



**Stop It Now!**<sup>®</sup>

**Circles of Safety: Train the Trainer Manual**  
*Table of Contents*

[Trainer's Workshop Tracker](#)

[Trainer's Workshop Report/Cover Sheet](#)

**Section 1: Introduction Letter**

**User Guide**

**Trainer Agreement**

**Trainer's Circles of Safety Source of Cited Materials**

**Circles of Safety Bibliography**

**Section 2: Circles of Safety: Key Steps and the Role of Healthy Sexuality Education in Sex Abuse Prevention**

**2.1 Trainer's Curriculum**

**2.2 Participants Presentation Handout**

**2.3 Activities and Handouts**

- Activity: Your Experience
- Create a Family Safety Plan
- Don't Wait: Everyday Actions to Keep Kids Safe
- Sample Family Safety Planning Rules
- Questions Parents Should Ask About School Policies
- Healthy Sexuality Books and Website Resource
- Article: Promoting Healthy Sexual Development and Sexuality
- Age-Appropriate Sexual Behavior
- Video Aids for Teaching Consent
- Resource List: Staying Safe Online
- Internet Safety Guidelines and Tips
- Online Safety Contracts
- Keeping Children and Youth Safe Online
- Talking with Children and Teens
- Communication Tips and Examples
- Sexuality Concepts in Concrete Terms
- Warning Signs in Children of Possible Sexual Abuse

**2.4 Surveys (Pre and Post)**

**Section 3: Circles of Safety: Understanding and Responding to Warning Signs (Workshop 2)**

**3.1 Trainer's Curriculum**

**3.2 Participants Presentation Handout**

**3.3 Activities and Handouts**

- o Children's Sexual Play: Healthy or Unhealthy?
- o Signs That a Child or Teen May Be At-Risk to Harm Another Child
- o Talking with Parents About Children's Sexual Behaviors
- o Signs an Adult May Be At-Risk to Harm a Child
- o Behaviors to Watch for When Adults Are with Children
- o Let's Talk Guidebook
- o Role Plays: Low Risk Situations
- o Role Plays: Adults Crossing Boundaries
- o Sample Scripts for Role Plays
- o Resources for Support, Information and Guidance

**3.4 Surveys (Pre and Post)**