

**EVALUATION REPORT:  
KIDZ Have Rights: Your Body Belongs To You  
Grand Rapids Children's Assessment Center  
Grand Rapids, Michigan**

**Kent County Schools  
FY 2008-2009**

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This report recaps the findings of the evaluation for the ***KIDZ Have Rights: Your Body Belongs To You!*** program conducted by the Grand Rapids Children's Assessment Center in Fiscal Year 2008-2009. This report provides synopsis of the youth education program and describes steps taken in the evaluation, reports the findings, and finally, presents suggestions based on those findings.

## **I: Synopsis**

The ***KIDZ Have Rights*** (KHR) program provides body safety education to third grade youth in Grand Rapids and Kent County Schools. The one-hour **KHR** youth curriculum and was developed by Children's Assessment Center (CAC) staff and members of the **KHR** Body Safety Steering Committee. The program is facilitated by CAC staff. Children attending GRPS are required to have a signed parental consent form to participate in the **KHR** program. Kent County Schools allows children to participate with either a signed parental consent form or informed consent letter sent to parents. The goal of the **KHR** program is to increase youth understanding of personal body safety, to assist with youth identification of safe adults, and ultimately to reduce the risk of youth becoming victims of child sexual abuse.

The interactive **KHR** curriculum includes the following classroom activities: a poster that teaches youth about different types of touches; a 12 minute video that depicts a youth role playing disclosure of sexual abuse to a safe adult; a bookmark to help youth identify their safe adults; and a wristband embossed with the ***KIDZ Have Rights*** logo. These classroom lessons are followed up by 3 consecutive **KHR** Reinforcement Worksheets that are implemented with youth by their school teacher at approximately 2 week intervals after the initial **KHR** presentation. After completion, the **KHR** Reinforcement Worksheets are sent home to the participating youths' parents for review and discussion with their child. Teachers at schools participating in the **KHR** program receive video instruction on recognizing signs of child abuse or neglect, handling youth disclosure of abuse, Michigan's Child Protection Law and Mandated Reporting.

To increase parent awareness and access to information about child body safety information and sexual abuse prevention the parents of youth participating in the program receive a **KHR** Parent Brochure, Parent Reinforcement Worksheets and Parental Tips for recognizing and preventing abuse.

## **II: Description of the Evaluation**

An outcome evaluation assessing youth knowledge about their body safety rights, ability to recognize touches that may lead to sexual abuse, and ability to identify safe adults for the disclosure of abuse was conducted for the **KHR** program. Matched pairs posttest and post-posttest surveys were implemented with randomly selected schools from Grand Rapids Public and Kent County Schools. When a school was selected to participate in the **KHR** evaluation process, all classroom participants in that school receiving KHR programming completed the posttest and post-posttest. To measure the outcome objectives, the program facilitators administered a posttest to participants on the completion of the **KHR** class and an identical post-posttest with the participants' upon completion of the third Reinforcement Worksheet typically 6 weeks to 2 months after the initial **KHR** class. The survey instrument was designed and implemented by CAC staff. For survey matching purposes, a numbering system was utilized by CAC staff. Only participants with matching posttests and post-posttests were used in the evaluation. Survey data entry, statistical analysis, and preparation of the evaluation report were completed by Amy Piddington, Health Education and Promotion Section of the Kent County Health Department.

The matched pairs posttest/post-posttest evaluation design was chosen because it allows for assessing participant retention of knowledge approximately 2 months after the initial **KHR** class. Frequencies, percentages, and matched pairs t-tests were calculated on a question-by-question basis to assess whether youth participating in the **KHR** program retained knowledge over a 2 month period of time for specific body safety objectives in the curriculum. When a *significant* increase in knowledge is reported this indicates that the group average to the

questions answered on the posttest, when compared to the post-posttest, increased enough on the post-posttest to conclude that participants have retained *and improved* upon their knowledge of the body safety objectives taught in the **KHR** class and Reinforcement Worksheets. No significant decreases in knowledge from posttest to post-posttest were discovered in the FY 2008-2009 analysis of the data. When ***insignificance*** occurs it means that there was not enough of a statistical increase on the t-test to confidently report that an increase in participant body safety knowledge from posttest to post-post-test was due to the completion of the 3 Reinforcement Worksheets. ***insignificance*** could also mean that scores were very similar on both the posttest and post-posttest, or that a decrease reported in participants' body safety knowledge from posttest to post-posttest was so minimal that it should not be seen as a negative finding. Of course, both of these two scenarios could only be interpreted as positive findings if the posttest scores reported a high level of correct responses. For further information on the statistical analyses and dataset printouts, please contact the CAC staff.

### **III: Report of Findings for KIDZ Have Rights Youth Program**

A total of 6,053 youth participants in 66 elementary schools in Grand Rapids and Kent County participated in the **KHR** program during fiscal year 2008-2009. Of these schools, 30 were Grand Rapids Public Schools and 36 were Kent County Schools. Matched sets of posttests and post-posttests from 980 youth were collected and used in the evaluation. All survey items on the **KHR** Youth Programs posttest and post-posttest surveys correspond to a program objective and are listed in **Table 1**.

**Table 1: KIDZ Have Rights Youth Programs Outcome Objectives**

**As evidenced by the scores on the posttest and post-posttests, upon completion of the KHR program youth will exhibit:**

<b>Outcome Objective</b>	<b>Survey Item</b>
O1: Increase knowledge of children about their body safety rights.	Measured by posttest/post-

	posttest questions 4 and 5.
O2: Increase children’s ability to recognize touches that may lead to sexual abuse.	Measured by posttest/post-posttest questions 1, 2, and 3.
O3: Increase retention of learned skills/information via Reinforcement Packets.	Measured by posttest/post-posttest questions 1-6.
O4: Increase the ability for children to identify safe adults that children can disclose abuse.	Measured by posttest/post-posttest question 6.

