

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.