

## Youth Protection Training Guide for Leaders and Chaperones

### MODULE V: *Promoting Positive Development*

#### International Order of the Rainbow for Girls

## INTRODUCTION

This guide is intended to support the presentation of training materials for Module V: *Promoting Positive Development* which is the first of three segments specifically for Rainbow leaders and chaperones.

**Completion of Rainbow Youth Protection Training Modules I, II, III and IV are prerequisites for this training.**

### Content:

- Healthy Youth Development
- Protective Factors
- Relationships Dynamics
- Behavioral Indicators of Maltreatment
- Predator Grooming of Children
- Strategy for Prevention

Module V Training Objective: To empower Rainbow leaders to promote positive youth development and minimize risk behaviors.

## AUDIENCE

This training is appropriate for adult leaders and chaperones of Rainbow assemblies and jurisdictions. It will be most effective if presented at the jurisdictional level, either during a leadership conference or as a special training. The Supreme Inspector or Deputy should be present to handle questions that may arise.

## PREPARATION and PRESENTATION

Preparation is essential to the success of this training. Trainers should be familiar with the Module V PowerPoint and Talking Points in advance of the presentation. Rainbow Leaders who serve as trainers should be familiar with the entire IORG YP Policy prior to the training and should have a copy available for reference.

Considering that a frequently cited statistic is that one in four youth experience maltreatment by the age of majority, it is reasonable to assume that any adult audience will include survivors of abuse. Discussions of sensitive material related to abuse may trigger feelings for those individuals who have had exposure to such situations, either by their own experience or that of someone close to them. Trainers may want to acknowledge this in advance and give attendees the option to leave if necessary to take care of themselves.

***It is essential that confidentiality be established at the beginning of each session by expressing the expectation that whatever is disclosed during discussion is considered to be privileged information and therefore not to be shared with anyone outside of the session.***

***Ask that everyone agree.***

To increase the effectiveness of the training, consider utilizing the following steps to adapt to adult learning styles:

- Help participants coalesce as a group through team-building exercises
- Use a variety of techniques including interactive and small group discussion, role play, and pencil and paper exercises. Elicit comments and feedback throughout the training.
- Check for understanding by asking questions or soliciting comments.
- Review and check how information will be transferred into practical use.

### Tips for Trainers

- Engage participants by making eye contact, using people's names, and calling on different people.
- Always find a positive response to a comment someone gives.
- Make the effort to get participants involved, especially in the beginning.
- If it looks like you're losing them, stop and change what you're doing: Ask a question for discussion, or assign a pen and paper exercise.
- You want participants to be either looking up at you or engaged with others, rather than looking at papers. Encourage some note-taking and promise to point out when something is not in the handouts.
- If you're not getting the answers you want, you may not be asking the right questions.
- If a remark seems controversial or you don't have a quick response, say, "that's an interesting idea... what does the rest of the group think about this?"

### **GUEST PRESENTERS**

A guest speaker could be appropriate for parts of the Module V training. A school counselor or psychologist might address the developmental stages of youth. Someone in law enforcement could discuss the child grooming process. Public libraries have information on local resources and speakers bureaus. While each community varies, a little research will yield some appropriate options for speakers.

### **SPECIAL CONSIDERATIONS**

- ≈ Be straight-forward in discussing youth protection issues. While it may seem difficult to discuss the material, it will become easier with practice if you remain focused on the wellbeing of the youth.
- ≈ While the topic of youth protection is obviously a serious one, there may be room for levity within the training session. A light moment may help transition through an awkward topic.
- ≈ Self-defense training may be useful to know when one is alone on a deserted street or dark parking lot. However, girls are much more likely to be harmed by someone they know than be accosted by a stranger. That's what makes youth protection training so important!

*For additional information, please contact Karen Askew at the Supreme Assembly office  
918-423-1328, [karenaskew@gorainbow.org](mailto:karenaskew@gorainbow.org) or [saoffice@gorainbow.org](mailto:saoffice@gorainbow.org).*

## Resource List

- American Psychological Association has excellent articles on Bullying, Trauma, Teens, Children, Kids & the Media, Sex Abuse and other topics - <http://www.apa.org>
- Break the Cycle, a site empowering youth to end domestic violence - <https://www.breakthecycle.org/>
- Centers for Disease Control and Prevention has information on injury prevention, including violence prevention, as well as various health-related issues - <http://www.cdc.gov>  
The following indexes are of particular interest:
  - Adolescent Development – use the search feature on the CDC website for specific resources
  - Child Maltreatment Prevention - <http://www.cdc.gov/ViolencePrevention/childmaltreatment/index.html>
  - Dating Matters Initiative - <http://www.cdc.gov/violenceprevention/datingmatters/index.html>
  - Youth Violence (includes bullying) - <http://www.cdc.gov/violenceprevention/youthviolence/index.html>
- Children’s Online Privacy Protection Act (COPPA) - <https://www.wiredtrust.com/coppa/>
- Darkness 2 Light has a mission of empowering people to prevent child sexual abuse – <http://d2l.org>
- KidsHealth has separate sections for parents, kids and teens with age-appropriate information, advice and encouragement - <http://kidshealth.org>
- Love is Respect, a collaborative website of Break the Cycle and the National Dating Abuse Helpline, is a resource designed to foster healthy dating attitudes and relationships, while providing a safe space for young people to access information designed specifically for them - <http://www.loveisrespect.org/>
- Huitt, W. (2007). Maslow's hierarchy of needs. *Educational Psychology Interactive*. Valdosta, GA: Valdosta State University. Retrieved [date] from, <http://www.edpsycinteractive.org/topics/regsys/maslow.html>
- (Psychosocial Developmental Stages) McLeod, S. A. (2013). Erik Erikson. Retrieved from [www.simplypsychology.org/Erik-Erikson.html](http://www.simplypsychology.org/Erik-Erikson.html)
- Stop Bullying Now was developed by a long time therapist and school counselor, who co-founded the Youth Voice Research Project, collecting information on effective bullying prevention - <http://stopbullyingnow.com>
- Stop Bullying Anti-bullying website managed by U.S. Department of Health and Human Services has good information, excellent videos - <http://www.stopbullying.gov/index.html>
- Teen Relationships help teens develop understanding of healthy dating relationships and recognize warning signs of abusive relationships - <http://teenrelationships.org/>
- Wired Safety focuses on prevention of cyber stalking and harassment - <https://www.wiredsafety.org/>