

Waiver Application

Title IV: Safe and Drug-Free Schools Program

2005 – 2006

Name of District: _____
BEDS Code: _____

Address: _____
Zip Code: _____

Contact Person: _____
E-Mail: _____

Telephone: () _____
Fax: () _____

Section 4115. Authorized Activities:

*** WAIVER – “A local educational agency may apply to the State for a waiver of the requirement of subsection (a)(1)(C) to allow innovative activities or programs that demonstrate substantial likelihood of success.”**

Please provide the following information in support of your request for a waiver to provide program or activities that are based on scientifically based research that provides evidence that the program to be used will reduce violence and illegal drug use.

1) Describe the program to be considered for a waiver.

The "ABC School District" proposes to provide the Yello Dyno Child Protection Program™, which is a carefully designed anti-victimization education program for students in Kindergarten through grade six. The primary goal of the Yello Dyno Child Protection Program™ is to empower students in Pre-K through grade six with self-efficacy, and the ability to make positive personal safety decisions by providing them with the life skills necessary to avoid abuse, abduction, drugs, alcohol, violence, and other forms of victimization, including bullying. This goal will be accomplished by completion of the following objectives:

1. District Staff Training: Teachers, counselors, and other support personnel will participate in staff development workshops to train them in the use of the specially designed Yello Dyno Pro™ Curricula to teach students important methods of ensuring personal safety. Teacher workshops range from ninety minutes to a six-hour training session, providing educators with an understanding of children's personal safety, along with simple methods of teaching the safety rules to their students. The multi-media program features a PowerPoint presentation, original video and music, and participant support material. Educators learn how easy the program is to implement with the teacher friendly lesson plans. Emphasis is placed on empowering children and parents and providing educators with the simple, non-fearful method for teaching the specific safety lessons. Topics covered include:

- Awareness and information about the program as it will be presented to students.
- Implementing the unique Yello Dyno Method™ of education.
- The three foundation lessons necessary for all prevention programs taught by the Yello Dyno Child Protection Program™.
- Indicators of deceptive and dangerous behavior.
- Cutting edge child safety expert research and statistics.
- The multi-sensory and non-fearful approach to enhance learning for all students.
- Clear understanding of the problems facing students.
- Why personal safety is the foundation for a child to be able to learn.
- Action steps for children to prevent their own victimization by adults, older children and peers.
- Tricks used by child predators.
- Parent education includes accurate understanding of dangers facing their children and how to increase parent involvement in the safety education of their children.
- Child safety on the Internet.
- Signs of children with problems.
- Indicators of non-custodial abduction.
- Do's and don'ts of personal safety.
- Applying the safety lessons for adult safety.

2. Parent Workshops: Parents of elementary students throughout the school district will participate in workshops designed to educate parents on helping their children avoid victimization.

3. Student Programs: All programs are presented in an age-appropriate, non-threatening manner. The program is available in a variety of formats that are easily adaptable to ensure integration into regular school curriculum. The Yello Dyno Child Protection Program™ provides powerful and effective tools against all categories of child endangerment, including child abuse, sexual exploitation, abduction, bullying, Internet stalking, school violence, and other forms of child victimization. All program materials are delivered in a non-fearful manner, utilizing a musically based format, which helps enhance understanding and retention. The program offers nine key child safety benefits that are fundamental to all child safety issues:

- Building self-confidence and self-esteem, which are the foundations of personal safety.
- Developing improved communication skills, encouraging children to communicate openly with parents and other caring adults.
- Educating without fear through music, assuring easy learning and high recall.
- Learning the three fundamentals of personal safety that are the core of all safety and prevention programs.
- Improving decision-making skills by replacing misinformation with vital new safety education, thereby correcting the misinformation of "stranger danger."
- Learning key safety rules and guidelines to prevent and/or step out of situations where they would be victimized.
- Learning to recognize the deceptive behavior of child predators who mean danger and how to recognize the tricks they use to lure victims.
- Helping heal abused children by showing them why it was not their fault and to whom to turn for help.
- Providing personal safety skills necessary to avoid victimization and provide peace of mind.

