

GIRL, YOU GOT THIS!



A-EAAA Sexual Assault Resistance Program

What is EAAA?

EAAA stands for *Enhanced Assess, Acknowledge, Act* program also known as the *Flip the Script™* program and is currently implemented for women students (ages 17 -24) in universities in North America.

EAAA is an evidence-based sexual violence resistance intervention to help women in university effectively resist sexual coercion and assault without restricting their freedom. It also reduces self-blame if an assault occurs.

What is A-EAAA?

A-EAAA is this project's intended adaptation for girls and young women between ages 14-17. It will empower girls to:

- 1 Identify risk for sexual dating victimization (SV)
- 2 Address emotional & cognitive barriers related to SV resistance
- 3 Develop confidence and verbal/physical self-defence skills to resist SV
- 4 Identify personal relationship & sexual goals, values, and boundaries

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Project Objectives



Adapt and evaluate a version of EAAA sexual assault resistance program for girls and young women (age 14-17) through conducting research with girls within these age groups.



Share knowledge about best practices in teen dating violence prevention among collaborators (e.g. school boards and organizations working with young women). Increase capacity to deliver EAAA and A-EAAA in Ontario.



Collaborate with diverse girls and young women on the issue of SV. Provide them with personal and professional development opportunities via the *Girls' Research & Advisory Committee*.

Project Activities

PHASE ONE

(OCT 2018
to
MAR 2020)

PURPOSE

To better understand the contemporary context/dynamics of teen relationships and girls' perspectives on sexual violence (SV).

STUDY



METHOD

- Focus group sessions with teens to understand typical "dating" experiences, youth conceptualization of SV, and perceived barriers/strategies to resist SV
- 32-64 girls recruited. Two ~150 minute sessions (8 total) will be held in Windsor & Essex County, London & Middlesex County, Simcoe & Haldimand-Norfolk Counties, and Kingston & Frontenac County

PURPOSE

To obtain feedback from girls on the current young adult EAAA program and to assess the program effectiveness.

STUDY



METHOD

- 32-60 girls recruited to participate in lightly adapted EAAA program based on findings from Study I
- Collect feedback from participants through a questionnaire, group discussion, and an online post-program survey

PHASE TWO

(APR 2020
to
MAY 2023)

PURPOSE

To use 'gold standard' evaluation methods to assess if the A-EAAA (fully adapted based on Phase One research and consultation with collaborators) program reduces SV victimization (among other outcomes).

STUDY



METHOD

- 900 girls will be randomly assigned to the adapted program (intervention group) or to receive a presentation on SV (control group)
- Control group participants will receive A-EAAA 12 months later
- All participants will complete pre-program surveys as well as post-program surveys at 6 and 12 months after the intervention group has completed the program

Want more
information?

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