

Safeteen is Proud to Present - Level 2

My Body is not Your Playground A Sexual Boundaries Workshop for Female Youth

This workshop has been developed in response to the escalation of casual sex amongst teens. Schools all over North America are requesting help with this disturbing trend. Girls as young as 10 and 11 are feeling pressured to participate in sexual activity by boys their own age and older. They are also feeling pressured by other girls to be a part of a competitive "it's no big deal" attitude towards engaging in oral sex. In a desperate attempt to feel equal to boys, young women are participating in a non-emotional approach to sexual activity where they are (in some cases) maintaining their virginity and rationalizing that it's, "not really sex". As well, pornography, so readily available on the Internet, is having a critical impact on what youth expect from themselves and each other.

Safeteen has a strong and pro-active response to these issues. A workshop with interactive exercises, dialogue and powerful theatre pieces, which address the concerns openly, ***My Body is not your Playground*** provides an opportunity for girls to examine their behaviors, find their power in relationship to sexual consent and establish strong healthy boundaries.

In exploring these boundaries the youth will be invited to establish limits and refusal skills regarding drugs and alcohol, peer pressure, video games and other on-line activities such as on-line sharing of an inappropriate nature. One of the most pressing issues facing today's youth, the prevalence of pornography on line, will be addressed.

Safeteen is an internationally acclaimed program based on a unique assertiveness model that youth readily embrace. Utilizing a dynamic and experiential teaching style, Safeteen addresses adolescents on their own level, working with issues that are relevant to their everyday lives. With the Safeteen skills, teens can connect with the power and wisdom *within* and speak from an authentic place of strength. They can *hold their power and speak their truth*.

Workshop Time-Frame: 2.5 hrs.

***Safeteen Level 1 is a pre-requisite for this workshop**