

## Diocese of Owensboro

### Safe Environment Training Options for Children and Youth

### Titles & Description

**Note: Parents may choose to be involved in order to train their children in the parish or school setting with the oversight of the parish or school facilitator. If materials are simply sent home for viewing, children can NOT be counted as trained.** (USCCB Audit regulations)

**Note: Your local Rape Crisis Centers offer training to all ages. Please use their services as often as possible. For a list of Centers in our diocese, go to:**  
[http://www.rcdok.org/documents/safe\\_environment/RapeCrisisCtr%20Service%20Areas.pdf](http://www.rcdok.org/documents/safe_environment/RapeCrisisCtr%20Service%20Areas.pdf)

Grade Level	Ages	Title	Format	Length	Content	Distributed by
Pre-K-1st	4-6	Yello Dyno's <i>Can't Fool Me! Music Curriculum</i>	Audio CD	25 min.	With facilitator lead-ins for each song and coloring pages available for reinforcement, this audio CD presents safety rules for young children with: "The Yello Dyno Yell," "Tricky People," "Help Me, Operator," "We Trust Our Feelings," "My Body's Mine," "Get Outta My Face," "If Your Parents Get Lost," and "Safely Held in Your Heart"	Yello Dyno <a href="http://www.yellodyno.com/html/productssummary.html">http://www.yellodyno.com/html/productssummary.html</a>  CD - \$15.95 (or \$9.95 to download)
Pre-K-2nd	4-7	<i>What Tadoo</i>	DVD	18 min.	Learn four basic rules: Say No, Get Away, Tell Someone and Sometimes Yell. Combines live action and puppets, in a humorous, but straight-forward look at lures abusers use to entice children and the "uh-oh feeling" they could experience with certain touches even from people they know. (Also covers private parts of the body.)	J. Gary Mitchell Film Co. <a href="http://www.empowerkids.com">www.empowerkids.com</a>  \$95.00
Pre-K-1st	3-7	<i>Safe at Last</i>	DVD (Teaching guide available at <a href="http://videoswithvalues.org/discussion/safeatlast.pdf">http://videoswithvalues.org/discussion/safeatlast.pdf</a> )	10 min.	Through simple drawings and character voices, Penelope Mouse's mother shares her own experience of childhood abuse. Mother Mouse tells how she was sad and frightened by her father's bad temper and drinking and how she and her mother went to live in a shelter to escape the violence and ultimately began a new, safe life alone. Penelope learns about seeking help, finding safety, and feeling loved even in such difficult circumstances.	Videos with Values "Keeping Your Child Safe" series <a href="http://videoswithvalues.org/issues/keeping_children.html">http://videoswithvalues.org/issues/keeping_children.html</a>  DVD - \$39.99
Pre-K-2nd	3-7	<i>Speak Up, Say No!</i>	DVD (Teaching guide available at <a href="http://videoswithvalues.org/discussion/speakup.pdf">http://videoswithvalues.org/discussion/speakup.pdf</a> )	10 min.	Simple drawings and character voices tell the story of Penelope Mouse, whose uncle attempted to touch her in ways that were not okay. When she has the courage to tell her parents, she learns that none of it was her fault, and that children need to know the difference between touching that is "okay" and "not okay." She also learns to tell a parent, teacher, counselor, or other trusted adult.	Videos with Values "Keeping Your Child Safe" series <a href="http://videoswithvalues.org/issues/keeping_children.html">http://videoswithvalues.org/issues/keeping_children.html</a>  DVD - \$39.99

