



WHO[®]

We Help Ourselves



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WHO[®] was designed to prevent the likelihood of child victimization. It is presented using videos to children and youth (ages 4-18) by school counselors who have been trained. Students learn

- To develop appropriate decision-making and communication skills
- To see themselves as capable, worthy human beings who do not deserve abuse of any kind
- To understand they are not to blame, should they be victimized



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- There are three ways in which WHO[®] teaches children how **We Help Ourselves**:
 - **Know**—Know the rules you and your family have decided on for safety.
 - **Do**—Have a plan for assertive, positive action
 - **Tell**—Ask someone you trust for help—it's important to tell someone about situations that are uncomfortable.



WHO[®] Curriculum

Elementary K-5 Curriculum

- **K-2:** Strangers, Hurts, Secrets, Touches
- **3-4:** Materialism, Emotional Resilience, Trauma & Coping, Family Violence, Sexual Abuse
- **5:** Mindfulness, Substance Use, Conflict Resolution, Internet Safety, Harassment, Self-Destruction

Now including
K-5 SCOOTER
SKUNK Anti-
Bullying & Internet
Safety!



Kindergarten to 2nd Grade

Strangers (myths and stereotypes)

- Learn the definition of “strangers.”
- Learn the reasons behind our rules.
- Learn that physical appearance, gender, or knowing the person are not criteria for judging potentially threatening (or non-threatening) situations.
- Learn that it is the *behavior* not the *person*, which is the signal to do something.



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Kindergarten to 2nd Grade

Hurts (physical and emotional abuse)

- Learn the signs of being physically hurt.
- Learn that hurting *inside* (emotional abuse) can be dealt with as well as hurting *outside* (physical abuse).
- Learn that feeling trapped or defenseless in abusive situations happens because:
 - The victim cares for the person who is abusive.
 - The victim feels responsible for what is happening (deserves it).
 - The victim does not want to get the abuser in trouble.



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Kindergarten to 2nd Grade

Secrets (not telling)

- Learn that often a student's best defense is telling someone if something *has* happened, if something *is* happening, or if there are reasons to suspect something *will* happen.



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Kindergarten to 2nd Grade

- **Touches** (sexual abuse).
 - Learn to define good, bad, and confusing touches.
 - Learn the parts of the body associated with sexual abuse. Presented as “parts covered by a bathing suit.”
 - Learn to define inappropriate touching.
 - Learn that it is ok to say “no” to inappropriate touching no matter who it is.
 - Learn that if the person they choose to tell does not believe them, they should tell someone else and keep telling until someone listens.
 - Learn that it is *never* their fault.



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Third to Fourth Grade

Family Violence

- Discuss the different forms of abuse.
- Remind students it is not their fault.
- Highlight hurts that happen on purpose versus accidental hurts and the difference between the two.
- Discuss the difference between discipline and abuse.
- Identify ways to stay safe.
- Identify trusted adults they can tell.



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Third to Fourth Grade

- Sexual Abuse
 - Learn that no one should be touching us in ways that we do not like or give permission.
 - Learn that if someone is touching us in bad/confusing ways, we should always tell someone.
 - Discuss if the first person they tell does not listen, tell someone else and keep telling until someone listens.



Fifth Grade

Media Violence and Internet Safety

- Discuss games or TV shows that are inappropriate.
- Discuss ways to stay safe when playing videogames, using social networks, and other live interaction apps.
- Discuss what to do when they see something posted that could be harmful to someone else.



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Fifth Grade

Harassment

- Learn the definition of harassment.
- Learn that “No” is a complete sentence.





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WHO[®] teaches children and youth (ages 4-18) how to avoid all kinds of victimizations through videos (all levels) and puppets (K-2).

- Developed by Mental Health America of Greater Dallas in 1981 and revised in 2018.
- Is researched-based curriculum based on sensitive, non-threatening content and methodology.
- Delivered by school counselors who have been trained.



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Thank you!