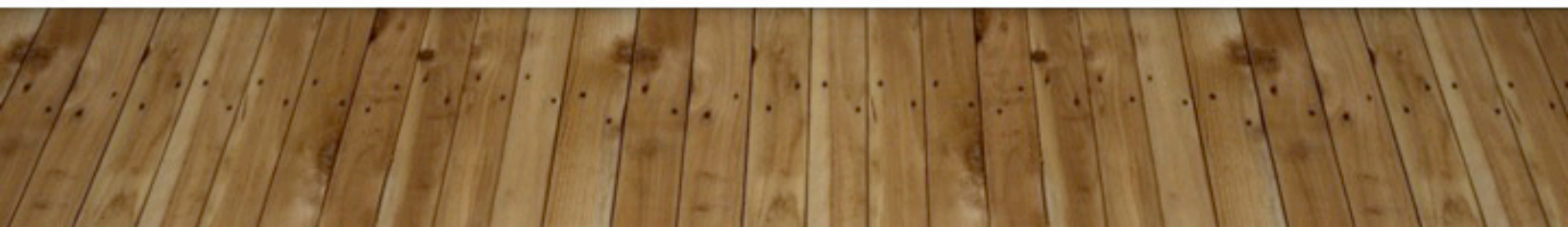
# 9<sup>TH</sup> -12<sup>TH</sup> GRADE PROGRAMS

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Prepare Inc. offers the following programs for Upper School students:

- **Personal Safety**
- **Healthy Relationships**
- **Health Education**

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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# PREPARE

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Violence Prevention

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Healthy Boundaries

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Assertive Communication

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Self-Defense

## Personal Safety

*Can students anticipate problems and take actions to avoid danger? Can they use communication skills to clearly set boundaries in friendships and romantic relationships? Can they resist physical aggression and find safety?*

The young people you care about need life skills that will help them stay safer.

The program provides teens (Grades 8-12) with age-appropriate, comprehensive, violence prevention education, including personal safety, self-advocacy, and self-reliance. Students learn to distinguish between instincts and bias when assessing threats to their safety. We emphasize the importance of de-escalating situations. Physical resistance skills are a last resort option. Students practice accessing help and support from adults. These tools are ultimately useful in many contexts, from street safety to peer pressure and bullying, and managing unwelcome touch or sexual advances.

## Method and Curriculum

Through interactive self-defense instruction, this program offers personal safety tools that are applicable to all age levels and individual needs. Participants practice problem-solving scenarios and verbal role-play exercises to learn how to identify, assess, and manage uncomfortable and potentially harmful situations.

Participants learn how to:

- BE AWARE of their environment
- ASSESS risk and detect threats to their physical and emotional safety
- COMMUNICATE boundaries with friends, family members, intimate partners, and authority figures
- TAKE ACTION physically and verbally to handle unsafe situations and manage the adrenalized response

The Personal Safety program is best delivered in a 12-16 hour program with groups of 20 students. This program can be tailored to fit your school's needs.

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# PREPARE

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## Risk Reduction

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## Positive Connections

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## Authentic Voice

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## Intuition & Listening

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# Healthy Relationships

*How can I support a friend in an unhealthy relationship?  
Speak up if someone treats me in a way I don't like?  
Set limits around sexual intimacy?*

By Upper School, many teens have been exposed to or have experienced:

- relationship abuse or sexual boundary violation
- recreational use of alcohol/drugs
- pressure to conform to group behavior or gender norms

Young people have some understanding around these topics, but they have not had the opportunity to learn how to respond appropriately in the moment when they feel stressed out, confused, or intimidated. The program for teens (Grades 8 -12) provides opportunity for each student to practice self-advocacy.

## Method and Curriculum

Within a safe environment with adult guidance, students learn how to think critically and identify disrespectful or dangerous behavior within relationships (including social media interactions). Students rehearse verbal and non-verbal communication skills such as confident body language, strategies for setting boundaries in an authentic voice, and how to navigate coercion or manipulations.

