

Resources for Teachers and Schools

Preventing Relationship Violence and Sexual Assault

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NOTEWORTHY RESOURCES:

Positive behaviours, hypersexualization, teaching sexual health, media literacy, bullying, sexual assault

- **The Nova Scotia Teachers Union** has taken a lot of initiative re: bullying prevention. They have a foundation that offers **grants for violence prevention projects in schools**.
www.sheonoroil.nstu.ca
- **Positive Action (U.S)** <http://www.positiveaction.net/>
 - U.S. DoE What Works Clearinghouse, Positive Action is the only program found to have “positive effects” for improving both academic achievement and behavior.
 - An educational program featuring a series of scripted lessons, for each grade level Pre-K through 12th.
 - The program is presented in a kit, which includes all the materials required for implementation. The lessons are scoped-and-sequenced, allowing schools to create a unified environment. No training is necessary and the lessons are easy to use.
 - It works by teaching and reinforcing the intuitive philosophy that you feel good about yourself when you do positive actions. The program teaches the positive actions for the physical, intellectual, social, and emotional areas of the self.

TEACHING SEXUAL HEALTH:

- **Respect Yourself**- Northwest Territories Sexual Health site- youth, parents, teachers
<http://respectyourself.ca/>
- **Teaching Sexual Health, Ontario**
<http://www.publichealthgreybruce.on.ca/sexual/Teaching/index.htm>
- **Teaching Sexual health** <http://www.teachingsexualhealth.ca/>
- **Teaching Sex Ed** and other Canadian Resources
<http://www.sexualityandu.ca/teachers/teaching-sexual-health-education-manual>

HYPERSEXUALIZATION:

- A VIDEO about hypersexualization created by two Canso youth:
www.youtube.com/watch?v=091xgvG3GKE
- Hypersexualization of Tweens and Teens. **Canadian Counselling and Psychotherapy Association**
www.ccpa-accp.ca/blog/?p=2257

- **Defining Hypersexualization:**
 - Messages that create a culture in which youth face a tremendous amount of pressure to look and act sexy and are stressed about their appearance
 - Normalizes the objectification of girls and women
 - Targets boys and men too
 - Boys and men are also objectified and ridiculed according to pre-set definitions of masculinity
 - Maintains a climate of violence against girls and women
 - Uses the easy availability of pornography as a source of education about sex and relationships
 - Distorts the notion of what consent is
 - Standardizes behaviours that should be considered inappropriate
 - Robs everyone of their ability to experience genuine intimacy and healthy relationships
 - Is not concerned with highlighting your strengths, values or unique personality traits
 - Strives to minimize, trivialize, desensitize, and criticize your individuality
 - Is directly linked with 3 of the most common mental health problems of girls and women; eating disorders, low self-esteem, and depression
 - Is perpetuated by corporations, the (billion dollar) pornography industry and the media for the sake of profit

- See **Sexual Violence Prevention Toolkit** (TriCounty Women’s Centre). Contains a lot of resources on hypersexualization.

MEDIA LITERACY:

- **Media Smarts**, <http://mediasmarts.ca/>

- **Media Education Foundation**, <http://www.mediaed.org/> Includes resources such as:
 - **Generation M Misogyny in Media & Culture**
How negative, hateful attitudes toward women and femininity are being perpetuated at the very heart of American popular culture.
 - **The Bro Code How Contemporary Culture Creates Sexist Men**
Takes aim at the forces in male culture that condition boys and men to dehumanize and disrespect women
 - **Flirting with Danger Power & Choice in Heterosexual Relationships**
Exploring the line between consent and coercion, this film takes a thought-provoking look at popular culture and the ways real girls and women navigate their heterosexual relationships and hookups.
 - **Writings/videos on boys by Jackson Katz**
<http://mediaed.org/PDGCommTemplates/HTN/google-search-results.html?cx=000714039553097922979%3Aeb0euvoa17g&cof=FORID%3A11&ie=UTF-8&q=jackson+katz&x>

WEBSITES, ARTICLES:

- Kid's Help Phone www.kidshelpphone.ca/Teens/InfoBooth/Violence-and-Abuse.aspx
- Dating Violence- Say "No!" www.rcmp-grc.gc.ca/cp-pc/date-freq-violence-eng.htm
- Youth Relationships- The 4th R <http://www.youthrelationships.org/>
- SEAK- Socially and Emotionally Aware Kids
http://novascotia.cmha.ca/programs_services/socially-and-emotionally-aware-kids-seak-project/#.UWGX1sokTIh
- Don't Be That Guy Campaign, Halifax Police
<http://hilarybeaumont.wordpress.com/2012/08/30/dont-rape/>
<http://www.thecoast.ca/halifax/dont-rape/Content?oid=3331195>
- Unlike Cyberbullying (Nova Scotia) <http://www.unlikecyberbullying.ca/>
- No More Bullies <http://www.wttw.com/main.taf?p=4,12,1>
- Erase Bullying (Alberta) <http://www.erasebullying.ca/>
On-line reporting tool <https://reportbullyingbc.edudata.ca/apps/bullying/>
- Positive Action <http://www.positiveaction.net/>
- Peace Alliance Educational Institute www.causes.com/causes/621436-peace-alliance-educational-institute/about
- Sexual Ethics for a Caring Society <http://sexandethics.org/>
- Stop Porn Culture! <http://stoppornculture.org/>
- Canadian Counselling and Psychotherapy Association <http://www.ccpa-accp.ca/>

YOUTUBE VIDEOS:

- Who Are You? (and will you intervene?), NZ
http://www.youtube.com/watch?feature=player_embedded&v=9zr1oxEbdsw
- Girls Run the World (Halifax) <http://vimeo.com/54543765>
- Hypersexualization (Canso) www.youtube.com/watch?v=091xgvG3GKE

BOOKS:

- **Pornland: How Porn has Hijacked our Sexuality**, by Gail Dines (2009) takes an unflinching look at today's porn industry: the stories woven into the images, the impact on our culture, the effects on us as men and women, the business machine that creates and markets porn, and the growing legitimacy of porn in mainstream media. Above all, *PORNLAND* examines the way porn shapes and limits sexual imaginations and behaviors. The average age of first viewing is about 11 for boys, and studies reveal that young men, who consume more porn than ever before, have difficulty forming healthy relationships. <http://stoppornculture.org/>