



**COMMUNITY  
MATTERS**

*Empowering Youth  
Transforming Communities*

# Programs & Services Guide



**2024-2025**

# Programs & Services

Community Matters offers a variety of programs & services that support safe, connected, welcoming and inclusive schools and communities.

Our programs are designed to meet the needs of the clients we serve, so we offer virtual, online and in-person program delivery for:

- Administrators
- Staff
- Students
- Parents/Families
- Community

All programs & services prices are based on:

- Travel within the continental United States. Additional cost may apply for international services, remote or extremely rural locations.
- A one-person delivery of service; if more than one person is needed to deliver a service, additional costs will apply.
- Pre-written deliverables as described in this guide. If customization is needed it may change the cost of the service.

**For more information, to schedule training, discuss customized training or consultation options contact Community Matters.**



# Safe School Ambassadors®

Community Matters Flagship Program since 2000



## PROGRAM OVERVIEW



### Safe School Ambassadors

#### Grades 4 - 12

Safe School Ambassadors® (SSA) Program is a highly effective program that equips 4-12th grade socially influential students with skills they can use with their peers to prevent and stop bullying, violence, harassment and other forms of mistreatment.

When the Safe School Ambassadors Program is implemented and delivered with fidelity, the following results are reported:

- Decreased incidents of bullying, harassment, cyber bullying, violence, exclusion and other forms of harmful behaviors and mistreatment
- Increased attendance and academic performance
- Reductions in the costs and losses in both time and money related to suspensions
- Improved relationships among and between students and adults
- Increased respect for diversity and different ways of thinking and acting
- Increased feelings of connectedness to school and each other

The (SSA) Program is an evidence-based program. In 2010, results from the study showed that during the designated time period:

- SSA schools showed suspension rate decreases of 33%
- Non-SSA control schools showed suspension rate increases of 10%

The SSA program is most effective when implemented over a 3-year time frame, which allows it to develop strong roots that anchor it firmly into school culture and practice. After the first three years of Community Matters providing the SSA Training, eligible schools are provided the opportunity to move into a Training of the Trainer (TOT) sustainability model. When schools move to the TOT, Community Matters partners with the school to support the program in a long-term sustainable way. With this approach, the SSA Program and the premises on which it stands become embedded into the school practices as a way of thinking, communicating and behaving.

For more information contact us at 707-823-6159 or [info@community-matters.org](mailto:info@community-matters.org).

# Safe School Ambassadors®

Community Matters Flagship Program since 2000



## PROGRAM OPTIONS

### Safe School Ambassadors

Virtual &  
In Person  
Training Options

Safe School Ambassadors (SSA) is a highly effective program that equips 4-12th grade socially influential students with skills they can use with their peers to prevent and stop bullying, violence, harassment and other forms of mistreatment. The Initial and Expansion Trainings are for new students and adults. Each option includes technical assistance and program implementation support, program guides, online tools, and resources for year-round implementation.

Community Matters trains up to 40 new 4th -12th grade students and 5-8 adults. (1:6 adult to student ratio for each day).

- In Person Training is delivered over 2 full and consecutive school days.
- For SSA Expansion Training (2nd and subsequent years): Schools may also opt to invite up to 12 previously-trained veteran Ambassadors on Day 2.

### Safe School Ambassadors Refresher

Virtual &  
In Person  
Training Options

This training is for experienced, previously trained student Ambassadors and program adults only. It is intended to re-invigorate the program, provide skills review, and assist with annual program planning. Eligible schools will have had a 2-day SSA training within the past year. The Refresher includes training, program guides, online tools, resources, and coaching.

For up to 50 veteran SSA students and a 1:6 adult to student ratio.

### Safe School Ambassadors Training of Trainer (TOT)

This training model is designed for a team of people within a school, district or county office to be trained to conduct SSA Expansions & SSA Refreshers for schools that have been running the SSA Program with fidelity for at least 2 years and have an SSA Site License. Contact Community Matters for eligibility requirements.