Students who participate in the program learn to:

- ESTABLISH safer and more supportive peer relationships (friendship and romantic)
- SET LIMITS in situations that make them uncomfortable or are potentially dangerous
- DEVELOP the skills to resist peer pressure and stay true to one's values
- UNDERSTAND the social context for violence and the influence of societal norms

The Healthy Relationships program is best delivered as 12 one-hour sessions for groups of 20 students. The program can be tailored to fit your school's needs.

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# PREPARE

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## Decision-Making

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## Problem-Solving

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## Brain Development

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## Protective Factors

# Health Education Program

*Quality health education imparts the knowledge and skills young people need to excel in school and relationships and become healthy and productive adults.*

The program delivers sequential, developmentally appropriate content to teens (Grades 8-12). Led by trained and certified facilitators, our instruction focuses on teaching both knowledge and skill development.

Our effective methodology results in immediate positive changes in students' behavior that lowers risk and improves decision-making around alcohol, tobacco, and sex. Students learn how to care for themselves mentally, physically and emotionally, and how to ask for adult help when needed.

## Method and Curriculum

Through role-play, activities, and discussion, this program: examines the values and beliefs that support positive health behaviors; provides opportunities to analyze personal and social pressures to engage in risky behaviors; and builds competence and self-efficacy – all characteristics of effective health education, according to the Center for Disease Control and Prevention.

Customizable curriculum may include:

- PHYSICAL & MENTAL HEALTH - types of stress and healthy coping skills
- DRUG, ALCOHOL & TOBACCO USE - navigating peer pressure and media literacy
- ADDICTION - neurology and cultural norms
- SEX, SEXUALITY & GENDER - psychological and biological expression

The Health Education program is best delivered in 12 one-hour sessions in groups of 20 students. This program can be tailored to fit your school's needs.

# CONNECTING DISCIPLINES

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

## LIFE SKILLS – HEALTH & SEXUALITY

Values  
Authentic Voice  
Consent  
Limits & Boundary Setting  
Body Image  
Drugs & Alcohol

## PUBLIC SPEAKING & COMMUNICATION SKILLS

Verbal and Non-verbal Cues  
Verbal Strategies & Persuasion  
Leadership & Allyship  
Conflict Resolution  
Media Literacy

## ATHLETICS & PHYSICAL EDUCATION

Balance & Agility  
Body Awareness  
Purposeful Movement  
Adrenaline Management

## SCIENCES

Physics  
Anatomy  
Physiology  
Biology  
Chemistry  
The Brain

## GENDER STUDIES

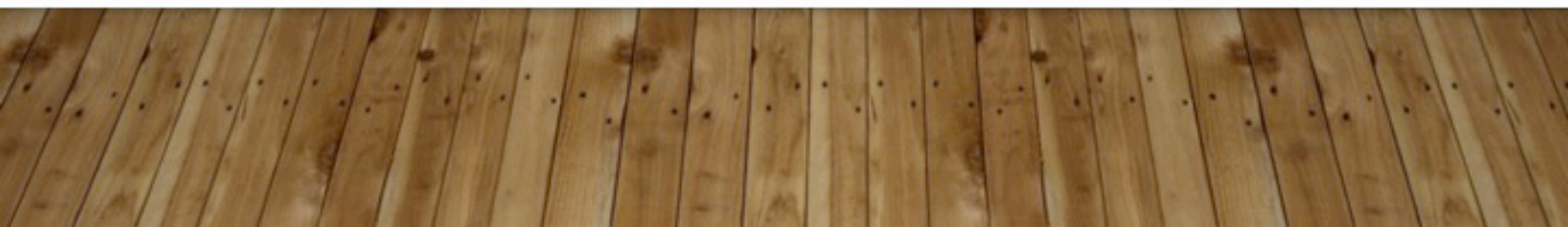
Identity  
Gender Roles & Stereotypes

## SOCIO-EMOTIONAL LEARNING

Instincts & Intuition  
Personal Awareness  
Relationship Building  
Problem Solving

## MATH

Statistics  
Critical Thinking



# JOIN OUR COMMUNITY

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## 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