The Yello Dyno Pro Curricula taught by teachers, guidance counselors or health educators feature multimedia classroom presentations with easy-to-follow scripts. Classroom lessons offer easy-to-use scripts, professional props, original sound tracks, musical CDs and videos, student quizzes and other evaluation materials, student review handouts, activity book, and the *Raising Safe Kids* handbook for in-depth understanding of the topics.

An optional addition is the three-foot Yello Dyno puppet with a special Yello Dyno voice CD for PreK-third grade to help hold interest and reinforce, in a non-fearful method, the personal safety knowledge.

The Yello Dyno Assemblies are age-appropriate and interactive, featuring a live performance by specially trained presenters and the Yello Dyno puppet (PreK-third). Large and small student assemblies are available to foster comprehension and retention of key safety lessons. The assemblies feature an entertaining musical and non-fearful approach to reinforce the curricula taught. The assembly for second and third grades uses a life-size interactive board game as the educational format. Assembly presentations are 30 to 45 minutes in length and are age-appropriate for students in Pre-K through sixth grade.

The curricula and assemblies cover the following key topics, as well as teach specific safety rules:

- Recognize deceptive behavior that means them harm, i.e. Tricky People.
- Learn to trust their instincts and feelings.
- Builds self-esteem and confidence so they are able to act appropriately in a dangerous situation.
- Learn the methods of getting help in dangerous situations.
- Learn who they should turn to for help.

Special Needs Students: The Yello Dyno Child Protection Program™ is well suited for special needs students. The multi-sensory methods of teaching, the musical component, and the role playing help to ensure retention of personal safety lessons.

Additional program information and sample lessons may be viewed online at <http://yellodyno.com>

2) Explain why the program will work and the changes to be achieved with the target population.

How program will prevent or reduce violence and illegal drugs and contribute to a safe and drug-free learning environment that supports academic achievement.

The Yello Dyno Child Protection Program™ will reduce violence and child victimization by:

- Reducing risk factors, such as violence to children and lowered self-esteem, which are precursors to an increased incidence of violence.
- Increasing the protective factors that help prevent child victimization and abuse, such as: pro-social behavior by encouraging non-violent conflict resolution; encouraging improved communication with parents, teachers, police and other trusted adults to whom children can turn for help; setting clear standards and norms for behavior by teaching children key "safety rules."

The Yello Dyno Child Protection Program™ empowers students and strengthens self-efficacy, enabling them to make positive personal safety decisions by providing them with the following life skills and strategies necessary to avoid abuse, abduction, drugs, alcohol, violence, and other forms of victimization, including bullying. The life skills are based on the three fundamentals of The Yello Dyno Method™ of personal safety that are the core of all safety and prevention programs.

- A non-fearful way to recognize the behavior of child predators who mean danger, and to recognize the tricks they use to lure them.
- Restore instincts and feelings to correct social conditioning that leaves them vulnerable.
- Confidence and self-esteem to ensure the appropriate response in a difficult and/or dangerous situation to help ensure their safety.

Then the key safety rules and guidelines to prevent and/or step out of situations where they would be victimized are taught along with whom to turn to for help.

Targeting of services to schools and students with greatest need.

The Yello Dyno Child Protection Program™ offers several features to tailor the program to meet the needs of students with special needs. Classroom scripts for grades Pre-K through four are also available in Spanish. Lessons on how to respond in an emergency, how to use 911, and how to help your family develop an emergency plan are included. Lessons such as "No!" really means "No," the difference between character and learned traits of deception (nice versus good), key tricks used to deceive young people, the power of "PC" (privacy and control), the beginning of understanding the difference between healthy dating relationships and what turns into domestic violence are also provided.

3) Identify the specific increases in the prevalence of protective factors, buffers, or assets or the reduction in risk factors that will be achieved.

The program is based on an assessment of objective data about child victimization problems in the schools and community to be served.