## PROGRAM OVERVIEW



### **Safe School Buddies** **Grades 1-3**

The Safe School Buddies (SSB) Program is designed for students in first through third grades. The training provides the Buddies with examples of mistreatment and helps them understand what mistreatment looks and feels like. They learn and practice age-appropriate “Buddy Actions” they can use when they see different types of mistreatment such as teasing, put downs and exclusion. They also learn age-appropriate ways to effectively resolve conflict and problem solve. When the SSB Program is implemented and delivered with fidelity, the following results are expected:

- Increased awareness and understanding of what it means to be a good friend and positive influence in a peer group
- Decreased incidents of mean spirited and hurtful behaviors
- Increased ability to peaceably resolve conflicts and problem solve
- Increased respect for diversity and different ways of thinking and acting
- Positive feelings of connectedness to school and each other

The SSB Program is most effective when implemented over a 3-year timeframe, which allows it to develop strong roots that anchor it firmly into school culture and practices. After the first three years of a Community Matters trainer providing the 2-day SSB Training, the school can move into a Training of the Trainer (TOT) model whereby selected adults at the school are trained to provide the 2-day SSB training for the students and to keep facilitating the program. When schools move into the TOT model, Community Matters partners with the school to support the long-term sustainability of the program. With this approach, the core values and principles of the SSB Program become imbedded into the school practices as a way of thinking, communicating and behaving.

# Safe School Buddies



## PROGRAM OPTIONS

### **Safe School Buddies**

In Person  
Training

The SSB Program empowers and equips socially influential students to promote kindness, respect for others, and to be positive role models with their peers. At its core, the SSB Program prepares younger students to become upstanders, to set positive and inclusive social norms on campus and to become Safe School Ambassadors when they enter 4th grade.

1st Year Implementation (Initial Training):

Community Matters trains up to 30 new 1st -3rd grade students and 6-8 adults.

2nd and subsequent years (Expansion Training):

Community Matters trains up to 30 new 1st - 3rd grade students and 6-8 adults; on Day 2 schools may add up to 10 previously-trained experienced Buddies.

### **Safe School Buddies Training of Trainer (TOT)**

This training model is designed for a team of people within a school, district or county office to be trained to conduct SSB Expansions & SSB Refreshers for schools that have been running the SSB Program with fidelity for at least 2 years and have an SSB Site License. Contact Community Matters for eligibility requirements.



For more information contact us at 707-823-6159 or [info@community-matters.org](mailto:info@community-matters.org).

## SUPPLEMENTAL SUPPORT

### **SSA or SSB Adult Leaders Workshop**

Full and Half Day  
Virtual &  
In Person  
Training Options

This workshop is designed to empower Program Advisors and adult leaders involved in the SSA or SSB programs to achieve the highest level of outcomes from their investments. Participants are provided the opportunity to connect, network and collaborate with other local school leaders and Community Matters staff. Topics include; overcoming program obstacles, student engagement, family group meetings and activities, data collection support and best practices for operating with fidelity to achieve desired results.

For up to 40 adults.

### **SSA or SSB Practicum**

For eligible TOT  
participants and  
licensed school  
sites

Practicum Training includes the cost of the 2-day SSA Expansion training and coaching for two to three adult participants who have completed the TOT Training co-delivering the SSA Expansion under the guidance of a Community Matters Senior Trainer. The CM Trainer provides pre and post training mentoring and feedback.

### **Parent/Family Workshop**

2-Hour Virtual or  
In Person Training  
Options

\*Held on the first  
night of the SSA/SSB  
training.

This workshop will equip families with knowledge and skills to take action when they or their children witness or hear about bullying, harassment and cyberbullying. Participants will learn to use proven communication skills to encourage open conversations with their children, respond effectively, and engage with school staff when incidents occur.

Families will also learn about the importance of bystander intervention in the bullying dynamic, as illustrated by the Safe School Ambassadors Program, which equips student leaders with the skills to prevent, interrupt and stop acts of meanness.

For one or more schools - up to 100 participants.



# Student Assemblies



ENGAGE & EMPOWER THE WHOLE STUDENT BODY

## Student Assemblies

Virtual &  
In Person  
Assembly Options

Our student assemblies can be easily incorporated into existing school bell schedules. Up to 4 Assemblies per day (if additional are needed, please inquire).

- Elementary School - up to 125 students.
- Middle & High School - up to 250 students.

## Waking Up Courage Assemblies

A powerful, student-centered experience that engages, unites, and empowers K-12 students to stand up and speak up when they see bullying, cyberbullying and mistreatment among their peers. It introduces them to youth-friendly language and skills they can use to safely and effectively defuse, de-escalate, and stop bullying behaviors and promote kindness and compassion.



For more information contact us at 707-823-6159 or [info@community-matters.org](mailto:info@community-matters.org).



