


# SEXPRESS



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Volume 11, Issue 1

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**TEXT AND RESEARCH**

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## Preventing all forms of violence against children



At one time or another in their lives, children can be confronted with different forms of violence. Whether it takes the form of verbal, psychological, physical or sexual violence, negligence or bullying, we know that these abuses of power can negatively affect children's development and well-being.

Since 1999, ESPACE Gaspésie-les-Îles has worked to ensure that an increasing number of children will have a safe childhood free from violence. Preventing violence is not only about giving children the means to protect themselves against all forms of assault, but also involves working to increase awareness in adults as to their role in prevention and giving them the tools to help children in need.

### Principal activities

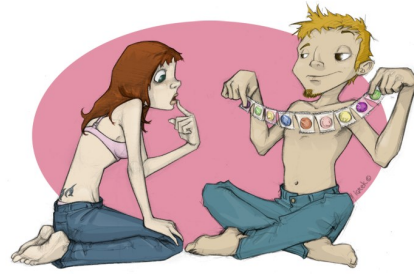
- ❖ CAP-ESPACE educative program, offered to elementary schools, daycare centres, recreation and sports groups and others, including post-workshop one-on-one meetings with the children who so desire.
- ❖ Raising awareness and supporting the general public, community organizations and associations, local intervenors and others.
- ❖ Collaboration with various groups (organizations, universities, cegeps, the media, working groups, etc.).
- ❖ Telephone consultations and referrals.

### Cap-Espace objectives

- ❖ Reduce children's vulnerability to violence;
- ❖ Teach children effective prevention strategies;



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- ❖ Offer the possibility of help to children in need;
- ❖ Raise awareness in adults to violence against children and their role in prevention;
- ❖ Prepare adults to deal with disclosures;
- ❖ Create self-help networks;
- ❖ Make child abuse prevention a public issue.

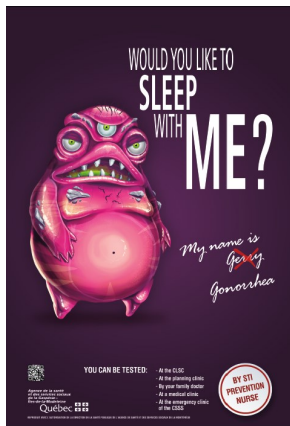
Alexandre Gaudreau  
Coordonnateur, Espace Gaspésie-les-Îles

\*\*\* Since 1999, more than 15,000 individuals in Gaspésie have been made aware and equipped to deal with violence against children. This year to date, 772 people have participated in the CAP-ESPACE program. \*\*\*

The CAP-ESPACE program *will be offered in the English sector of Gaspésie-Les-Îles as early as September 2014!*

[www.espacesansviolence.org](http://www.espacesansviolence.org)

## Fight against STIs in our region



In addition to making condoms available to adolescents and the general public by such means as vending machines and baskets of free condoms, the Public Health Department (DSP-GIM) has adapted the posters titled **Would you like to sleep with me**, that many of you requested, to our Gaspésie context, by adding

specific references to our region.

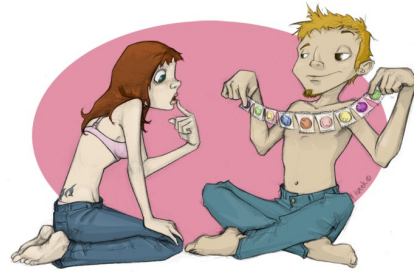
In the same way, school nurses now have new educational kits «PS ITSS Coco» which aim to prevent and raise awareness about STIs, contraception and other related subjects. The kits contain several tools among which a PowerPoint presentation (STI) translated in English. All tools have been designed according to the best practices of health prevention and promotion for healthy and responsible sexual practices.

### May we remind you that

- ❖ These PowerPoint presentations allow all nurses to have access to the same contents.
- ❖ There is a concern of involving boys, who are often difficult to reach with prevention issues by including several gender-specific messages.
- ❖ The educational material takes into account sexual minorities.
- ❖ From the outset, oral sex is treated as risky sexual behavior while this practice is commonplace among young people.
- ❖ This material includes several clips and activities that will certainly capture the attention of young people.
- ❖ Concepts such as magical thinking and the influence of alcohol in connection with sexual risk behaviors are discussed.
- ❖ Take note that we should not talk about the COCO (Non coital contacts) method anymore because young people wrongly think that activities without intercourse are safe. We talk about less risky behaviors e.g, tenderness, caresses, massage, etc.



