



Overview: Mission and Programs

Revved Up Kids is on a mission to protect children and teens from sexual abuse and exploitation. More than 1 in 10 children are sexually abused before they turn 18. Child sexual abuse results in hurting, dysfunctional victims with long-term physical and mental health impacts. The cost of child sexual abuse is high; one of the country's leading prevention agencies, Darkness to Light, estimates the cost of victim restoration to be more than \$200,000, including adverse mental and physical health consequences, criminal justice, child welfare, special education and productivity losses.

Experts agree that prevention education is the best way to solve the tragedy of child sexual abuse, and Revved Up Kids is focused solely on prevention education. Our mission is to reduce the incidence of child sexual abuse and exploitation by providing training programs for children, teens, parents and youth serving organizations. We equip children and teens to be safer from sexual abuse and exploitation, and we equip adults to be better protectors.

Revved Up Kids offers a spectrum of evidence-based and evidence-informed, proprietary prevention training programs. These programs are delivered in-person at our partner organization sites, in live virtual formats and via video on-demand.

Revved Up Kids training programs for children and teens teach participants who predators are (dispelling the stranger-danger myth), how they operate (the lies/lures/tricks/manipulations used to manipulate victims and keep them silent), how to be safer (improving self-protective behaviors, understanding the importance of personal boundaries, trusting instinct and using voice and body with confidence to deter a threat) and how to respond if they encounter a predator (simple self-defense to injure and escape an attacker, importance of disclosure to a trusted adult). These programs are taught using age-appropriate language and concepts. Revved Up Kids also offers Protected While Connected online safety training for tweens and teens. This program helps participants guard their online privacy, manage their online reputation and stay safe from predators and pornography. Parents and caregivers are always encouraged (and at times required) to observe the training.

Revved Up Kids training seminars for parents helps them be better protectors by understanding how predators operate in their children's real and online worlds and putting protections in place to keep their children safer.

In addition to its proprietary program delivery, Revved Up Kids identifies additional training programs to benefit the community and partners with those providers to expand their reach. Revved Up Kids is certified to provide Darkness to Light Stewards of Children training for adults, and Love 1-4-6 Not a #Number training for teens.

Our youth training programs are provided in public and private group settings through strategic, community-based partnerships (e.g., police agencies, healthcare providers, YMCAs, places of worship, neighborhoods, scouts, teams, and youth-serving nonprofits), as well as K-12 school partnerships. Revved Up Kids charges tuition for groups who can afford to pay, and we raise funds to provide free training to economically disadvantaged and high-risk children and teens.

Revved Up Kids is changing lives, one child at a time, by providing vital service that fosters comfortable conversations about child sexual abuse and exploitation, equips children and teens to be safer, and equips adults to be better protectors. Additional detail about program formats is included on the next page.



Revved Up Kids Prevention Training Programs

Program Name: Safety Sense for Children			
Audience:	Co-ed ages 6-11	Length / Delivery:	1 or 2 hour single session / in-person
Description: <p>Revved Up Kids Safety Sense for Children is an evidence-based workshop for 6-11 year olds that teaches them “just in case skills for unsafe people.” Program focus areas:</p> <ul style="list-style-type: none">• Who are unsafe people and what are the bad things they do? (debunk stranger myth, lies/lures/manipulations)• What can I do every day to be safer? (instinct, personal boundaries, confidently saying no, running from a threat)• What if someone tries to hurt me? (self-defense, disclosure) <p>The session is delivered in a single, one or two hour in-person format.</p>			
Program Name: STRONG Teens			
Audience:	Co-ed ages 11-17	Length / Delivery:	1 or 2 hour single session / in-person or live virtual
Description: <p>Revved Up Kids STRONG Teens is an evidence-informed workshop for 6th-12th grade that teaches them to understand their risk for sexual assault, trafficking or violent attack, to incorporate their personal safety into all decisions and to respond to a threat or an attack The program framework uses the acronym STRONG:</p> <p>See red flags (how to recognize dangerous people and situations in real life and online)</p> <p>Trust your gut (instinct as a safety tool)</p> <p>Run from danger (this is the best self-defense)</p> <p>Own your safety (actively incorporate personal safety into all decisions in real life and online)</p> <p>No is a sentence (using voice to be powerful and deter a threat)</p> <p>Get Revved Up (respond to an attacker using self-defense to escape)</p> <p>The session is delivered in a single, one or two hour in-person format, or two module live virtual format.</p>			
Program Name: Protected While Connected			
Audience:	Co-ed ages 10-14	Length / Delivery:	Three 30-minute modules / in-person, live virtual, video
Description: <p>Revved Up Kids Protected While Connected addresses the very real dangers posed by criminals and predators online, and offers practical advice and action steps that will help participants navigate their online life safely. The program includes three modules as follows:</p> <ul style="list-style-type: none">• Guarding online privacy (how criminals and marketers gather and use personal information)• Managing online reputation (why does it matter, how do I do it)• Staying Safe from online predators and pornography (what are the dangers, how to respond to encounters)			



