

# Guide to the “You Matter” Safe Environment Training Video for Teens

## Introduction

The “You Matter” Safe Environment Training Video for Teens is being used by the Archdiocese of Anchorage to help educate teenagers on matters of sexual abuse. Educating teenagers about sexual abuse in our archdiocese is an important part of our commitment to our sacred duty to protect the most vulnerable among us: our children and vulnerable individuals.

## About the Video

The “You Matter” video for teens provides information on the following:

- The nature of sexual abuse
- Reporting procedures
- Information on creating safe environments
- Information on the nature of sexual abuse
- Possible signs of abuse
- Possible indicators of abusers
- Policies and procedures of the Archdiocese of Anchorage as they pertain to sexual abuse
- Stories from victims/survivors
- Information on the need for therapy for healing

## After the Video

You will need to plan for some time after the video for questions and/or discussion. In order to facilitate this process you may wish to have a few reflection questions ready before class begins. It is also important to remember that watching a video of this nature may lead some teens to want to disclose personal experiences of sexual or physical abuse. If this should occur, it is expected that the Archdiocese’s Pastor Code of Conduct regarding the reporting of abuse will be strictly followed. In addition, it is important to reinforce the message that it is ok to disclose abuse. You may want to do this by simply stating that;

*“if you need to talk to someone, please talk to a trusted adult. If you have been abused or know of someone who has been abused, it is so important to talk to someone. Bringing the problem to light is the only way that the victim/survivor can get help with healing and the perpetrator can be dealt with accordingly”.*

2008, Archdiocese of Anchorage

## Please Remember

Please remember that while this training program is not meant in any way to substitute for sex education, the issues of sexual abuse and sexual exploitation may lead to

questions regarding the Church's teaching on sex and sexuality. This resource manual includes a synopsis of the Church's teachings on these matters. **This is for your information and reference only, there is no expectation that this material will be covered during parish faith formation sessions, in particular during Safe Environment Training.**

If you have any further questions or concerns, please feel free to contact the Safe Environment Training Coordinator at; 907-297-7736