



CFS CORP

EDUCATE. ASSIST. ADVOCATE

FLAGET ELEMENTARY SCHOOL PREVENTION EDUCATION DATA REPORT

2022-2023

JULY 2023

Annual Data Report

CFS – PREVENTION SERVICES OF KNOX COUNTY



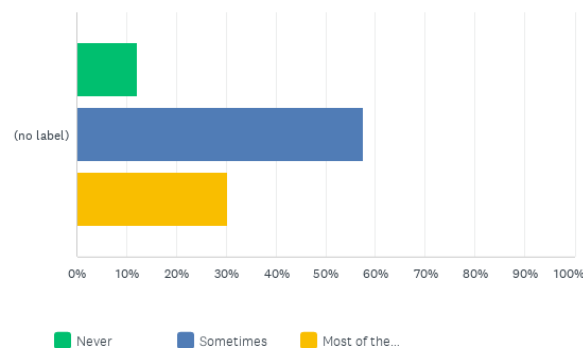
BOTVIN LIFESKILLS - 4TH GRADE

During the spring semester of 2023, 4th grade Flaget students received an 8-lesson LifeSkills education program, facilitated by a CFS Prevention Specialist. In this evidence-based program, students received a comprehensive and developmentally appropriate substance use and violence prevention program that aims to increase self-esteem, develop healthy attitudes, and improve their knowledge of essential life skills – all of which promote healthy and positive personal development and mental health. This data is based on a sampling of 29 students.

DATA TRENDS

- In the pre and post-test assessments, students were asked if they believe they will receive a high-school diploma. This data point is asked to gauge students' perception of academic achievement before and after receiving LifeSkills Training. By the end of the 8-sessions, students showed an increase in their belief of academic achievement.
- Students were surveyed about healthy coping skills. 95% of students were able to identify healthy coping skills to utilize when experiencing negative emotions of feeling stressed. This included deep breathing exercises or asking a trusted adult for help. This was an increase of 38% from pre-to-post test.
- 98% of students were able to name at least one healthy relationship they have in their life. Common answers included "parent/caregiver, teachers, and friends."
- At the end of the 8-sessions, students displayed significant knowledge retention of the substance use segments of the program. On the post-assessment, 94% of the students were able to answer questions correctly about smoking/vaping regarding physical effects, addiction, stress, and decision making, comparatively to only 67% in the pre-assessment; an increase of 27%.

Q5 When you feel nervous or stressed out, how often do you take deep breaths to relax?





SPEAK UP BE SAFE (SUBS)– ABUSE PREVENTION

During the 2022-23 school year, Prevention Specialists provided a 2-day abuse prevention program to Flaget students grades Pre-K to 6th grade. Speak Up Be Safe is an evidence-based program helps children identify unsafe situations, resistance skills, and how to tell a safe adult.

ABOUT SUBS

- SUBS fulfills the Indiana Department of Education's state legislation policy that sets mandatory requirements for schools to address training and prevention for both students and staff, including but not limited to school-wide bullying prevention, education, or intervention strategies.
- SUBS has proven effective, with statistically valid testing since 2010. Longer-term research of the impact of effective prevention education programs suggests that many students will be able to identify unsafe situations before abuse happens, while others will be able to recognize that what has happened or is happening to them is not okay and will have the resources to seek help.
- The curriculum is developmentally appropriate. The content is adapted for each grade level based on development and understanding but have a cohesive message throughout the program to ensure consistency and comprehension. The SUBS safety rules for levels Pre-K to 8th grade are:
 - "It's MY body!"
 - "Ask an adult if I am safe."
 - "I have choices."
 - "Tell someone."
 - "It's NEVER my fault!"
- SUBS is facilitated by a trained CFS Prevention Specialist. During the duration of program delivery, this allows a Prevention Specialist to effectively collaborate with Flaget's teachers, support staff, and administrative staff. All CFS are expected to report any concerning behavior or comments directly to administrative staff if any situations arise during the presentation. All persons in the state of Indiana are mandated reporters. All CFS employees are held to this standard.



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This report was prepared by Children and Family Services, Corp – Prevention Services of Knox County. All data provided on this report was collected during the 2022-2023 school year.

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