



The CONNECTED You

Empowering youth with the skills and the will to take action against sexual violence.

ACAA offers a variety of education sessions for youth from grades 7 - 12 focused on building their capacity to recognize health in relationships, describe what consent is (and isn't), and build skills to help someone who needs it.

The CONNECTED You is...

- **Aligned with Alberta Education Curriculum:**
Aligns with Alberta Education Health and Life Skills, and Wellness Education Program.
- **Engaging and Interactive:**
The program uses age-appropriate and culturally relevant scenarios to explore the concepts addressed.
- **Empowering:**
ACAA believes in the capacity for youth to incorporate healthy consent into all aspects of their relationships, and to be change-makers in creating the community they want to live in.
- **Trauma Responsive:**
Facilitators are trained to respond to disclosures and experiences describing sexual violence and to follow mandated reporting processes.

Caregivers and teachers are critical in creating an environment that enables ongoing support and information, so we also offer Caregiver and Teacher education sessions to help:

- Gain confidence in addressing challenging topics with young people.
- Respond to disclosures of sexual violence.
- To offer support for yourself and for youth during tough moments.

Healthy Relationships

Empowers youth to examine their own relationships for signs of health, make decisions that align with their values and goals, and to learn what they can do in tricky situations for themselves and others.

- Increase understanding that we are all worthy of healthy, caring, and safe relationships.
- Tools to help care for ourselves and others in relationships.
- Explore ways to understand our own need and desires better.
- Helping a friend who's in an unhealthy relationship.

Online Culture

Equips youth with information about consent and the law in the digital world, with a particular focus on photo sharing.

- Definitions of consent, using an online context.
- Exploitation, luring and non-consensual photo sharing.
- Supporting a friend.
- Resources available to support someone.

The CONNECTED You is designed to be delivered online or in person in 75 - 90 minute sessions and its learning objectives are tied to five key concepts:

Healthy Relationships, Online Culture, Sexual Violence, Consent, and Bystander Intervention.

Sexual Violence

Youth enhance their understanding of the full spectrum of sexual violence, break through the fictions that stop survivors from getting support, and ways to confidently support others.

- Understanding the full spectrum of sexual violence.
- Challenge fictions about sexual violence that prevent survivors from getting support.
- When we cause harm: intent, impact and making good.
- Supporting a friend who has experienced sexual violence.
- Building a safe and caring community.

Consent

Youth engage in ideas and exercises around 'practicing consent', beyond the basics of the law.

- Enhancing consent communication.
- Dive into the dynamics that make practicing consent tricky.
- Unpacking sexual scripts and their influence on expectations and actions.
- Reflecting on sexual desire outside of these scripts.

Bystander Intervention

Equips youth to build the skills and the will to become change-makers by supporting others, seek help and to make positive changes to create the world they want to live in, free of sexual violence.

- Recognizing when something doesn't seem right
- Exploring the 'why' of intervention
- Exploring options when it feels impossible to do anything
- Practical skills, because this takes practice!



The Association of Communities Against Abuse has been the primary organization addressing sexual violence in East Central Alberta for 30 years and is an active member of the Association of Alberta Sexual Assault Services. ACAA offers System Navigation, Specialized Police and Court Support, Counselling, school based, professional and public Education, and leadership in developing coordinated and collaborative approaches to service delivery across the region.

ACAA serves the East Central Region of Alberta, which includes over 104,000 people who live in a rural geographic area of 48,000 square kilometres including Drumheller in the south, highway 21 in the west, highway 14 in the north and the Saskatchewan border in the east. Communities include Tofield, Camrose, Stettler, Drumheller, Vegreville, Hanna, Consort, Coronation and surrounding areas.

If you have any questions or would like to learn more about The CONNECTED You, please contact the **Association of Communities Against Abuse** at education@acaahelps.ca or at **1 (866)807-3558**.