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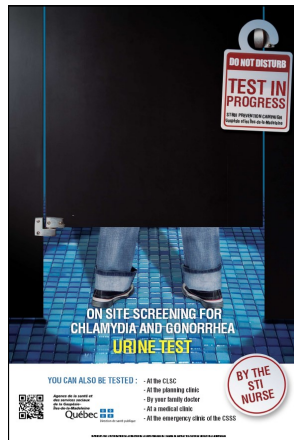


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- ❖ Experience shows that it is no longer necessary to show actual images of diseases such as penis and vulva infections. If we do, young people tend to wait until their genitalia is in this state before seeing a doctor. The images also suggest that the symptoms are apparent, while many STIs have no visible manifestations. Finally, the images leave an impression of disgust or revulsion that we do not want to associate with sexuality.
- ❖ For contraception, we must insist on the importance of dual protection and that boys are as concerned as girls in this area.

Finally, the DSP GIM is currently testing the pilot-project «Test in progress» which aims to make screening of gonorrhoea and chlamydia more accessible. If the results are positive, the project will be made available throughout the Gaspé and Magdalen Islands.

TO BE CONTINUED...



## For parents



It has always been accepted that parents are responsible for their child's sex education. However, parents are not always comfortable discussing topics such as sexual orientation with their young.

Parent newsletters with information about young people and sexual behavior and published by La Stratégie d'action jeunesse are available in the schools or from the school nurse. These tools for parents, make a good starting point to begin a discussion between parents and young people on subjects linked to sexuality like puberty, homophobia, contraception, etc.

## Supporting transgender and transsexual students in K-12 schools

Discrimination based on sexual orientation is increasingly known, but what about discrimination based on gender identity and gender expression?

## Definitions

### Sexual Orientation

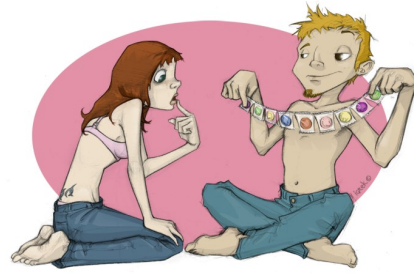
Sexual orientation generally refers to feelings of attraction, behaviour, intimacy, and identification with people of the same or opposite gender or of both sexes.

### Gender Identity

Gender identity is a person's internal sense or feeling of maleness or femaleness.



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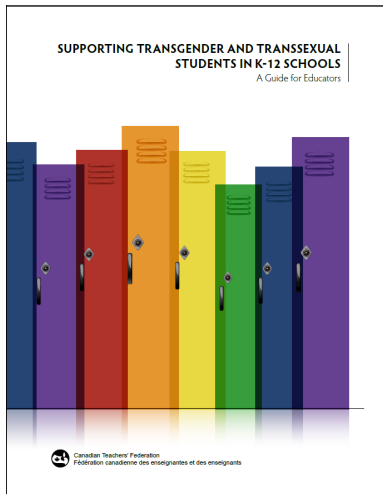


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Some children describe how an internal sense of masculinity or femininity (gender identity) does not match their physical body. The research indicates that these children are amongst the most at-risk groups of students for bullying, discrimination and violence in our schools today. The rate of suicide in this group is also higher. However, inclusive education community can play an important and decisive role in the development of personal **resilience** of transgender and transsexual students and their families.

### A Guide for Educators

It is intended to increase professional knowledge, understanding, and sensitivity around transgender and transsexual students.



<http://gendercreativekids.ca/wp-content/uploads/2013/10/Supporting-Transgender-and-Transsexual-Students-web.pdf>



The Fondation Emergence by its campaign against homophobia in 2014 aims to demystify homoparentality to decrease prejudice against children who grow up in families formed by same-sex parents.

Under the theme *I love my two dads/I love my two moms*, the visual of this campaign shows children that are smiling and proud of their family. They are children like any other, except for the way society sometimes looks at homosexuality and by association, at their families.



## DSP documentation centre

To borrow these items from the Direction de santé publique Gaspésie-Îles-de-la-Madeleine, contact Madam Suzie Fortin at 418 368 2443, ext. 4607.

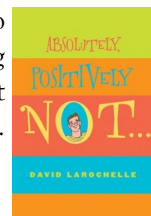
## Absolutely, positively not gay - BOOK

### TOPICS

Coming-out, homophobia, friendship

**A touching, hilarious coming-out story.**

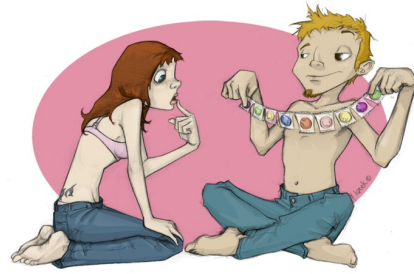
Steven's a 16-year-old boy with two obsessions: sex and getting his driving license. The problem is, Steven's not thinking girls when he's thinking sex. Could he be ~ don't say it ~ gay?



