



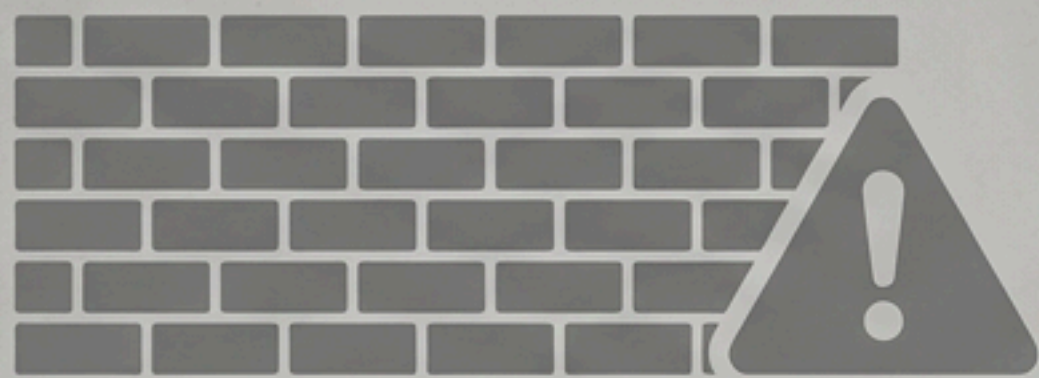
The Educator's Blueprint: CAPE Youth Edition

A Facilitator's Field Guide to the Green Track
(Middle School Curriculum)

Created by Christopher Zacharie

The Old Standard

Fear-Based Education






- Restriction & shame
- Dictating behavior
- Focus only on disease & pregnancy

Protection begins with you — before any tool or partner.

The CAPE Paradigm

Empowerment-Based Leadership



- Self-respect & personal agency 
- Informed leadership choices 
- Harm reduction (saFER sex) 

This isn't about dictating behavior—it's about empowering choices.



C Confident



Knowing your worth and trusting your instincts.

A Aware



Reading your surroundings and your internal radar.

P Protected



Having the tools, team, and plans that keep you safe.

E Empowered



Leading your life with healthy habits every single day.

This isn't about dictating behavior—it's about empowering choices.

Green Track

Middle School (Grades 4–8)

1, 2, and 4

Mindset, consent, digital safety,
boundaries, choosing your pace



Module 3 Locked

Blue Track

High School (Grades 9–12)

Full Curriculum (1–4)

Full CAPE scope



Unlocked. Adds frontline gear
and medical shields

Half-Day Workshop Schedule



0:00 - 20m
Welcome & Brave Spaces
Setting ground rules.



0:20 - 45m
Module 1
Mindset, Health Promise.



1:05 - 70m
Module 2
Healthy Connections, Boundaries, Consent Café.



3:15 - 30m
Closing
Legacy Letter & Commitments.

