

# Passion to Prevent

## A Program for America's Schools



**Barbara Sinatra**  
CHILDREN'S CENTER

**Barbara Sinatra**  
CHILDREN'S CENTER FOUNDATION



# 40 Years Later: What Is the Barbara Sinatra Children's Center?

Founded in 1986 by Frank and Barbara Sinatra, the Barbara Sinatra Children's Center is a recognized leader in the identification, treatment, and prevention of child abuse. Additionally, in the past few years the Center has taken a leadership role in the research of child abuse prevention attitudes and programs.

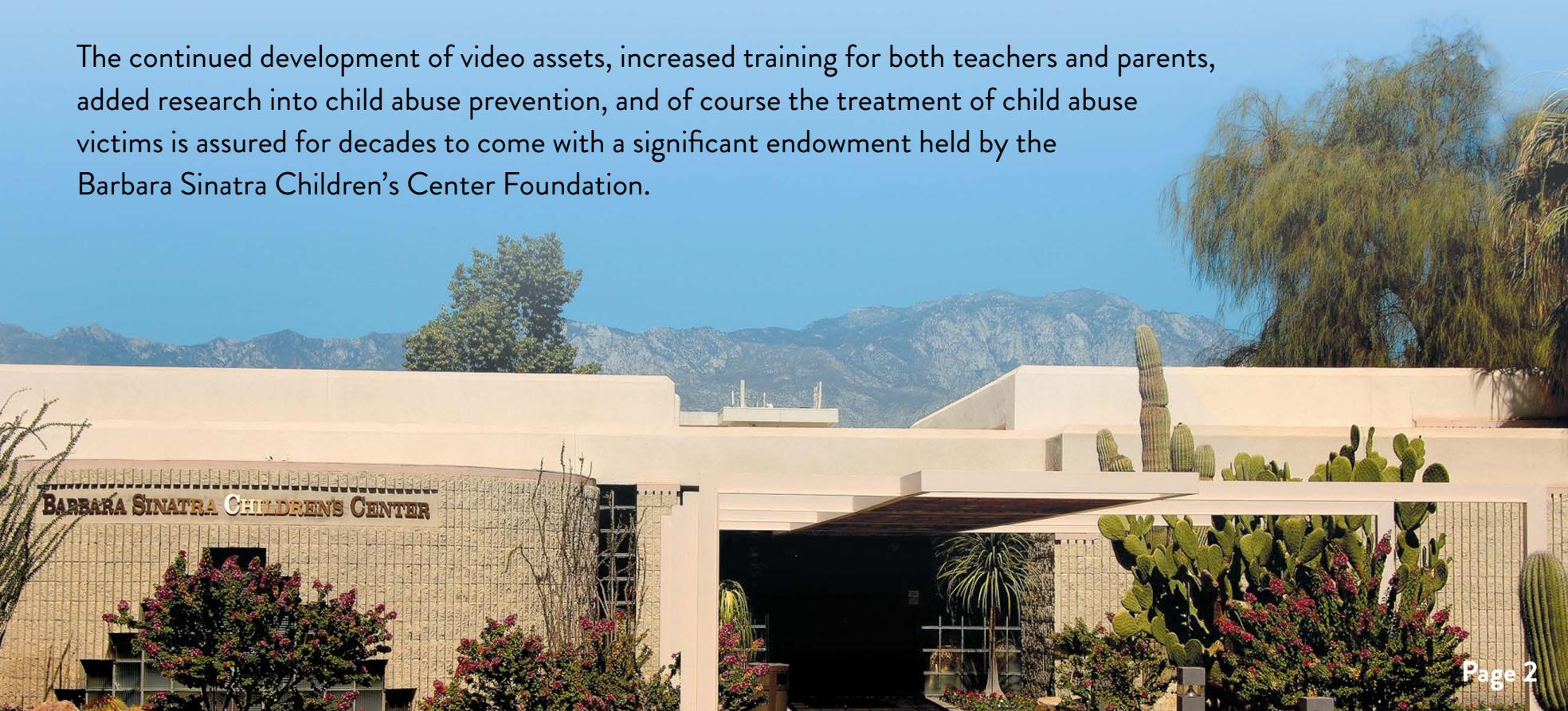


Groundbreaking  
for the Center 1985

Since 1986, over 25,000 children have been treated for child abuse at the Center's main facility on the campus of Eisenhower Health in Rancho Mirage, California. With the launch of [www.FightChildAbuse.org](http://www.FightChildAbuse.org) in 2016, the Barbara Sinatra Children's Center Foundation has expanded the programmatic reach of child abuse awareness and prevention, and is recognized as a global leader in those efforts. The Foundation's animated video series of child abuse prevention offerings, produced in association with Wonder Media, has been viewed by hundreds of millions globally. The United States makes up 46% of those views, with India, the United Kingdom, Canada, and the Philippines the next largest users of the material. Schools in 15,000 U.S. cities are responding to state mandates of child abuse prevention education in schools utilizing "The Protect Yourself Rules" videos and curriculum.

In 2024, the Barbara Sinatra Children's Center Foundation endowed a post-doctoral research fellowship in the Department of Psychology at the University of California, Riverside. Dr. Misaki Natsuaki, Ph.D. heads up the child abuse prevention research team and works closely with the Children's Center advisor and nationally recognized scholar on child sexual abuse, Dr. Jon Conte, Ph.D. Research has recently been completed on adult attitudes on child abuse disclosure and prevention as well as research into the effectiveness of the video series with a number of age groups.

The continued development of video assets, increased training for both teachers and parents, added research into child abuse prevention, and of course the treatment of child abuse victims is assured for decades to come with a significant endowment held by the Barbara Sinatra Children's Center Foundation.



