



## **School Programming for 2020/2021 School Year**

TPN will continue to provide healthy relationships education this year. Due to COVID-19 restrictions and safety protocols, we expect that much of this will need to be provided remotely. Below are considerations for partnering with TPN for programming this year.

### ***COVID-19 Considerations***

Please review these considerations and consult with your TPN educator to determine what programming options fit best for your school.

- TPN will collaborate with school staff to determine which topics and programs are an appropriate match, considering the following: class dynamics, potential student isolation and availability of support, and developmentally appropriate content.
- All of our programs are trauma-informed; this means that we carefully consider how to deliver the information in a safe and supportive way that does not further traumatize vulnerable youth who are experiencing emotionally unsafe home environments or past trauma.
- TPN requests a school staff member present in the in-person or virtual classroom to ensure support for students and for any needed follow up.
- Students in need of support from TPN now have the option to text message or chat (in addition to calling us). We will be able to provide those numbers to school staff and families. For middle and high school students we will provide that number before each program. This provides an additional layer of support for youth who may not be able to privately make a phone call.
- As always, there is no cost for our programming. Perhaps your school can make a donation. You may have funds that you access to support outside speakers and programming. Some of your school's grants might specifically cover school climate and safety or student mental health. Our programs often align with these objectives. Some schools will also access PTO or school enrichment funds. We never turn down a request for programming because a school does not have access to funds.

### ***Program Delivery Options (these vary by grade-level and content)***

The amount of time and the number of sessions needed will be determined by the TPN Educator in collaboration with the school.

## **How would TPN deliver these programs?**

1. TPN collaborates with health, guidance or other teachers to enhance discussion on related content that the teacher has *already* covered in health, guidance or other curricula. This could happen via video platform as a “Q & A” session, for example.
2. TPN provides access to video content or online activities asynchronously. The teacher shows the material in advance of hosting a virtual follow up discussion with TPN. It is recommended to show that content the day of the facilitated discussion (or not more than 2 days prior).
3. TPN delivers Healthy Relationships Program content (see topics below) and facilitates discussion synchronously via a video platform during health, guidance or another time slot.

## **Sample Programming Content**

### **Pre-K through Grade 2**

Feelings, Trusted Adults and Asking for Help, Asking for Permission, Hands are Not for Hitting  
Primarily delivered through books and online activities and discussion.

### **Grades 3-5**

Self-Esteem, Recognizing and Responding to Feelings, Empathy, Coping with Feelings, Trusted Adults, Support Systems and Asking for Help

### **Grades 6-8**

Boundaries, Empathy, Healthy Coping, Support and Resources, Positive Bystander Skills – skills for in person and online

### **High School**

10 Signs of Healthy and Unhealthy Relationships

“Behind the Post” – Relationships and social media

“Because I love you” –Red flag signs of unhealthy relationships

Positive Bystander Skills – Skills for in person and online

Primarily delivered through short videos, facilitated discussion and interactive virtual activities.

For example, we can:

- Engage with students in advisory blocks for shorter “mini conversations”
- Provide a multi-session program for a health class to talk about boundaries and signs of healthy relationships
- Zoom in for a hello and reconnection with classes that have had TPN programming in years prior – a way to continue to build relationships and a reminder about caring adults outside of school
- Meet for a Q & A with an English class that is reading a book with related healthy/unhealthy relationships themes
- Show a short video and facilitate discussion about signs of healthy and unhealthy relationships
- Meet with an elementary class to talk about topics such as: recognizing feelings, coping and empathy
- Share a brief video about feelings, caring adults and empathy and provide a short follow-up conversation