



The INCREDIBLE You

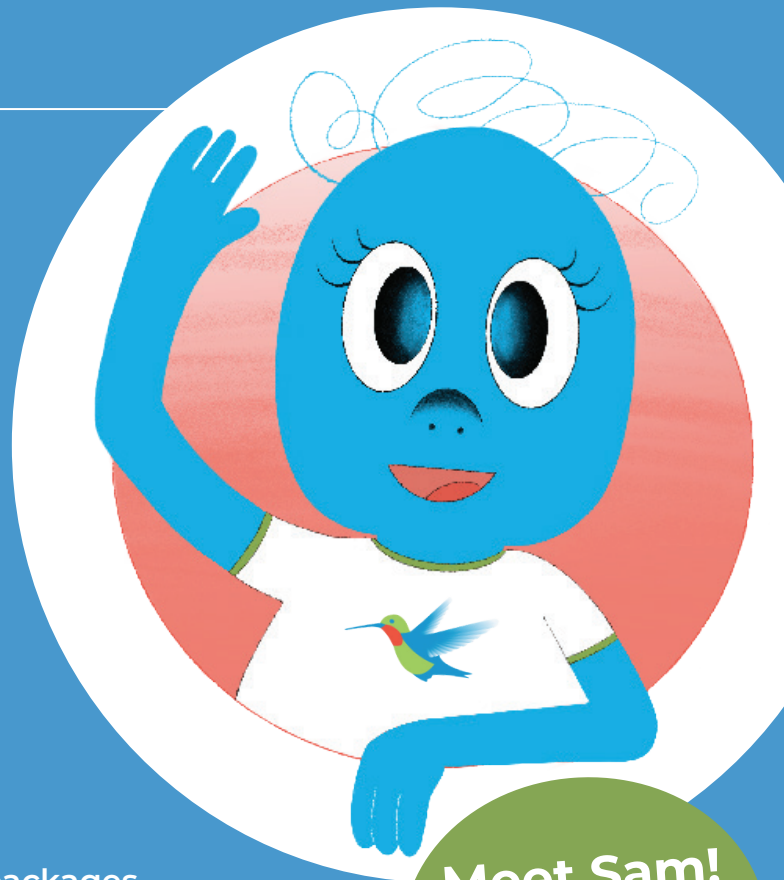
is a school-based Sexual Abuse Education program for Kindergarten to Grade 6 offered by the Association of Communities Against Abuse to empower children and those in their lives to recognize their rights and ownership of their bodies, increase understanding of consent and enhance their support networks.

The INCREDIBLE You is...

- **Aligned with Alberta Education Curriculum:**
Aligns with Alberta Education Health and Life Skills, and Wellness Education Program.
- **Engaging and Activity Based:**
The program uses a variety of participatory tools including books, videos, songs and skits.
- **Empowerment and Resilience Based:**
The program content and pedagogy is designed to educate children about their rights, identify safe people in their lives, and to trust their own feelings and reactions.
- **Trauma Responsive:**
Facilitators are trained to respond sensitively to disclosures of child abuse and to follow mandated reporting protocols.

We also offer Parent and Teacher education packages to offer a wraparound approach, to help:

- Gain confidence in addressing taboo topics with young people.
- Respond to disclosures of abuse.
- To offer support for yourself and kids during tough moments.



Meet Sam!

They're our guide to helping kids understand these topics.



The **INCREDIBLE You** is designed to be delivered in two to four 30-45 minute sessions and its learning objectives are tied to five key concepts:

Bodily Autonomy, Consent, The Felt Sense, Sneaky Stuff & Support Network.

The Felt Sense

- Your body and feelings can give you messages. These messages and feelings can be trusted.
- Only you can decide what feels good to you, and this can change depending on who you're with, your mood, and where you are.
- Just as our body gives us messages, we can also give our bodies the message that we are safe, which can help us calm ourselves down.

Bodily Autonomy

- We all have a body bubble or personal space that can change in different situations and when we are with different people.
- Your Body is your own.
- People should only come into our body bubble / personal space when we say 'Yes'.
- Areas of the body that are especially private, including correct names for Private Parts (if permissible by the school and parents).

Consent

- Body Boundaries (no one should look at, no one should touch, no one should take pictures of our private parts).
- Ways to communicate a yes or no.

Sneaky Stuff

- Using your felt sense to identify gifts, threats, bribes.
- Difference between secrets and surprises.

Support Network

- Help students identify safe people in their lives.
- Tattling vs Telling.
- How do we know we need to tell someone?
- How do we know someone is a safe person in our life?



The Association of Communities Against Abuse has been the primary organization addressing sexual abuse and sexual assault in East Central Alberta for 30 years and is a member of the Association of Alberta Sexual Assault Services. ACAA offers family support and 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 INCREDIBLE You please feel free to contact ACAA's Education Program at the **Association of Communities Against Abuse** at education@acaahelps.ca or phone **1-866-807-3558**.