Pre-K-2nd	3-7	<i>For Pete's Sake, Tell!</i>	DVD (Teaching guide available at <a href="http://videoswithvalues.org/discussion/petes_sake.pdf">http://videoswithvalues.org/discussion/petes_sake.pdf</a> )	10 min.	Simple drawings and character voices tell the story of Peter Mouse, who gets tricked by a neighbor who shows him bad pictures and touches him in ways that shame and frighten Pete. When Pete tells his cousin Penelope, she helps Pete understand that the neighbor is at fault and that he must report this situation to a trusted adult in order to stop it. Children learn to be alert and assertive when their personal safety is at stake and that no one has the right to touch them in their "private places."	Videos with Values "Keeping Your Child Safe" series <a href="http://videoswithvalues.org/issues/keeping_children.html">http://videoswithvalues.org/issues/keeping_children.html</a>  DVD - \$39.99
Pre-K-2nd	4-8	<i>Safe Sheep in Our Flock</i>	DVD	18 min.	"Safe touch" and general safety program for primary grades. Year A and Year B DVDs each use same puppet characters but reinforce with slightly different content. Use engaging animation, ventriloquism, and humor. Simple discussion guide included. Pre- and post-tests available in material.	TAG Productions <a href="http://www.safesheep.com">www.safesheep.com</a>  Year A (1 of 2) Year B (2 of 2)
K-3rd	5-9	Diocese of Owensboro <i>Alternative Training</i>	Power Point or .pdf file	15-20 minutes	Review of Diocese of Owensboro's Code of Conduct and other general reminders for child sexual abuse prevention: what to do about unsafe touches; always tell an adult; don't keep secrets; & your body is special.	Access at: <a href="http://www.rcdok.org/safe_environment/training_minors.php#options">http://www.rcdok.org/safe_environment/training_minors.php#options</a>
2 <sup>nd</sup> -4 <sup>th</sup>	7-10	<i>What Tadoo with Secrets</i>	DVD	19 min.	Learn that secrets can be good or bad, and that telling bad secrets to a caring adult is the right thing to do. Combines live action and puppets. Teaches important lessons in making choices, distinguishing "good" secrets from bad, and following basic rules for getting help or helping oneself.	J. Gary Mitchell Film Co. <a href="http://www.empowerkids.com">www.empowerkids.com</a>  \$95.00
2 <sup>nd</sup> -3rd	7-10	"Can't Fool Me!" DVD and "Tricky People" mini-lesson booklet and DVD	DVDs	28 min. plus 15-20 minutes	The Yello Dyno Band is teaching kids how to be safe and how to stop Tricky People by using scenes of young Lyric at the mall, band practice in the garage, discussion of who Tricky People are, the band visiting Charming's studio, and reinforcement of some Yello Dyno songs and safety tips. The "Tricky People" mini-lesson following (4 minute DVD plus accompanying teacher lesson) helps children to recognize deceptive behavior.	Yello Dyno <a href="http://www.yellodyno.com/html/productssummary.html">http://www.yellodyno.com/html/productssummary.html</a>  DVD - \$59.95 (or \$30 to download)
K-5 <sup>th</sup>	5-12	<i>Strong Voices, Smart Choices: How to Honor Your Instinct to Stay Safe</i>	DVD and 10-page study guide	10 min. plus discussion (see facilitator guide)	One of a pair of videos (one for children grades K-5 and one for youth grades 6 and above). DVD and study guide provides: <ul style="list-style-type: none"> <li>• Background information on Safe Environment training</li> <li>• Details about what the Catholic Church has done to respond effectively to sexual abuse by Church personnel</li> <li>• Preparation for the teacher</li> <li>• A synopsis</li> <li>• The objectives of each video/instructions for materials</li> <li>• Discussion questions</li> </ul>	Diocese of St. Cloud (MN)  \$100 per set (K-5 & gr. 6 +)
2 <sup>nd</sup> -5 <sup>th</sup>	8-12	<i>Time to Tell</i>	DVD	15 min.	Seven year old Juliana doesn't like the way her eleven year old brother Alex has been acting since the soccer coach has been giving him "special attention." What and Tadoo, two puppet	J. Gary Mitchell Film Co. <a href="http://www.empowerkids.com">www.empowerkids.com</a>

