

Life Skill Workshop

**SEXUAL
SAFETY**

**As we gather here today,
we acknowledge we are on
Treaty 6 Territory and the
Homeland of the Métis**

OUTLINE

- Discussion
- Learning
- Worksheet Activity
- Take-away
 - Boundary Worksheet

There will be scheduled breaks throughout the workshop but if you need to get up to move your body, go to the washroom, grab a snack or some water please do.

FASD & SEXUAL SAFETY

- Social cues: Reading verbal and non-verbal body language
 - Peer Pressure: Agreeing to do something before we understand what it is that we will be doing
 - Perseveration: Hyper-focusing and unable to read the body language of another person
 - Generalizing: Private vs Public
 - Vulnerability: Trusting people who may not be trustworthy
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FASD

No two people are affected by FASD in
the same way!

**What is
“Self-Confidence”?**

SELF-CONFIDENCE

- How we see ourselves
 - What we think we deserve
 - The way we allow others to treat us
 - What we tell ourselves
 - The way we take care of ourselves
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WAYS TO BUILD SELF-CONFIDENCE

- Doing an activity we enjoy and believe we are good at
 - Keeping a journal where we write one positive thing about ourselves each day
 - Surrounding ourselves with kind and supportive people
 - Taking care of our body with healthy food and exercise
 - Maintaining personal hygiene and an appearance that makes us feel good
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SELF-LOVE

- Loving ourselves takes time, compassion, and dedication
 - Listening to our bodies and exploring it's likes and dislikes is a great way to show ourselves love
 - Surrounding ourselves with people that make us feel special, feel safe, and feel good is showing ourselves love
 - Loving ourselves is a lifetime commitment, some days we are good at it and some days we are not.
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Verbal and non-verbal language

HOW DO WE EXPRESS

When we're feeling **Scared** or **Fearful**?

When we're feeling **Angry**?

When we're feeling **Sad**?

When we're feeling **Happy**?

We're feeling **Sexual** or **Romantic**?

**Boundaries
+ Consent
= Self Love**

BOUNDARIES

- Boundaries are like Rules, they tell other people how you want to be treated
 - When someone treats you in a way that doesn't feel good, it might be a good idea to set a boundary with them
 - Setting a boundary is a practice in self-love! It builds our confidence, self-esteem and helps feel more connected to ourselves and the people around us.
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EXAMPLE

- How much room do you like around other people? Lots of room or little room?
 - Who gets to touch you? When do they get to touch you? Where do they get to touch you?
 - How do you want people to talk to you? Nicely? With honesty?
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CONSENT

- **Consent** simply means talking first and having the choice to say yes, no, or maybe to a situation
 - **Consent** is about making decisions that feel right for you and your body, your decisions may change over time.
 - Asking for **consent** is important in every situation, especially in a sexual one.
 - There are verbal and non-verbal ways that a person might say yes or no.
 - **Consent** takes practice and the more you ask other people what they are okay with, they more likely they will start asking you what you are okay and not okay with.
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EXAMPLE

- Can I give your phone number to my friend?
 - Do you want to come to my family dinner with me?
 - Would you like to be my boyfriend/girlfriend/partner?
 - Can I kiss you?
 - Is it okay if I touch you here?
 - What are situations that we could ask for consent? How would we ask it?
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WAYS TO SAY “NO”

- Sorry, this is not a good time.
 - This isn't working for me.
 - I don't feel like it today, maybe another time?
 - I used to like that, but I don't anymore.
 - I have a hard time saying no, but I'm practicing being braver so I'm going to go with a No for now. Thanks.
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PRACTICE

- Your friend wants to hold your hand, but you don't feel like it
 - Your uncle opens his arms to give you a hug and you freeze because you don't want to
 - You're kissing your boyfriend/girlfriend and they start to touch your body where you don't want, you want to keep kissing them but not go any farther
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Dating and Relationships

CONSENT WITH YOUR PARTNER

- You talk to your partner about a sexual relationship.
 - Your partner tells you that they are ready for a sexual
 - relationship.
 - Your partner understands what could happen after sex.
 - Your partner is old enough to make the choice (over the age of 16).
 - Your partner is not forced – in ANY way!
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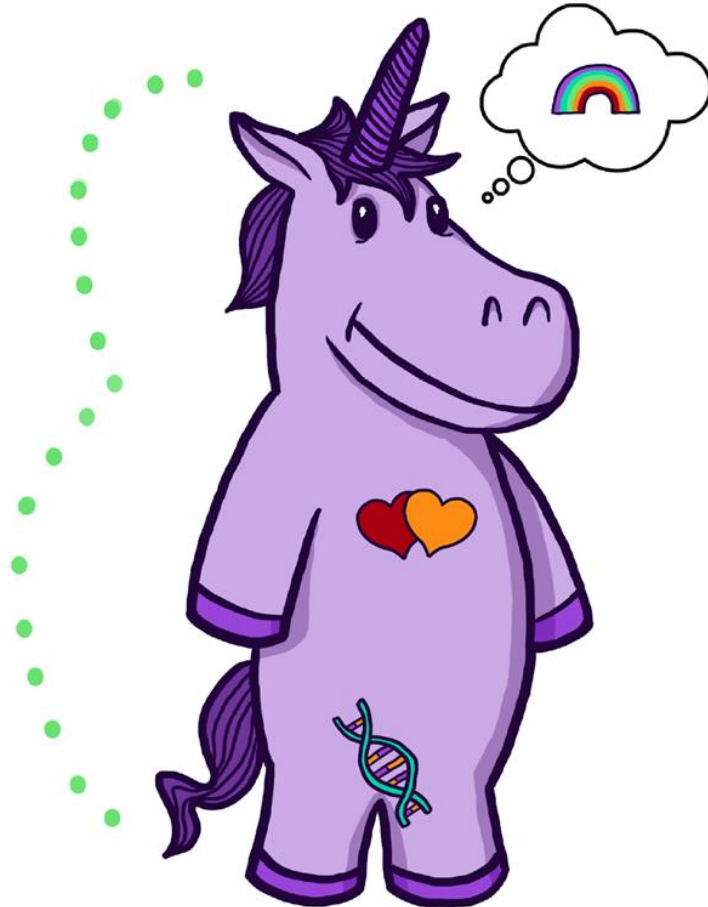
Worksheet