# Youth Empowerment

YOUTH VOICE & ENGAGEMENT,  
BULLYING PREVENTION, PEER-TO-PEER PROGRAMMING

## Empowering Student Athletes to be Upstanders

Virtual &  
In Person  
Training Options

Students athletes have a major influence on most campuses, yet in many schools, athletes are an underutilized resource for creating positive change in school climate. This hands-on dynamic workshop inspires and equips athletes on campus to harness their social capital and influence to create a more inclusive and safe school climate where all students thrive.

For up to 40 students and 5 adult leaders.

## Student Introduction to Tapping (EFT) for Self-Healing

2-Hour Virtual  
Training

This workshop provides students with tools to help alleviate stress and anxiety through Tapping or EFT (Emotional Freedom Technique). Tapping is an easy to implement self-healing tool that uses a sequence of light physical “tapping” on external acupuncture points.

Two workshop session options available:

- One 2-hour workshop for up to 40 students and at least 1 adult (allows more time for practice)
- Two 1-hour workshops for up to 40 students/1 adult for each workshop.



For more information contact us at 707-823-6159 or [info@community-matters.org](mailto:info@community-matters.org).

# Youth Empowerment



YOUTH VOICE & ENGAGEMENT,  
BULLYING PREVENTION, PEER-TO-PEER PROGRAMMING

## **VoiceUP! Setting Healthy Boundaries**

Online Training

This online, self-paced training is designed to empower students to identify, prevent and get help for issues surrounding sexual abuse and molestation.

The training empowers students to learn and set healthy boundaries and relationships. At the end of the training students will be equipped with tools to recognize, prevent and report when they see, hear, know and feel that their or their friends boundaries may be at risk.

## **LGBTQ+ Youth Ally Training**

One or Two Day  
In Person  
Training Options

This training equips diverse student leaders with the knowledge, motivation and skills to prevent, interrupt and stop incidents of bullying, harassment and cyberbullying targeting LGBTQ+ students. Provides students with the confidence and competence to act as “upstanders”, reduces disciplinary incidents, saves time and money and improves overall school climate.

For up to 40 students and 5 adult leaders.



For more information contact us at 707-823-6159 or [info@community-matters.org](mailto:info@community-matters.org).

# Restorative Practices



DISTRICT AND SCHOOL ADMINISTRATORS, SCHOOL STAFF, COMMUNITY LEADERS



Restorative Practices is a whole school approach that focuses on encouraging healthy relationships, restoring harm, and reducing discipline issues. Restorative Practices help staff members build stronger connections to students and each other, helps students create social norms based on empathy and understanding, and helps all stakeholders to build trust, repair harm and restore community.

The Restorative Practices training services listed below have been developed to support staff, administrators, and parents/caregivers in understanding and implementing Restorative Practices in their schools and communities.

## **Restorative Practices for Administrators Training**

Virtual & In Person Training Options

This full-day training is for administrative-level staff with responsibility for school safety, climate, and discipline. It provides an overview of Restorative Practices and its relationship to discipline, school climate, and its roots in restorative justice. Participants will learn how to effectively establish school-wide restorative practices by building buy-in of staff and families, developing policies and procedures, training staff and leadership, and utilizing best practices and lessons from the field. For up to 35 adults.

## **Overview of Restorative Practices**

Two 3-hour sessions within a single day - Virtual & In Person Training Options

This seminar style training provides a foundation for all school staff - to deepen their understanding in restorative practices and effectiveness in achieving positive behavioral outcomes. The training is experiential and provides skills practice with affective statements, impromptu dialogue, and the use of circles. For up to 35 adults per session, 70 total.

For more information contact us at 707-823-6159 or [info@community-matters.org](mailto:info@community-matters.org).

# Restorative Practices

DISTRICT AND SCHOOL ADMINISTRATORS, SCHOOL  
STAFF, COMMUNITY LEADERS

## Skills & Circles Training - Two Day

In Person Training

This training is designed for all staff and administrators. It provides a foundation for individuals interested in using restorative practices with their students and deepening their understanding of its roots in restorative justice and effectiveness in achieving positive behavioral outcomes. The training is experiential and provides skills practice with affective statements, impromptu dialogue, and the use of circles, which are essential elements in the restorative practice continuum.  
For up to 35 adults.

## Skills & Circles Training - One Day

In Person Training

This training is a compressed version of the 2-day training. It provides an overview for individuals interested in using restorative practices with their students and deepening their understanding of its roots in restorative justice and effectiveness in achieving positive behavioral outcomes. Experiential introductions to affective statements, impromptu dialogue and community building circles are presented.  
For up to 35 adults.

