

High School Programs

Raising resiliency and reducing vulnerability in students for over 25 years



IMPACT

confidence ▶ safety ▶ empowerment



About IMPACT

Personal and social change are possible when students experience the strength of their bodies and the power of their voices.



IMPACT offers comprehensive violence prevention programs and evidence-based safety trainings. We teach students the skills they need to communicate their boundaries, build healthy relationships, recognize and resist coercion, de-escalate conflicts, and protect their bodies from harm.

We collaborate with schools and organizations to offer students classes that build individual skills and contribute to positive community change.



Our programs transform school cultures by teaching students how to prevent sexual violence, bullying, and other harmful behaviors. We also equip older students with the skills they need to navigate increased independence in the transition to college or the workforce. Since 1992, IMPACT has reached over 70,000 people and trained students in more than 100 schools and youth-serving organizations.



“Coming out of this course, I feel ready to take on the world... I now really believe myself when I say no one has a right to my body but myself.”

[impactboston.org](https://www.impactboston.org)



IMPACT Boston



impact_boston



IMPACT_Boston

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 and learn how to recognize healthy behaviors and relationships.

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, rape crisis and domestic violence counselors, and martial artists.

Evidence-based Programs

We have collaborated with the Harvard-affiliated Institute for Community Health, an evaluation research organization that conducts independent studies of our programs and their effectiveness, as well as Dr. Lindsay Orchowski of Brown University, a national leader in abuse and violence prevention research.

Dynamic Experiential Learning

Our self-defense and de-escalation programs use best practices in experiential learning and incorporate multiple teaching modalities, with an emphasis on students learning through realistic role plays. We prepare students for situations ranging from everyday conflicts to abuse and violence. 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. Students are then 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.

9th - 12th Grade Programs • • •

IMPACT Boston offers the following programs for high school students:

- **Comprehensive Safety and Self-Defense**
- **College-Bound Safety and Self-Defense**
- **Bystander Intervention: *Staying Safe while Helping Others***
- **Healthy Relationships**
- **Sex Education**
- **Ability:IMPACT – Self-Defense, Online Safety, Healthy Relationships & Sex Education for Students with Intellectual & Developmental Disabilities**

“For the past five years, Cambridge School of Weston high school students of all ages have benefited from the self-defense skills taught by IMPACT Boston. While there are many programs that teach this subject to high school students, we have found that IMPACT's approach is specifically inclusive, empowering and effective.

“The instructors get to know our students and connect with them in such a way that even large workshops feel personally relevant. Following IMPACT's workshops and courses, our students have expressed the importance of facing their fears and finding their power. Students learn essential information about personal safety, consent, communicating boundaries and staying capable in the face of fear.



“We highly value our collaboration with IMPACT Boston and share IMPACT's vision that young people can add to community safety by being able to communicate assertively and de-escalate potentially dangerous situations.”

Jen Quest-Stern,
Former Director of Community Health & Counseling
The Cambridge School of Weston

Our team is available to create customized programs that fit the needs of your school.

• • • Comprehensive Safety and Self-Defense

This program provides high school students with age-appropriate, comprehensive violence prevention education, including safety, self-advocacy, and healthy relationships. Students learn to distinguish between instincts and bias when assessing threats to their safety. We emphasize the importance of de-escalating situations. Physical self-protection and self-defense skills are taught as a last resort option. Students also practice identifying safe adults and seeking help. These tools are applicable to many contexts - from street safety, to peer pressure and bullying, to assertive communication, to safety within romantic relationships. In addition to teaching individual skills, the program helps students build self-confidence, bond with their classmates, and promote safety within their school. We also offer a self-defense program specifically for students with disabilities – see the Ability:IMPACT page.

Students Gain:

- Social context for violence and how to prevent it
- Risk assessment tools when they detect threats to emotional and physical safety
- Assertive communication skills
- Verbal and physical strategies to handle unsafe situations
- Strategies to assess the safety of a romantic or dating partner and to respond to unhealthy behaviors
- Strength and agility for stressful situations
- Increased self-confidence and body awareness

Program Options:

- Full 12-hour course over several school days
- Full-day 6 or 7-hour course
- Introductory workshop: 2 or 3 hours
- Other formats that fit your school's schedule
- Courses of 20 students or less maximize individual attention. Programs for larger groups are also possible.

