



## Blue Sky Bridge School Based Body Safety Program Overview

Blue Sky Bridge, Boulder County’s Child Advocacy Center, has been delivering child abuse prevention programming at elementary schools throughout Boulder Valley and St. Vrain Valley School districts for the last 10 years. Blue Sky Bridge, whose mission is to foster safe communities, healing and justice to end child abuse, is the local expert on child abuse prevention and their programming includes best practice topics based on CDC and Colorado guidelines.

Our school based body safety program encompasses a three-tiered approach

- Education for staff on mandated reporting and responding to a disclosure. *Available in on-demand video, virtual or in-person format.*
- Parent education about the program content as well as general prevention tips and an overview of childhood sexuality. *Available in on-demand video, virtual, or in-person format.*
- Body safety lessons for kindergarten, third, and fifth grade students that are developmentally appropriate and involve a variety of teaching modalities including role-play, puppets and videos. *Blue Sky Bridge staff and volunteers deliver lessons to individual classrooms weekly for four consecutive weeks.*

### Program specifics & Lesson Objectives

Grade	Lessons	Length	Day 1	Day 2	Day 3	Day 4
Kindergarten	4	15 minutes	-Personal space	-Safe & Unsafe Touch -Saying “stop”	-Private Parts	-Trusted Adults
Third Grade	4	30 minutes plus 10-15 minutes “hallway time” for students to ask questions or talk privately	-Personal space -Private parts -Touching Rules -Safe/Unsafe Touch	-Secrets vs Surprises -Identify trusted adults	-No, Go, Tell plan	-Practice and scenarios
Fifth Grade	2	50 minutes plus 10 minutes “hallway time for students to ask questions or talk privately	-Boundaries -Consent	-Healthy Relationships -Q&A		

\*The third/fifth grade programs include an anonymous pre/post survey for program evaluation purposes. Both programs include unlimited support from Blue Sky Bridge for parents, teachers or administrators. We are a resource for you! Email [training@blueskybridge.org](mailto:training@blueskybridge.org).