



Sexual Assault Support Centre of Waterloo Region

The mission of the [Sexual Assault Support Centre of Waterloo Region](#) (SASC) is to support survivors of sexual violence. We listen, facilitate healing, and celebrate resiliency. Using an intersectional feminist approach, we work to transform systems that promote gender-based violence. The vision of the Sexual Assault Support Centre of Waterloo Region is a world without sexual violence and oppression.

Sexual Violence Prevention Education

The [Public Education Program](#) at SASC is on the front lines of prevention education, helping to improve responses to sexual and gender-based violence. We provide specific programming for elementary and secondary schools, university and college students, workplaces, youth groups, and community organizations. Our school-based programming is age appropriate and aligns with the Ontario [Health and Physical Education](#) curriculum. Our highly skilled educators provide evidence-based, trauma-informed, and engaging workshops on consent, healthy relationships, boundaries, trauma, healthy masculinity, sexual exploitation and human trafficking, responding to disclosures, bystander intervention, social media safety, and more. Our educators are also trained in supporting survivors of trauma who disclose their experiences.

Our Approach

Our youth workshops are designed to be activity-based, focusing on discussion and hands-on engagement. We work directly in classrooms, building rapport with students and fostering a space for meaningful conversation. Our educators co-create respectful and inclusive learning environments where students feel empowered to ask questions, share ideas, and reflect on their values and experiences. We prioritize small-group, interactive learning that encourages participation and critical thinking. This approach helps students connect more deeply with the material and supports long-term understanding and behavior change.

While we can provide large-group presentations when needed, our experience and research show that smaller, classroom-based sessions are more effective for student engagement and learning. Assembly-style talks will be considered on a case-by-case basis, with priority given to formats that foster interaction, reflection, and meaningful discussion.

Male Allies Program

Our [Male Allies Program](#) seeks to specifically engage men and boys in conversations about ending sexual and gender-based violence. Men and boys have a unique ability and responsibility in ending systemic and everyday forms of gender-based violence. Our Male Allyship educators create spaces in which young men and boys can explore narratives of masculinity, healthy relationships, consent, boundaries, and more. Educators provide participants opportunities to explore self-reflection, engage in dialogue, and challenge harmful language and behaviour.

Contact

For more information or to book a workshop for your class, please connect directly with Karley:

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Sexual Violence Prevention Education Programming for Youth & in Schools

Multi-Session Programming

Multi-session programming involves the same group of participants meeting multiple times. Multi-session programs are in line with best practice for violence prevention education as it gives participants multiple opportunities to learn and reflect on the content. All of these programs can be run as part of a class curriculum or outside of the classroom.

My Body is Mine (Pre-School/Primary)

Pre-school to Grade 3

- Session One: All about my body (age-appropriate anatomy)
- Session Two: Consent
- Session Three: Saying “no” and finding help

This is a three-part series for young children of all genders. Each session builds on the last to support students’ learning about consent and healthy relationships in an age-appropriate manner. The best time to talk to children about consent is early and often, and that is exactly what this program offers. Participants will engage in fun, interactive, and empowering activities to lay the foundation for future safety. Each session in the My Body is Mine series requires 45-60 minutes to facilitate.

Culture of Consent (Junior/Intermediate)

Grades 4-8

- Session One: Healthy relationships and consent
- Session Two: Boundaries and saying “no”
- Session Three: Being an empathetic and supportive friend

This is a three-part series for elementary school students of all genders. Each session builds on the last to support students’ learning about consent and healthy relationships in an age-appropriate manner. Content is adjusted based on the age of the students participating. For example, for younger grades, the facilitator will focus on hugs and friends while for older grades we will start to explore sexual consent and dating relationships. Each session in the Culture of Consent series requires 60-75 minutes to facilitate.



Culture of Consent (Intermediate/Senior)

Grades 9-12

- Session One: Healthy relationships and consent
- Session Two: Bystander intervention
- Session Three: Trauma, mental health, and responding to disclosures of sexual violence

This is a three-part series for high school students of all genders. Each session builds on the last to support students' learning about consent and healthy relationships in an age-appropriate manner. Content is adjusted based on the age of the students participating. For high school students, we start to think about the active role we can each play in preventing sexual and gender-based violence. Each session in the Culture of Consent series requires 60-75 minutes to facilitate.

Empower and Allyship (Intermediate/Senior)

Grades 7-12

This is a 10-week healthy relationships program for high school-age youth of all genders. Empower and Allyship encourages youth to become leaders in ending gender-based violence. Through interactive activities and engaging discussions, youth will explore topics such as consent, healthy relationships, allyship, and bystander intervention. As part of the program, youth will complete a community project. This is an open-ended, youth-led initiative to educate their community about what they have learned through Empower and Allyship. Each session of Empower and Allyship requires 90 minutes to facilitate.

Young Men's Group (Intermediate/Senior)

Grades 7-12

This program is focused on the prevention of violence through the promotion of positive, healthy relationships. In small groups over 6 one-hour sessions, trained male facilitators from SASC and Family & Children's Services Waterloo Region work to create safe spaces for young men to discuss issues such as bullying, dating violence, peer violence, group violence, and mental health.

This group has been adapted from "The Fourth R: Healthy Relationships Plus Program," an evidence-based program designed to increase young men's relationship-building capacity, healthy communication skills, address risk behaviour, and encourage healthier decisions.



Single Session Workshops

Single session programming can be offered as a one-off classroom workshop. These workshops require a minimum of one hour facilitation time, and some may require up to 90 minutes. All workshop content is adjusted based on the age of the participants and intended for students of all genders.

Healthy Relationships & Consent - Grades 6-12

What does a healthy relationship look, sound, and feel like? Youth will critically engage in conversations about healthy and unhealthy behaviours in relationships. Through a discussion about what consent is, what barriers exist in creating a culture of consent, and how to apply consent practices in friendship and sexual contexts, participants will learn ways to incorporate consent into their daily practices.

Bystander Intervention - Grades 7-12

Research shows that the most common reason people report not stepping in to prevent sexual violence is that they are not sure what to do. In this workshop, participants will learn practical steps to preventing sexual violence before it happens including addressing rape culture in their everyday lives.

Navigating Social Media, Sexting, & Nudes - Grades 7-12

This workshop will unpack the ways in which social media and other forms of technology impact our relationships. Through honest and shame free conversations, participants will learn about consent in relation to nude photos, cyberbullying, and more.

Sexual Exploitation & Human Trafficking - Grades 7-12

In this workshop participants will learn what human trafficking is, how to recognize the luring and grooming process, and will leave with a knowledge of local resources.

Your Brain on Trauma - Grades 11 & 12

Our brains are incredible and complicated. In this workshop we will talk about how our brains react to danger and trauma. In doing so, we can better understand why we, and others, react in certain ways to triggers and trauma.

Communication and Sex - Grades 11 & 12

In this workshop for students aged 16 years and older, we will discuss tools to improve communication in our sexual relationships. Using a want/will/won't list can help us talk about our boundaries, wants, and needs with a partner. This workshop focuses on themes of pleasure, consent, and intimacy to encourage healthy sexual relationships.