“

This course is a perfect fit for health education as it offers the reinforcement of communication skills our students practice in our health classes. I would love to see schools make teaching this course a priority for all students.

”

Claudia Brown
North Reading Public Schools

“

IMPACT ran a wonderful program with our girls. During the workshop, our students learned some practical self-defense skills, bonded as a group, and had a whole lot of fun. We've been inviting IMPACT to our campus for more than a decade, and we look forward to continuing our wonderful relationship.

”

Sam Brown
The Rivers School

“

As young women we are strong, we are important, we have a voice. This can't be taught, you have to find it within yourself. IMPACT helped us do that.

”

Student
Buckingham Browne &
Nichols School

• • • College Bound Safety

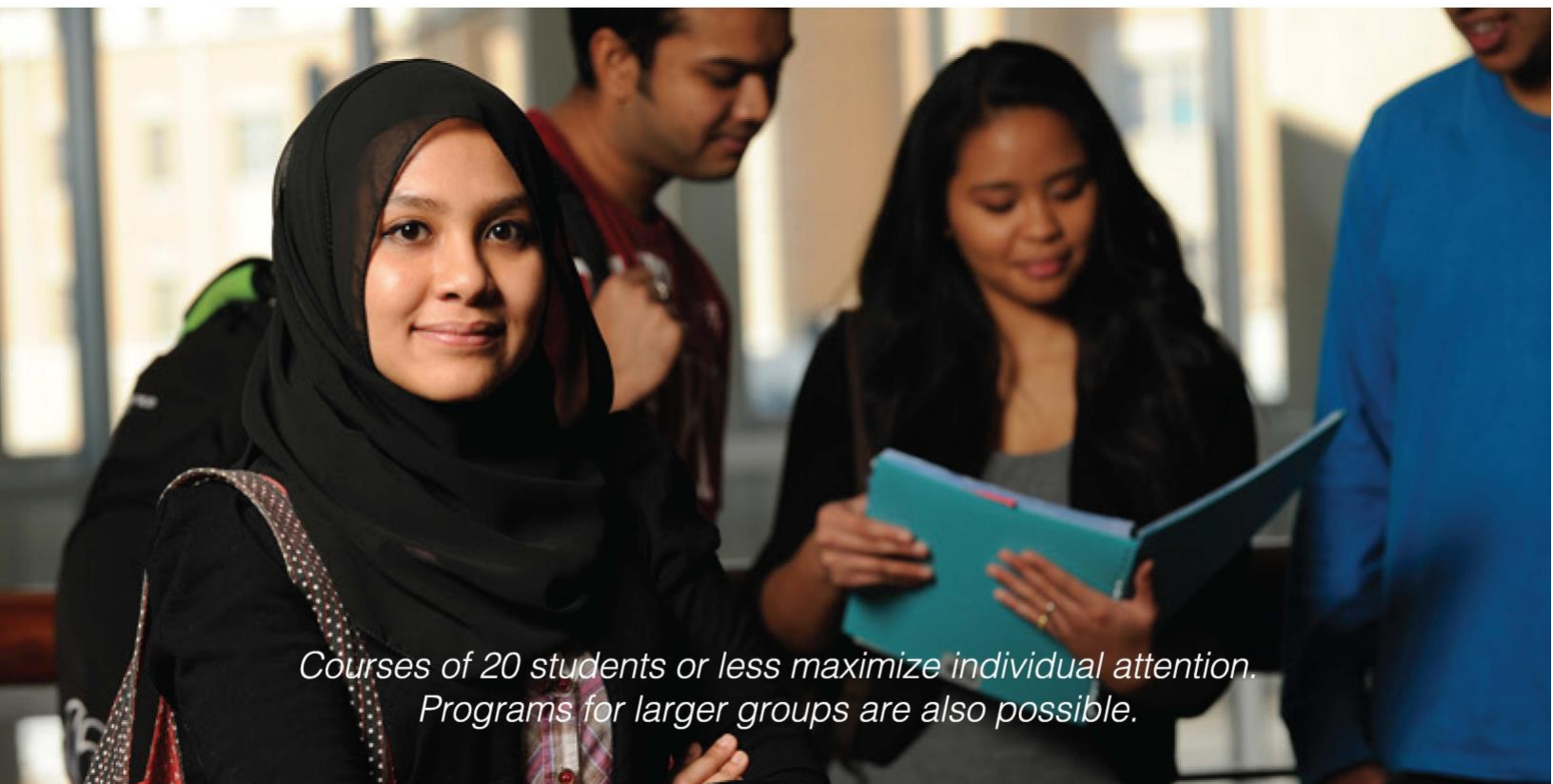
Teens of all genders between the ages of 16 and 19 are 3.5 times more likely than the general population to experience sexual abuse. Sexual violence also affects between 20-25 percent of college women. This program proactively prepares older teens with the skills to navigate increased independence, cultures of violence on college campuses, and romantic relationships. Through realistic self-defense scenarios, students learn the power of their bodies and their voices, and are able to enter the next chapter of their lives with a clear understanding of their boundaries and the confidence to defend them.