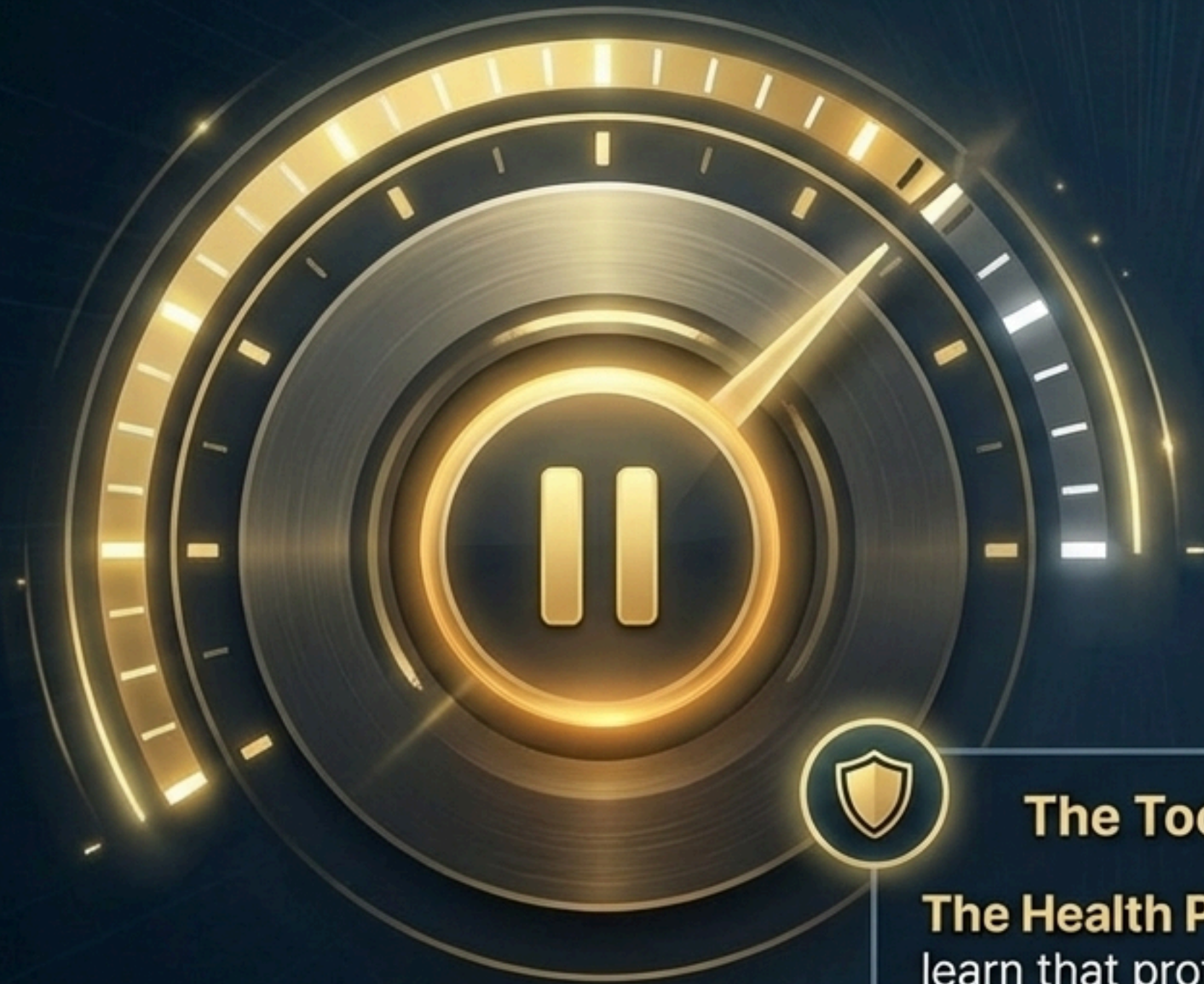
2:15 - 15m
Break



2:30 - 45m
Module 4
MATCH Compass & Decision Cards.



Module 1: Choosing Your Pace



Key Concept

Abstinence reframed as a leadership choice. It is the ultimate power move and the only 100% effective way to prevent premature emotional stress.



The Toolkit Element

The Health Promise: Students learn that protecting their health is an act of self-worth and freedom.

Facilitator Note

Expect eye-rolling at the Health Promise. Normalize it. Explain that our culture rarely gives youth permission to be this honest with themselves.

The Relationship Radar



Green Lights

What it looks like

Respecting physical boundaries, safe emotional connection, mutual choices.

Action

Move forward safely.



Red Flags



What it looks like

Persistent pressure, ignoring a 'no,' manipulating or guilt-tripping.

Action

Deploy the Boundary Shield / Contact Trusted Adult.

Spotting healthy vs. unhealthy relationships powers the radar that keeps youth confident and protected.

The Consent Café:

Ordering Respectful Connections

F

F - Freely Given

Consent isn't real if forced or guilt-tripped.

R

R - Reversible

You can change your mind at any time; the kitchen must stop when you say so.

I

I - Informed

Know exactly what's in the dish and any risks. No surprises.

E

E - Enthusiastic

Only serve people who are truly excited. Silence is "No thanks."

S

S - Specific

Yes to one thing does not mean yes to everything.

Respectful connections are built with clear communication and mutual care.

The Physics of Your Digital Legacy

The Reality

Once you send something, you lose control of it forever—it is just physics.



The Tool

The 3-Second Rule Challenge: Students learn to pause before sharing images, secrets, or plans.

