



To the caregivers of students aged 12-15;

It's so nice to connect with you, even if it is through a few degrees of separation. I wanted to introduce myself to you personally and share information with you about our sexualized violence education program, "No is a Full Sentence", that we are offering in the community this fall.

Our new sexualized violence prevention and education program for Grade 8 students, "No is a Full Sentence" (NIAFS), was developed in collaboration with both the Saskatoon Public School Division (SPSD) and the Greater Saskatoon Catholic Schools (GSCS). All of the content in this program is tied closely to the Saskatchewan Grade 8 Health Curriculum, outlined by the Ministry of Education. NIAFS is designed to build upon our Grade 4 child sexual abuse prevention and education program, "I'm the Boss of Me", which your child may have also received just a few years ago.

Due to the new Parental Inclusion and Consent policy, we are not allowed to present our age-appropriate program that talks directly about consent, boundaries, healthy relationships, bystander intervention, empathy, support systems, and violence. In the 2022-2023 school year we presented to 854 students in the SPSPD & GSCS systems. The Ministry has directed schools to immediately cease involvement with any third-party organization that is connected to sexual health education, and that only teachers can present sexual health education materials in the classroom. Sexual Assault Centers in Saskatchewan have been caught in this policy, which means we are not currently providing life-saving child sexual abuse education to students.

In lieu of presenting in schools with the goal of still being able to support families, **we will be offering "No is a Full Sentence" sessions in the community** after school hours. Sessions will be about 60 minutes in length, and participation of youth will be contingent on your support. These sessions will be open to all students aged 12 - 15 (approximately Grade 7 - 9) at a limited capacity. Caregiver information sessions will also be offered in tandem with the NIAFS sessions to better equip families in having these conversations and reinforcing these lessons in the home. Please see below for registration information.

Ideally, NIAFS includes eight lessons of content intended to be delivered to students as an entire unit in their health course. The seven lessons that would be delivered by the Grade 8 teachers are still available to them through their school division. Please feel empowered to connect with your child's teacher regarding the use of the full resource.

SSAIC has worked in collaboration with the SPSPD and GSCS for the past 17 years. Throughout all the years of presenting our school-based education programs, we have always received positive feedback from students, parents, school counsellors, teachers and administrators. We certainly understand that the idea of your child learning about sexualized violence may be distressing, but rest assured; just as we teach children preventative skills like lockdown procedures or fire responses, teaching youth about healthy boundaries and relationship skills is the best way to keep them safe.

What your child is learning through "No is a Full Sentence"

In Canada, sexualized violence is currently impacting an estimated 1 in 3 girls and 1 in 6 boys under 18 years of age. In order to explore the ways in which sexualized violence continues to be so pervasive, we must have clear conversations with students about boundaries, what defines healthy relationships, understanding consent, and the

toxic culture around sexualized violence. The program will equip your child with the skills and knowledge they need to become more socially aware of the root causes of sexualized violence, the impacts sexualized violence has on survivors and our communities, and how they can individually mitigate this type of violence from continuing.

The main messages of NIAFS were established based on our learning goals for students:

- Everyone is empowered to say “no” to anything that feels uncomfortable, unsafe, or threatening.
- Boundaries are healthy and normal for everyone to have.
- Healthy relationships are a right, and fostering healthy relationships lowers the rates of sexualized violence.
- Buying into harmful gender stereotypes contributes to gender-based violence, which includes sexualized violence.
- Consent is a necessary element of healthy relationships.
- Empathy is a key component of all healthy relationships. Sexualized violence is NEVER the fault of the victim; no one deserves to experience violence or abuse.
- We all need to embrace personal responsibility in recognizing and intervening in sexualized violence.
- There are always people who will believe and support survivors of sexualized violence and resources in the community available to help them.

How to register for a “No is a Full Sentence” Community Session

Please [follow this link](#) or use the QR code to register you and/or your child(ren) for one of our upcoming sessions. Capacity for these sessions is limited; you will receive an email confirmation from our team to confirm your registration. No preparation is required for these sessions.



The Education Team at SSAIC are more than happy to chat with you about any questions or concerns you may have. You can reach us at the phone number below, or by emailing niafs@ssaic.ca. Additionally, please don't hesitate to contact myself directly. We strongly believe in the life-saving content of our programs, and can't wait to meet as many of you and your children as possible.

In solidarity,

A handwritten signature in blue ink that reads "MPrice".

Morgan Price (she/they) | Education & Outreach Coordinator

Saskatoon Sexual Assault & Information Centre

P: 306-244-2294 | E: mprice@ssaic.ca

201 - 506 25th Street East

Saskatoon, SK

S7H 4Z1