Child Assault Prevention (CAP) Project

CAPtions Newsletter

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**“SAFE, STRONG and FREE!”**

The Child Assault Prevention (CAP) Project taught a workshop in your child’s class today. The goal of the program is to help children understand their rights to personal safety. Through education and skill training, parents and teachers help reduce the vulnerability and susceptibility of children to abuse, assault and victimization.

During CAP’s one-hour workshop, children practiced non-violent ways of dealing with potentially dangerous situations that they might encounter with people in person as well as online. They learned to identify situations that required assistance of adults at school and at home. Parents, it’s a great idea to discuss the workshop with your children and ask them to demonstrate the role-playing that they learned in class. Practice will help your children to use these skills in difficult situations.

**A STRANGER IS ANYONE THAT YOU DON’T KNOW!**

In the CAP program children learn to avoid situations where they might be vulnerable to strangers. They are taught some of the most common tricks and lures a stranger might use to get a child to go away alone with them. They are also taught valuable safety rules to use around all people that they don’t know. The first rule is to stay THREE BIG STEPS away from a stranger to lessen the chance that they will be grabbed. The second rule is to remember to never go away alone with someone you don’t know and to say a big, forceful “NO!” if a stranger asks you to go somewhere with them. The third rule is to stay close by to your parents or trusted adults and keep yourself safe! The most important rule of all is to TELL a trusted adult about any situation that makes you feel unsafe or uncomfortable.

**IT’S IMPORTANT TO KNOW WHAT IS SAFE AND UNSAFE!**

CAP’s main mission is to help keep children safe from child abuse. All children need to know basic skills. CAP teaches children about keeping their bodies safe from inappropriate touching by adults or peers. The CAP program explains to children that they need to get help immediately if they feel threatened or have been inappropriately touched. CAP teaches children to identify trusted adults in their lives that they could talk to if ever they felt unsafe and encourages children to keep talking to adult helpers to make sure they get the help they need. Parents should talk to their children about never keeping safety concerns a secret.

**ABOUT US**

CAP is a private, non-profit agency that focuses on providing educational programs for children and adults where they can learn about personal safety for children. Since 1985, CAP has worked with school districts in Nevada to provide age-appropriate workshops that teach children and adults how to recognize abuse, how to stay safe and how to get help if they feel they are being abused or someone they know is. CAP serves over 10,000 children and adults each year and is dedicated to ending the cycle of abuse.

Currently, CAP helps provide for child personal safety training as outlined by the Health and Safety Standards of Curriculum and conducts workshops for all of the elementary schools in Washoe, Storey and Lyon County, Nevada. In the CAP workshops, common victimization scenarios that children might encounter are introduced including bullying, social media bullying, Internet predators, stranger dangers, unsafe and secret/inappropriate touching and abuse from those that are known and trusted. The interactive workshop uses songs, cheers, discussion and role-plays to engage the children, all the while encouraging them to talk about their issues with adult helpers who will advocate for them.

The CAP Project is staffed by an Executive Director, Workshop Facilitators, Community Volunteers and an active Board of Directors who are all dedicated to children and committed to the CAP mission.

**OUR MISSION**

The Child Assault Prevention (CAP) Project strives to empower children to be “Safe, Strong and Free”. Through education and prevention programs designed to increase children’s safety from bullying, abuse and assault, CAP is committed to breaking the cycle of abuse.

**OUR SUPPORTERS**

CAP gratefully acknowledges the following for their help, support and encouragement:

**Nevada Department of Health and Human Services, The Nevada Women’s Fund, The Estate of Walter Fawcett, The Terry Lee Wells Foundation, The Community Foundation of Western Nevada, AWCMS, The Reno Rodeo Foundation, the Lilli Trinchero Celebrate Diversity Fund,**

**Soroptimist International, Dermody Foundation, Reno Media Group, and Washoe, Storey, and Lyon County School Districts.**

**Questions, comments or concerns? Please contact us or visit our website:**

[**www.childassaultprevention.org**](http://www.childassaultprevention.org)

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