This is a national issue that affects all communities. The following research states the extent of the problem we face in the United States.

“If 20 million people were infected by a virus that caused anxiety, impulsivity, aggression, sleep problems, depression, respiratory and heart problems, vulnerability to substance abuse, antisocial and criminal behavior, retardation and school failure, we would consider it an urgent public health crisis.

Yet, in the United States alone, there are more than 20 million abused,

neglected and traumatized children vulnerable to these problems. Our society has yet to recognize this epidemic, let alone develop an immunization strategy.” – Dr. Bruce Perry,

http://www.childtrauma.org/ourImpact/our_impact.asp

Dr. Bruce D. Perry, M.D., Ph.D., is an internationally recognized authority on brain development and children in crisis. Dr. Perry leads the Child Trauma Academy (www.ChildTrauma.org), a pioneering center providing service, research and training in the area of child maltreatment. Dr. Perry served as consultant on many high-profile incidents involving traumatized children, including the Columbine High School shootings in Littleton, Colorado; the Oklahoma City Bombing; and the Branch Davidian siege. His clinical research and practice focuses on traumatized children - examining the long-term effects of trauma in children, adolescents and adults. Dr. Perry's work has been instrumental in describing how traumatic events in childhood change the biology of the brain.

Statistical Information:

“All told, child abuse costs this country upward of \$94 billion every year, or \$258 million a day...a first of its kind analysis released...by Prevent Child Abuse America...” - *The price of child abuse: hidden, lifelong costs*, Samantha Levine, U.S. News & World Report, April 9, 2001.

Research has shown that the absence of a parent from the home increases the child's risk. In addition, interviews with perpetrators suggest that they look for vulnerable children. Such children are young and appear to be isolated, depressed or lonely. - NCPA 1996.

More than one-half the violent crimes committed against children involved victims age 12 or younger. – BJS Survey of State prison Inmates, 1991

Underage drinking costs Americans nearly \$53 billion annually. If this cost were shared equally by each congressional district, the amount would total more than \$120 million per district. - *Costs of Underage Drinking*, Pacific Institute for Research and Evaluation, 1999.

Girls are beginning to drink at younger ages. In the 1960s, 7% of 10- to 14-year-old females used alcohol; by the early 1990s, that figure had risen to 31%. – *National Household Survey on Drug Abuse, Substance Abuse Among Women in the U.S.*, United States Department of Health and Human Services, 1996.

Young people who begin drinking before age 15 are four times more likely to develop alcohol dependence than those who begin drinking at age 21...more than 67% of young people who start drinking before the age of 15 will try an illicit drug. Children who drink are 7.5 times more likely to use an illicit drug, more than 22 times more likely to use marijuana, and 50 times more likely to use cocaine

than children who never drank. - Grant, B.F., & Dawson, D. A. (1997). *Age at Onset of Alcohol Use and its Association with DSM-IV Alcohol Abuse and Dependence: Results from the National Longitudinal Alcohol Epidemiologic Survey*. Journal of Substance Abuse, vol. 9, p. 103-110.

The program is based on performance measures aimed at ensuring that the schools and community have a safe, orderly, and drug-free learning environment.

The Yello Dyno Child Protection Program™ reduces incidences of particular risk factors that are precursors to alcohol and drug use and violent behavior.

Participation in the Yello Dyno Program™ increases buffers and assets by:

- Educating children about how to recognize deceptive behavior.
- Building self-esteem in youngsters.
- Teaching children to respect their instincts.
- Improving children's communication skills so that they can talk with their parents and other trusted adults about sensitive issues.
- Teaching children how to resolve conflicts and remove themselves from dangerous situations.

4) Identify the theory upon which the program is based and the expert opinion that endorses the theory.

"Among all the possible risks to our children, from the freak accident to the predictable accident, from the chemical under the sink to the chemical sold on the street corner, nothing is more frightening to us than the danger posed by people, the danger that is by design, the danger that is conscious." - Gavin de Becker, Foreword to *Raising Safe Kids In An Unsafe World* by Jan Wagner, Founder of Yello Dyno.

