

Elementary School Programs

Raising resiliency and reducing vulnerability in students for over 25 years



IMPACT

confidence ▶ safety ▶ empowerment



About IMPACT

It's never too early to start teaching children about safety.



IMPACT offers comprehensive violence prevention programs and evidence-based safety trainings. We teach young people the skills they need to increase awareness of surroundings, communicate their boundaries, protect their bodies from harm, identify safe adults and report incidents accurately to them, and speak up to challenge bullying and mean words.



We collaborate with schools and organizations to proactively build safer spaces for students. Because safe adults can't always be there, even the youngest children need to know how to identify unsafe behavior and respond effectively. Since 1992, IMPACT has reached over 50,000 people and trained students in more than 50 schools and youth-serving organizations.



impactboston.org



How IMPACT Works



Critical Social and Emotional Skills

We teach real life solutions to safety and social problems. Students practice identifying and communicating their boundaries. They learn how to recognize and respond to uncomfortable, inappropriate, or dangerous situations and gain practice in accessing adult help and support.

Abuse and Violence Prevention Expertise

Programs are taught by a diverse group of highly trained instructors, all of whom complete a 200+ hour certification. Our team includes master's-level counselors and social workers, certified teachers, disability service providers, domestic violence counselors, and martial artists.

Evidence-based Programs

We collaborate with the Harvard-affiliated Institute for Community Health, an evaluation research organization that conducts independent studies of our programs and their effectiveness.

Dynamic Experiential Learning

Our programs use best practices in experiential learning and incorporate multiple teaching modalities, including role-plays, interactive exercises, critical and moral thinking, and physical activity. We prepare students for age-appropriate situations ranging from everyday conflicts, peer pressure and bullying, to potentially dangerous situations. In a safe and supportive environment, students learn to respond appropriately in the moment of fear, intimidation, or emotional discomfort. Our instructors are trained to simulate a wide range of scenarios, which gives students the opportunity to practice protecting themselves in scenarios that feel real. As a result, students are more likely to be able to access self-protective skills when they need them most.

Engaged School Communities

Improving the safety of young people is a community-wide effort. Schools maximize the benefits of IMPACT programs if students can be educated along with faculty, parents, and caregivers. This school-wide approach creates a shared common language for discussing challenging situations. Our adult workshops and professional development opportunities give teachers and other adults the tools to serve as role models for students in creating safe and ethical communities.

●●● KidSafe: 2nd - 4th Grade Program

This program provides elementary school students with age-appropriate, safety education designed to enhance self-protective responses when encountering strangers, familiar adults, and peers. Classes focus on issues relevant to their lives, such as street safety, peer pressure, and moments away from their caretakers.

The KidSafe Program teaches young people awareness and avoidance techniques and skills to communicate powerfully through verbal and non-verbal strategies. Students practice emotional and physical boundary setting, learn to distinguish between safe and unsafe adults, and rehearse responses to unwelcome attention and inappropriate physical touch. Physical self-defense strikes are taught as a last resort option and are designed to facilitate a swift escape. In addition, students gain proficiency in identifying safe adults and reporting incidents accurately. All skills are practiced in interactive scenarios with highly trained instructors and students receive one-on-one coaching.



My daughter has encountered her own personal struggles with other students this year. I am proud to say that she is finding her strength and using the skills she learned in KidSafe to stand up for herself.

Courses of 20 students or less maximize individual attention. Programs for larger groups are also possible. Our team is available to create customized programs that fit the needs of your school.

Students Gain:

- Awareness of environment and an understanding of safe distance
- Trust in their instincts and confidence in setting emotional and physical boundaries
- Practice in resisting lures and manipulations from strangers and familiar people
- Assertive communication skills: *using their voices for protection and to access help*
- Physical self-protection skills designed to facilitate escape
- Skills for identifying and reporting to safe adults
- Courage to enact allied behavior on behalf of their peers

Program Options:

- Full 8-hour course (two 4-hour days)
- Half day course: 4 hours
- Introductory workshop: 2 or 3 hours
- Other formats that fit your school's schedule

“ It did not take long for the benefits of this program to become apparent. Since the class, I have noticed several instances in which my son has applied specific lessons he learned in KidSafe. Recently he de-escalated an argument that broke out among friends on a playground. He used language he learned to resolve the conflict before it became dangerous. ”



We Come To You

School programs are offered in many formats including:

- Extracurricular activities
- Special events
- In-school field trips
- Assemblies
- After school programs
- Guest units in: *health, physical education, or other classes*



IMPACT instructors will travel to your school and work with you to design a program that best fits your educational goals and schedule.