# What Is [fightchildabuse.org](http://fightchildabuse.org)?



Visit the site at [www.FightChildAbuse.org](http://www.FightChildAbuse.org).

In 2016, the nonprofit Barbara Sinatra Children's Center Foundation in conjunction with Wonder Media and the Joshua Center on Child Sexual Abuse at the University of Washington launched "The Protect Yourself Rules." It is a series of lessons that use animated characters to model appropriate behavior for children to prevent abuse. The lessons have been developed and scripted by child advocates, therapists, and national scholars.

The objective of the program is to educate children of all ages about what to do when confronted with abusive behavior such as safe and unsafe touches and other physical and emotional abuse.

Every video in each series emphasizes the importance of going to a parent or another trusted adult when confronted with an unsafe situation.

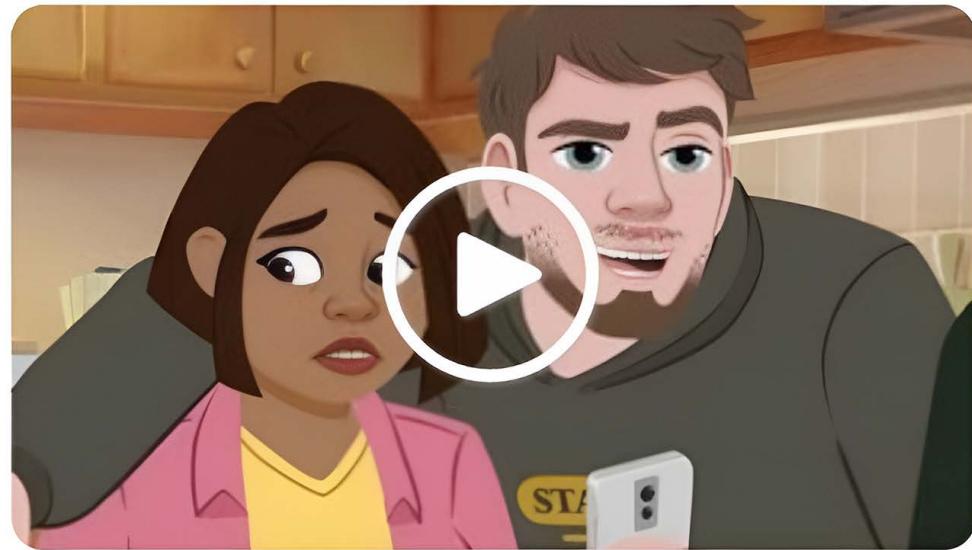
Watch a public awareness message, [Keeping Kids Safe](#).

An “Unsafe Touch” is defined as touching private parts of the body that are covered by a bathing suit. Stranger safety, Internet safety, bullying, and other situations are also presented. Additionally, the team produced a number of animated videos that help those that have been abused and have not yet disclosed the abuse.

## Our Newest Video

### ARE YOU WITH ME?

“Are You With Me?” is a short animated film produced by Barbara Sinatra Children’s Center Foundation for our Teen Series in collaboration with Wonder Media. The film looks at grooming and red flags being noticed by a friend, and that same friend being an ally to prevent a possible abusive situation of a 15-year-old girl with a senior in college.



The program has been tested at various stages of development with students, teachers, school administrators, parents, and experts in the field of child abuse. The videos are separated into various age and grade groups: Kindergarten through 3rd Grade, 4th Grade through 6th Grade, and videos for teens. Each video features distinct age-appropriate characters that students related well to and found believable during pre-release message testing.



## Testimonials

“As a survivor of abuse myself, the Fight Child Abuse campaign is personal to me. I’m honored to lend my voice to help reach children across the country, especially during these uncertain and, for some, dangerous times. To any young person who has been or is being abused, know this: it’s not okay, it’s not your fault and if you can find the courage to speak up, help is out there.”

ISABELLA AVILA, @onlyjayus  
Influencer

“As a male survivor, I’m proud to be a part of the Fight Child Abuse campaign. Growing up in a sexual abuse household, it’s important that we create a space to talk about sexual abuse. Let’s Get Comfortable Being Uncomfortable.”

FLIP RODRIGUEZ, @youngflip7  
American Ninja Warrior

“I grew up in foster care and felt that partnering with The Barbara Sinatra Children’s Center would be a great fit because of that. I want to bring awareness about the different types and signs of abuse and what resources kids who are going through it have available.”

SIMONE BILES, @simonebiles  
Gold Medal Olympic Gymnast

# Protect Yourself Rules

We've developed content for Kindergarten through 12th Grade, along with teacher-requested curriculum and instruction booklets for Kindergarten through 6th Grade.



GRADES K-3





GRADES 4-6



TEENS



# Sample Content: Kindergarten Through 3rd Grade

The screenshot shows a landing page for 'Protect Yourself Rules' for grades K-3. At the top, there are navigation links: 'VIDEOS', 'ACTIVITIES', 'PROTECT YOURSELF RULES', 'GET HELP', and 'TEACHERS & COUNSELORS'. Below these are three large video thumbnails for 'LESSON 1: Introduction', 'LESSON 2: Stop, Run, Tell', and 'LESSON 3: Safe Touch/Unsafe Touch'. Each thumbnail has a play button and a caption. Below the thumbnails is a large play button for 'ALL VIDEOS - Grades K-3'. Underneath are six smaller video thumbnails for 'LESSON 4: Neighbor', 'LESSON 5: A Friendly Stranger', and 'LESSON 6: Recognize the Signs'. Each thumbnail has a play button and a caption. At the bottom, there is a yellow banner with the text: 'The program's main goal is to educate children about what to do if they experience abusive behavior, educate them about safe & unsafe touches, and encourage them to go to a parent or another trusted adult for help.' and a 'VER EN ESPAÑOL' button.