The philosophical framework of the Yello Dyno Child Protection Program™ focuses on preventing victimization of children: removing potential victims from dangerous situations, and lowering the opportunity for predators to harm.

At the core of the Yello Dyno Child Protection Program™ is The Yello Dyno Method™, which focuses on potential victims rather than predators. Although “it takes two to tango” – a victim who unwittingly participates in activating the behavior of a predator – our program gives children the tools they need to avoid such situations that lead to victimization.

To keep our children from becoming potential victims, there is but one solution: right knowledge. All forms of victimization prevention are based on the four fundamental concepts found in The Yello Dyno Method™:

1. Recognizing Situations & Behavior: Learning to identify and understand the situations and behavior (generally deceptive) that make children vulnerable.
2. Trusting Your Instincts: Acknowledging, reawakening and/or

developing feelings and instincts.

3. Building Self-Confidence: Recognizing the value of self-confidence is vital, because a child with little self-worth will not feel worthy of being safe.

4. Acting: Teaching the action steps to children will arm them with the tools they need to avoid becoming a victim.

Our children are plagued by society's ills, but these are an effect, not a cause. At the core of all violence and other destructive behavior are two elements, lack of love and lack of safety. An analogy will help to clarify this point. A weakened immune system (the cause) leaves a person more vulnerable to the viruses and bacteria that thrive in the environment (the effect). Some of the "viruses and bacteria," child predators, thriving in society's environment are drug dealers, bullies, abductors, physical and mental abusers, sexual abusers, Internet stalkers and school shooters. Yello Dyno's Child Protection Program™ address the cause of such destructive behavior by focusing on the seeds of love and safety. As one nine-year-old boy expressed, "Yello Dyno gives me the seeds to grow myself." At Yello Dyno, we chose to first teach fundamentals in self-preservation, then step into specific lessons on various topics (such as child abuse, sexual abuse, bullying, drug and alcohol abuse, etc.) because the main threat to children is the situation where a predator can draw them into harm's way.

Jan Wagner is the founder of Yello Dyno's Child Protection Programs and the author of *Raising Safe Kids In An Unsafe World*. This book is the foundation knowledge for The Yello Dyno Child Protection Program™. Over one-hundred and fifty thousand books have been distributed. The Yello Dyno Child Protection Programs™ that Jan created have reached over two million children. Jan Wagner's bio is available at: <http://www.yellodyno.com/html/bios/janbio.html>

Gavin de Becker wrote the foreword to Jan Wagner's book, *Raising Safe Kids In An Unsafe World*. Mr. de Becker, a nationally recognized expert on predicting and managing violent behavior, is the author of *The Gift of Fear* (on the NY Times Bestseller List), and *Protecting The Gift: Keeping Children and Teenagers Safe (And Parents Sane)*, a Number One parenting bestseller (his books are published in fourteen languages). A three-time Presidential appointee, Mr. de Becker's firm was selected to develop threat assessment systems for: State police agencies protecting ten governors, twenty-five university police departments, United States Supreme Court Police, United States Marshals Services, United States Capitol Police Department, Defense Intelligence Agency, Central Intelligence Agency.

Seth Goldstein, Esq. wrote the introduction to Jan Wagner's book, *Raising Safe Kids In An Unsafe World*, and is a member of the Yello Dyno Advisory Board. Mr. Goldstein is the founder and Executive Director of The Child Abuse Forensic Institute (CAFI) and author of *The Sexual Exploitation of Children*.

Seth Goldstein is one of today's leading law enforcement experts on crimes

involving the sexual exploitation of children. A former police officer and District Attorney Investigator, he has written the leading child sexual abuse investigation textbook, *The Sexual Exploitation of Children*. Among his long list of accomplishments, Seth helped to create the child sexual abuse investigative practices that are now the standard for investigators across the country; he met with President Ronald Reagan in April, 1985, to discuss the issue of missing and exploited children; he was a founding member of the Board of Directors of the National Center For Missing and Exploited Children; and he founded the Child Abuse Forensic Institute in 1992 where he serves as Executive Director. This nonprofit organization's primary goal is to create competent, credible, and court admissible evidence in child abuse cases, especially cases that are difficult to prosecute. In 1989, Seth turned to the law profession to provide better advocacy for children's personal safety.