IMPACT programs draw on knowledge, skills, and mindsets from multiple academic disciplines including health, biology, physical education, and social emotional learning.





“My child participated in a two-day KidSafe program. The program addressed a variety of issues from peer pressure and mean words to how to protect oneself when dealing with an unsafe adult. Instructors gave very clear and specific instructions, demonstrated recommended behaviors, and ran students through a series of enactments. Each scenario added to the previous one so that all of the kids could follow along and rehearse the concepts successfully.”

Join Our Community ● ● ●

School & Youth Program Participants

Acton-Boxborough Public Schools

ARC of East Middlesex

Berwick Academy

Beverly High School

Boston Community Leadership Academy

Boston GLASS

Boston Public Library Youth Programs

Brooks School

Brighton High School

Bromfield School

Buckingham Browne & Nichols School

Buckingham Browne & Nichols Camp

Camp Fernwood

Chapel Hill Chauncy Hall

Charles River Center

Charlestown High School

Commonwealth School

Dorchester Academy

East Boston High School

English High School

Everett High School

Excel Academy

First Parish Winchester Youth Ministry

Gann Academy

Groton School

Harbor Pilot School

Home for Little Wanderers

Horace Mann School for the Deaf & Hard of Hearing



School & Youth Program Participants continued

Lawrence Academy

Lincoln-Sudbury Regional High School

Madison Park High School

Malden High School

Massachusetts Hospital School

McAuliffe Charter School

Medford High School

Middlesex School

Mother Caroline Academy

NAGLY

Newton Country Day of the Sacred Heart

Norwell Public Schools

North Reading High School

Perkins School for the Blind

Phillips Academy Andover

Quincy Upper School

Rivers School

REACH – Peers Against Violence

Saugus High School

Shore Country Day School

Sociedad Latina

Somerville High School

Stoneham High School

Temple Beth Shalom Youth Group

Urban Science Academy

WAGLY

Wakefield High School

Wellesley High School

Wellesley Youth Commission

West Roxbury Academy

Weston High School

Wilmington High School



Meet the Team

Meg Stone Executive Director

Meg Stone is the Executive Director of IMPACT Boston. Since 2005, she has led the organization's implementation of safety and abuse prevention programs in schools, public classes, disability services centers, domestic violence organizations, rape crisis centers, and other service agencies. Meg is a certified IMPACT self-defense instructor and trainer. She is nationally recognized for her collaborative research with other experts in the fields of safety, bystander intervention, education, abuse prevention for persons with disabilities, communication, trauma recovery, and intervention.

Meg developed the IMPACT:Ability program in partnership with the Robert Wood Johnson Foundation. The program is a first in the country and focuses on abuse prevention for people with cognitive and physical disabilities. She serves as the Project Director of IMPACT:Ability and leads the organizational abuse prevention efforts of Triangle and three additional Boston-area disability service and advocacy organizations.

Meg was a member of the Massachusetts State Sexual Violence Prevention Team, and the Chair of the Team's Developmental Disabilities subcommittee. She has presented about personal safety and abuse prevention in disability communities and at local and national conferences, including the National Sexual Assault Conference, the National Adult Protective Services Association Conference, and the Massachusetts Citizens for Children Child Sexual Abuse Prevention Summit. Additionally, she co-led a national online training on preventing sexual abuse of children with disabilities, which was sponsored by PreventConnect and the Ms. Foundation for Women.

Meg's writing on issues of child sexual abuse, sexual violence, and personal safety training has been published in the *Washington Post*, *Ms.*, *Cognoscenti*, and several Boston-area regional newspapers.



IMPACT Instructors

Meagan
Anderson
Operations
Manager



Meagan is a licensed school counselor with experience working with students with abuse histories and students with disabilities. She coordinated the IMPACT:Ability program for students with disabilities for four years and now serves as the Operations Manager.