## Classroom Lesson Plan

### Lesson 1: The Protect Yourself Rules

#### Grade: 1

**CA HEC Standards:**

- 1.1.S: Identify safety rules for the home, the school, and the community.
- 1.4.S: Distinguish between appropriate and inappropriate touching.
- 1.5.S: Explain that everyone has the right to tell others not to touch his or her body.
- 3.1.S: List people to go to for help if feeling unsafe or threatened.

**The Protect Yourself Rules**

**Protect Yourself Rules:**

- Safe Touch, Unsafe Touch
- Tell a Grown-Up
- Shout, Run, Tell

**Key Terms:**

- Private Body Parts
- Protect Yourself
- Rules
- Safe/Unsafe

**Materials Needed:**

- Video Lesson: "The Protect Yourself Rules"
- Video Lesson: "Shout, Run, Tell"
- Printable Book pages
- Paper Doll Template

**Outcomes:**

This lesson will introduce or refresh students to the Protect Yourself Rules: 6 rules to recognize and prevent abuse.

Students will learn the concept of safe/unsafe as it applies to personal body safety, and why they must always tell a trusted grown-up if someone makes them feel unsafe.

Students will learn and demonstrate skills for safety and disclosure of abuse with the Shout, Run, Tell Protect Yourself Rule.

**THE BARBARA SINATRA CHILDREN'S CENTER FOUNDATION**  
Extension lessons produced in collaboration with WonderGroveLearn.com  
Grade 1, Lesson 1 • v01

VIDEOS ▾ ACTIVITIES ▾ PROTECT YOURSELF RULES ▾ GET HELP ▾ TEACHERS & COUNSELORS ▾

## Protect Yourself Rules



LESSON 1: Introduction

VER EN ESPAÑOL DOWNLOAD VIDEO SHARE

LESSON 1: Introduction

LESSON 2: Stop, Run, Tell

LESSON 3: Safe Touch/Unsafe Touch

### ALL VIDEOS - Grades K-3



LESSON 1: Introduction

LESSON 2: Stop, Run, Tell

LESSON 3: Safe Touch/Unsafe Touch

LESSON 4: Neighbor

LESSON 5: A Friendly Stranger

LESSON 6: Recognize the Signs

VER EN ESPAÑOL

The program's main goal is to educate children about what to do if they experience abusive behavior, educate them about safe & unsafe touches, and encourage them to go to a parent or another trusted adult for help.

## Printable Book Instructions

### Lesson 1: The Protect Yourself Rules

#### Grade: 3



#### PRINTABLE BOOK

Use this Printable Book to review and reinforce the video lessons. Printable books make a great send-home to show parents what was learned!

- 1.1.S: Identify safety rules for the home, the school, and the community.
- 1.4.S: Distinguish between appropriate and inappropriate touching.
- 1.4.M: Discuss the importance of setting (and ways to set) personal boundaries.
- 1.5.S: Explain that everyone has the right to tell others not to touch his or her body.

**Video Lessons:**

- "The Protect Yourself Rules"
- "Shout, Run, Tell"

**Preparation:**

- Print copies of the Printable Book pages for each student.
- Gather the needed materials in an appropriate area.

**Key Terms:**

- Private Body Parts, Protect Yourself, Rules, Safe/Unsafe, Abuse

**Materials Needed:**

- Printable Book pages
- Scissors
- Stapler

**Steps to Success:**

1. Have students carefully cut along the dotted line that runs across the center of the page.
2. Have the students fold the book pages along the solid fold line that runs vertically down the center of the page.
3. Assist students in stapling the pages together.

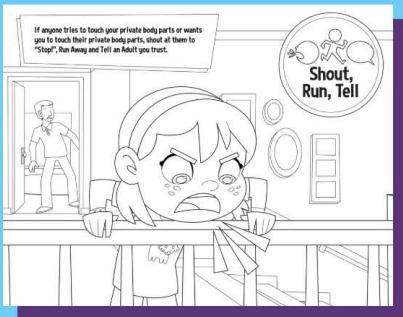


THE BARBARA SINATRA CHILDREN'S CENTER FOUNDATION

Extension lessons produced in collaboration with WonderGroveLearn.com

Grade 3, Lesson 1 • v01

# COLORING SHEETS



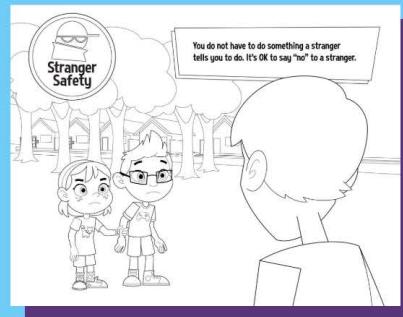
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# Sample Content: 4th Grade Through 6th Grade

## Classroom Lesson Plan

### Lesson 1: The Protect Yourself Rules

#### Grade: 5

**CA HEC Standards:**

- 1.1.S: Identify safety rules for the home, the school, and the community.
- 1.4.M: Discuss the importance of setting (and ways to set) personal boundaries for privacy, safety, and expression of emotions.
- 1.8.G: Recognize that friendship, attraction, and affection can be expressed in different ways.

**Protect Yourself Rules:**

- Tell an Adult
- Unsafe Touches
- Smart Choices
- It Doesn't Matter Who it Is
- Hitting is Wrong
- Tell Them to Stop

**Materials Needed:**

- Video Lesson: "The Protect Yourself Rules"
- Activity page: The Protect Yourself Rules
- Activity page: Word Search
- Review page: Short Response

**Outcomes:**

This lesson will introduce or refresh students to the Protect Yourself Rules: 6 rules to recognize and prevent abuse. Students will identify applications for these rules in their lives and become aware of personal safety as something they have control over, foremost with regards to personal boundaries.

