Sitka High School and Blatchley Middle School are seeking approval of the following instructional materials in order to meet the requirements of the Alaska Safe Children’s Act, which requires annual lessons in dating violence awareness and prevention in grades 7-12 and sexual assault awareness and prevention at all grade levels.

Safer, Smarter Teens: Personal Power (6-8)
Safer, Smarter Teens: Be the Change (9-12)


**Introduction to the Curriculum**
Safer, Smarter Teens includes evidence-based, pedagogically sound, spiral curriculum programs based on developmental milestones and is recommended by the Alaska Safe Children’s Act Task Force. Safer, Smarter Teens teaches students to identify “safe” and “unsafe” situations, people, and secrets based on how each these things make them feel. In older grades, it addresses issues adolescents face in relationships with peers and adults, such as balance of power, enforcing boundaries and the grooming process. Both the middle and high school curricula contain lessons about digital/internet safety.

All lessons will be delivered by certified teachers employed by the Sitka School District.

Safer, Smarter Teens was reviewed by Shasta Smith and Hillary Seeland at Sitka High School and by Bridgette Reynolds and Hillary Seeland at Blatchley Middle School. Administration at both buildings has approved of the choice and support these curricula.

From safersmarterteens.org:

**Middle School**
The Safer, Smarter Teens: Personal Power curriculum provides middle school students with knowledge that they have personal power: the power to recognize danger, the power to say no, the power to get help, and the power to set boundaries about what people can and can’t do with their bodies. The curriculum also helps students learn to recognize the warning signs of unsafe situations and what actions they can take to reduce risks, stay safe and access help through scenario-based videos and in-class exercises. In every lesson, students are challenged to use their voices and cultivate personal power.

**High School**
The Safer, Smarter Teens: Be the Change curriculum focuses on a time when a young adult may face greater risks to their personal safety. The high school curriculum addresses personal safety and relationships, and some sensitive topics such as sexual abuse, sexual harassment and dating violence. This curriculum will empower students to know what to do in an unsafe situation, who to turn to for help, and how to help a friend who is in need. Throughout the five lessons, students hear from real-life survivors who share their personal stories of abuse and how they found the courage to access help.