



SARECentre

Sexual Assault Resistance Education Centre

sarecentre.org

Enhanced Assess, Acknowledge, Act (EAAA)

Sexual Assault
Resistance
Program

1 in 5

young women
will experience
attempted or
completed rape
while in university.

Sexual assaults
are most
commonly
perpetrated by
someone women
know and trust.

Most occur in
social situations
that people do
NOT consider
dangerous.

Let's Flip the Script for Women



EAAA empowers young, self-identified women to trust their judgement and overcome social pressures to be "nice" when their sexual integrity is threatened.



How EAAA does it:

Four, 3-hour units, **ENHANCED** to provide a positive environment for young women to explore their relationship values and sexual desires and empower them to:

ASSESS – Recognize risk cues for sexual violence in situations and in men's behaviour.

ACKNOWLEDGE – Identify and overcome personal obstacles to prioritizing their own sexual rights in acquaintance situations.

ACT – Develop a toolbox of effective strategies to defend their bodies and boundaries.



What gap does EAAA fill?

Bystander and societal level interventions are necessary, but not sufficient to address the violence faced by young women because:

- ➔ Societal change takes time
- ➔ Bystanders are present in less than 20% of sexual assault situations



For every 13 women enrolled in EAAA, 1 attempted/completed rape is prevented during the next year.



The program works – outcomes are lasting!

EAAA decreases the sexual violence women experience for at least two years.

Women who take EAAA:

- more realistically assess their own risk of encountering acquaintance sexual assault
- can detect risk in situations earlier and get out sooner
- have greater confidence they can defend themselves if necessary
- have more knowledge of effective defensive strategies and greater willingness to use them
- are less likely to believe in rape myths (including woman-blaming)
- blame themselves less if they are/were sexually assaulted



Help end sexual violence against young women!

There are no quick fixes.

EAAA is 1 part of a comprehensive response/solution for preventing sexual violence against young women.

Knowledge, confidence, and skills to stand up for their sexual rights makes women safer and able to live more fully without fear.



Young women have the right to be safe!

Implement this program at your postsecondary institution or ask those who can make these decisions to do so.

Contact Us!

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