Exploring Diverse Identities


(Gender, Sexual and Romantic)

The Gender Unicorn

Graphic by:
TSER
Trans Student Educational Resources



Gender Identity

-  Female/Woman/Girl
-  Male/Man/Boy
-  Other Gender(s)

Gender Expression

-  Feminine
-  Masculine
-  Other

Sex Assigned at Birth

-  Female
-  Male
-  Other/Intersex

Physically Attracted to

-  Women
-  Men
-  Other Gender(s)

Emotionally Attracted to

-  Women
-  Men
-  Other Gender(s)

To learn more, go to:
www.transstudent.org/gender

Design by Landyn Pan and Anna Moore

ROMANTIC RELATIONSHIPS

- A person can have a romantic relationship with a person that could look like going on dates, sharing a commitment to one and other, living with and or marrying the person and it may or may not involve a sexual relationship
 - We enter into a romantic relationship with our partners (boyfriends or girlfriends) when both people consent to being in that relationship
 - Types of non-romantic relationships include: Friends, family, co-workers, teachers, neighbors, bus drivers, support workers etc.
 - Most importantly, you get to decide what types relationships you would like to have in your life and who you want to have them with.
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**Cellphones! Dating
Apps! Safety!**

DATING APPS

- There are many places to meet people online such as: OKCupid, Tinder, Grindr etc.
 - Online dating is a great place to try out boundaries and explore what you like/dislike
 - When meeting people online in person it's a really good idea to tell someone you trust where you are going, this is for safety in case anything bad might happen.
 - If it doesn't feel right, it's your right to leave the situation. You don't have to get in a car, go to a house, or do something that you don't want to do.
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TEXTING & SEXTING

- Sexting is a word that combines “sex” and “texting”. Sexting is when people send or receive text messages, pictures, or videos that propose sex, refer to any sexual activity, show a sexual act, or show a naked or nearly naked person.
 - Always tell the person if you are uncomfortable or want to stop.
 - If you do not want to send or receive pictures or messages from another person, ask them to stop and if they don't you can block their number.
 - Set boundaries and know that you are in control of the messages you send.
 - Once a message, picture, or video is sent it can be hard to control who sees it and has a copy of it.
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SAFETY TIPS

- Remember that once something has been shared online or over a cellphone, it can be difficult to control who sees it. Anything you share may not stay private and can easily be copied, shared, or stored on someone else's device.
 - Treat other people with respect and don't share their private pictures or texts with other people, unless it's with someone you trust and you want help with the situation.
 - The internet can be a wonderful thing and it can also be scary, people may pretend to be something that they are not. If you go to meet someone new off of the internet, try to tell someone first.
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Public
VS
Private

PRIVATE

- Masturbating
 - Any kind of sexual activity with another person
 - Watching pornography
 - Undressing (unless in a public change room with the purpose of showering/changing outfits for an activity)
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PUBLIC

- Holding hands
 - Kissing
 - Going on dates
 - Hugging
 - Cuddling
 - Non-sexual touching
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SAFETY

- When meeting someone for the first time, it's a good idea to let someone you trust know where you are going to be
 - Meet in a public place with other people around
 - Be careful when moving from a public place to a private place, like a person's car.
 - If you start to feel uncomfortable make sure to firmly say "**Stop**" and if that's not being respected, yell for help or call the police.
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FAITH

ABILITY

STRENGTH

DETERMINATION

RECAP

This workshop discussed boundaries, consent, identities, and sexual safety using dating apps and cellphones.

Next Workshop: “Culture”

March 17th, 2019

In the next workshop we will discuss the importance of culture in our lives, the way we practice traditions and find belonging in our communities!

CULTURAL RESOURCES

- White Buffalo Youth Lodge
 - Saskatoon Tribal Council
 - Saskatoon Indian and Metis Friendship Center
 - Central Urban Metis Federation Inc.
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SUPPORT

- One-on-one education
 - Discuss your challenges and strengths
 - Create strategies you can use in your daily life
 - You can access for as long as needed
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Riki

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Text: 306-221- 7414

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