Students Gain

- Social context for violence and how to prevent it
- Risk assessment tools when they detect threats to emotional and physical safety
- Physical and verbal self-protection skills
- Verbal skills to navigate dating & sexual consent, including: boundary and limit setting and initiating challenging conversations
- Strategies to interrupt sexual assaults perpetrated by familiar people
- Assertive communication skills
- Approaches to safely intervene when a friend is at risk
- Strategies to assess the safety of a romantic or dating partner and to respond to unhealthy behaviors

Program Options:

- Full 12-hour course over several school days
- Full-day 6 or 7-hour course
- Introductory workshop: 2 or 3 hours
- Other formats that fit your school's schedule



*Courses of 20 students or less maximize individual attention.
Programs for larger groups are also possible.*

• • • Bystander Intervention

Staying Safe while Helping Others

This program gives students the skills to safely intervene when someone else is at risk. Students learn to manage their own stress responses and develop the courage and skills to challenge hate speech, bullying, and sexual harassment. Through discussion and experiential practice, students get the opportunity to identify the interventions that best fit their values and skills, and to practice speaking up to make their communities safer.



Students Gain:

- Critical thinking about the impact of bias and stereotypes
- Skills to set boundaries and communicate assertively
- Strategies for having challenging conversations
- Options for accessing adult help
- Learning to build strong alliances of support and advocacy in their schools and communities

Program Options:

- Full 8-hour course over several school days
- Introductory workshop: 2 or 3 hours
- Other formats that fit your school's schedule

*Courses of 20 students or less maximize individual attention.
Programs for larger groups are also possible.*

• • • Healthy Relationships

Designed for today's adolescents, this comprehensive program covers essential topics such as consent, boundary-setting, effective communication skills, power imbalances and coercion, red flags for abuse, and deconstructing gender messages. Through customized interactive sessions, students build the confidence to identify and address unhealthy behaviors in relationships and negotiate with friends and partners. The program encourages introspection and fosters the growth of students' emotional intelligence and resilience, laying the foundation for young people to build and maintain strong, respectful, and fulfilling relationships throughout their lives. We also offer a healthy relationships program specifically for students with disabilities – see the Ability:IMPACT page.



Students Gain:

- Enhanced understanding of consent and personal boundaries in all relationships – friendship, family, professional, romantic or sexual
- Improved communication skills for expressing needs, desires, and concerns assertively
- Increased awareness of risks and unhealthy behaviors such as substance use, sexual coercion, and controlling behaviors
- Tools for noticing and resisting manipulation
- Confidence in their ability to intervene in a situation where someone is unsafe

Program Options:

- Full 10-hour course over several school days
- Introductory workshop: 2 or 3 hours
- Other formats that fit your school's schedule

*Courses of 20 students or less maximize individual attention.
Programs for larger groups are also possible*

• • • Sex Education

Our comprehensive sex education program for teens covers fundamental topics such as safer sex practices, consent, and healthy communication. Consistent with the new DESE regulations, the program is inclusive of all genders and sexualities and provides age appropriate, medically accurate information in a non-judgmental, trauma-informed way. By affirming individual choice and fostering open dialogue, we empower teens to make informed decisions about their sexual health that are in line with their own values. This program is invaluable in promoting responsible behavior, preventing STIs, and reducing unintended pregnancies, ultimately supporting healthier and more informed youth. We also offer a sex education program specifically for students with disabilities – see the Ability:IMPACT page.

