

## Evidence led & expert developed

Developed by Kids First Australia's Sexual Abuse Counselling & Prevention Program, a national leader in therapeutic practice and evidence-informed approaches

**Supporting young people to develop strategies to navigate challenges using real life examples**



## Topics covered

Through four modules, To Future Me covers a range of topics to equip young people with the information they need to be safe and healthy now and in the future

### Module 1: My Safe Future Self

Seeking help and understanding who to turn to during difficult situations.

### Module 2: My Confident Future Self

Understanding consent and attractions vs behaviours.

### Module 3: My Strong Future Self

How to identify red flags associated with grooming and online safety.

### Module 4: My Respectful Future Self

Exploring gender and sexual identities and how to be respectful.

## Learning objectives

By completing To Future Me, young people can achieve the following learning objectives

### Awareness

- Build awareness of Child Sexual Exploitation (CSE)
- Increase awareness of grooming behaviour and separation of grooming myths from reality

### Build understanding

- Build understanding of CSE and associated levels of risk
- Increase understanding of the law around the age of consent
- Increase understanding of the nuances around communication and the need for implicit, informed, and enthusiastic consent

### Recognise

- Increase ability to recognise when relationships are becoming unhealthy/dangerous