					frogs, appear in a dream and give her some sound advice. Young people will learn the most important ways to stay safe as they experience Juliana struggling to help her brother.	\$95.00
3 <sup>rd</sup> – 4 <sup>th</sup>	8-10	<i>Believe Me</i>	DVD	20 min.	Encouraged by a talk at school about everybody's right to "say no" to touches that make you feel uncomfortable, Todd finally tells his mother. Because of his stretching the truth on other issues, and because it is her father, she does not believe him. Todd meets two trolls and the "Grindelsnitch," puppet mentors. They talk with him about secrets and the need to keep telling. Todd tries to tell his Father and sister. Todd finally tells the school nurse and she helps him.	J. Gary Mitchell Film Co. <a href="http://www.empowerkids.com">www.empowerkids.com</a>  \$95.00
4 <sup>th</sup> -6 <sup>th</sup>	9-12	<i>Tricky People</i>	DVD	35 min.	Yello Dyno Band members experience the danger of a Tricky Person as Reginald Charming manages to get the kids to forget their safety rules. The DVD includes scenes with Lyric in the mall, the band practicing, Wendell tricking band members into visiting Charming's studio, Lyric staying behind, and parents being tricked as well. Yello Dyno safety songs are incorporated to reinforce the lessons. Discussion questions are included as well as full song/lesson book.	Yello Dyno <a href="http://www.yellodyno.com/html/productssummary.html">http://www.yellodyno.com/html/productssummary.html</a>  DVD - \$59.95 (or \$30 to download)
4 <sup>th</sup> -6 <sup>th</sup>	9-12	Diocese of Owensboro <i>Alternative Training</i>	Power Point or .pdf file	15-20 minutes	Review of Diocese of Owensboro's Code of Conduct and other general reminders for child sexual abuse prevention: what to do about unsafe touches; always tell an adult; don't keep secrets; & your body is special.	Access at: <a href="http://www.rcdok.org/safe_environment/training_minors.php#options">http://www.rcdok.org/safe_environment/training_minors.php#options</a>
5 <sup>th</sup> -9 <sup>th</sup>	11-14	<i>Abuse: If It Happens to You</i>	DVD	24 min.	This program is designed to help young teens recognize abuse, whether physical, emotional, or sexual, and to help them understand how important it is to tell a trusted adult if it happens. It reminds them that the victim is never at fault and did not cause or deserve the abuse. One of the biggest reasons victims don't speak out is because they think no one will believe them. This program assures young people that while this can happen in some cases, the victim must continue to speak out until someone listens and takes what they say seriously.	Sunburst Visual Media; © 2007  <a href="http://www.sdteach.com/catalogsearch/result/?q=abuse">http://www.sdteach.com/catalogsearch/result/?q=abuse</a>  \$129.95
6 <sup>th</sup> and up	12-17	<i>Personal Power: A Gut Check on Personal Safety</i>	DVD and 10-page study guide	10 min. plus discussion (see facilitator guide)	One of a pair of videos (one for children grades K-5 and one for youth grades 6 and above). DVD and study guide provides: <ul style="list-style-type: none"> <li>• Background information on Safe Environment training</li> <li>• Details about what the Catholic Church has done to respond effectively to sexual abuse by Church personnel</li> <li>• Preparation for the teacher</li> <li>• A synopsis</li> <li>• The objectives of each video</li> <li>• Instructions for how to use the materials and Discussion questions</li> </ul>	Diocese of St. Cloud (MN)  \$100 per set (K-5 & gr. 6 +)

6 <sup>th</sup> -8 <sup>th</sup>	11-14 all	<i>"How Not to be a Victim"</i>	DVD with teacher guide on 2 <sup>nd</sup> DVD	26 min.	Empowers middle school students to protect themselves in the face of violent behavior they may encounter. It shows how being assertive, developing a personal safety plan, and trusting their instincts can help them stay safe.	Sunburst Visual Media DVD-\$129.95 <a href="http://www.sdteach.com/how-not-to-be-a-victim-violence-prevention-dvd.html">http://www.sdteach.com/how-not-to-be-a-victim-violence-prevention-dvd.html</a>
6 <sup>th</sup> – 8 <sup>th</sup>	11-14 Boys	<i>A Time to Tell*</i>	VHS & DVD *It is recommended that you show "A Time to Tell" to adolescent boys and "Katie's Secret" to adolescent girls.		With introductions and "reality checks" by teens for teens, A Time to Tell presents a variety of situations that young people may encounter. These scenes stress the importance of the three R's of Youth Protection: Recognize strategies and situations used by child molesters to isolate an adolescent that can lead to attempted molestation; Resist attempts of child molesters; and Report individuals who attempt to molest or who have molested in the past.	Boy Scouts of America <a href="http://www.scoutstuff.org">www.scoutstuff.org</a> \$14.99
6 <sup>th</sup> – 8 <sup>th</sup>	12-14 Girls	<i>Katie's Secret*</i>  (with Facilitator's Guide)	VHS *It is recommended that you show "A Time to Tell" to adolescent boys and "Katie's Secret" to adolescent girls.	14 min.	Katie has a secret. She is being sexually abused at home by her mother's fiancé, and she can't find the courage to tell anyone. When a concerned teacher finally gets Katie to tell her story, she brings her to a teen crisis center. There Katie meets a culturally diverse group of peers who have similar stories, and she realizes for the first time that she is not alone. It is then that she finds the courage to tell her mother and start on her path to healing. This dramatic video is based on a real story of a young girl who found courage. Poignant and realistic, "Katie's Secret" will move and educate young audiences.	United Learning <a href="http://www.unitedlearning.com">www.unitedlearning.com</a>  <a href="http://www.unitedlearning.com/search.cfm?refresh=true">http://www.unitedlearning.com/search.cfm?refresh=true</a>
6 <sup>th</sup> and up	12-17	<i>Personal Power: A Gut Check on Personal Safety</i>	DVD and 10-page study guide	10 min. plus discussion (see facilitator guide)	One of a pair of videos (one for children grades K-5 and one for youth grades 6 and above). DVD and study guide provides: <ul style="list-style-type: none"> <li>• Background information on Safe Environment training</li> <li>• Details about what the Catholic Church has done to respond effectively to sexual abuse by Church personnel</li> <li>• Preparation for the teacher</li> <li>• A synopsis</li> <li>• The objectives of each video</li> <li>• Instructions for how to use the materials</li> <li>• Discussion questions</li> </ul>	Diocese of St. Cloud (MN) <a href="http://www.stcloud.org/buysafetyvideos">www.stcloud.org/buysafetyvideos</a>  \$100 per set (K-5 & gr. 6 +)
7th-12th	13-18	<i>Teen Safety: Myths vs. Reality</i>	DVD	17 min.	Teens and adults harbor misinformation regarding personal safety. When a person doesn't know about abuse, sexual violence, and abductions, there can be dire consequences. In this program teens will learn about: <ul style="list-style-type: none"> <li>• Dangerous times/situations and how to avoid them</li> <li>• The case against cooperation</li> <li>• Five ways in which boys and girls have different risks</li> <li>• Ten abuse and abduction prevention tips</li> </ul>	Learning ZoneXpress 1-888-455-7003  <a href="http://www.learningzoneexpress.com">www.learningzoneexpress.com</a>  \$79.95