Students will recognize that friendship, attraction, and affection can be expressed in different ways, and learn to distinguish inappropriate displays of affection using The Protect Yourself Rules.

Students will also identify safe people that they can go to if feeling unsafe or if they have something they need to talk about.

Use this lesson to help establish a culture of conversation regarding topics that are sometimes difficult to discuss.

 THE BARBARA SINATRA CHILDREN'S CENTER FOUNDATION

Extension lessons produced in collaboration with WonderGroveLearn.com

Grade 5, Lesson 1 - v01

VIDEOS ▾ ACTIVITIES ▾ PROTECT YOURSELF RULES ▾ GET HELP ▾ TEACHERS & COUNSELORS ▾

## Protect Yourself Rules

LESSON 1: The Protect Yourself Rules

VER EN ESPAÑOL DOWNLOAD VIDEO SHARE

LESSON 1: The Protect Yourself Rules

LESSON 2: Secrets

LESSON 3: Can't Go Home

### ALL VIDEOS - Grades 4-6

LESSON 1: The Protect Yourself Rules

LESSON 2: Secrets

LESSON 3: Can't Go Home

LESSON 4: Smart Choices Online

LESSON 5: Tell

LESSON 6: Bullying

LESSON 7: Cyberbullying

## Lesson 1: The Protect Yourself Rules

### Discussion

### Grade: 6

**CA HEC Standards:**

- **1.4.M:** Discuss the importance of setting (and ways to set) personal boundaries for privacy, safety, and expression of emotions.
- **1.1.S:** Identify safety rules for the home, the school, and the community.

The Protect Yourself Rules

- Self-Respect
- Personal Choices
- Privacy
- Personal Space
- Tell Them to Stop
- Hitting is Wrong
- What Matters
- Heading Home

### SETTING PERSONAL BOUNDARIES

Now that the class has watched the video, it's time to talk about the lesson in-depth. Use the following suggested topics to open up a discussion about the lesson. Call on students to contribute or invite comments from volunteers.

- Raise your hand if being in a close, confined space with a lot of people makes you uncomfortable. Why does it make you feel uncomfortable?
- We feel more comfortable when people respect our personal space. We don't like getting pushed together in long lines, or being touched unexpectedly, or being sandwiched between strangers on the bus. In those situations, we say "excuse me" to get by. In the same way, if someone we know touches us in a way that makes us uncomfortable, we have to tell them to stop.
- We know what interactions we like and what makes us uncomfortable. This is how we set personal boundaries, and that's why Tell Them to Stop is a Protect Yourself Rule. It reminds us that we have to enforce those boundaries. What are some ways we can let people know if they are making us uncomfortable?
- Discuss what you would do if you have an unsafe encounter with a stranger in the park, or your school, or at home. How do your reactions change? How do they stay the same?
- Depending on where you are, adults who you can get help from will be different. Discuss who the best adult to go to for help would be in your neighborhood, in the mall, or at a theme park.
- The Unsafe Touches rule tells us that any touch or interaction involving private parts of the body is unsafe. If someone makes us feel uncomfortable or we're unsure about what we should do in a situation, how does this rule help us know what to do?

THE BARBARA SINATRA CHILDREN'S CENTER FOUNDATION

Extension lessons produced in collaboration with WonderGroveLearn.com

Grade 6, Lesson 1 • v01



# Teen Series Videos

VIDEOS ▾ MEET THE SQUAD PROTECT YOURSELF RULES GET HELP ▾ TEACHERS & COUNSELORS ▾

## Check out our Teen Videos

### Teen Videos

PROTECT YOURSELF RULES SERIES STOP THE SEXUAL SECRETS THAT HURT SHORT FILMS



LESSON 1: Teenagers and Sexual Abuse

VER EN ESPAÑOL DOWNLOAD VIDEO SHARE



LESSON 1: Teenagers and Sexual Abuse



LESSON 2: Online Sexual Abuse Can Happen



LESSON 3: Friends Can Help Stop Sexual Abuse

ALL VIDEOS

### Protect Yourself Rules Series



LESSON 1: Teenagers and Sexual Abuse



LESSON 2: Online Sexual Abuse Can Happen



LESSON 3: Friends Can Help Stop Sexual Abuse

### Stop the Sexual Secrets That Hurt



EPISODE 1: Dealing with Abuse is Hard



EPISODE 2: Sexual Abuse is Confusing



EPISODE 3: How Sexual Abuse Hurts

VER EN ESPAÑOL

The program's main goal is to educate teens about what to do if they experience abusive behavior, educate them about safe & unsafe touches, and encourage them to go to a parent or another trusted adult for help.



# Teen Series Short Films

Are You Okay? is an award-winning short film.

## Short Films



Are You Okay? - Short Film



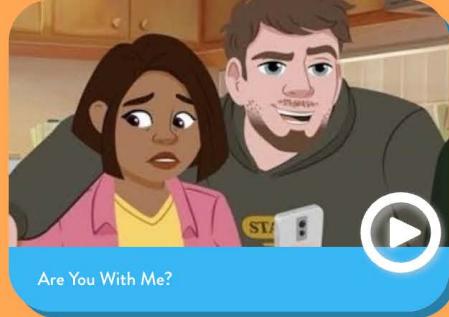
Is Anybody Out There? - Short Film



Are You Listening? - Short Film



Elizabeth & Ziggy - Short Film



Are You With Me?

# Examples of Our Global Outreach



# The United Nations

The United Nations has incorporated “The Protect Yourself Rules” into their educational resources to combat child abuse. The UN Office on Drugs and Crime added “The Protect Yourself Rules” videos to their “Education for Justice” initiative, promoting them worldwide. These rules, developed by Wonder Media and the Barbara Sinatra Children’s Center Foundation, teach children about safe and unsafe touches and how to report abuse to a trusted adult.