**Your digital legacy is yours to protect
— pause before you post.**

M - My Medical Choices

Health baseline, annual check-ups. (Health Armor)

A - Awareness

Trusting your gut, reading the room. (Built-In Radar - from Mod 2)



C - Clear Communication

Boundary scripts, practicing FRIES. (Strongest Voice - from Mod 2)

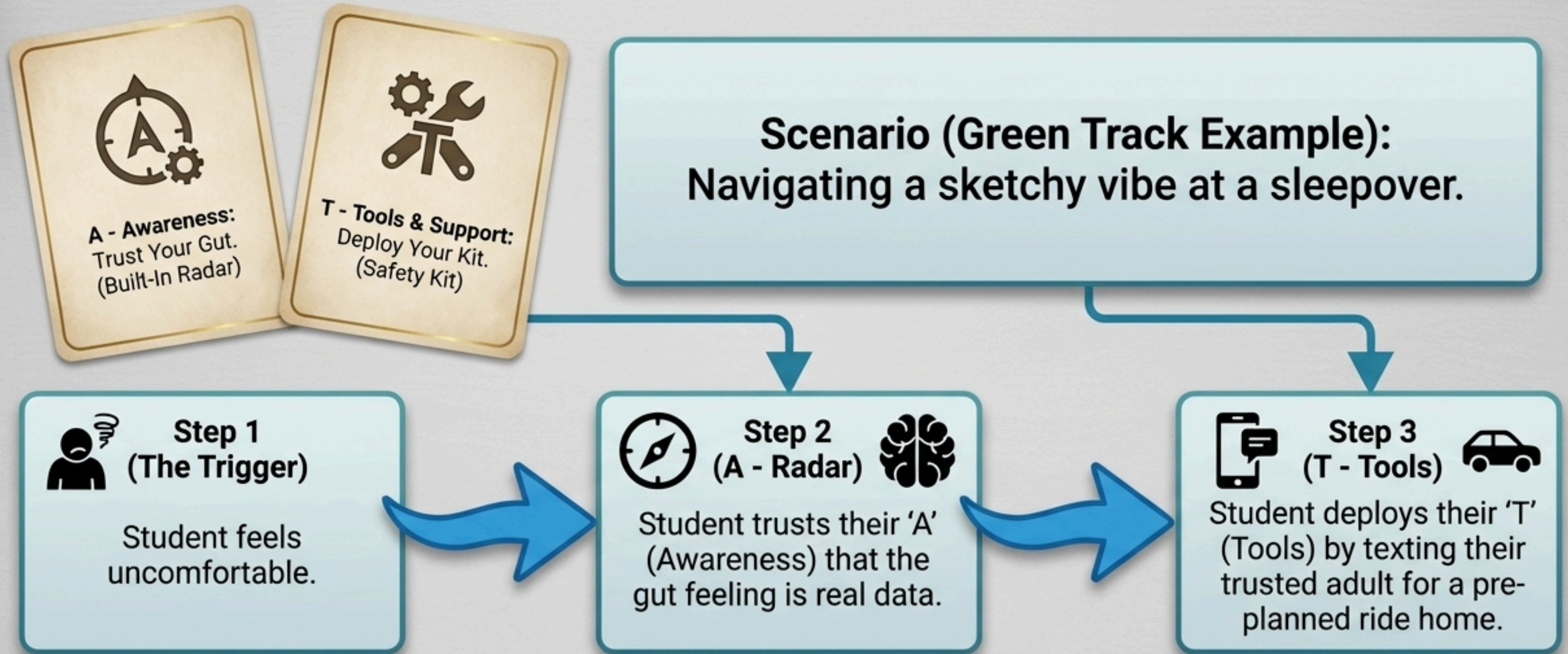
T - Tools & Support

Charged phone, ride plan, trusted adult on speed dial. (Safety Kit)

H - Healthy Habits

Sleep, food, choosing your pace, digital legacy. (Daily Superpower - from Mod 1 & 2)

Your Decision GPS in Action



The Compass does not require perfect conditions. It works when things break down.

✓	✓	✓	✓	✓	✓	✓
✓	✓					

The 30-Day Leadership Challenge

Students commit to daily CAPE habits (using FRIES, protecting boundaries, checking the MATCH Compass).

Every check is a win. Progress over perfection.



The CAPE Legacy Letter

A graduation activity where students write a letter to their future selves affirming their personal power and what it means to live with their CAPE on.
(Envelopes are mailed 6-12 months later).

Living with your CAPE on is not a moment – it is a choice you make every day.

The Facilitator's Arsenal



Facilitator's Guide:
Complete manuals, scripts,
and trauma-informed guidance.

Sort Cards & Scenarios:
Pre-cut interactive group tools.



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Pre-cut interactive group tools.



MATCH Pocket Cards:
Wallet-sized everyday
reference tools for students.



FRIES Poster:
Full-color classroom
visual reference.

**Put on your CAPE – and help
your students put on theirs.**