**Table 2: Frequency and percentage results for KIDZ Have Rights Youth Programs using the 2008-2009 Survey. \*Shaded area indicates the correct answer.**

Survey Item		Frequency & Percentage Results				
		YES	NOT SURE	NO	Missing Data	Percent Correct Response
1. If you are touched in a way that makes you feel <b>uncomfortable</b> or <b>unsafe</b> you should talk to a “safe adult”.	POSTTEST	744	9	9	4	97.1%
	POST-POSTTEST	757	7	1	1	98.8%
Survey Item		YES	NOT SURE	NO	Missing Data	Percent Correct Response

2. <b>Nurturing touches</b> are the touches we like to get from people.	POSTTEST	695	39	27	5	90.7%
	POST-POSTTEST	702	37	24	3	91.6%
<b>Survey Item</b>						
		YES	NOT SURE	NO	Missing Data	Percent Correct Response
3. If a person gives you a <b>confusing touch</b> you should tell a "safe adult".	POSTTEST	657	77	22	10	85.8%
	POST-POSTTEST	682	69	14	1	89.0%

**Table 2: Continued**

Frequency & Percentage Results						
Survey Item						
		YES	NOT SURE	NO	Missing Data	Percent Correct Response
4. You should <b>trust</b> and <b>pay attention to your feelings</b> , how you feel will help you decide what type of touch you received.	POSTTEST	650	100	11	5	84.9%
	POST-POSTTEST	692	58	8	8	90.3%
Survey Item						
		YES	NOT SURE	NO	Missing Data	Percent Correct Response
5. If a person touches your private parts ( <b>selfish touch</b> ) and they want you to keep it a secret, should you tell a "safe adult"?	POSTTEST	750	7	5	4	97.9%
	POST-POSTTEST	761	1	3	1	99.3%
Survey Item						
		3 or more responses	Less than 3 responses	Missing Data	Percent Correct Response	
6. Who would you <b>tell</b> if someone touched you in a way that makes you feel uncomfortable or if someone touched you in a selfish way?	POSTTEST	746	19	1	97.4%	
	POST-POSTTEST	745	21	0	97.3%	

**Table 3: Matched Pairs T-Tests for KIDZ Have Rights survey items 1-6.**

<b>Survey Item</b>	<b>Exact Significance (2-tailed)</b>
1 Uncomfortable	.011*
2 Nurturing	.441
3 Confusing	.081
4 Trust	.000*
5 Selfish	.114
6 Tell	.413

#### **IV. Discussion of Findings**

Results from the matched pairs t-test (**Table 3**) indicate that a significantly positive change in youth knowledge from posttest to post-posttest occurred in two of the six survey items. This was Question 1: If you are touched in a way that makes you feel uncomfortable or unsafe you should talk to a “safe adult”, and Question 4: You should trust and pay attention to your feelings, how you feel will help you decide what type of touch you received. These significant t-test results indicate that it could be assumed that the increase in youth knowledge reported from posttest to post-posttest may be due to the three Reinforcement Worksheets and related body safety discussion with teachers and parents implemented after the initial **KHR** class.

Also of interest, are the four questions that were not found to have significant change (either an increase or a decrease) in youth knowledge from posttest to post-posttest. These were Question 2: Nurturing touches are touches we like to get from people, Question 3: If a person gives you a confusing touch you should tell a “safe adult”, Question 5: If a person touches your private parts and they want you to keep it a secret, you should tell a “safe adult”, and Question 6: Who would you tell if someone touched you in a way that makes you feel uncomfortable or if someone touched you in a selfish way?

For questions 2, 3 and 5 youth reported a very high level of knowledge at posttest and showed retention as well as a very slight increase in that knowledge

at post-posttest 2 months later. Although the matched pairs t-test found this positive change in knowledge insignificant, these results should be interpreted as positive as youth test results indicate initial comprehension of the programs objectives, as well as retention of the **KHR** curriculum objectives approximately two months later at post-posttest. For Question 6 youth also reported a very high level of knowledge at posttest and only a very small decrease in knowledge at post-posttest. A matched pairs t-test for this item also found this decrease in knowledge to be insignificant.

Overall, the **KHR** program evaluation indicates that the program and its facilitators are having a positive impact on youth participants' knowledge of the body safety outcome objectives stated in **Table 1**. Youth appear to be mastering the curriculum objectives at posttest and retaining the knowledge at least 2 months out from the original **KHR** class which is commendable. This retention of knowledge appears to indicate that the program's design of implementing reinforcement worksheets after the initial class and providing wristbands with the ***KIDZ Have Rights*** logo to the youth is succeeding.

## **V: Recommendations**

In the third year of the KHR program, the evaluation results continue to show that the third grade youth involved in programming are learning and retaining the lessons from the curriculum objectives. The interactive lessons, video, and Reinforcement Worksheets have proven to be a successful model for program implementation with this age group. On most survey items youth report a very high level of knowledge at posttest which is likely due to program implementation, however, it would be insightful to the program administrators to confirm that indeed this knowledge is due to the success of KHR programming. A suggested improvement to next year's evaluation would be to consider adding a control or comparison group to the evaluation design. Adding a comparison group to the evaluation would strengthen the evidence that the KHR program is

truly making a difference in the youth's knowledge of body safety and sexual abuse prevention strategies. If a comparison group is not feasible, the addition of a randomly administered pretest given to some schools prior to the beginning of KHR program implementation would be a suggestion to increase the evidence of the programs success