



# TURN THE TALK

*An evidence-inspired program that seeks to equip young people with tools to address child sexual abuse*

## AWARENESS AND EDUCATION



Change the Conversation partners with educators in Maryland and beyond. This allows us to supplement existing programs with much-needed resources to bring comprehensive awareness and training to school communities.

### About Us

Change the Conversation (CTC) is a 501(c)3 non-profit organization founded in 2004 to provide services to those impacted by child sexual abuse. CTC's mission is to engage all communities in the prevention of and healing from child sexual abuse. As an organization established by an adult survivor of child sexual abuse, we have always been committed to ensuring that adult survivors have the resources and care they need to heal and thrive. As we've grown, we continue to engage and support adult survivors and caregivers, parents, medical professionals, and mandated reporters with a public health and "information first" philosophy. Our team works tirelessly to educate and prepare those we serve with educational materials, programming, and training that reflects the most current research on child sexual abuse and trauma.

### Professional Development

To explore effective approaches for engaging children and adolescents on sensitive topics, while staying informed about current trends in child sexual abuse prevention and recovery.



### Classroom Presentations

To equip students with a foundational understanding of child sexual abuse, including its definition, legal and policy context, and effects, while building practical skills in reporting, resource evaluation, and survivor advocacy. Turn the Talk integrates the evidence-based Stanley Brown Safety Planning Intervention to promote safety planning and self-advocacy among students.



### Caregiver Support

To support parents and caregivers in learning how to recognize, prevent, and respond to potential risks of child sexual abuse.



Organizations seeking to schedule a presentation or training can scan the QR code or email Chelsea McGonigle, Director of Prevention and Education, at [chelsea@cthec.org](mailto:chelsea@cthec.org).





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## PROFESSIONAL DEVELOPMENT

To explore effective approaches for engaging children and adolescents on sensitive topics, while staying informed about current trends in child sexual abuse prevention and recovery.

### Teachers as Champions: Promoting Online Safety in the Classroom and Beyond

Staff will gain insight into the realities of sexting, exposure to sexual content, and the risks of sextortion among tech-savvy youth. They will also examine why traditional messages often fail to resonate with young people and learn a comprehensive prevention approach—including online tools, essential information, and effective communication and supervision strategies—to share with parents and youth.

### Innovations and Trends in Child Sexual Abuse Prevention

Staff will learn to recognize warning signs of child sexual abuse, explore the connection between technology and child sexual abuse material and exploitation, and discuss best practices for harm reduction. The session will also include a review of trends identified by the National Center for Missing and Exploited Children and the Maryland Children's Alliance to inform effective prevention strategies.

### Youth Mental Health First Aid

Youth Mental Health First Aid (YMHFA) is an early intervention public education program. It teaches adults how to recognize the signs and symptoms that suggest a potential mental health challenge, how to listen nonjudgmentally, give reassurance to a youth who may be experiencing a mental health challenge, and refer a person to appropriate professional support and services. This course is offered virtually (2 hours self-paced; 4.5 hours instructor-led training) and in-person (6.5 hours). YMHFA also satisfies HB 920 (Youth Suicide Risk) and HB 947 (Lauryn's Law) requirements.

### From Disclosure to Support: Responding to Sexual Abuse in Schools

Staff will define child sexual abuse, dispel myths, and review prevalence in Maryland. Staff will also discuss the impact of child sexual abuse on language, social and emotional regulation, relationships, and play, and how to create trauma-sensitive climates while also practicing bystander intervention skills by reviewing mandated reporting requirements as defined by Maryland Family Law Code 5-705.



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### **Safe, Seen, and Supported: Creating Trauma-Sensitive Classrooms**

This interactive training equips school staff with practical, trauma-sensitive strategies to support students during conversations about sensitive topics, particularly those related to safety, relationships, and well-being. Grounded in prevention science and aligned with school-based realities, participants will learn how to create environments where students feel safe, respected, and supported without requiring staff to act as therapists.

### **Seeing Prevention in Action: A Turn the Talk Model**

Staff will observe a Turn the Talk classroom presentation in real time to understand how child sexual abuse prevention content is delivered in a developmentally appropriate, trauma-sensitive, and student-centered manner. Staff will examine how facilitators introduce safety concepts, build trust, and use inclusive language to support student engagement while minimizing harm. Staff will also reflect on pacing, classroom management, and trauma-informed facilitation techniques, and discuss how modeled practices align with mandated reporting responsibilities and school protocols.