Here’s a more detailed breakdown:

- **Goal:** “The Protect Yourself Rules” aim to educate children on what constitutes sexual abuse and how to protect themselves.
- **Content:** The program covers topics like safe and unsafe touches, stranger safety, and internet safety.
- **Key Message:** Children are taught that they should never be touched in a way that makes them feel uncomfortable, and that they should always tell a trusted adult if something like that happens.
- **UN Involvement:** The United Nations recognized the value of these rules and incorporated them into their educational programs to reach a wider audience.
- **Accessibility:** “The Protect Yourself Rules” videos are available for free on YouTube and through [www.FightChildAbuse.org](http://www.FightChildAbuse.org).



# Scouting America



In 2025, more than **500,000 Cub Scouts** earned the “Youth Protection” adventure badge.



A quote from Scouting Magazine on “The Protect Yourself Rules”: “**To sum it up as succinctly and efficiently as possible, it works.**”

# AARON ON SCOUTING

The Official Site of Scouting Magazine

For All Families and Scouting America Volunteers

HOME CUB SCOUTING SCOUTS BSA VENTURING SEA SCOUTING FUN CONTACT US DONATE TODAY

LATEST POSTS > Scouters in Action: They helped the victims of a horrific multicar accident

SEARCH ...

## The Data Is In: The Protect Yourself Rules Cub Scout Adventure Is Working

By Aaron Derr | April 30, 2021 | 1 Comment | Cub Scouting, Youth Protection

### The Protect Yourself Rules



It's been nearly two years since the BSA debuted [Preview Adventures](#), elective Adventures for Cub Scouts that count toward advancement just like other Adventures, but haven't yet made their way into the printed handbooks.

During the preview period, these Adventures remain under evaluation — and up for possible revision, depending on response from Cub Scouts and leaders alike.

As [Youth Protection Month](#) comes to a close, it's a good time to review the data we've collected so far from one of the original Preview Adventures, [Protect Yourself Rules](#).

To sum it up as succinctly and efficiently as possible: It works.

### AARON ON SCOUTING NEWSLETTER

join 10,976 people who get Aaron on Scouting in their inbox. We'll send an email every time we post a new story, and you can unsubscribe any time.

Email Address:

First Name:

Last Name:

Your last name

SIGN UP

### LATEST STORIES



What smart Scout leaders do right after summer camp

August 5, 2025 | 0 Comments



Share your go-to ideas with the Cub Scout community using this new resource

August 4, 2025 | 2 Comments



Scout takes on wildfire risk, plus other news in Scouting this week

August 1, 2025 | 0 Comments

“The Protect Yourself Rules” in Scouting are a set of age-appropriate guidelines designed to help youth recognize and respond to potentially unsafe situations, especially those involving physical or emotional harm.



## BEAR REQUIREMENTS

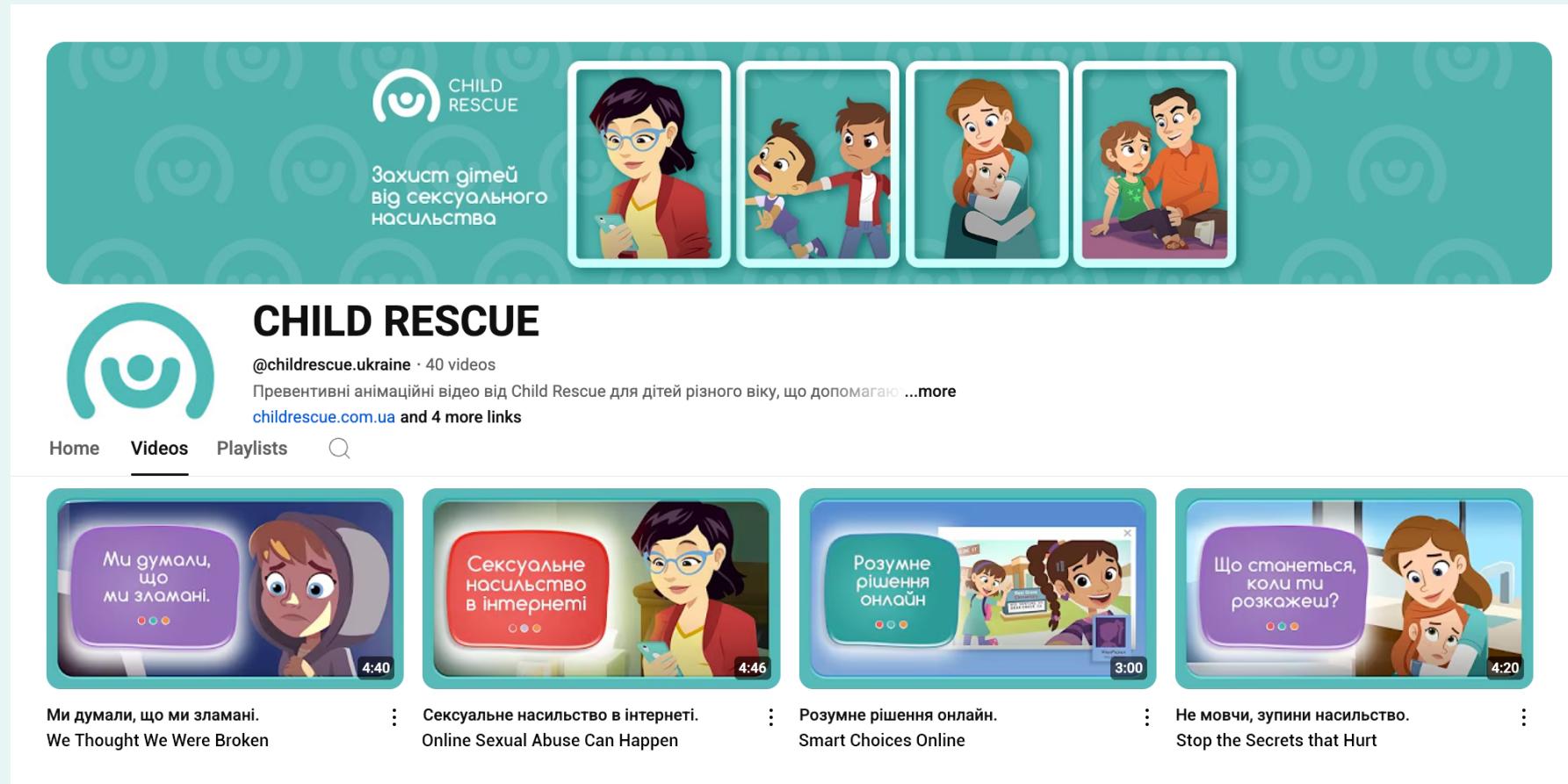
Complete each of the following:

1. Watch the “Protect Yourself” video lessons for this adventure. (The video is located at <https://vimeo.com/325064786> and can be watched on-line or downloaded and viewed off-line.)
2. Explain the difference between a safe touch and an unsafe touch.
3. Identify five trusted adults and share this list with your parent or legal guardian.
4. Describe “personal space.” and complete the Personal Space Bubble.
5. Come up with three different ways to say no to someone who touches you on a private body part.

Workbook for use with these requirements: [PDF Format](#) [DOCX Format](#)



The animations have been dubbed in Ukrainian and are available on a dedicated [YouTube channel](#).



CHILD RESCUE

@childrescue.ukraine · 40 videos

Превентивні анімаційні відео від Child Rescue для дітей різного віку, що допомагаю ...more

[childrescue.com.ua](http://childrescue.com.ua) and 4 more links

Home Videos Playlists

Ми думали, що ми зламані.  
We Thought We Were Broken

Сексуальне насильство в інтернеті.  
Online Sexual Abuse Can Happen

Розумне рішення онлайн.  
Smart Choices Online

Що станеться, коли ти розкажеш?  
Stop the Secrets that Hurt

Before the invasion, Ukraine's Child Rescue organization certified 115,000 teachers to implement with fidelity "The Protect Yourself Rules" in 115,000 Kindergarten through 3rd Grade classrooms in Ukraine.



“The Protect Yourself Rules” have been dubbed in Farsi in Iran.



“The Protect Yourself Rules” Youku channel in China makes the Kindergarten through 3rd Grade lessons available to 1.5 billion Chinese citizens.



Barbara Sinatra  
儿童中心基金会

## 儿童防虐侵系列教育片

# 不能成为秘密的痛 性侵之殇

翻译:梅友仁 配音:川大贝@浩瀚配音工作坊



微信搜一搜  
Q 发育计算

# “The Protect Yourself Rules” Importance in the United States



# 38 States Have Passed Erin's Law

Alabama	New Hampshire
Alaska	New Jersey
Arkansas	New Mexico
California	New York
Colorado	North Dakota
Connecticut	Ohio
Delaware	Oklahoma
Georgia	Oregon
Illinois	Pennsylvania
Indiana	Rhode Island
Louisiana	South Carolina
Maine	Tennessee
Maryland	Texas
Michigan	Utah
Minnesota	Vermont
Mississippi	Virginia
Missouri	Washington
Montana	West Virginia
Nevada	Wyoming

## Erin's Law

Erin Merryn is a survivor of child sexual abuse, author, and activist who has dedicated her life to protecting children by speaking out about her own experiences. She discovered that schools were teaching students about fire and tornado drills but not how to recognize or report sexual abuse, which led her to campaign for change. Her advocacy resulted in the passage of a federal version of Erin's Law, requiring public schools nationwide to provide sexual abuse prevention education to students.