To learn more about the Yello Dyno Advisory Board visit:
<http://yellodyno.com/advboard.html>

5) Identify the scientific rational upon which the program is based.

The Yello Dyno Child Protection Program™ is grounded in scientifically based research which provides evidence that the program will reduce violence and illegal drug use.

The scientifically based Yello Dyno Method™ is the core of the Yello Dyno Pro Curricula. Professionally developed age-appropriate videos and scripts minimize teacher preparation, ensure maximum success, and deliver anti-victimization content in a non-fearful approach. Yello Dyno Pro curriculum is based on multi-sensory education practices. Students benefit from the memory enhancing effects of musically driven learning. Bruce D. Berry, M.D., Ph.D, states in *Childhood Trauma: Understanding and Responding to the Effects of Violence on Young Children*, "...if a child has information stored in cortical areas but in the specific moment is very fearful, this information is inaccessible. In this regard, cognitively stored information does little good in the life-threatening moment...Information learned in song (and) rhyme...is more easily recalled when in a state of high arousal (anxiety). This is due, of course, to the fact that this information is stored in a different fashion than traditional verbal cognitive information." Yello Dyno Pro Curricula is designed to first teach children to (1) recognize deceptive behavior, (2) reawaken instincts and feelings (intuition), and (3) build self-confidence. Then, on that basis, safety rules are written in rhyme and embedded in music and dramatic stories to reinforce learning and ensure retention. Mnemonically crafted phrases are then role-played and practiced to the music and stories, helping children recall the right action in a challenging situation.

Teachers participating in the program have observed improved problem-solving skills, self-confidence, and a reduction in bullying and other incidents of violence

at school. Additionally, numerous teachers have indicated that following program participation, their students reported incidents in which they utilized skills learned in the program to protect themselves in potentially dangerous situations.

The Yello Dyno Child Protection Program™, founded in 1987, has reached over two million children. It is widely accepted and has the endorsement of parents, school districts, schools, and law enforcement agencies across the United States. The Yello Dyno Child Protection Program™ has been selected and implemented by 150 schools in Texas in 2002 and 2003, more than 1000 schools in districts in New York State, including the New York City Board of Education, and over 5,000 schools in districts throughout the United States and Canada have sponsored the Yello Dyno assemblies and parent workshops during the last ten years. The program has been recognized and received numerous endorsements from educators, child safety experts, and members of the entertainment industry, including Helene Siefert, a former producer for the highly successful *Zoom Show* on PBS, and Dan Kulak, President of the Independent Music Association. The Yello Dyno Child Protection Program™ has received honors from *Early Childhood News* for two years running, with the Director's Choice Award for excellence in childhood education and the best products in a classroom setting. The program is also a National Parenting Publications Gold Award recipient from Industry Experts, a national corporation. In addition, the program has received the Dove Foundation Award for Excellence in Family Education, and the Film Advisory Board's Award of Excellence.

6) Explain what the analysis of the objective data provided.

It is very difficult, if not impossible, to substantiate the effectiveness of a prevention program with solid statistics. Child abduction/abuse situations, which have been aborted due to proper personal protection behavior on the part of children and responsible adults, cannot be accurately accounted. Empirical evidence and first person testimony support the value of the program.

The Yello Dyno Child Protection Program™ has reached over two million children in schools located in the United States and Canada. The program is widely accepted and endorsed by parents, school administrators, law enforcement agencies, and child protection organizations. The Yello Dyno Child Protection Program™ has been recognized for excellence in childhood education and has been awarded: the Director's Choice Award from *Early Childhood News*; a National Parenting Publications Gold Award from Industry Experts; the Dove Foundation Award for Excellence in Family Education; and the Film Advisory Board's Award for Excellence.

