

**Diocese of Rochester**

**Called to Protect For Youth TM  
Education for Empowerment of Youth**

**Who?** All youth in junior high school. May be expanded to include senior high youth.

**What?** **Called to Protect For Youth TM** is a video training program developed by Praesidium, Inc. It is designed to empower teens to recognize unsafe behaviors and situations and to give them strategies to respond.

**Why?** As part of *Creating a Safe Environment*, all parishes in the Diocese of Rochester will be required to offer this program for their junior high youth between March 2007 and June 2008.

**When?** You choose the dates---anytime between March 2007 and June 2008.

**Where?** Your parish , your planning group or your region---you choose!

**How does it work?**

Parish catechetical leaders and youth ministers will schedule the training through the diocesan office. Thirty people have been trained to present this material.

**What's the format?**

You can choose one of four models:

- A 4-hour session with snacks only (9:00 a.m.-1:00 p.m. or 1:00 p.m.-5:00 p.m., for example.)
- A 4 ½- hour session with a meal (4:30 p.m. - 9:00 p.m. or 10:00 a.m. - 2:30 p.m., for example)
- A 5-hour session with more breaks and meals
- Three 1- hour sessions, scheduled consecutively.

**What will it cost?**

For three one-hour sessions, \$50.00 per session per trainer.  
For all other models, the cost is \$150.00 per trainer.

For all models, trainers will also be paid mileage at the current rate. In addition, there is a small per person fee for materials (less than \$1.00 per person)

# Called to Protect™

## Education for Empowerment for Youth

### Frequently Asked Questions

#### Premise and Target Audience

What is **Called to Protect™**?

**Called to Protect For Youth™** is a video training program developed by Praesidium, Inc. of Austin, Texas, to provide teens with some information and strategies to keep teens safe by teaching them about sexual abuse and how to respond to it.

Why is the Diocese requiring parishes and schools to offer this program to adolescents?

This educational program educates teens about sexual abuse. It is designed to empower them to recognize unsafe behaviors and situations and to give them strategies to respond. It is another part of our diocesan response to protect children.

What is the premise of the program?

In our diocese, **Called to Protect for Youth** is based on our Catholic understanding that all people are made in the image and likeness of God and all people are precious in God's eyes. As such, all people are worth protecting. This program helps teens help themselves by giving them the knowledge they need to recognize behaviors sexual predators might use and, at the same time, give them some strategies to respond so they can be safe.

To whom is this program directed?

This material is appropriate for all children sixth grade and up. The Diocese of Rochester is requiring it for junior high teens, but many parishes plan to offer it to senior high teens as well.

#### Models and Format

How is the material presented?

**Called to Protect for Youth™** has three one-hour units.

- The first unit defines sexual abuse and talks about appropriate physical, emotional and behavioral boundaries.
- The second unit gives the teens a chance to learn and practice how to respond to people who try to violate these boundaries.
- The final unit helps teens understand how to tell if they have been sexually abused or if someone they know has been sexually abused.

Each unit includes a video, some presentation, an activity to reinforce learning and an opportunity for discussion. Prayer is woven into the presentation.

What are the models for presentation?

You can choose one of four models:

- A 4-hour session with snacks only (9:00 a.m.-1:00 p.m. or 1:00 p.m.-5:00 p.m., for example.)
- A 4 ½- hour session with a meal (4:30 p.m. - 9:00 p.m. or 10:00 a.m. - 2:30 p.m., for example)
- A 5-hour session with more breaks and meals
- Three 1- hour sessions, scheduled consecutively.

Who presents this material?

The Diocese of Rochester invited Praesidium to come here to train 30 people in the use of this program. Only those who have been trained will serve as presenters in the program.

Who are the trainers?

All of them are catechetical leaders, youth ministers, Catholic Junior High School Principals or teachers.

In the Diocese of Rochester trainers were selected for their skill in working with teens, for their ease with the subject, and for their willingness to commit to the training and timeframe of the program.

How many people will be trained at one time?

Each group will be limited to 40-45 adolescents. If parishes want to train more adolescents, there must be adequate facilities and additional trainers.