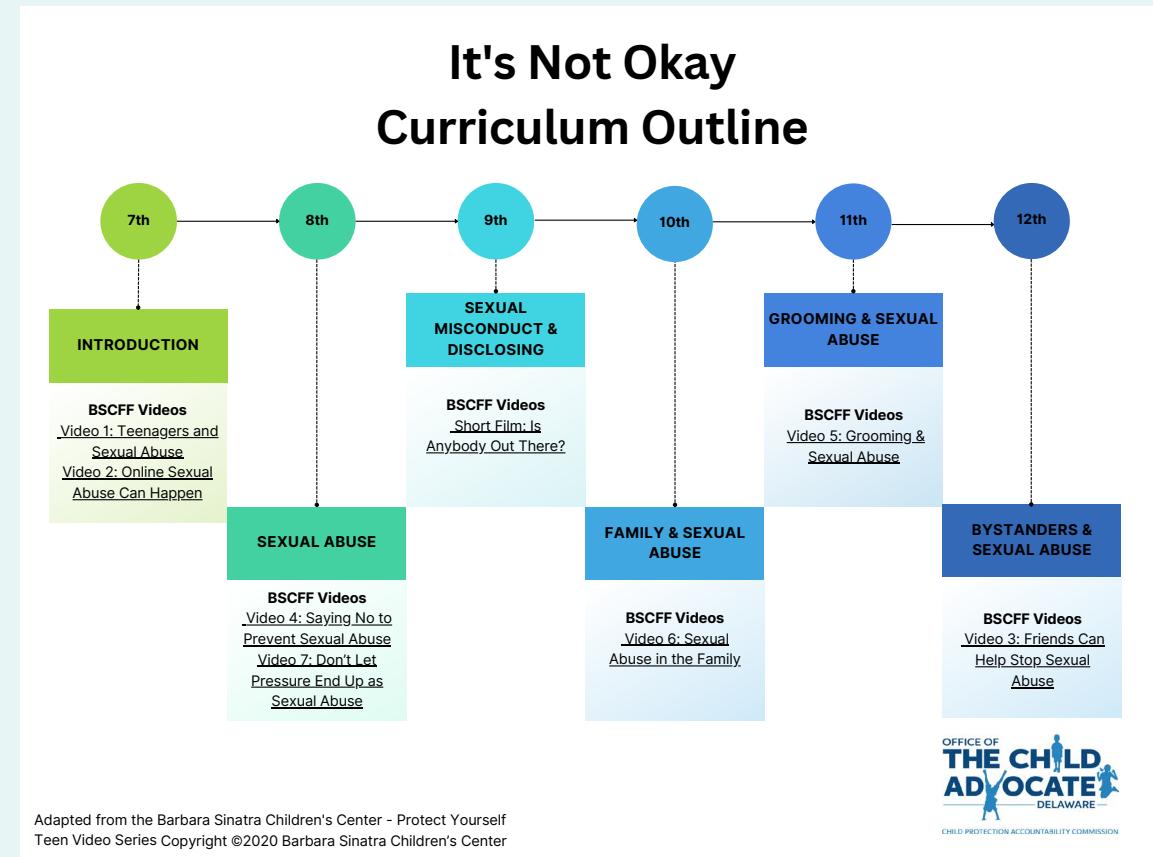
Erin's Law is legislation that requires public schools to provide age-appropriate education to students on recognizing and reporting sexual abuse. The law also encourages training for school staff and parents to help prevent child sexual abuse.

Erin's Law has been passed in 38 states.

**Examples of Usage of  
“The Protect Yourself  
Rules” at State and  
Local Levels**

The state of Delaware requires students to go through yearly training for Erin's Law compliance. Below is a list of what animations need to be viewed and completed in each grade level.

- The content is loaded into the state learning management system in modules and is pushed out to the schools.
- The Learning Management System monitors progress and completion of the program for compliance purposes.





The Fight Child Abuse website is listed as approved instructional material on the Hawaii State Department of Education Sexual Violence Resource site.

[See more here.](#)



The screenshot shows the HIDOE Sexual Violence Prevention Resource website. The header includes the HIDOE logo, a search bar, and navigation links for Home, Parent/Guardian Information, School Personnel Training, Student Instruction, and More. The main title "HAWAII STATE DEPARTMENT OF EDUCATION" is in bold capital letters above "SEXUAL VIOLENCE PREVENTION RESOURCE". Below the title is a URL "bit.ly/HIDOE-SVP". The page content section is titled "APPROVED INSTRUCTIONAL MATERIALS" and lists several resources, with "Fight Child Abuse" highlighted in a yellow box.

HIDOE Sexual Violence Prevention Resource

Home Parent/Guardian Information School Personnel Training Student Instruction More 

HAWAII STATE DEPARTMENT OF EDUCATION

# SEXUAL VIOLENCE PREVENTION RESOURCE

[bit.ly/HIDOE-SVP](http://bit.ly/HIDOE-SVP)

## APPROVED INSTRUCTIONAL MATERIALS

- [Elevatus Training Curriculum: Sexuality Education for People with Developmental Disabilities, Adapted for People with High Support Learning Needs](#)
- **Fight Child Abuse**
- [HealthSmart](#)
- [Mad Hatter Wellness Curricula](#)
- [NetSmartz](#)
- [Positive Prevention PLUS, Special Populations](#)
- [Rights, Respect, Responsibility](#)
- [Second Step Child Protection Unit](#)
- [The Sex Abuse Treatment Center's Sexual Abuse Prevention Curricula](#)



The Fight Child Abuse website is listed in curricula, instructional supports, and resources on the Ohio Department of Education and Workforce website.

[See more here.](#)

The screenshot shows the official website of the Ohio Department of Education & Workforce. The header features the state of Ohio logo, the text "Department of Education & Workforce", and a navigation bar with links for Administrators, Teachers, Parents, Topics, How Do I, About, Media, and Contact. Social media icons for email, Facebook, Twitter, Instagram, LinkedIn, and YouTube are also present. The main content area shows the breadcrumb navigation "Home > Student Supports > School Wellness > Prevention Education > Child Sexual Abuse, Dating Violence and Sexual Violence Prevention". A "QUICK LINKS" sidebar on the left lists links to Cell Phones in Schools, School-Based Health, School-based Mental Health, Student Wellness and Success Funds and Disadvantaged Pupil Impact Aid, Trauma-Informed Schools, Prevention Education (with a link to Harms of Electronic Smoking Devices), Child Sexual Abuse, Dating Violence and Sexual Violence Prevention, Suicide Prevention, Violence Prevention, Social Inclusion and School Safety Requirements, Ohio's Whole Child Framework, and Ohio Healthy Students Profiles. The main article title is "Child Sexual Abuse, Dating Violence and Sexual Violence Prevention". A callout box states, "To report child abuse, contact 855-O-H-CHILD (855-642-4453). If there is immediate danger, call 911." Below the title, a section titled "Requirements for Ohio Schools" discusses the prescribed curriculum for health education. A "LATEST NEWS" sidebar at the bottom lists "List of Approved Assessments for 2025-2026 Announced" and a "View All News" link. A sidebar on the right lists links to Instructional Requirements, Child Sexual Abuse Prevention, Dating Violence and Sexual Violence Prevention Education, Parent and Legal Guardian Notification, In-Service Requirements, and Helplines and Resources.

