

Internet Safety: it is important to be aware of potential risks and dangers such as:

- ~ exposure to pornography;
- ~ vulnerability to predators;
- ~ harassment through e-mail or chatting.

Remember:

- ~ the best way to protect youth from internet predators is through open communication;
- ~ keep computers in public areas of the home where computer use can be monitored;
- ~ any harassment, pornography, or attempted internet luring should be reported to the police or to www.cybertip.ca

Sexual abuse of teens is not a rare occurrence, nor is it confined to any one social class, ethnic group, gender or religious background. It can happen to any family and occurs more than we would like to think. In fact, studies suggest one in four girls and one in six boys will be sexually abused in their lifetime, with the majority of that abuse occurring before the age of 18.

Fortunately, teens can recover from sexual violence. With the support of their family, friends and community, teens are able to deal with the sexual abuse or assault and improve their self esteem, and as a result, their outlook on life.



The Sexual Assault Centre of Edmonton is a non-profit organization funded by the United Way of Edmonton and Area, Family and Community Support Services (FCSS), Alberta Provincial Government, service clubs, foundations, and public donations.

Registered under the Societies Act of Alberta since 1975.

Donations gratefully accepted.

A registered charitable organization.
Charitable number: 107971772 RP0001



**Sexual Assault
Centre of Edmonton**

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**24 hour crisis line:
780/423-4121
www.sace.ab.ca**



teen counselling program



**Sexual Assault
Centre of Edmonton**

- ~ providing crisis intervention
- ~ public education
- ~ counselling

www.sace.ab.ca

The Sexual Assault Centre of Edmonton (SACE) offers individual counselling for children between the ages of 3 and 17 years. In order for teens to be seen for counselling, the sexual abuse or assault has to have been reported to Alberta Child and Family Services (1-800-387-5437) and/or the police (423-4567).

SETTING UP AN APPOINTMENT

After reporting the abuse/assault to Alberta Child and Family Services and/or the police, the parent or guardian of the teen can call the program and ask to speak to one of the Child and Adolescent Therapists. The therapist will complete the intake process with the parent or guardian covering the background information regarding the history of abuse/assault. Once the intake is completed, an appointment is scheduled. The waiting list varies but typically is no more than two weeks, with emergency appointments being made available when necessary.

INDIVIDUAL COUNSELLING

Counselling is provided for teenagers. As the teen develops a trusting relationship with the therapist, they are able to explore and resolve issues relating to their past abuse or assault histories.

GROUP COUNSELLING

Group therapy is also available for children, teens, and their parents throughout the year. However, the schedule for group counselling varies depending on the therapist's availability and number of interested clients. If you are interested in group counselling, please inquire with the Child and Adolescent therapists at SACE.

CAREGIVERS SUPPORT

Sexual abuse impacts not only the teen but also their family and friends. After a disclosure, the family may find themselves in crisis. Supports are available for those who are impacted by this abuse to assist them with the emotions and questions that may arise.

The Sexual Assault Centre of Edmonton offers individual and group counselling along with access to the 24 Hour Crisis Line for those impacted by this abuse.

COUNSELLORS

The therapists in the Sexual Assault Centre of Edmonton's Child and Adolescent Program have extensive and diverse experience working with children and teens who have experienced sexual abuse.

CURRENT TEEN ISSUES

Dating Violence: is when someone uses sexual, physical, and/or emotional abuse to frighten, hurt, humiliate and/or exert power over their partner in a dating relationship. Both partners always have the right to say no to any sexual contact in any relationship.

Rape Drugs: in recent years the media has widely publicized incidences of sexual assault where the perpetrators have used drugs to debilitate the persons they assault. Although alcohol is the most common and prevalent rape drug, it is often not readily recognized as a threat. In fact, almost half of the sexual assaults young adults experience take place under the influence of alcohol.

The use of rape drugs clearly illustrates that sexual assaults are planned and premeditated events. It is common for teens who have been sexually assaulted under the influence of rape drugs to blame themselves for what happened, but it is important to remember that the only person to blame is the perpetrator of the assault. The Criminal Code of Canada (Section 271.3) clearly outlines that consent for sexual activity cannot be obtained when an individual is impaired by alcohol or drugs (i.e. incapacitated).

~ providing crisis intervention ~ public education ~ counselling