

S.I.G.N Sexual Assault Outreach Program Presentation List

Healthy Relationships

Discusses the 7 pillars of healthy relationships, fair fighting and conflict resolution, and communication styles. This presentation can be formatted for middle years, teens, and adults.

Rock The Talk

Want to keep your kids safe but don't know how to have those "uncomfortable" conversations? Are you wondering if your child's sexual health is "normal" and developmentally appropriate for their age? Do you want tips on how to set boundaries and protect your children? This parent/guardian/caregiver addressed presentation discusses this and more. Learn how to "Rock the Talk" in the first 5 years, 5-8 years, 8-12 years, and 13-18 years.

Building Boundaries

Learn what boundaries are, how to set them, and how to follow through. This presentation discusses physical, sexual, emotional, and spiritual boundaries. The program can be adapted for children, teens and adults

Sexual Consent

Discuss the legal aspect of consent, age, and the emotional understand of consent. What consent looks like and sounds like, how to say "No", and safety tips. This presentation is geared for teens and young adults.

Safety Planning

The most factor is staying safe. Staying safe when we walk our streets, staying safe in our communities, schools, and sports group, and staying safe at home. Learn what a safety plan is and how to make one for you. This presentation is suited for both teens and adults.

Personal Safety

This program for kids discusses the difference between small problems and big problems through books and stories. We talk about rules and dangers in our lives. We identify safe adults we can talk to and trust. And learn the importance of confident words and being able to say "NO".

Dealing with Peer Pressure

Our peers and friendships play a huge role in our lives and drawing boundaries in our closest relationships are often the hardest. This program works great for students grade 6-12. We discuss the verbal and non-verbal cues, reasons speaking up can be hard, and the effects peer pressure has on our self-respect and our lives.

Internet Safety

Living in a digital world is a new challenge for parents/caregivers and youth. Learn about some of the dangers, understanding technology, and how to protect ourselves and our children from exploitation and sexting. This presentation can be applied to all age groups.

Society for the Involvement of Good Neighbors

Sexual Assault & Counselling Program

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