



## **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 [SASC Public Education team](#) 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/college students, workplaces, and community organizations. All of our school-based programming is age appropriate and aligns with the Ontario Health and Physical Education Curriculum. Our education offerings can be tailored to the needs of the participants including accommodation for students with learning disabilities. Our highly skilled educators provide evidence-based, trauma-informed, and engaging workshops on a variety of topics. Our educators are also skilled in supporting survivors of trauma who disclose their experiences.

### **Male Allies Program**

[Male Allies](#) is a program within the SASC Public Education department that 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 Allies educators seek to create spaces in which men and boys can explore narratives of healthy masculinity, relationships, consent, and more. Educators provide participants opportunities to explore self-reflection, engage in dialogue, and challenge harmful language and behaviour.

### **Key Contact**

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## Description of Services Offered 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 and Primary Grades)**

Age Group: 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 mini-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.

#### **Culture of Consent (Elementary School)**

Age Group: 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 mini-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.

#### **Culture of Consent (High School)**

Age Group: Grades 9-12

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



This is a three-part mini-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.

### **Empower and Allyship**

Age Group: 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.

### **Young Men's Group (YMG)**

Age Group: Grades 7-12

This program is focused on the prevention of violence through the promotion of positive, healthy relationships. In small groups over 7 one-hour sessions, trained male facilitators 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 Programming**

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 two hours. All workshop content is adjusted based on the age of the participants and intended for students of all genders.

### **Boundaries**

Age Group: Grades 3+

Why is it so hard to say no? In this workshop, youth will learn about developing their own boundaries and asserting them with friends, family, and partners. We will discuss different types of boundaries and consider how our values, resources, and life experiences impact our boundaries.



### **Empathy and Supporting a Friend**

Age Group: Grades 3-12

In this workshop we will talk about how to support someone who tells us that they have experienced a traumatic event. We will talk about empathy and how to be a good friend to someone who is going through a hard time. Older participants will unpack issues of victim blaming and slut shaming, while younger participants will focus on what it looks like to be a good friend.

### **Gender Roles, Stereotypes, & Identity**

Age Group: Grades 4-12

“Man up.” “Act like a lady.” Statements like these are heard every day and push people into boxes based on their gender. This workshop examines some of the ways in which gender-based stereotypes impact our relationships with ourselves and others. We will also unpack the impact of gender stereotypes on queer and trans people and the importance of using a person’s correct pronouns.

### **Media Literacy**

Age Group: Grades 4-12

In this workshop we will dive into pop culture. We will watch clips from popular movies and TV shows and use what we know about rape culture and gender roles to analyze relationships. We will talk about the ways in which romantic relationships are portrayed in movies and TV shows and what that might mean for us as viewers.

### **Healthy Relationships & Consent**

Age Group: Grades 6-12

What does a healthy relationship actually look, sound, and feel like? What are “red flags” that someone may be trying to control or harm us? This workshop explores the characteristics of healthy, unhealthy, and abusive relationships. Youth will critically engage in conversations about healthy and unhealthy behaviours in relationships. We will also discuss what all of this has to do with consent. Through a discussion about what consent is, what barriers exist in creating a culture of consent, and how to apply consent practices in sexual and non-sexual contexts, participants will learn ways to incorporate consent into their daily practices.

### **Navigating Social Media, Sexting, & Nudes**

Age Group: Grades 6-12

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.



### **Porn Literacy**

Age Group: Grades 6-12

Online pornography has become widely available and is relatively easy for people of all ages to find. In this workshop participants will discuss the role pornography is playing in shaping people's understanding of sexuality, sexual health, consent, sexual violence, and more. Youth will be empowered to think critically about the media they consume in a sex-positive manner.

### **Bystander Intervention**

Age Group: 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.

### **Culture and Harm**

Age Group: Grades 7-12

Using the continuum of harm card activity, participants will have the opportunity to critically engage with conversations about rape culture in everyday life. At the end of the exercise, participants will learn that all of the behaviours we learned about are harmful and are part of a bigger system of rape culture.

### **Human Trafficking**

Age Group: 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. We also offer additional curriculum for educators to supplement our workshops with their groups as well as education to service providers about how to spot trafficking and what to do about it.

### **Your Brain on Trauma**

Age Group: 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**

Age Group: 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.