



## Calgary Communities Against Sexual Abuse

Inform • Educate • Empower

### Who Do You Tell<sup>™</sup>

Education & Safety Program  
on Child Sexual Abuse



### Contact Us to Book This Program

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# ABOUT WHO DO YOU TELL?™

A proactive and engaging program that educates elementary aged children, their parents/caregivers, and staff/support/agency workers around the topic of child sexual abuse.

- **25+ years**  
CCASA has offered this program throughout Calgary for over 25 years teaching over 10 000 children.
- **Research-Based Program**  
The program has been evaluated continuously for 25 years by Dr. Leslie Tutty who's research on Who Do You Tell?™ has been published in journals as recently as 2019.
- **Professional-Taught**  
CCASA's staff are trained in the field of child sexual abuse and are able to talk to sensitively about this issue to children, parents/caregivers and staff and support personnel.  
*(Program can be delivered by CCASA or in partnership with agencies.)*
- **Adaptable and Practical**  
Language and curriculum are specialized to align with the development level of children. All materials can be adapted to meet the needs of the children.

## LEARNING OBJECTIVES

Following the Who Do You Tell™ program children will understand the following learning objectives.

### 1. CHILDREN'S BODIES BELONG TO THEM

Children get to decide who touches their bodies and how, with the exception of helpful and necessary touches.

### 2. CHILD SEXUAL ABUSE IS NEVER A CHILD'S FAULT

If someone makes a choice to sexually abuse a child, children are never to blame for those choices.

### 3. TELL A TRUSTED ADULT (SAFETY NETWORK)

Children will be able to list a number of adults they can tell if they feel uncomfortable, threatened or unsafe.

# PROGRAM DESCRIPTION

CCASA offers the following education and training programs to both children and the child's primary educators. This ensures that everyone has the same understanding of the program, child sexual abuse, and the best practices to implement to keep children safe.

The program is offered in any community settings (such as schools, community-based groups, camps, child care-centers etc.)

*Program available online or in-person.*

## 1. Children's Presentations

Ages 4-13, 2 sessions, 1 hour each

The children's presentations teach about child sexual abuse safety and education, and gives them key messaging around this topic. Children will be given the opportunity to ask questions during the presentations and speak with CCASA staff individually.

### ■ Alberta Education Curriculum

The program is an education and safety program that aligns with best practices and the general outcomes of the Alberta Education - Health and Life Skills, and Wellness Education Curriculum.

### ■ Skill Development

The program content and structure helps to develop skills related to body autonomy, safety, child sexual abuse and healthy relationships. The program's messages has been proven to be retained by children.

### ■ Participatory and Engaging

Who Do You Tell?™ is tailored according to grade and the child's developmental level. The program uses a variety of teaching tools including stories, videos, pictures and skits.

### ■ Response to Disclosures

CCASA staff are trained to respond sensitively to children's questions and disclosures. CCASA staff follow proper protocols in the event they receive any disclosures from children.

## 2. Parents/Caregivers

Presentation

1 session, 2 hours

The presentation provides information about the program content and instruction methods. Parents/caregivers are given information about child sexual abuse, how to talk to their children about child sexual abuse, and how to respond to disclosures. There will be an opportunity to discuss any questions and/or concerns.

## 3. Staff and Support Personnel

Presentation

1 session, 2 hours

Staff and support personnel are essential to keeping children safe and help to reinforce the program's key messages. The presentation provides information about the program content and instruction methods. Personnel will also be provided information about child sexual abuse, indicators of child sexual abuse, legal requirements, and how to respond effectively to disclosures.

*\*Program can be delivered fully by CCASA, or in partnership with agencies.*

# INTERACTIVE LEARNING

The materials used for the program depend on the ages of the children. For children ages 4 to 8, there are play skits, and pictures. Whereas, for children ages 9-13, the presentations use videos, discussion, and pictures.

## ■ Role Plays

Children get a chance to practice stopping unwanted touches. Role plays are practical, engaging and fun ways to learn.

## ■ Help Seeking Strategies

Children get a chance to talk about the trusted adults in their life and ways they can seek help when needed.

## ■ Practice Setting Boundaries

Children get a chance to practice stopping unwanted touches. Role plays are practical, engaging and fun ways to learn.

## ■ Different Types of Touches

Children learn with picture cards or discussion to identify different types of touches (helpful and necessary touches, nice touches, hurtful touches and sexually abusive touches.)

## “ Testimonial

We were very happy with the Who Do You Tell?™ Program. The presenters were very professional, patient and caring. They presented the material in a factual, accessible and sensitive manner for students, parents and staff. They took the time to get to know our students and were very easy to work with. I would highly recommend this important program to any school.

- CBE Principal, 2019

## Reach out Today to Book Who Do You Tell?™

*The program is able to accommodate most groups.*

**Email:** [WDYT1@calgarycasa.com](mailto:WDYT1@calgarycasa.com)

**Phone:** 403-237-5888

***Free • Adaptable • Practical***

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*Interested in Licensing the Program?*

The program can be licensed for a fee from CCASA with on-going training and consultation.