## RP Skills & Circles Training of Trainer (TOT)

Two Day  
In Person  
Training

This training model is designed for an experienced Restorative Practitioner\* within a school, district or county office to be trained to conduct the Restorative Practices 1 and 2 day Skills & Circles training. Contact Community Matters for eligibility requirements.

Includes all training materials and resource packet.

\* **Pre-requisite:** Participants must have prior experience with RP, either completing Community Matters' Restorative Practices Skills Development 2-day training or related experience.

\*\* Minimum of five participants per training.



For more information contact us at 707-823-6159 or [info@community-matters.org](mailto:info@community-matters.org).

## DISTRICT AND SCHOOL ADMINISTRATORS, SCHOOL STAFF



### **Formal Restorative Conferencing**

Two Day  
In Person  
Training

CM partners with the International Institute of Restorative Practices (IIRP) to provide this Formal Restorative Conferencing Training. This 2-day training is designed for individuals experienced in Restorative Practices who are interested in facilitating restorative conferences. Participants will:

- Learn how to plan and coordinate pre-conference activities, which are essential to the success of Restorative Conferences
- Gain skills needed for effectively facilitating conferences
- Understand how to develop and monitor high quality follow-up plans
- Recognize the benefits of Restorative Conferencing and its positive impacts on school discipline, suspensions and overall climate

For up to 20 adults.

\* **Pre-requisite:** Participants must have prior experience with RP, either completing Community Matters' Restorative Practices Skills Development 2-day training or related experience.

### **Strengthening & Sustaining a Restorative School Culture**

One Day Virtual &  
In Person  
Training Options

For district administrators, teachers and all staff members who have been trained and involved in Restorative Practices for schools. Supporting and sustaining a restorative school culture requires ongoing efforts and teamwork. Keeping the momentum towards attaining a restorative school wide culture while not allowing obstacles to block the progress is key. This interactive training will explore ways to keep restorative efforts strong and sustainable while also expanding the impact. Guidance will be provided for school teams to identify connections between current initiatives and Restorative Practice plans. For up to 35 adults.

# School, Family and Community Workshops



## **Cyberbullying & Principles of Digital Wellness**

1-Hour Virtual Training

This training helps parents/families navigate current trends in social media, raise awareness of their child's online experience and model how to interact safely and responsibly in the digital world. Participants will also learn key signs of cyberbullying and mistreatment and discuss actions to take if their children are involved with bullying and mistreatment online.  
For up to 35 adults.

## **Restorative Practices for Families**

Two (1.5-Hour) Virtual Training Modules  
3-Hour In Person Training

This two-part series is designed for parents, caregivers & school staff. Participants will gain skills, tools and strategies to collaborate with schools to bring restorative practices (RP) to life in order to create optimal learning environments. This series will also deepen staff skills in RP and provide opportunities to strengthen relationships and improve communication with families to support a positive school climate at home and at school.  
For up to 35 adults.

## **Introduction to Tapping (EFT) for Self-Healing**

2-Hour Virtual Training

This workshop provides participants with tools to help alleviate stress through Tapping or EFT (Emotional Freedom Technique). Tapping is an easy to implement self-healing tool that uses a sequence of light physical "tapping" on external acupuncture points.  
In this interactive workshop, participants will learn how to use tapping as a technique to support personal well being and reduce anxiety.  
For up to 30 participants.



For more information contact us at 707-823-6159 or [info@community-matters.org](mailto:info@community-matters.org).

# Professional Development & Consulting Services



## Consulting Services

As a national thought leader with expertise in whole school climate improvement, Community Matters is available to provide customized consultation services and trainings to districts and individual schools that are interested in school climate transformation efforts.

Consultation and services may include:

- Restorative Practices
- Youth empowerment training and/or summit
- School climate and safety improvement
- Whole School Climate 360 assessment
- School Resource Officer & campus supervisor training
- Bus driver training

## Keynotes and Presentations

Community Matters experienced staff and trainers are available to deliver keynotes, presentations and workshops.

Topics have included:

- Improving School Discipline and Creating Safer Schools from the Inside-Out
- Empowering Youth to Stop Bullying and Improve School Climate: An Evidence-Based Approach
- Leading the Change through Restorative Practices
- Empowering Youth to Prevent Violence and Threats on Campus
- Sexual Misconduct, Suicide & Bullying: How Schools Can Reduce Risk & Improve Results



For more information contact us at 707-823-6159 or [info@community-matters.org](mailto:info@community-matters.org).