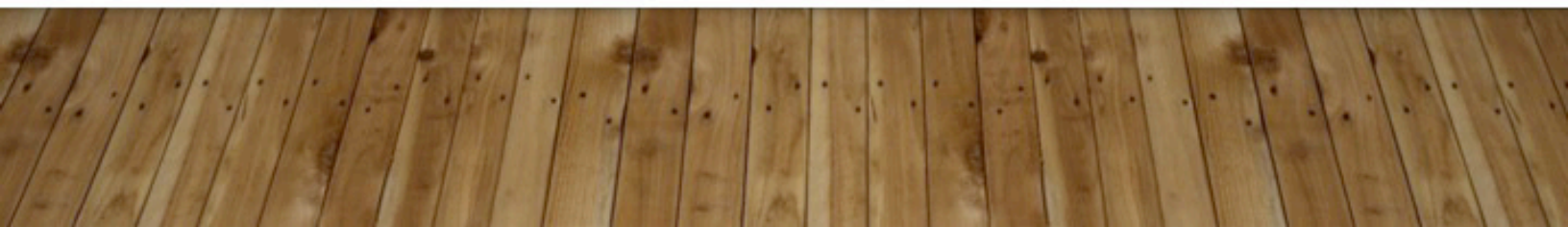
Greenwich Academy

Trinity School

The Jack and Jill School

Williamsburg Collegiate Charter  
School

Mary McDowell Friends School





# FOUNDER BIOS

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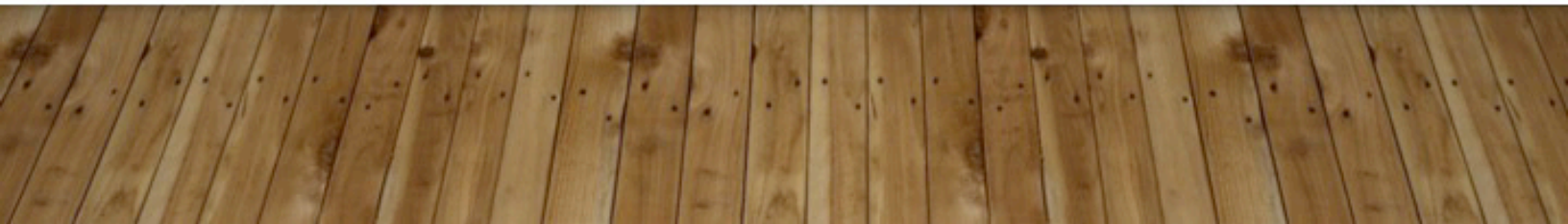
## DONNA CHAIET Co-Founder & President

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

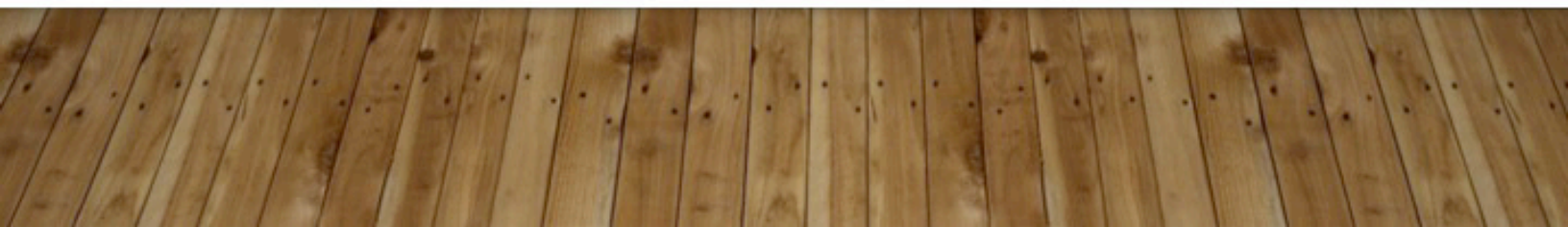
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## KAREN CHASEN Co-Founder & Vice President

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.



# CONTACT US

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