REdS, Research and Educational Services Evaluation Specialists, will be conducting research on the Yello Dyno Child Protection Program™ during the year 2005. This research will adhere to the strict protocol that has been

established to meet the research/scientifically based requirements of the U.S. Department of Education and The U.S. Justice Department.

Some preliminary research is listed at:

http://yellodyno.com/html/research_yello_dyno.html

7) Explain how the consultation process impacted the program.

The Yello Dyno Child Protection Program™ was developed in accordance with the No Child Left Behind (NCLB) legislation and Title IV regulations. Annual program review includes consultation with representatives from state and local governments, school administration, district boards of education, teachers, parents, students, law enforcement agencies, and community-based organizations. In addition, Yello Dyno maintains an official interactive website and invites comments and suggestions.

8) Describe how the district will evaluate the program.

The program is evaluated periodically against locally selected performance measures, and modified over time.

In order to assure maximum effectiveness of the program, evaluation is comprehensive and ongoing. A variety of evaluation techniques are built into the program. Following workshop presentations, parents and teachers complete evaluative questionnaires. Grade-level appropriate pre- and post-tests are given to students to measure the degree of acquired information, demonstration of skills, and general effectiveness of the program. Following school assemblies and lessons, evaluations take various forms, including: teacher questionnaires, student quizzes, and alternative and developmentally appropriate forms, such as teacher observations, journals, portfolio/project assessments, and teacher/student interviews. Data from these evaluations will be combined with school district data (collected both prior to and following the program) on behavior referrals, school suspensions, incidents of school violence, and incidents of substance abuse. All data collected will be analyzed, comparing pre- and post-program results; and any necessary modifications to the program will be made based on post-program analysis.

9) Identify the performance measures being tracked to insure a safe, orderly and drug-free environment.

The Yello Dyno Child Protection Program™ will reduce violence and child victimization by:

- Reducing risk factors, such as violence to children and lowered self-esteem, which are precursors to an increased incidence of violence.

- Increasing the protective factors that help prevent child victimization and abuse, such as: pro-social behavior by encouraging non-violent conflict resolution; encouraging improved communication with parents, teachers, police and other trusted adults to whom children can turn for help; setting clear standards and norms for behavior by teaching children key “safety rules.”

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The Yello Dyno Child Protection Program™ empowers students and strengthens self-efficacy, enabling them to make positive personal safety decisions by providing them with the following life skills and strategies necessary to avoid abuse, abduction, drugs, alcohol, violence, and other forms of victimization, including bullying. The life skills are based on the three fundamentals of The Yello Dyno Method™ of personal safety that are the core of all safety and prevention programs.

- A non-fearful way to recognize the behavior of child predators who mean danger, and to recognize the tricks they use to lure them.
- Restore instincts and feelings to correct social conditioning that leaves them vulnerable.
- Confidence and self-esteem to ensure the appropriate response in a difficult and/or dangerous situation to help ensure their safety.

Then the key safety rules and guidelines to prevent and/or step out of situations where they would be victimized are taught along with whom to turn to for help.

10) Explain how the results of the evaluation will be used to improve the program.

In order to assure maximum effectiveness of the program, evaluation is comprehensive and ongoing, and any necessary modifications are made according to evaluation results. Following workshop presentations, parents and teachers complete evaluative questionnaires. Grade-level appropriate pre- and post-tests are given to students to measure the degree of acquired information, demonstration of skills, and general effectiveness of the program. School assemblies and individual lessons are evaluated with teacher questionnaires, student quizzes, and alternative and developmentally-appropriate forms including informal teacher observation, journals, portfolio/project assessment, and teacher/student interview.

Executives for Yello Dyno continually modify the program curriculum to present up-to-date material and information. Close consultation with leading experts in the field ensures the appropriateness of responses to serious, critical situations.

SED Use Only

Approved

More Information Required

Comments

Signature

Date