

# RUBY

## Personal Safety and Assault Prevention Workshop

Provided by: Community Living Essex County



**R**especting Yourself **U**nderstanding Your Body **B**uilding Healthy Relationships **Y**ou are Protected

All women deserve the opportunity to increase their knowledge around personal safety and assault prevention. The workshops will provide teens and young women with intellectual disabilities with effective education to increase their understanding of personal boundaries, respecting yourself and your body, building healthy relationships and being able to identify various forms of assault and violence. If people have a healthy understanding of boundaries and positive relationships, the incidence of abuse and violence will decrease while a person's self esteem and self worth will increase.

### SESSION TOPICS

- Respecting Yourself:** being proud of who you are, valuing yourself and respecting others. Understanding you have control over your body, you have the right to say no!
- Understanding Your Body and Developing Personal Boundaries:** understanding and respect for privacy, personal space and boundaries.
- Building Healthy Relationships:** trust, understanding different types of relationships and levels of intimacy, developing friendships.
- You are Protected (Prevention of Violence):** understanding different types of abuse, recognize the warning signs, developing tips to protect yourself.

### SESSION DATES

Thursday, February 3, 2022  
2:30pm-4:00pm

Thursday, February 10, 2022  
2:30pm-4:00pm

Thursday, February 17, 2022  
2:30pm-4:00pm

Thursday, February 24, 2022  
2:30pm-4:00pm

### WORKSHOP SESSION

- For women ages 16 and up
  - Program is free
  - Maximum participants 6 so register early
  - Registration closes January 28, 2022
- Workshops sessions will be virtual.

Register for the workshop series through MyCommunityHub.ca by clicking on the link below:

[http://ca.apm.activecommunities.com/mycommunityhub/Activity\\_Search/12676](http://ca.apm.activecommunities.com/mycommunityhub/Activity_Search/12676)

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**COMMUNITY LIVING**  
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