

The Nest Program for

HEALTHY RELATIONSHIPS

For Grades 7th – 12th

**The Nest curriculum follows three main principles:
Strengths-Based, Youth-Centered, and Trauma-Informed.**

We aim to empower and celebrate children's inherent strengths over fear-based ideas, we maintain focus on children's voices, experiences, and perspectives, and we encourage voice and choice for trauma victims while modeling mutual trust and respect.

Aligns With:

- ✓ CDC National Health Education Standards
- ✓ National Sexual Education Standards
- ✓ CASEL Framework
- ✓ American School Counselor Association Standards

Easy Implementation

- ✓ Time-efficient educator trainings with concrete takeaways
- ✓ Easy-to-use online teacher portal
- ✓ On-going support from the Nest team

LESSONS OVERVIEW

Seven – Nine 50-Minute Lessons

1 Laying the Foundation

The foundation for an effective classroom environment is laid out, which will allow us to explore topics including vulnerability, privilege, oppression, and abuse. We begin to talk about social and political topics, engage in community building activities, and discuss our classroom agreements that center on participation, listening, and respect.

2 The Impact of Silence

We cover the broad topics of power, privilege, oppression, and vulnerability in society. The purpose of this lesson is to equip students with a vocabulary to discuss these issues; we will be using and building on this vocabulary throughout the unit. We are starting off this way because in order to truly understand the dynamics around risk, it's important to look at sexual exploitation and trafficking not as an isolated action but as a problem closely linked to the way power operates in our culture and society, in addition to our relationships.

3 Consent & Healthy Relationships

The discussion of vulnerability continues through activities about consent and healthy relationships. Students are first provided with an opportunity to unpack what it really means to maintain interpersonal boundaries, with an emphasis on dynamics of power, privilege, and vulnerability. Students then discuss healthy relationships, by considering how they feel when they are in healthy relationships. We underscore the fact that there are many different types of relationships (romantic, platonic, professional, familial, friend), and they can all have characteristics of both healthy and unhealthy relationships.

4 When Boundaries are Crossed

We start by asking: what are unhealthy relationships, and what does it mean when boundaries are not respected? Students will also create safety plans by identifying trustworthy adults they can talk to if they believe themselves or someone else to be in an unsafe situation. Scenarios that are discussed include forms of sexual assault, exploitation, and sex trafficking.

5 Get the Facts: Child Sex Trafficking

Opportunities are provided for students to learn and use new vocabulary, read with purpose, and work together as a team to decipher myth from fact on important information regarding child sexual exploitation and trafficking. The intention of this lesson is to give students facts that will empower them to feel knowledgeable about the material and to encourage them to be change-makers by refusing to perpetuate these myths.

6 Becoming Critical Consumers

Students will participate in activities that encourage their critical, educated consumption of media content. Through reflection and discussion, students will be encouraged to interrogate the content of pop culture and the media. Additionally, students will be asked to consider whether or not the messages that this content communicates are accurate and productive. Solutions for societal problems will be solicited throughout.

7 Promoting Positivity

Students' wellbeing and community are promoted via a discussion of bullying, cyberbullying, and abuse (including sextortion). Drawing on content about healthy relationships and consent, students learn about different ways of effectively responding when they see someone being bullied or abused. Additionally, students identify barriers to action and then brainstorm ways to get around them.

8&9

Capstone Project

Student groups design and implement a project. The goal of this project is to inform, educate, and advocate for our school community.



The Nest Program for

HEALTHY CHILDHOODS

For Grades 3rd – 5th

The Nest Program for Healthy Childhoods focuses on understanding what it means to be kind and help others, develop good friendships, and understand and respect appropriate boundaries.

Educators and students engage in interactive activities that build community, foster emotional awareness, and promote safety by helping students recognize and respond to risky situations.

Focuses On:

- ✓ Positive Relationships & Learning to say and hear 'no'
- ✓ Expressing Emotions, regulating and communicating
- ✓ Recognizing risky situations & Safety Planning

Highlights

- ✓ Advances social and emotional learning at age-appropriate levels
- ✓ Meets all 8 national health education standards
- ✓ Easy Implementation

LESSONS OVERVIEW

Eight 45-Minute Lessons

1 Laying the Foundation

The foundation for an effective classroom environment is laid out, making expectations around student behavior clear, and beginning to engage students in community building activities. Collaboratively, students generate classroom agreements that center on participation, listening, and respect.

2 Feelings

Students are introduced to vocabulary associated with emotions and emotional expression. By learning to distinguish and name different feelings, students begin to develop a vocabulary to enable them understand and explore their own experiences and develop the capability to perspective-take.

3 Similarities & Differences

The concept of diversity is introduced in a series of activities in which students explore what makes them both similar and different from each other, and what that means. This lesson also provides students with the opportunity to continue to practice and build on their emotion-associated vocabulary, while exploring what it means to be a friend, and what it means to take a friend's perspective.