**Target:** From secondary 1  
**The Author:** David Larochelle  
**Edition:** Scholastic inc., 2009



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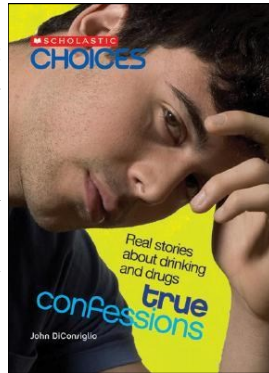
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## True confessions - BOOK

### TOPICS

Drinking and drugs

Real stories about Drinking and Drugs meaningful first person accounts from students who have dealt with these issues. In this book, Judy, Craig and others talk about their descents into addiction and what it took to find help. Scholastic Choices is a trusted brand in lifestyle issues for preteens and teens. Includes documented facts and responsible advice from trusted experts.



**Target:** Preteens and teens  
**The Author:** John Di Consiglio  
**Edition:** Scholastic Choices

## Let's save Duncan - DVD

This video talks about sexual abuse against children between the ages of 5 and 12.

Animation video about child abuse prevention in which Mimi and her friends learn a simple definition of child abuse, how to recognize and discourage an aggressor, and when to get the police involved. This video was produced by the RCMP and the Montreal police department in 2004. It is available from the two police departments and comes with a guide.



<http://planete.qc.ca/culture/livres/prescolaire/prescolaire-15122003-65779.html>

## WEBSITES



## SEXOclie

### TOPICS

Several topics related to healthy sexuality and responsible young people.



**Is aimed at teachers and youth workers**

Do you know SEXOclie? It is a new interactive web platform devoted to sex education. By using this search engine, you can get information on educational tools, courses of action and advocacy on this issue. Several topics are covered as well, including alcohol, drugs and sexuality, body image, intimacy, sexual orientation, puberty, seduction and violence in dating relationships.

## Educational video at your fingertips

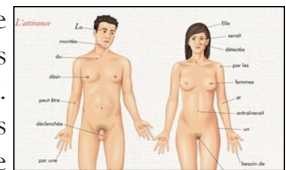
### TOPIC

Puberty

**From the fifth grade**

<http://www.montrealsciencecentre.com/exhibitions/sex-a-tell-all-exhibition.html>

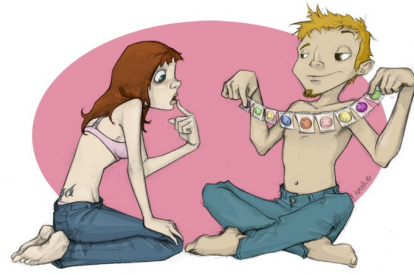
you will have access to the beautiful clip of 2 minutes 40 seconds on puberty. Indeed, the Expo that says everything that exists since 2011 is still accessible by the Montreal Science Centre. In addition to the clip, you'll find several topics of concern to preteens, such as first menstruation, development of breasts, penis size, sexual orientation, etc. on audio.



Note however, that the narrator of the clip talks very fast and the images move **very quickly**, so I suggest you use this material in addition to animation on the subject.



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# BEDSIDER

## Bedsider.org

Do you need clips to enrich your interventions on STI and contraception? Visit Bedsider.org site. You will find several small humorous and informative video that break several myths. You will find a **Fact or Fiction** section [here](#). **Everything you want to know** or go directly to You Tube at this address.

<http://www.youtube.com/watch?v=FdJnlQQBQsY>

## A look back on the controversial games in Sochi

Fondation Émergence



Even before the opening of the Olympics, several videos had been swirling around on social media. These videos showed people who mistreat homosexuals. Homosexuals were shown being beaten and even sexually assaulted with objects. The police did not intervene against aggressors. Even during demonstrations in support for LGBT communities, police witnessing violence against homosexuals did nothing. While some presidents did not attend the opening ceremony, the president of the United States, Barack Obama, sent gay athletes to challenge the new law in Russia. Some companies, like Google, displayed their support for LGBT communities at soon as the Olympics started.

### Sources:

<http://www.lefigaro.fr/international/2014/02/07/01003-20140207ARTFIG00041-google-simmisce-dans-le-debat-sur-la-legislation-anti-gay-en-russie.php>

<http://quebec.huffingtonpost.ca/2014/02/06/sochi-2014-ou-les-jeux-olympiques-dhiver-les-pluscontroverses->