

CAPE Youth Edition: Confident, Aware, Protected, Empowered

Master Materials & Supplies List

All materials required to facilitate the full CAPE curriculum — organized by track, module, and activity type. Quantities are per student unless otherwise noted.

HOW TO USE THIS LIST

FORMAT	TRACK	MODULES	SECTIONS NEEDED
Single-Period (50 min)	■ or ■	1 + 2 highlights	Section A + selected items from B
Half-Day (3–4 hrs)	■ Green Track	1, 2, 4	Sections A + B + D
Full-Day (6–7 hrs)	■ Blue Track	1, 2, 3, 4	All Sections A–D

SECTION A — UNIVERSAL ROOM & FACILITATION SUPPLIES (All Formats & Both Tracks)

ITEM	QTY / FORMAT	NOTES	✓
Printed Participant Packets	1 per student	Full packet or selected pages per format; see CAPE Participant Packet	■
Pens or pencils	2 per student	For worksheets, journal prompts, and commitment cards	■
Folders or binders	1 per student	Students keep all materials; optional to send home	■
Name tags	1 per student	First name or chosen name; especially important for younger students	■
Flip chart or whiteboard	1 per room	For facilitator captures during debrief and group sorting activities	■
Markers (flip chart + dry erase)	Assorted	Multiple colors; used in sorting and brainstorm activities	■
Timer	1	For timed activities and rotation exercises	■
Ground Rules poster	1 per room	Post visibly; include confidentiality, right to pass, brave space language	■
Tissues	2 boxes	Always available in trauma-informed spaces	■
Trusted Adults wallet cards (blank)	1 per student	Printed from Participant Packet; students fill in personally	■
Scissors	1 per 4 students	For cutting card sort sets where pre-cut sets are not prepared	■
Evaluation / feedback forms	1 per student	Distribute at close of each workshop	■
Certificates of completion (optional)	1 per student	Printed and signed by facilitator for Lesson 9 graduation activity	■

Envelopes	1 per student	For Legacy Letter — students seal and keep or mail to themselves	■
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SECTION B — MODULES 1 & 2 SUPPLIES (■ Green Track & ■ Blue Track)

ITEM	QTY / FORMAT	NOTES	✓
My Health Promise worksheets	1 per student	Printed from Participant Packet — Lesson 1	■
Communication Script Builder worksheets	1 per student	Printed from Participant Packet — Lesson 1	■
Journals or lined paper	1 per student	For Body-Respect and Listening Check journal prompts — Lesson 1	■
Role-Play Scenario Cards (Module 1)	1 set per pair	Printed & cut from Participant Packet — Lesson 2; for boundary script practice	■
Relationship Sort Cards	1 set per 4 students	Printed & cut — 12 behavior cards sorted into Green Light / Red Flag — Lesson 3	■
My Boundary Shield Worksheet	1 per student	Printed from Participant Packet — Lesson 3	■
Real-Life Scenario Challenge Cards	1 set per 4 students	6 short-story scenario cards — Lesson 3	■
Consent Café Boundary Menu worksheets	1 per student	Printed from Participant Packet — Lesson 4	■
FRIES Detective Scenario Sheets	1 per student	Printed from Participant Packet — Lesson 4	■
Consent Café Role-Play Practice Cards	1 set per pair	Printed & cut from Participant Packet — Lesson 4	■
Trusted Adults Wallet Card (digital safety)	1 per student	Printed from Participant Packet — Lesson 5	■
3-Second Rule Challenge Scenario Cards	1 set per 4 students	Printed & cut from Participant Packet — Lesson 5	■
My Digital Shield Pledge cards	1 per student	Printed from Participant Packet — Lesson 5; students keep	■
FRIES Consent Café mini-poster	1–2 per room	Post on wall during Lesson 4; full-color classroom visual	■

SECTION C — MODULE 3 SUPPLIES (■ Blue Track / High School Only)

ITEM	QTY / FORMAT	NOTES	✓
Gear Check Checklist wallet cards	1 per student	Printed from Participant Packet — Lesson 6; wallet-sized, students keep	■
'What Would You Do?' Scenario Cards	1 set per 4 students	5 age-appropriate negotiation scenarios — Lesson 6; printed & cut	■
My Health Team List wallet cards	1 per student	Printed from Participant Packet — Lessons 6 & 7; students complete both lessons before finalizing	■
Vaccine Tracker Worksheets	1 per student	Printed from Participant Packet — Lesson 7	■
'Science as Backup' Scenario Cards	1 set per 4 students	Printed & cut from Participant Packet — Lesson 7	■

HPV / Hepatitis / Mpox vaccine info cards (optional)	1 per student	Available from local health dept or CDC; supplement Lesson 7 discussion	■
Laptop / device for clinic locator demo	1 per room	For demonstrating confidential healthcare access during Lesson 7 discussion	■

SECTION D — MODULE 4 SUPPLIES (■ Green Track & ■ Blue Track)

ITEM	QTY / FORMAT	NOTES	✓
MATCH Decision Cards — Green Track set	1 set per 4 students	Middle school scenarios — Lesson 8; printed & cut	■
MATCH Decision Cards — Blue Track set	1 set per 4 students	High school scenarios — Lesson 8; printed & cut	■
My Personal MATCH Plan worksheets	1 per student	Printed from Participant Packet — Lesson 8; students keep	■
Weekly CAPE Check-In Journals (7-day)	1 per student	Printed from Participant Packet — Lesson 8; students take home	■
30-Day Leadership Challenge trackers	1 per student	Printed from Participant Packet — Lesson 9; students take home	■
MATCH Compass pocket cards	1 per student	Printed from Participant Packet; laminated if possible for durability	■
Paper + pens for Legacy Letter	2 sheets per student	Lined paper for draft; good paper for final — Lesson 9	■
Envelopes for Legacy Letter	1 per student	Students seal and address to themselves — Lesson 9	■

PRINT RUN SUMMARY — Quantities per 25 Students

DOCUMENT	QTY	NOTES
Full Participant Packet	25	Print double-sided where possible; Green Track may omit Module 3 pages
Card sort sets (pre-cut)	7 sets	Relationship Sort, FRIES Scenarios, Scenario Challenge Cards, MATCH Decision Cards, Constraint Scenarios
Trusted Adults / Health Team wallet cards	28	Print extras; students often ask for a second for a friend or sibling
FRIES Consent Café poster	2	Print large (11x17) if possible; keep posted in room during Module 2
MATCH Compass pocket cards	28	Laminate if budget allows — students keep and use beyond the session
Legacy Letter envelopes	28	Students address to themselves; facilitator can mail at a future date for impact
Evaluation forms	27	2 extras for facilitators / file copies

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