Revved Up Kids Prevention Training Programs

Program Name: Safer Teen Girls			
Audience:	Females ages 11-19	Length / Delivery:	1-2.5 hours / in-person, live virtual, video (1 or 2 modules)
Description: <p>Revved Up Kids Safer Teen Girls is an evidence informed program that addresses unique dangers more prevalent for females and empowers girls to understand their risk of sexual assault, violence or trafficking at the hands of strangers and people they know, including dating partners. Program focus areas:</p> <ul style="list-style-type: none">• What are my risks? (similarities and differences between stranger and known person attacks)• What is in my control? (incorporating personal safety into all decisions in real life and online, personal boundary setting, responding to an attacker including using self-defense)• What is out of my control? (eliminating self-blame after an attack)• How do I assess the health of my dating relationships? (intimate partner violence)• Risk for trafficking (how traffickers find and groom victims in real life and online) <p>The session is delivered in-person (one or two modules), live virtual (two modules), and on video (two modules)</p>			
Program Name: Love 1-4-6 Not a #Number			
Audience:	Co-ed ages 11-18	Length / Delivery:	4 hours / in-person (4 or 5 modules)
Description: <p>Revved Up Kids is certified to deliver Not a #Number training for teens in middle and high school. Not a #Number is an interactive, five-module prevention curriculum designed to teach youth how to protect themselves from human trafficking and exploitation through information, critical thinking, and skill development. Not a #Number uses a holistic approach focusing on respect, empathy, individual strengths, and the relationship between personal and societal pressures that create or increase vulnerabilities.</p> <p>Effective prevention often starts by raising awareness of harmful stereotypes and attitudes that create vulnerabilities and keep youth from seeking help. Through open conversations, engaging activities, the use of media, and opportunities for self-disclosure, participants will:</p> <ul style="list-style-type: none">• Raise their awareness of what constitutes human trafficking and exploitation.• Learn how to recognize recruitment tactics and understand vulnerabilities.• Challenge harmful stereotypes and societal attitudes.• Identify healthy support systems.• Develop skills to safely navigate potential and existing exploitative situations.• Learn how to access community resources when situations occur that increase their vulnerability (or if exploitation is already underway).			



Revved Up Kids Prevention Training Programs

Program Name: Revved Up Kids Seminars for Parents & Caregivers			
Audience:	Parents/Caregivers	Length / Delivery:	1 -1.5 hours / in-person, live virtual
Description: <p>Revved Up Kids offers two seminars for parents. These sessions are often offered as morning coffees or lunch and learns. We offer our parent seminars at no charge if the group is at least 15 adults. A \$150 stipend is billed for smaller groups.</p> <p>#SOCIALSAVVY FOR PARENTS (90 minutes including Q&A)</p> <p>Children are using technology at younger and younger ages and this can pose a number of dangers. Not only do parents need to be concerned about the more than 50,000 predators who are online 24/7 in the US, they also need to be concerned about technology addiction, cyber-bullying, online privacy, reputation management and the prolific amount of inappropriate content that children routinely access online. This seminar addresses each of these issues and provides concrete action steps parents can take to protect their children.</p> <p>CHILD SAFETY TIPS FOR PARENTS (60 minutes including Q&A)</p> <p>Talking with children about sexual abuse is a terrifying prospect for the majority of parents. When does the conversation start? What do I say? Will they be scared when I tell them? Revved Up Kids developed this seminar to share tips and information with parents and to facilitate a comfortable family dialogue about personal safety. Parents will learn how predators are operating in their child's world (including how they access, select, and groom victims), and what steps can be taken to keep children safer from the horror of sexual abuse.</p>			
Program Name: Darkness to Light Stewards of Children Training			
Audience:	Adults	Length / Delivery:	2-2.5 hours / in-person, live virtual, web-based
Description: <p>Revved Up Kids is certified to deliver this nationally recognized training. Stewards of Children is ideal for all adults, but particularly helpful for adults who work or volunteer in a youth-serving capacity.</p> <p>Stewards of Children can be delivered in-person or virtually, and it is also available in a self-paced online version. We strongly recommend a group facilitation of this training (vs. individual online participation) for the most impact.</p> <p>Stewards of Children® is an evidence-informed, award-winning two-hour training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with child sexual abuse survivors, experts, and treatment providers, Stewards of Children® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities</p>			



Revved Up Kids Prevention Training Programs

Program Name: Introduction to Child Safety for Youth-Serving Professionals			
Audience:	Adults	Length / Delivery:	1-1.5 hours / in-person, live virtual
<p>Description:</p> <p>Revved Up Kids offers this training for any adult who serves children or teens in a volunteer or paid capacity. Oftentimes, youth-serving professionals are charged with protecting the children in their care from abuse, but they feel ill-equipped to do so.</p> <p>This seminar provides a broad brush overview and offers youth-serving organizations suggestions that will enable them to shift their organizational cultures to foster more protective environments for children. The seminar covers the following topics:</p> <ul style="list-style-type: none">• Understanding the issue and prevalence• Understanding how predators operate in YSOs• Building resilience• Creating a child safety culture that includes staff, volunteers, parents/guardians, and children• Best practices for safe environments			
Program Name: Custom programs for Youth-Serving Organizations			
Audience:	Custom	Length / Delivery:	Custom
<p>Description:</p> <p>Are you ready to be a child safety leader? Revved Up Kids can partner with your organization to facilitate a top to bottom review of your child safety culture, to recommend changes that will increase protections, and to provide training for staff, volunteers and families.</p>			