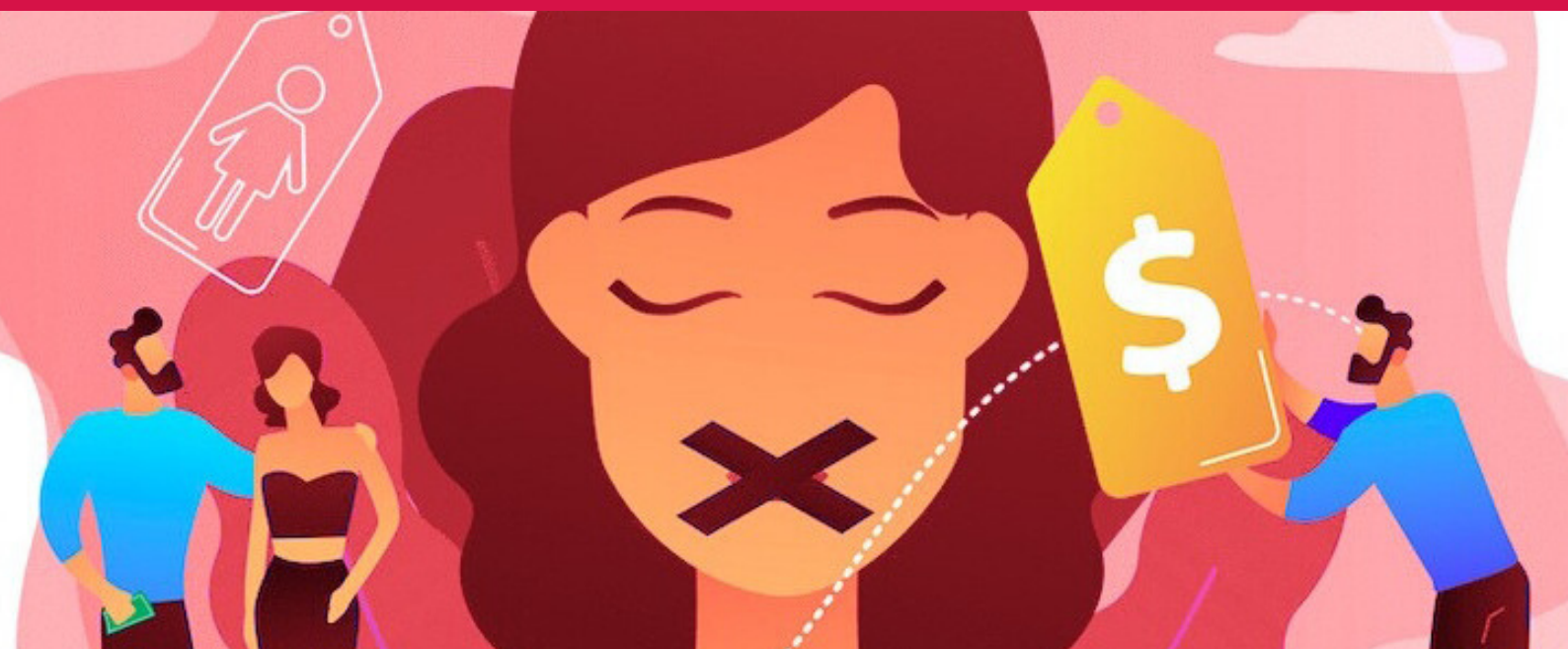


# EMPOWERING HEALTHY RELATIONSHIPS



## Topics Covered:

*Introduced through games, activities, videos and interactive discussion!*

- An overview of sexual exploitation
- Signs of an unhealthy relationship
- Types of exploiters/predators
- Grooming tactics into sexual exploitation by exploiters
- Grooming tactics into sexual exploitation by peers
- Consent- what it looks like and how to practice it
- Sexting: the risks, child pornography, and how to protect yourself
- Establishing healthy boundaries in person and online
- Self exploitation and social media- healthy relationships with apps

## Why Is This Presentation Important?

- The average age someone is first sexually exploited in Canada is 12-14 years old
- 1/3 of sexual exploitation is carried out by another peer
- 100,000-300,000 children and youth are sexually exploited every year in North America
- Self exploitation is on the rise
- The pandemic has increased sexual exploitation rates