

Rape Drugs: Sometimes, perpetrators use drugs to assault people. 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 shows 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 contact cannot be obtained when an individual is impaired by alcohol or drugs (i.e. incapacitated).

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: that 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 (780-423-4567) or to www.cybertip.ca

¹ "Child Sexual Abuse: National Clearinghouse on Family Violence" (Government of Canada, 2006).



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Donations gratefully accepted.

A registered charitable organization.
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Sexual Assault
Centre of Edmonton

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T.T.Y. (Telephone Device for the Deaf) line:
780-420-1482
fax: 780-421-8734
info@sace.ab.ca

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



Government of Alberta



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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 and group counselling for children between the ages of 3 and 17. In order for those under 18 to be seen for counselling, the sexual assault or abuse must first be reported to Alberta Children and Youth Services (1-800-387-5437) and/or the local police. In Edmonton, the number is 780-423-4567.

Sexual abuse of teens is not rare, nor is it limited 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. Studies suggest that one in three girls and one in six boys will be sexually abused in their lifetime, with the majority of that abuse occurring before the age of eighteen¹.

Fortunately, teens can recover from sexual violence. With the support of their family, friend 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.

Setting up an Appointment

After reporting the abuse or assault to Alberta Children and Youth Services and/or the police, the parent or guardian of the teen can then call SACE at 780-423-4102 and ask to speak to one of the child and adolescent therapists. The therapist will complete the intake process with the parent or guardian, including taking a history of the abuse or assault. Once the intake is completed, an appointment is scheduled. The waiting list varies, but, when necessary, emergency appointments are available.

Individual Counselling

Individual 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 past abuse or assault histories.

Group Counselling

Group therapy is also available for teens and their non-offending family members throughout the year. However, the schedule for group counselling varies depending on the therapist's availability and the number of interested clients. If you are interested in group counselling, please inquire with the adolescent therapists at SACE.

Caregivers Support

Sexual abuse impacts not only the survivor but also their family and friends. After a disclosure, the family may find themselves in crisis. Support is available for non-offending family members 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 Sexual Assault 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 that have experienced sexual abuse or assault.

Current Teen Issues

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