4 Body Boss

It is established to students that they are the bosses of their own bodies. The concept of "OK" and "NOT OKAY" actions are also introduced, and students continue to practice their "feeling word" vocabulary by reflecting on their experiences. Students learn about their own intuition, and how to pay attention to it. Students are introduced to the "Yell Go Tell" strategy.

5 All About Consent

Students explore the ways that they negotiate consent (or permission) in day-to-day relationships, for example by sharing with friends or saying no when they do not want to do something. Messages about intuition and the "yell-go-tell" strategy are reinforced and we introduce safety planning.

6 Being Kind On & Offline

Students learn about how to stay safe online, including safeguarding personal information, and avoiding risky online spaces. Even if all or most of the student participants do not have access to the apps, sites, and materials discussed, these important conversations lay a foundation for future positive and safe usage of online spaces.

7 Promoting Positivity

Students engage in a series of games and activities that allow them to review content from previous lessons, while also integrating it and drawing connections between different lessons.

8&9

Capstone Project

The Nest Curriculum for Positive Relationships is designed to cultivate students' safety skills and connectedness. As a culminating exercise, lesson 8 reinforces and extends students' connections to their communities. Gratitude has been shown to be connected to a plethora of positive outcomes; this lesson adds the tool of gratitude to students' repertoire.

The *NEW* Nest Prevention Program

YOU BELONG HERE

For Grades K – 12th

A Prevention Program Aimed at Ending First Time Perpetration & Victimization

What do we mean by that? Most student-facing prevention programs focus on future victims rather than future perpetrators. Nest's programs focus on both. Through strengths-based and non-shaming curricula, we provide lessons that increase **Belonging, Emotional Agility, Accountability**, and **Gratitude** among students; the four pillars of our programs. Increases of these research-backed pillars in youth help prevent them from perpetrating harm on others *and themselves*.

Our Research-Backed Building Blocks

✓ **Belonging & Resilience**

Disconnection and lack of community increase the risk of impulsive or self-harming behavior for kids.

✓ **Emotional Health & Wellness**

Building skills for emotional health and personal wellbeing is extremely protective and can mitigate negative brain development outcomes from childhood adversity and trauma.

✓ **Violence Prevention**

Victims of sexual violence are frequently victims of other forms of harm. And all of these harms have common root causes.

Curriculum Core Principles

✓ **Inclusive & Intersectionality**

Our materials provide diverse characters and scenarios, affirming intersectional identities and creating a sense of belonging.

✓ **Adaptability**

Lessons include visual assistance and subtitles for all multimedia in order to be accessible for all learners.

✓ **Digital as the Norm**

Kids and teens lives are increasingly online. We cannot separate online and offline, but understand both as part of children's identity and community building.

✓ **Calling In**

Humans make mistakes and cause harm, and we must teach youth how to interrupt harm with compassion, to call-in rather than out, inspiring reflection, learning, and repair.

TRANSFORMATIVE OUTCOMES

Healthy Relationships

- Recognize the many forms of harm
- Illustrate how to support someone who is experiencing IPV
- Design a safety plan

Boundaries & Consent

- Identify appropriate ways to communicate wants and needs
- Understand & practice perspective taking
- Devise exploration/questioning tools and processes

Communication

- Define & practice active listening
- Identify & practice negotiating without manipulation
- Understand, recognize, practice restoration vs condemning

Resilience

- Learn strategies for & practice impulse control
- Understand & practice the value of boredom/discomfort
- Design a self reflection practice

Social Norms

- Recognize dehumanization in systems
- Disrupt myths of violence
- Identify harms of binaries and explore fluidity (gender)

Bystander Behavior

- Understand guilt vs shame / humiliation
- Co-create safer space making
- Practice believing/acknowledging/affirming

Intersecting Outcomes

Research shows that the outcomes of our curriculum can help create resilience and prevention of other forms of harm that are interwoven with IPV.

- **Bullying**
- **Self-Harm & Suicide**
- **Mental Health**
- **Gun Violence**
- **Handling Grief & Loss**
- **Radicalization**



ENGAGING LESSONS

When making the film PLAYGROUND, we realized the immense impact using Yoshitomo Nara's animation had on the overall story. Media Content is an integral part of our programs and is used throughout all of our curricula. For the new K-12 lessons, we will be creating both animated and live action content to enhance student engagement.

✓ Animated Short Films

We are currently reaching out to director Domee Shi (INSIDE OUT, TURNING RED, BAO) to spearhead the creation of 15 animated shorts.

✓ Documentary Short Films

Nest will produce 5-7 short films based on current events to give youth relatable scenarios of preventing harm to themselves and others.

✓ Expert Interviews / Resources

Nest will film 12-15 interviews with our Educational Advisors and Partner Organizations as a way to further provide comprehensive resources for students, parents and educators.