Students Gain:

- Understanding of identities, expression, and their own bodies
- A framework for consent that is ethical and concrete
- Awareness of sexual health and the associated physical & emotional risks of partnered sex, as well as legal consequences of sexting
- Strategies for risk mitigation to promote safe and responsible behavior

Program Options:

- 5 to 10-hour course over several school days
- Other formats that fit your school's schedule



*Courses of 20 students or less maximize individual attention.
Programs for larger groups are also possible.*

• • • Ability:IMPACT

Ability:IMPACT (formerly called IMPACT:Ability) is evidence-based - an independent evaluation conducted by the Institute for Community Health found that the program increased Boston Public Schools Students' knowledge, self-confidence and self-protective behaviors. A one-year follow-up evaluation found that many of these gains were maintained.

Safety & Self-Defense:

This curriculum teaches students with disabilities to recognize unsafe situations and respond with effective self-protective behaviors. Students learn skills that are relevant to sexual violence, attempted abduction, bullying, and harassment as well as how to assert and advocate for themselves in everyday situations.

Healthy Relationships:

This program aims to give people with disabilities the skills and information to lead full, happy and independent lives enhanced by healthy relationships of their own choosing. Students learn about healthy decision making, assertive communication, and how to identify appropriate versus inappropriate touch within different relationships.

Sexuality Education:

Sexual and reproductive health are important parts of overall health. This program covers the foundations of reproductive anatomy and puberty, as well as consent, safer sex practices, LGBTQ+ identities, STI's and contraceptives.

Internet Safety:

Developed in response to increased reports of people with disabilities being exploited on the internet, our curriculum is specifically designed to help students learn how to stay safe while navigating social media, entertainment, and online dating sites.



We Come To You • • •

School programs are offered in many formats including:

- Elective classes
- Extracurricular activities
- Special events
- In-school field trips
- Assemblies
- After school programs
- Guest units in: *health, physical education, or other classes*
- Senior transition programs
- Health & wellness days
- Student clubs and activities



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.



Join Our Community • • •

School & Youth Program Participants

Andover High School	Girls Reflecting Our World	Newton Country Day School
Babson College	Mentorship (GROW)	Newton North High School
Belmonte Saugus Middle School	Groton School	Okemo Mountain School
Berklee School of Music	Harvard Business School	Orchard Gardens Middle School
Beverly High School	Harvard Law School	Perkins School for the Blind
Boston Community Leadership Academy	Haverhill High School	Pinkerton Academy
Boston Green Academy	Henderson Inclusion School	POST Academy
Boston International High School	Higginson-Lewis Middle School	Putnam Avenue Upper School
Brighton High School	International School of Boston	Quincy Upper High School
Brimmer and May School	Jackson Mann Middle School	Richard J Murphy School
Brockton High School	Jeremiah E Burke High School	Riverdale Elementary School
Buckingham Browne & Nichols Summer Camp	Joseph Lee K-8 School	Rivers School
Buckingham Browne & Nichols School	Josiah Quincy Upper School	Salem State University
Cambridge School of Weston	Lasell University	Saugus High School
Camp Fernwood	Lawrence Academy	SEEM Collaborative
CASH High School	Lesley University	Simmons College
Charlestown High School	Lincoln-Sudbury High School	Somerville High School
Commonwealth School	Lyndon Pilot School	Spaulding Hospital
Curley Middle School	Madison Park Technical Vocational High School	St. Mark's School
Dana Hall School	Malden Catholic High School	Stoneham High School
East Boston High School	Malden High School	TechBoston Academy
Edwards Middle School	McCormack Middle School	Trotter Middle School
The English High School	McKinley Elementary School	Tufts University
Everett High School	McKinley South End Academy	Umana Middle School
Excel High School	Medfield High School	Up Academy Dorchester
Fenway High School	Medford High School	Waltham High School
Fontbonne Academy	Middlesex School	Warren Prescott Middle School
Frederick Middle School	Mildred Ave Middle School	Wellesley High School
Gardner Pilot Academy	Mt. Alvernia High School	Wheaton College
	Nashoba Brooks School	Williams College
	New Mission High School	Winsor School
		Woburn High School

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