

EVIDENCE LED & EXPERT DEVELOPED

# Supporting young people to navigate challenges using real-life examples

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

## Topics covered

Four modules equip young people with what they need to be safe and healthy now and in the future.

1

### MODULE 1

#### My Safe Future Self

The importance of help-seeking and healthy vs unhealthy relationships.

2

### MODULE 2

#### My Informed Future Self

Understanding consent, the stages of conflict and grooming.

3

### MODULE 3

#### My Strong Future Self

Peer pressure and the forms of violence in relationships.

4

### MODULE 4

#### My Respectful Future Self

Safe sex, pornography, gender stereotypes, values and boundaries.

## Learning Objectives

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

### Awareness

- ✓ Build awareness of Child Sexual Exploitation (CSE).
- ✓ Recognise grooming behaviours and separate myths from reality.

### Build Understanding

- ✓ Understand CSE and its associated risk levels.
- ✓ Understand the law around the age of consent.
- ✓ Understand the need for informed and enthusiastic consent.

### Recognise

- ✓ Recognise when relationships are becoming unhealthy or dangerous
- ✓ Develop skills to respond safely to peer pressure and unsafe situations.