### **Protecting Every Voice: Supporting Multilingual Children in Abuse Prevention and Response**

Staff will explore how language access, cultural identity, and lived experience influence student safety and help-seeking. Staff will identify common barriers that may silence multilingual learners, dispel assumptions about communication and disclosure, and examine how trauma can affect language development, social-emotional regulation, relationships, and classroom engagement. Staff will also learn how to create trauma-sensitive, inclusive learning environments and practice supportive response strategies, including how to navigate interpretation, and family communications.

### **Connected Harm: Responding to Teen Dating Violence and Child Sexual Abuse**

Staff will explore the intersection of teen dating violence and child sexual abuse within adolescent relationships, examining prevalence, challenging misconceptions, and identifying trauma-sensitive responses and coordinated supports that address impacts on mental health, relationships, and academic engagement.



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## CLASSROOM PRESENTATIONS\*

*\*Aligned with Maryland's comprehensive health education framework, particularly standard ID: Safety and Violence Prevention*

To equip students with a foundational understanding of child sexual abuse, including its definition, legal and policy context, and effects, while building practical skills in reporting, resource evaluation, and survivor advocacy.

### Safe Spaces: An Introduction to Child Sexual Abuse

Sixth-grade and Health I/A students will define child sexual abuse and discuss relevant laws, policies, and effects, learn how to report child sexual abuse, investigate resources and advocate for those who have experienced abuse.

### Trust or Trap? Navigating Risks and Rewards in Online Relationships

Seventh-grade students will evaluate the potential risks and benefits of various social and personal situations while recognizing red flags associated with boundary violations and grooming.

### Hope and Healing: Raising Awareness About Domestic Minor Sex Trafficking

Eighth-grade students will comprehensively define domestic minor sex trafficking, identify pertinent risk and protective factors, implement online safety strategies to mitigate risks, and advocate effectively for affected individuals.

### Behind the Screen: A Lesson in Digital Awareness and Safety

Health II/B students will identify red flags and common tactics used in online exploitation, and to develop and apply effective strategies for setting personal boundaries in digital interactions.

### The Power of One Voice: Bystander Strategies That Protect and Empower

Health II/B and III students will critically evaluate various strategies for safe and effective bystander intervention and to identify the appropriate procedures for reporting concerns related to abuse or exploitation.

### Protecting Rights, Understanding Impact: Law and Ethics

Health III students will defend positions on child sexual abuse laws and effects, assess moral influences on decisions, and review legal support for survivors.

*To ensure full delivery of content and adherence to the model, sessions require an 90-minute instructional period.*



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## CAREGIVER SUPPORT



To support parents and caregivers in learning how to recognize, prevent, and respond to potential risks of child sexual abuse.

### Empowering Caregivers Through Technology

Parents will gain insight into the realities of sexting, exposure to sexual content, and the risks of sextortion among youth using technology. They will also explore why traditional messages on these topics often fail to resonate with young people and learn a comprehensive prevention approach that incorporates online tools, essential information, and effective communication and supervision techniques.

### Darkness to Light: Stewards of Children

Participants will engage in Darkness to Light's Stewards of Children training to define child sexual abuse, dispel common myths, and review prevalence at the local and national level. Participants will examine how child sexual abuse impacts behavior, relationships, emotional regulation, and learning, and discuss the critical role adults play in creating protective environments for children. Participants will also build practical prevention skills by learning to recognize warning signs, and practice boundary-setting and intervention strategies.

### Safe at Home: Teaching Body Safety and Supportive Communication

Caregivers will define body safety and explore age-appropriate language for discussing boundaries, consent, and safe versus unsafe situations at home. This training reframes safety as a relationship, not a checklist, helping caregivers understand how children decide who is safe and why disclosures often go to unexpected adults. Caregivers will learn how children test safety before sharing, practice language that keeps conversations open, and identify common responses that unintentionally shut kids down. Strengthening prevention through trust, connection, and everyday interactions.

### Big Feelings, Brave Conversations

This skills-based training focuses on how caregivers communicate during difficult moments, helping them stay regulated, respond instead of react, and manage discomfort so children feel safe engaging. Caregivers practice scripts for tough conversations, learn how to answer unexpected questions, and explore ways to repair conversations that didn't go as planned.