

Why CERTS?

Research has shown that youth who develop an understanding of healthy relationships, personal boundaries and safe behavior are far less likely to re-engage in risky or sexually inappropriate behaviors. CERTS strives to teach pro-social skills including having a better understanding of healthy relationships, how to make good decisions, the types of behavior which are legal and consensual, and much more.

What to expect:

Youth will meet once a week for six consecutive weeks. Each session will run for one and a half hours and include 4 to 10 youth. Groups will most often take place at the Clackamas County Juvenile Department, but times and location will vary. This is a gender specific group.

Developmental Assets Strengthened:

- Integrity
- Responsibility
- Interpersonal Competence
- Decision-Making
- Self-Respect
- Boundary-Setting
- Positive View of Personal Future

CERTS

1. CONSENT: I can freely and comfortably choose whether or not to go along with the touch or activity. I am able to stop the touch or activity at any time.
2. EQUALITY: My feeling of personal power is equal with my partner. Neither of us is in charge of the other and no one dominates the other. No one gives in to the other.
3. RESPECT: I have respect for myself and for my partner. I feel respected by my partner. I feel I can support my partner and s/he will support me.
4. TRUST: I trust my partner both about physical and emotional things. I trust my partner will not force me physically and will be sensitive to my feelings and pay attention to my concerns. I will do the same for him/her.
5. SAFETY: I am comfortable with, and assertive about, where, when, and how the touch or activity takes place. I feel safe that I will not get a disease or cause a pregnancy.



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Clackamas County Juvenile Department

CERTS
Consent Equality Respect Trust Safety



Education
regarding
interpersonal
boundaries.

CERTS is designed to teach youth pro-social skills including having a better understanding of healthy relationships, how to make good decisions, types of behavior that is legal and consensual, and much more. Topics such as personal boundaries, risky thinking and the effects of one's behavior on other people is addressed. Again, the goal of the group is to educate and provide youth with skills that will help them with appropriate and safe behaviors.



Structured Learning Topics

- Understanding the law.
- Learning about different types of boundaries.
- Understanding how respecting boundaries can lead to trust.
- What “consent” really means.
- Defining “thinking errors” and how they impact decisions.
- Developing empathy.
- Understanding sexual harassment.
- Defining personal values, integrity and goals.

Format:

Session 1:
Community Agreement and Understanding the Laws

Session 2:
Understanding Boundaries and What Consent Really Means

Session 3:
Thinking Errors and Making Healthy Choices

Session 4:
Empathy and Accountability

Session 5:
Understanding the Impact of Sexual Harassment, Pornography and Cybersex.

Session 6:
Using Your Values to Guide You into Safer Choices and Healthier Relationships



Risk factors increase the likeliness a youth will participate in risky or illegal behavior while specific protective factors work as a powerful force to overcome these risk factors.

CERTS works to address the following risk and protective factors:

- ⇒ Increases empathy for others.
- ⇒ Strengthens their expectation for their future.
- ⇒ Develops moral reasoning regarding threatening or bullying behaviors.
- ⇒ Practices managing impulsivity.
- ⇒ Defines risk-taking behaviors.
- ⇒ Identifies and understands the impact of pleasure seeking behavior.
- ⇒ Practices skills to improve communication with family members (both verbal and nonverbal with healthy relationship boundaries).