					<ul style="list-style-type: none"> <li>What to do if something “bad” happens</li> </ul>	
7th-12th	13-18	Diocese of Owensboro <i>Teen Alternative Training</i>	Power Point or .pdf DVD	20-30 min.	PowerPoint presentation developed by Diocese of Owensboro Safe Environment Office. Covers Code of Conduct, expectations of youth and adults, and some scenarios.	Call Rita Hayden at 270-61545 for DVD Access at: <a href="http://www.rcdok.org/safe_environment/training_minors.php#options">http://www.rcdok.org/safe_environment/training_minors.php#options</a>
HS	14-18	<i>You Matter</i>	DVD English & Spanish	15 min	Safe Environment Training for High School students.	Archdiocese of Atlanta (request copy from Diocese of Owensboro)
HS	14-20	<i>Personal Safety Awareness</i> for Venturing	DVD	25 min.	Four vignettes deal with acquaintance rape, internet safety and pornography, peer sexual harassment, and suicide and depression. Each scenario has points at which the video is stopped for group discussion. All scenarios have "reality check" sections pointing out critical information regarding each situation.	Boy Scouts of America  <a href="http://www.scoutstuff.org">www.scoutstuff.org</a> \$19.99
HS	14-18	<i>Youth Protection: Personal Safety Awareness</i>	VHS & Guide	20 min	This video contains three dramatizations of incidents typical of those encountered by many teenagers. They serve as a catalyst for discussion with teen audiences. The topics are: Sexual Harassment, Date Rape, and Internet Safety and Stalking. The video represents perilous situations and teaches teens how to recognize and react appropriately to avoid harm.	Boy Scouts of America  <a href="http://www.scoutstuff.org">www.scoutstuff.org</a> \$19.99
HS	14-18	Breaking the Silence ----- Rompiendo El Silencio	DVD & Study Guide (English & Spanish)		Created especially for teenagers. It is a powerful tool that utilizes an interactive DVD format to encourage teens to talk about sexual abuse and also to describe the danger signs of a potential abuser. Featured in the program are a group of teens that share their concerns and opinions about sexual abuse. They speak candidly and bring up a number of specific questions that are discussion starters for the students who are watching the DVD.	Diocese of Orange, CA  (request copy from Diocese of Owensboro)
HS Volunteer	14-18	Worthy of the Call	DVD & Study Guide	1 hour	<p>This training is specifically for young people that volunteer/work for the Catholic Church. It is aimed at helping leaders in parishes and schools prepare youth volunteers and employees to provide quality service within the context of a safe environment. It is important to educate our young leaders not only about creating safe environments but also about identifying the safe environments that have been prepared for them.</p> <ul style="list-style-type: none"> <li>Part I: Called to Ministry</li> </ul>	Archdiocese of Baltimore  (request copy from Diocese of Owensboro)

					<ul style="list-style-type: none"><li>• Part II: Core Principles<ul style="list-style-type: none"><li>▪ Authenticity</li><li>▪ Competency</li><li>▪ Dignity</li><li>▪ Accountability</li></ul></li><li>• Part III: Abuse Concerns<ul style="list-style-type: none"><li>▪ Recognizing Signs of Abuse</li><li>▪ Responding Skills</li><li>▪ Safe Environments</li></ul></li><li>• Part IV: Making a Difference</li></ul>	
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## Non-video Resources

