



2021

## Youth Volunteer Leadership Opportunity: Be a TRU Leader

TRU (Teens Rising Up) is a powerful 'healthy relationships' leadership workshop series, grounded within gender-based analysis for youth between the ages of 12-18 years in the district of Nipissing. TRU Leaders is co-lead by Amelia Rising Sexual Violence Support Centre and Victim Services of Nipissing District.

Using multimedia tools, interactive activities, and engaging dialogue, the TRU Leader workshops aim to help youth identify early warning signs of harmful and potentially violent relationships, some of the effects of abusive relationships, and what to do/where to get help if they (or someone they know) are in an abusive relationship. TRU Leaders is designed to help youth learn about the healthy ingredients necessary for developing positive nurturing relationships with others and themselves.

As well, the TRU Leaders model provides leadership opportunities including workshop facilitation, peer education, advocacy training and interviewing skills. Once youth participants have successfully completed the workshop series, they engage in youth led awareness activities aimed at their own peers with the goal of promoting healthy relationships.

**Topics Included:** Consent, Boundaries, Healthy Relationships, Gender, Sexuality, Sexual Violence/Gender Based Violence, Harassment, Intimate Partner Violence, Power & Control, Dealing with Rejection, Luring, Grooming, Exploitation, Trafficking, Bystander Intervention, Disclosures, Supporting Survivors, Self-Care, Intersections of Intersectionality, Language Matters: Media Analysis & Literacy, Online Safety, and Body Image & Self-Love/ Self-Confidence... and more!

**To become a TRU volunteer youth leader or for more details visit:**

<http://www.ameliarising.ca/waystogetinvolved/tru-leaders/>.

Meetings will be held virtually or in-person pending COVID-19. Meeting dates will be discussed among interested and successful candidates.

**For more information contact:** Kylee Bakowski (she/her), Sexual Violence Prevention Education Coordinator ([kylee@ameliarising.ca](mailto:kylee@ameliarising.ca))

*Successful candidates will earn volunteer hour credits.*

*There is no cost to join this volunteer program.*

Amelia Rising Sexual Violence Support Centre  
AMELIARISING.CA  
705-840-2403 ext. 4

Victim Services of Nipissing District  
VSND.CA  
705-472-2649