# North Dakota

The Fight Child Abuse website is listed as a prevention resource on the Families Flourish ND website (North Dakota chapter of Prevent Child Abuse America).

[See more here.](#)



Families Flourish ND [Our Work](#) [Trainings](#) [Resources](#) [Advocacy](#) [Who We Are](#)



## Child Sexual Abuse: The Reality

*This page contains content related to child sexual abuse, which may be distressing or triggering. Whether this topic affects you personally or not, please take care of your emotional well-being. If you feel overwhelmed, we encourage you to pause and reach out for support.*



### 1 in 9 North Dakota children

According to a 2025 study published in *Frontiers in Public Health*, approximately **11%** of children in North Dakota are expected to experience child sexual abuse—equivalent to about 1 in 9 children.

“The Protect Yourself Rules” are being used in classrooms to help students learn how to protect themselves against abuse. [Read the full article.](#)



AUG. 6, 2025

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## Oregon's New Sex Ed Curriculum Has More Than Just Birds And Bees



By **Elizabeth Miller** (OPB)  
Beaverton, Ore. June 3, 2019 4:04 p.m.

Teachers all over Oregon are using scenarios like these to teach students the “Protect Yourself” rules. Rules called “Safe Touch, Unsafe Touch” and “Shout, Run, Tell” help students learn how to protect themselves against abuse.

The curriculum is being implemented at a time when the #MeToo movement highlights the need for consent and awareness around issues of sexual assault.

At Rock Creek Elementary, Evelyn Hinds and her students watch a video on the “Protect Yourself” rules. Elizabeth Miller/OPB



The Fight Child Abuse website and specific videos and lessons are listed as instructional resources on the The Beaverton School District website.

[See more here.](#)

[MENU](#) CAREERS STAFF ▾ English ▾ **BEAVERTON**  
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## HEALTH: ELEMENTARY



The academic success of America's youth is strongly linked with their health. Health literacy is essential for preparing students to be healthy and productive members of our society.

Health education is achieved through a partnership of all stakeholders: teachers, students, families, administrators, schools, and community. The task of the Beaverton School District is to create a learning environment in which all students are valued for their diversity, fostered in their wellness development, challenged, and motivated to continue learning and leading a healthy lifestyle throughout their lifetime.

The current Health curriculum was adopted by the School Board on May 14, 2018. The adoption process followed the procedures outlined in the Instructional Materials Selection Administrative Regulation **II/IIA-AR**.

# Testimonials for the Barbara Sinatra Children's Center from Survivors and Supporters



# Simone Biles: Most Decorated Gymnast in History



Simone has supported the BSCC for nine years and is featured in this public service announcement. [Watch a video of her PSA.](#)

“

The anti-bullying videos by the Barbara Sinatra Children's Center Foundation are a great addition to their 'Protect Yourself Rules' videos. Bullying is a difficult issue to address, but the Sinatra Center has found an amazing way to influence change through these videos which can be seen by children all around the world.

The Barbara Sinatra Center has impacted the lives of so many children and I am thrilled to be a part of this event to support the continued growth and efforts of this incredible organization.

—Simone Biles

# Flip Rodriguez: American Ninja Warrior



Flip has supported the BSCC for five years and is featured in this [promotional video](#).

“

When fans see me on American Ninja Warrior, they see a fearless competitor. What they don't see is what I went through as a child who was abused. I was finally able to overcome this and I want to now use my platform for other abused children to know that there are resources like the [FightChildAbuse.org](http://FightChildAbuse.org) campaign to help them overcome, persevere and emerge strong. And especially after this challenging year, this campaign and the power of education is more important than ever.

—Flip Rodriguez



# Lance Bass: American Singer & Actor



Lance has supported the BSCC for five years and is featured in this [promotional video](#).

“

Protecting children has always been a cause I've felt compelled to be an advocate for, especially as someone who grew up in the entertainment industry. And now that I'm a parent, the fight to increase awareness, prevention and make the world safer for kids has come with new meaning on a personal level.

—Lance Bass



# Aly Raisman: Olympic Gold Medalist



Aly has supported the BSCC for five years and is featured in a series of instructional videos. [Watch the videos.](#)

“

It's critical that abuse awareness and prevention is discussed openly and as adults, it's our responsibility to provide children and teens with tools, resources and strategies to recognize unsafe situations and encourage help-seeking behavior,” I am very thankful to have a partner in this fight to help bring more awareness to this staggering issue, not just this month, but all year around.

—Aly Raisman



# Dr. Judy Ho: Nationally Recognized American Psychologist



Dr. Ho appeared at a 2024 BSCC event (pictured).

“

Barbara Sinatra Children’s Center provides low-cost and free mental health services for children and families, and has served over 25,000 people since its founding in 1986.

—Dr. Judy Ho



# Elizabeth Smart: American Activist



“

The Barbara Sinatra Center has impacted the lives of so many children, and I am thrilled to be a part of this event to support the continued growth and efforts of this incredible organization.

—Elizabeth Smart



# Michael Phelps: Olympic Gold Medalist



Michael appeared at the 2017 Champion Honors Luncheon (pictured).

“

I am extremely honored to have been invited to the Barbara Sinatra Children’s Center Annual Champion Honors Luncheon, and to support Barbara. I applaud the efforts of Barbara and Frank in establishing a facility and program 40 years ago for children who have suffered abuse.

—Michael Phelps



# William Daniels: TV Actor



You may know William Daniels as Mr. Feeny, the teacher from the TV sitcom *Boy Meets World*.

In this [PSA](#) he talks about the idea that knowing the signs of child abuse isn't just important it's essential. He promotes the idea that [FightChildAbuse.org](http://FightChildAbuse.org) has resources and videos designed to teach viewers to spot those signs and take appropriate action.



# Thank You

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