What adults need to be there?

Parish Catechetical Leaders and Youth Ministers should be present at the training. For 40-45 teens, at least three adults should be present. Adults will not participate in the small group work.

What should parents know about Called to Protect for Youth ™?

Parents should be notified that this material will be provided to their children. They should also be given copies of the diocesan trifolds on sexual abuse and be provided with the invitation for their child(ren) to participate. Parents should register their children for this session. The registration is their permission for their child(ren) to participate.

## **Scheduling and Cost**

How should parishes schedule this program?

Schedule this program as part of your regular youth ministry or catechetical program. The goal is to have as many students as possible participate. Schedule this program when you plan the calendar for the year.

Can parishes work together to schedule this training?

Yes. Parishes can cooperate to offer this training as a joint program, or even to offer it as planning groups or as regions. Facilities may limit the number of parishes a session can accommodate. If regions join together, more than one date should be considered to assure that as many teens as possible can attend.

What will it cost?

The total cost for sessions for 40-45 youth is \$150 plus mileage for the speaker and a small cost per person for materials.(Each participants receives a journal.)

Why does it cost so much?

The diocese has picked up the cost of training presenters (over \$300 per person) and has asked each presenter to train several times around the diocese. The \$150 will go to the individual trainer, as will the mileage.

Will parishes pay presenters directly?

No. To make it easier for parishes, trainers will submit a report to the diocese when training at a parish/region is complete. The report will include the name/location of the parish(es), the main contact person, dates of the session(s), number who attended, and mileage. The Diocese of Rochester will pay the presenters and then bill the parish.

How will parishes schedule this training?

Fill out the enclosed form and return it to the Diocese of Rochester as soon as possible.

If your parish wants to schedule between April and July 2007, this form must be received by March 30. **All parishes** should return this form by JULY 1, 2007.

Each unit includes a video, some presentation, an activity to reinforce learning and an opportunity for discussion. Prayer is woven into the presentation.

This training can be scheduled in several models. .

What facilities/materials should host sites provide?

- Large room with tables with 6 chairs each
- TV/DVD player that can be easily seen
- Newsprint, markers, tape and construction paper for each table.

How do we proceed?

Parishes, planning groups and regions may choose to cooperate to offer this training.

- Select several possible dates.
- Fill out the registration form and submit to the Department of Evangelization and Catechesis.
- Plan how you will communicate with parents to let them know the content of this program
- When you have a confirmed date, reserve the facility and the equipment you need
- Advertise, invite, encourage your junior high students to attend. You may want to open this to senior high students also

**Called to Protect for Youth™  
Parish/Cluster Registration Form**

Name/Location of Parishes participating in this training

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Contact person \_\_\_\_\_ e-mail \_\_\_\_\_

Daytime phone \_\_\_\_\_ Cell or evening phone \_\_\_\_\_

- You may choose one of four models
- A. Four hour session with snacks
  - B. Four and a half hour session with meal
  - C. Five hour session with meal
  - D. Three one hour sessions
  - E. Other (please describe on back)

Please list three choices for dates, in order of preference.

Date(s)(m,d,year)                      Model (A,B,C,D)      time of day of sessions

First choice \_\_\_\_\_

Second choice \_\_\_\_\_

Third choice \_\_\_\_\_

What ages/grades do you expect to attend? \_\_\_\_\_

How many teens (total) do you expect to attend? \_\_\_\_\_

When this form is received, we will begin matching available trainers with dates. We will notify you as soon as we have scheduled your training. The trainer will contact you to get directions, talk about set-up, etc.) If you wish to schedule sessions before July 2007, you must return this form by March 30. All parishes must return this form by July 1, 2007.

(The earlier we receive your registration, the more likely it will be that we can accommodate your dates.)

Return to :

Brent Kryda (328-3228x1242)  
Department of Evangelization and Catechesis  
1150 Buffalo Rd  
Rochester, NY 14624 ([bkryda@dor.org](mailto:bkryda@dor.org))

Office Use only

Dates of training \_\_\_\_\_ Trainer assigned \_\_\_\_\_