**Note: If this option is used, it must be on-site. Parents may choose to be involved in order to train their children in the parish or school setting with the oversight of the parish or school facilitator. If materials are sent home, the children can NOT be counted as trained. (USCCB Audit regulations)**

Age group	Title	Format	Description	Recommended for use	Ordering Info
2 – 6 years	<i>My Body Belongs to Me</i>	Booklet  English or Spanish	Joey and Jessica are bears. Their mother tells them their body belongs to them and only parents or medical personnel can touch or see their private parts. Discusses what to do when someone touches them and makes them feel bad.	Use in pre-school to 1 <sup>st</sup> grade settings in Catholic school or parish faith formation programs. Booklet to be read to children by adult.	Channing Bete # PS58428 <a href="http://www.faithguides.com">www.faithguides.com</a> or call 1-800-628-7733 \$1.99 each  <b>Note:</b> Must be ordered- <b>not available</b> through Diocesan Office.
4 – 5 years	<i>We Wonder-Keeping My Body Safe</i>	Booklet and Teacher Guide	Book with activities includes: <ul style="list-style-type: none"> <li>• Parent Page</li> <li>• Private Parts</li> <li>• Safe and unsafe touches</li> <li>• Toby's Ticklish Toes</li> <li>• What to do about unsafe touches</li> <li>• Always tell an adult</li> <li>• Don't keep secrets, &amp;</li> <li>• Your body is special.</li> </ul>	Use in Catholic schools or parish faith formation programs.	Channing Bete # PS91693 <a href="http://www.faithguides.com">www.faithguides.com</a> or call 1-800-628-7733 \$1.99 each  <b>Note:</b> Must be ordered- <b>not available</b> through Diocesan Office.
6-8 years	<i>Know What? Your Body is Yours!</i>	Booklet and Teacher Guide	Book with activities includes: <ul style="list-style-type: none"> <li>• Safe and Unsafe touches</li> <li>• Private Parts</li> <li>• Speaking Up</li> <li>• The Safety Cards Game</li> <li>• Circle of Safety</li> <li>• What would you do? And</li> <li>• Feeling happy, loved, and safe.</li> <li>• Includes Parents' activity.</li> </ul>	Use in Catholic schools or parish faith formation programs.	Channing Bete # PS98774 <a href="http://www.faithguides.com">www.faithguides.com</a> or call 1-800-628-7733 \$1.99 each  <b>Note:</b> Must be ordered- <b>not available</b> through Diocesan Office.



Age group	Title	Format	Description	Recommended for use	Ordering Info
6 – 9 years	<i>Your Body Belongs to You!</i>	Coloring and Activity Book	Activities include: <ul style="list-style-type: none"> <li>Your body is special</li> <li>Bathing suit covers private parts</li> <li>Different kinds of touches</li> <li>Here's what you can do.</li> </ul>	Use in Catholic schools or parish faith formation programs.	Channing Bete # PS57702 <a href="http://www.faithguides.com">www.faithguides.com</a> or call 1-800-628-7733 \$1.29 each  <b>Note:</b> Must be ordered- <b>not available</b> through Diocesan Office.
9 – 11 years	<i>Who Knew? The Keep Your Body Safe Issue</i>	Booklet and Teacher Guide  English or Spanish	Book with Activities include: <ul style="list-style-type: none"> <li>Your body is yours</li> <li>You have the right to say “no,”</li> <li>True or False</li> <li>I Know What to Do</li> <li>The Internet,</li> <li>What would you do?</li> <li>Trust Your Instincts</li> <li>The Home Page.</li> </ul> <p><b>Interactive Webpage</b> as follow-up to course with extra activities.</p>	Use in Catholic schools or parish faith formation programs.	Channing Bete # PS92951 <a href="http://www.faithguides.com">www.faithguides.com</a> or call 1-800-628-7733 \$1.99 each  <b>Note:</b> Must be ordered- <b>not available</b> through Diocesan Office.
Adults	<i>Basic Facts About Child Sexual Abuse</i>	Booklet	General information on Child Sexual Abuse including: the Abuser, Incest, the Victims, Indicators of Abuse, Effects of child sexual abuse, reporting and prevention. (Does not take the place of Diocesan Adult Safe Environment Program.)	Additional information for Parents, Teachers or any adults who work with children.	Channing Bete # PS702480 <a href="http://www.faithguides.com">www.faithguides.com</a> or call 1-800-628-7733 \$1.29 each  <b>Note:</b> Must be ordered- <b>not available</b> through Diocesan Office.

**Note:** Channing Bete prices are based on the purchase of 1 – 99 copies. Prices decrease with bulk purchases.