



AMERICAN  
PSYCHOLOGICAL  
ASSOCIATION

# ACT Raising Safe Kids Program

For parents &  
caregivers of  
children ages 0-8



## WEact



together  
to build  
safe &  
strong  
families

An evidence-based model program  
for parent group educators



## Become an APA-Certified ACT Parent Group Facilitator!

The ACT Northeast Regional Training Center trains and certifies professionals who work with families of young children, many of whom come from backgrounds in early education, psychology, domestic violence counseling, social work, healthcare and community development. These trained professionals return to their organizations and lead the ACT RSK parent program in their own communities with the support and technical assistance of the ACT Northeast Office.

For upcoming dates and more information on the two-day ACT facilitator training workshop, see the back of this brochure.

### What Facilitators Get

The two-day workshop features interactive discussions, both small and large group work, and topic presentations. Participants will :

- ◆ Receive the current research on risk factors and protective factors for violence and its consequences on children's lives
- ◆ Learn how to teach parents skills for effective parenting such as anger management, conflict resolution, positive discipline and media violence education
- ◆ Receive a certificate of attendance for 16 hours of professional development credit
- ◆ Be prepared to participate in community-wide violence prevention efforts with a support network of professionals
- ◆ Be able to continue to gain certification as a *Certified APA-ACT Facilitator*



### What Parents & Caregivers Learn

The 8-week *ACT Raising Safe Kids Program* is taught in a fun, interactive learning environment through short lectures, slide presentations, videos, experiential activities, group discussions, small-group work and role-play. The program is culturally sensitive and can be taught in diverse settings. The class includes:

- ◆ Ways to help children manage anger and other emotions
- ◆ How violence affects children's development, behavior and self-esteem
- ◆ How children's behavior is shaped by their age and temperament
- ◆ Basic facts about child development, parenting styles, positive discipline and conflict resolution skills
- ◆ The difference between discipline and punishment
- ◆ Safety with media (internet, TV, video games, etc.)
- ◆ Reflections on parents' own care-giving values

The *ACT Raising Safe Kids Program* uses interactive adult learning strategies to help adults learn how to reinforce children's good behavior, build their self-esteem and foster loving relationships in families, all of which helps to prevent violence in the lives of young children before it starts.

Parents receive useful handouts to take home, a certificate showing they successfully completed the program, a graduation celebration during the last class, and a support network of parents & caregivers.





## About the ACT Northeast Regional Training Center

The ACT-NE Regional Training Center is a program of the American Psychological Association, managed by Lemberg Children's Center, located on the Brandeis University campus in Waltham, MA. One of five regional ACT centers around the nation, the ACT-NE center serves New York, New Jersey and New England. The central office is at the American Psychological Association headquarters in Washington, DC.

The ACT-NE Center trains professionals from the Northeast region who work with families with young children to facilitate their own ACT parent groups in their local communities. The center:

- ◆ Holds the **two-day ACT facilitator training** several times a year at Brandeis University
- ◆ Is available to travel to other locations in the Northeast to hold facilitator trainings
- ◆ Connects professionals to ACT community coordinators in NY, NJ and New England to set up local facilitator training sessions and parent group programs

The ACT-NE Center also runs an ACT Raising Safe Kids parent program for the Lemberg, Brandeis and Waltham communities.

## ACT-NE Regional Center Staff

We would love to hear from you! Give us a call at 781-736-2200 or email us at [lemburg@brandeis.edu](mailto:lemburg@brandeis.edu). You will find more information at [www.brandeis.edu/lemburg/act](http://www.brandeis.edu/lemburg/act) and on the last panel of this brochure.



Karen Gutterman



Katharine Braun-Levine



Howard Baker



Sylvia Peña



Kelly Champion

## Validated by Research

The *ACT Raising Safe Kids Program*, designed by the American Psychological Association, trains and certifies professionals who work with families of young children to teach the RSK curriculum in their local communities.

The ACT Raising Safe Kids Program is continuously updated and improved. An evidence-based approach with pre- and post-program evaluations gathers qualitative and quantitative data about the program's impact and effectiveness in shifting participants' knowledge, skills and attitudes as a result of participating in the program. In addition, new studies and findings are often reflected in the core curriculum of the RSK program.

**"...ACT is a promising program for both increasing parents' awareness of and sensitivity to their own parenting and providing them with the knowledge of positive parenting practices and how to incorporate them into their own lives."**

— S. G. Portwood (2010). An Outcome Evaluation of the ACT Parents Raising Safe Kids Program. *Centers for Disease Control and Prevention*.

**"Results indicate improved nurturing and positive parenting behaviors and lower rates of psychologically and physically aggressive behavior... These improvements occurred independent of children's age and prior levels of aggression."**

— M. Knox, K. Burkhart, A. Cromly (2013). Supporting Positive Parenting in Community Health Centers: The ACT Raising Safe Kids Program. *Journal of Community Psychology*, 41: 395-407.

The US Department of Justice lists ACT Raising Safe Kids as one of its approved evidence-based model programs in their OJJ DP's Model Programs Guide. You can find out more at [www.crimesolutions.gov](http://www.crimesolutions.gov).



## Participant Testimonials



*"The workshop has helped us better understand our child's inner world...It created a great platform where parents share their experiences, concerns, and support each other. As a result, we become more confident, relaxed, and effective parents."*

— ACT RSK parent participant

*"This program covered a broad range of topics, was very well done, and I hope there will be more opportunities to learn more because it was very valuable/helpful for us as parents.Thanks for everything."*

— Promotore / Community Health Promoter

*"Parents don't feel looked down on in this program because the interactive approach and materials are respectful...This helps parents open up about their struggles and leads to a richer experience for them."*

— Hirsh Larkey, PsyD, Director of Psychological Services, Jewish Family Services, Milwaukee, WI

## Register Now!

\$195 includes materials Facilitator Training Dates

**June 23-24, Sept 11-12, Nov 30 & Dec 1  
8:30am-4:30pm at Brandeis University, \$195**

LSW & MCEP CEs available. MPA is approved by the American Psychological Association to sponsor CEs for psychologists. MPA maintains responsibility for this program & its content.

***To register, and for more information including our availability to conduct facilitator trainings in NY, NJ and throughout New England, contact us:***

**APA-ACT Northeast Regional Training Center**

**Email: [lemburg@brandeis.edu](mailto:lemburg@brandeis.edu)  
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