Boaz
Arbel
Suited Instructor



Boaz has been an Impact Suit instructor in the last 10 years, both in Israel and in the US. Boaz holds a 2nd degree black belt in Dan Zan Ryu Jujitsu, he is a certified martial arts instructor by the Wingate institute in Israel, and the founder of Cheetah Dojo, a school of Jujitsu and Self Defense with chapters in Israel and Boston.

James
Bocock
Suited Instructor



James has worked for Impact since 2014 as a suited instructor and has assisted in training new coaches. He teaches classes in both the standard Impact curriculum and in the Impact Ability program. He has a background as a professional actor and as a teacher and is very proud to be a part of Impact's staff. His favorite classes to teach are the College Bound Safety course and programs for trauma survivors.

Ben
Comeau
Suited Instructor



Ben grew up in Beverly, MA and studied history at Salem State University. He started working at IMPACT as a suited instructor in January of 2016. Ben coaches high school wrestling and is an avid rugby player. In his work outside of IMPACT Ben works in youth development as a mentor and educator.

Mandy
Doyle
IMPACT:Ability
Coordinator



Mandy is a licensed special education teacher and has a master's degree in intercultural relations. She has conducted IMPACT:Ability trainings for Massachusetts Association of Approved Private Schools, the MASOC and MATA, Boston Public Schools, Jane Doe Inc., and for the Department of Disability Services.

Sean
Greene
Suited Instructor



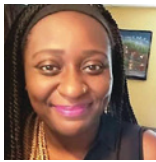
Sean grew up in a high-crime area of Dorchester, MA, where he volunteered with Guardian Angels, a nonprofit anti-crime organization. He has studied various styles of traditional martial arts, and has experience working in law enforcement and as a bodyguard. Sean also works as a Program Manager at Triangle, Inc. where he helps people with disabilities find jobs.

Anne
Herman
Instructor



Anne is a graduate of the U.S. Coast Guard Academy in New London, CT with a bachelor's degree in management and a former Officer in the U.S. Coast Guard. She later served as a Federal Air Marshal and earned a Masters degree in criminal justice from Suffolk University. She is pursuing a doctorate of physical therapy degree from the Massachusetts General Hospital's Institute of Health Professions.

Helen
Joseph
Program
Coordinator



Helen is an Expressive Arts Therapist who works locally and internationally with children and adults to build confidence and self-awareness by tapping into their inner strength. Helen became a coach at IMPACT a few years after taking an IMPACT Weekend Basics course.

Adriana
Li
Program
Coordinator



Adriana is a Program Coordinator at IMPACT and has worked with Triangle, Inc. serving adults with disabilities. Her background is in arts and education, holding a bachelor's degree in theater from Pine Manor College. Adriana studies Kung Fu and is a proud member of an all-women's troupe that performs Chinese lion dance.

Shay
Orent
Program
Coordinator



Shay is a full-time Program Coordinator for IMPACT. She holds a bachelor's degree in Gender & Women's studies from Scripps College, where she began her journey of learning about feminism and systemic inequality. She is a competitive volleyball player and coach and a volunteer rape crisis counselor.

Michael
Perry
Training &
Curriculum
Developer



Michael has been an IMPACT instructor since 1992 and has been an IMPACT trainer since 1995. He has developed many of IMPACT'S courses, including self-defense against firearms, self-defense against edged weapons, and the teen boys course. He also co-developed the IMPACT:Ability course. Mike is a graduate of LFI, and holds three black belts, including an 8th degree black belt in Shotokan karate and a 7th degree black belt in Jujitsu.

Amanda
Reyome
Instructor



Amanda is a licensed counselor specializing in Trauma Recovery Mental Health Counseling. She works with adults and children at Mattapan Community Health Center.

Alia
Toran
Burrell
Instructor



Alia is a licensed social worker with extensive experience working with young people and families. She is passionate about supporting people to feel safe, confident, and capable, and envisions a world filled with respect.

Contact Us

Stacey Jackson Gallaway
School Engagement Associate

Office: 781 321 3900

Mobile: 323 806 1435

Email: sjackson@impactboston.org

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IMPACT

The NonProfit Center
89 South Street
Suite 406
Boston, MA 02111