

VOICES

Student Guidebook



**COMMUNITY
MATTERS**

*Empowering Youth
Transforming Communities*

ABOUT VOICEUP!

WELCOME

Overview

This training is designed to empower you to identify, prevent and get help for issues surrounding sexual abuse and misconduct.

This is accomplished by creating and maintaining healthy boundaries and supporting your friends.

At the end of the training you will be equipped with tools to recognize, prevent and report when you see, hear, know and feel that boundaries have been violated.

Objectives

1. Be able to define and provide examples of personal boundaries.
2. Be able to recognize behaviors and actions of individuals who cross boundaries.
3. Be able take action to recognize, prevent and report when you see, hear, know, and feel that boundaries have been violated.
4. Know from who and where to get help for those impacted



LESSON ONE

KNOWLEDGE IS POWER

EMOTIONAL AND PHYSICAL COSTS

Statistics of Mistreatment

- More than 50% of youth experience mistreatment
- 1 in 6 youth experience sexual misconduct by a peer
- 1 in 10 youth experience sexual abuse by an adult

Impacts of Mistreatment

Both sexual and non sexual assaults are associated with higher than normal levels of:

- Depression
- Anxiety
- Post-traumatic stress symptoms
- Risk of being assaulted again
- Negative experiences in youth that lead to poorer physical and mental health later in life.

What other impacts could be associated with either sexual or non sexual assaults?

-



LESSON ONE

KNOWLEDGE IS POWER

WHAT CAN YOU DO?

4 out of 5 incidents of mistreatment are witnessed by fellow peers. If you see, hear and know things then you have the power to stand up and speak up to make a difference.

NOTICE

Notice and identify when you or your friends' boundaries are being crossed. Notice if there is mistreatment occurring.

THINK

Think about how you can safely act to stand up and speak up and which actions to choose.

ACT

Listen,

Support

Ask for Help when needed.

These simple actions can help to stop mistreatment and help maintain a healthy environment where everyone feels safe.



LESSON ONE

KNOWLEDGE IS POWER

THE TRUE YES

In the True Yes video we identified methods used to manipulate people through the GALE acronym. It is important to be able to recognize when someone is using these methods to trick you into behavior you don't want to do.

Guilt

Anger

Loneliness

Embarrassment

These violations can be seen in friendships, dating, and from adults. To protect yourself from these tricks it is important to know what your personal boundaries are.

How might your behavior start to change if you are influenced by these tactics?



LESSON TWO

CARING FOR YOURSELF

HEALTHY BOUNDARIES



Discussion Questions:

1. What are your personal boundaries? Write out 2-3 boundaries you have for each of the following groups: family, friends, classmates.

-
-
-

2. How would you communicate your boundaries?

3. How would you ask others what their boundaries are?

LESSON TWO

CARING FOR YOURSELF

CONSENT

Discussion Questions:

1. What constitutes consent?
2. What is enthusiastic consent?
3. When are you unable to give consent?



LESSON THREE

CARING FOR FRIENDS AND OTHERS

NOTICE

Discussion Question:

1. What signs might you notice in a friend if they are under the influence of these GALE tactics?

Take a moment to discuss or journal:

Some signs may include:

- Withdrawing from their friend group
- Spending more time alone or only spending time with the new person
- Drop out of clubs or sports
- Stop caring about school work
- Always defending the new person
- Showing anger or embarrassment
- Using drugs or alcohol



LESSON THREE

CARING FOR FRIENDS AND OTHERS

SUPPORT & LISTEN

Discussion Question:

1. What is a pro-social activity YOU do that you could invite a friend to join?
2. What do you think are the qualities of an empathetic listener?

Role-play

Create a simulation of a real life situation and apply what you have learned about Supporting and Listening to make a positive difference.

1. Pick a partner and choose one of the warning signs from the Noticing lesson.
2. Recreate a story behind the warning sign.
3. Partner A will Listen and Support while Partner B shares their story.



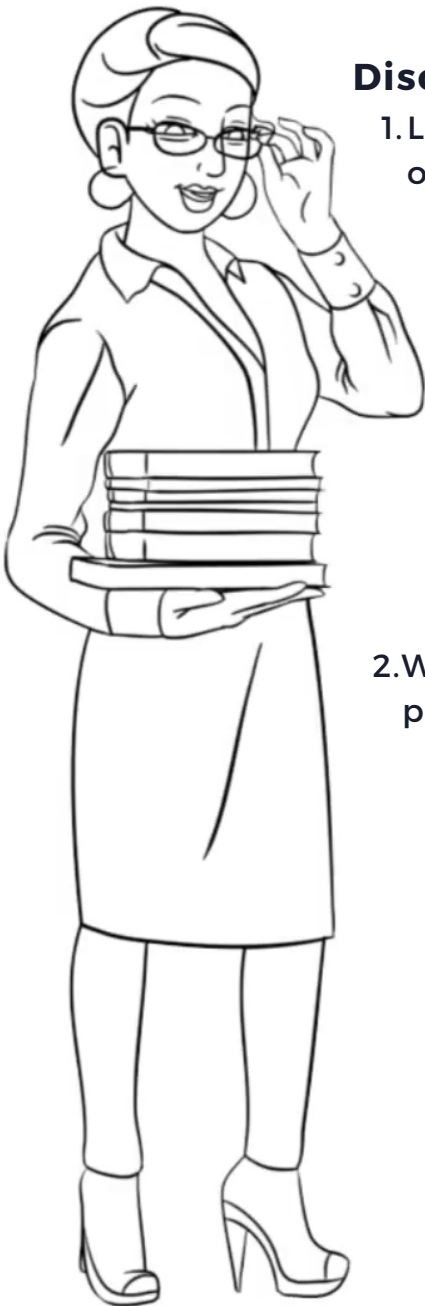
LESSON FOUR

GET HELP

WHEN TO GET HELP

Discussion Questions:

1. List 2-3 problems that are too big for you to handle on your own:
2. What are the consequences of not getting help for these problems?



LESSON FOUR

GET HELP

IDENTIFY SCHOOL SUPPORT

Discussion Questions:

1. List 2-3 adults you could go to for help.
2. How would you ask these adults for help?
3. What other resources does your school offer?



VOICES

Review

1. List 3 examples of boundary violations:
2. What behaviors might you notice from someone crossing a boundary?
3. What actions can you take when you notice boundary violations?
4. How can you get help and when is it needed?

