

Evidence-Based Curriculum Shown to Lower Sexual Misconduct School-Wide

- IMPACTFUL ASSEMBLIES
- STUDENT COURSES
- STAFF TRAININGS

According to the Department of Ed, peer on peer sexual victimization is most common among teens, and most often takes place at school.

Teen sexual assault, harassment, and dating violence often lead to poor academic performance, attendance issues and mental health challenges.

The CDC is calling on schools to serve as a vital lifeline for struggling youth but they can't do it alone. We support schools by providing comprehensive sexual safety and relationship curriculum based on consent and respect.

Overwhelmed by reports of sexual violence & harassment among your students?

We're here to help!

For busy school staff who are focused on providing quality education, it's easier with the help of people who can offer mental health support for students, as well as a pathway toward healthy relationships.

Be Strong, Be Wise provides evidence-based curriculum for students and staff that build confidence and self-knowledge while minimizing the factors that lead to sexual assault.

Schedule your free consultation. We customize our offerings to meet the needs of the institutions we serve.

Contact Us

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BE STRONG,
BE WISE 



Discover the steps schools can take to cultivate a safe learning environment free of sexual violence & harassment.

About Us

Amy Carpenter, LCSW, CYI, is the founder of Be Strong, Be Wise Sexual Safety Education and author of two books in the bestselling *Be Strong, Be Wise* series.



A psychotherapist, trauma expert, and long-time youth advocate, Amy works with schools to empower teens with the tools, knowledge, and insight needed to respect others as well as keep themselves safe, while maintaining their personal freedom. The schools who have implemented the Be Strong, Be Wise curriculum are now seeing fewer incidences of sexual violence and an improved environment of mutual respect among students.

“I haven’t ever felt this comfortable in a class before. This is a topic that is NOT talked about enough.”

- Sofia M., High School Junior

“Supportive and important. You didn’t treat us like we’re dumb.”

- Nate B., High School Sophomore

What We Offer

Course for Teens

Conversational and accessible, our Youth Course builds self-awareness in each student, while equipping them with essential skills young people need to create and sustain healthy relationships.

Train-the-Trainer Course

A comprehensive and evidence-based course that gives teachers and counselors the tools and information needed to educate students in an open, non-threatening way.

School-Wide Assemblies

Presentations for students, parents, and staff that offer a road map for understanding and responding to the influences affecting teens.

What We Cover

- Consent, Personal Boundaries & Respect
- Navigating Peer Pressure & Sexual Bullying
- Toxic Behaviors vs. Healthy Relationships
- The Harmful Impacts of Pornography
- Cyber Laws, Harassment & Safety
- Responding to Sexual Assault Disclosure
- Alcohol & Drug Consumption in Relation to Sexual Assault Outcomes

Using Be Strong, Be Wise in Health Education

- ★ Has led to fewer incidents of sexual violence & harassment school-wide.
- ★ Has empowered students to create their own support groups & advocacy organizations.
- ★ Has led to students talking to each other about prevention versus reaction.
- ★ Has supported teachers & counselors to feel confident they know how to help keep students safe.

“In my opinion, this course is a must experience for all health students. The dynamic presentation of the Be Strong, Be Wise materials is absolutely outstanding. Kids are attentive, engaged and exposed to critical information that they need to make wise choices.”

- Patrick Kelly, Health Teacher at Camden Hills High School

