



Sexual  
Assault  
Support  
Service

SASS Primary Prevention Training  
for Schools – Program Overview

## SASS Primary Prevention Program

Our primary prevention program for schools supports Sexual Assault Support Service’s mission to work towards achieving a healthier, safer community in Tasmania, free of sexual harm. It aims to stop intimate partner violence and sexual harm from occurring. Workshops identify and reduce contributors to harm while promoting healthy, ethical sexual decision making.

SASS has offered this program since 2016, and in 2018 won a National Crime Prevention award for the *Whole of School Primary Prevention of Sexual Violence Program*.

### Best Practice Recommendations

SASS recommends a ‘Whole of School’ approach for our Primary Prevention Program.

Student training is preceded by a compulsory information session for staff, and an optional, but strongly encouraged, information session for parents, carers and school community members. These sessions are generally 1.5 hours in duration and provide an overview of our program as well as providing the participants with the necessary information to talk to their students and children about the program content. Staff sessions should include school leadership, teachers and all support staff, where possible. Information sessions can be scheduled before, during or after schools hours.

Student sessions are age-appropriate and available for grades three through twelve. SASS recommends training sessions for all grade levels within the school, where possible. Student sessions are ideally conducted in small class groups, to help build rapport and ensure some of the safety scaffolding that allows effective student interaction with training content. The program content is delivered across three sessions per class group, with each of the three sessions scheduled approximately one week apart. This gives the students time to process and retain the information, and allows teachers to engage with topical discussions over an extended period. Student sessions are scheduled to be conducted during standard class times.

We understand that there may be some limitations to a school’s ability to adopt the whole of school approach detailed above, and therefore we always discuss specific needs to ensure we deliver the program in the most effective manner for each school.

Our educators understand that there is likely to be a wide range of views, understandings, and backgrounds among participants. All SASS training events are conducted in respectful and non-judgmental ways, which recognise and celebrate diversity.

All learning material is delivered in accordance with the principles of trauma-informed practice.



## Training Outline

### Staff Information Session

- Overview of SASS, including referral pathways
- Overview of sexual abuse & impacts
- Responding to disclosures of sexual harm
- Self-care and managing vicarious trauma
- Student workshop content and session overview

#### *Expected outcomes*

- Understanding of student workshop content
- Increased understanding of trauma and its effects on young people
- Knowledge of how to incorporate trauma informed principles into the school setting
- Skills and knowledge to prevent child sexual abuse
- Improved confidence in discussing sexual issues and responding to disclosures of sexual harm
- Improved self-care and resilience to vicarious trauma

### Parent, Guardian & School Community Information Session

- Overview of SASS, including referral pathways
- Overview of child sexual abuse & impacts
- ‘First aid’ responses to disclosures of sexual harm
- Self-care and managing vicarious trauma
- Student workshop content & session overview

#### *Expected outcomes*

- Understanding of student workshop content
- Increased understanding of trauma and its effects on young people
- Improved confidence in discussing sexual issues and responding to disclosures of sexual harm
- Skills and knowledge to prevent child sexual abuse
- Improved self-care and resilience to vicarious trauma

## Primary School Student Workshops

The primary school program aims to empower children to understand that their bodies are their own, equip them to make positive, ethical choices with regards to their intimate relationships, and ultimately to stop intimate partner violence and sexual harm from occurring within our communities. A thorough understanding of affirmative consent underpins all age appropriate content.

### *Session 1: 'Safe, Smart Kids'*

- Concepts of 'intimacy' and 'consent'
- Body autonomy under the framework of consent
- Understanding of safety language
- Awareness raising of support resources

### *Session 2: 'Consent in an online context'*

- The uses and risks of online platforms
- Being an ethical bystander
- Dangers of sharing personal and intimate information online
- How to make ethical choices with social media use

### *Session 3: 'Protective Behaviours'*

- Knowledge and habits that promote a culture of safety
- Correct anatomical body part names
- Safe and unsafe feelings
- How to seek help and advice

## Expected outcomes

Positive outcomes from our training include:

- Improved school culture regarding respectful behaviour and consent
- Reduction in sexual harassment and abuse issues on campus and online
- Increased student empowerment and capacity to keep themselves safe
- Increased student awareness of safety and ethical behaviour in online communication
- Improved student understanding of positive intimate relationships

## Middle and Senior School Student Workshops

The middle and senior school program aim to stop intimate partner violence and sexual harm from occurring. We identify and reduce contributors to harm while promoting healthy, ethical sexual decision making. A thorough understanding of affirmative consent underpins all age appropriate content.

### *Session 1: 'Consent is a Conversation'*

- Awareness raising of intimate partner violence, sexual harassment and abuse
- Being an ethical bystander and creating a culture of safety
- Sexual consent and the law in Tasmania

### *Session 2: 'Culture and Pornography'*

- Awareness raising regarding pornography
- How pornography affects the brain and brain development
- How pornography impacts on culture and safety
- How pornography affects intimate relationships
- Pornography addiction and recovery
- Bystander behaviour in the online context

### *Session 3: 'Ethics and Decision Making'*

- Awareness raising regarding technology and sex
- Sexting, the law and ethical decisions
- Being safe online
- Making ethical sexual decisions



*Absolutely fantastic – I'm sure it was a real eye opener for many. Content was contextualised and interesting and presented in a 'real' way. As a sexual assault survivor I thought it was all really spot on and I felt very comfortable throughout the talk.*

Year 11 student

## Expected outcomes

Positive outcomes from our training include:

- Improved school culture regarding ethical sexual behaviour, respect and consent
- Reduction in sexual harassment and abuse issues on campus and online
- Increased student empowerment and capacity to keep themselves safe
- Increased student awareness of safety and ethical behaviour in online communication
- Improved student understanding of positive sexual relationships

## Evaluation

Evaluation is conducted via online surveys, as well as face-to-face feedback during and after the training. Data collected on participant satisfaction and their understanding of content can be shared with school management upon request.

## Facilitators

SASS employ enthusiastic, skilled and experienced facilitators. Our primary prevention educators are tertiary qualified and possess demonstrated skills working across a broad range of disciplines including trauma-informed care and practice and working with survivors of sexual assault. SASS is a unique training provider, with all sessions delivered in Tasmania supported via our counselling service if participants require support.

## About SASS

SASS is a free and confidential support service for southern Tasmanian people of all ages who have been affected by any form of sexual violence. We also provide Redress Scheme Support Services across Tasmania. Our mission is to work towards achieving a healthier, safer community in Tasmania, free of sexual harm.

The SASS Primary Prevention team offers a range of fee for service training options, for children, adolescents, and adults. Programs and workshops can be delivered in schools, colleges, work places or other settings anywhere in Tasmania. Content and duration of each session is tailored to meet the identified needs of the audience.

**To contact us to discuss how our Primary Prevention Program can support your school community, contact us on (03) 6231 0044 or email [training@sass.org.au](mailto:training@sass.org.au).**

Sexual Assault Support Service  
31-33 Tower Rd, New Town TAS 7008  
(03) 6231 0044 Monday-Friday 9:00-5:00

24 hour crisis response  
1800 697 877  
1800 MYSUPPORT

[www.sass.org.au](http://www.sass.org.au)