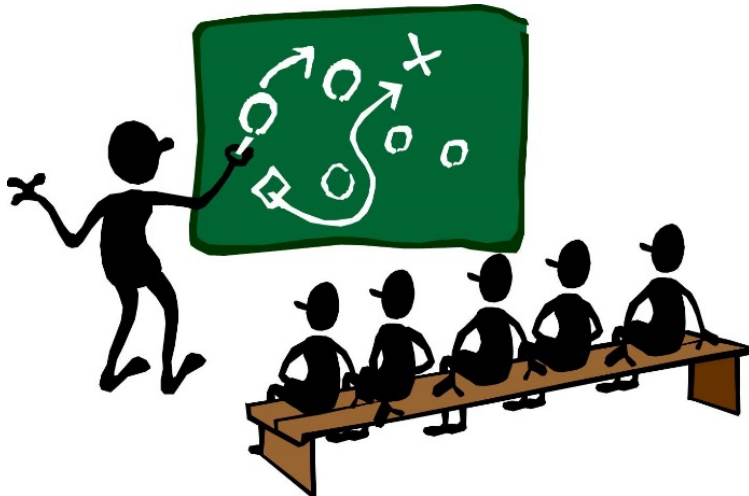


# Sex Ed Behind Bars:

## Teaching Sexuality in Provincial Correctional Institutions in Calgary



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*Developed with the support of the TKO Program,  
Calgary Remand Center, Alberta Justice & Solicitor General*

WHY  
ARE  
WE  
HERE?

- explore an example of successful CSE programming in correctional facilities
- discuss what has & hasn't worked
- inspire sexuality educators to develop & implement CSE in correctional facilities in their geographical areas

*“Well, we’re all in here together right now so we might as well learn something useful, or at least interesting.”*

- inmate, Calgary Correctional Centre

what  
are  
you  
looking  
for?





# Who Are We?

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## Sexual & Reproductive Health Education and Health Promotion Calgary Zone, AHS

*Multi-disciplinary team of degree holding education and health promotion specialists that provide comprehensive sexuality education, professional consultation, policy and project support, research development and knowledge dissemination, best practice updates in order to support healthy sexuality across the lifespan.*

# History – why and when?

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- 2007 – Women’s Remand
- 2009 – General Remand
- 2010 – Correctional Centre
- 2011 – Young Offenders’
- 2013 – TKO Remand

*“You can teach to our teen girls all you want, but until you start talking to their old boyfriends in jail, we’re not going to see many changes here.”*

- service provider at a Calgary youth shelter



# Where? Provincial vs Federal Facilities

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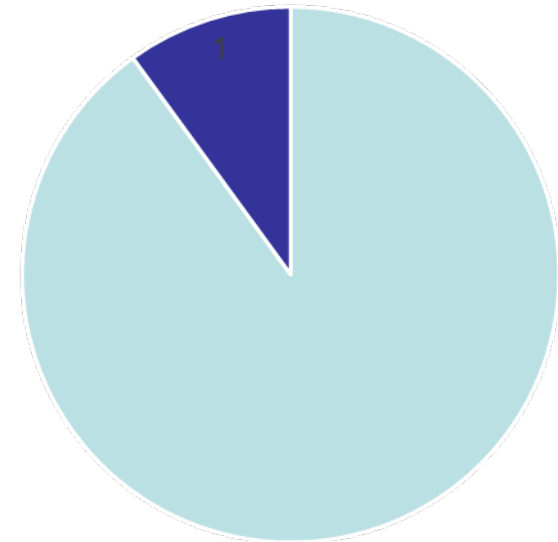
# Who are the inmates?

Many have lived experience of:

- Trauma; high ACEs
- Addictions
- Mental health diagnosis
- FASD, learning, intellectual & developmental differences
- Family violence, sexual violence, emotional abuse, physical abuse
- Formal education gaps
- Have had or living with STI, HIV, Hep C

+/- 25% Indigenous

Sex Assigned at Birth



■ Male ■ Female □



*“I never really thought about how all of that stuff from before might be part of what messed up my relationships. I always just thought I was sort of broken that way, so why bother taking good care of myself? Now I know a bit and it might give me a chance. What was that Hep C nurse’s name again?”*

- Inmate Calgary Correctional Centre

## True or False? In provincial correctional facilities:

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Harm reduction education is the education inmates most need

Sex between inmates happens regularly

Inmates are generally resistant to group education

Sexual assaults happen frequently

Condoms are available to inmates upon request

*“Everyone is always STI this, Hep C that, safe this. What I really want to know is how to take care of myself in all sorts of ways. Actually, what I really want to know is why should I? How will this help me be a better father or a better lover?”*

- Inmate, Calgary Remand

# Knowledge Gaps

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## Assumed Need:

- STBBI
- Harm reduction
- Contraception
- Consent law
- Accessing services
- Self care & screenings



## Assessed Need:

- Relationships
- A & P, Self-Care
- Fertility, Pregnancy, B/C
- How to talk to kids
- Decision making
- Accessing services
- STBBI/harm reduction

# Goals

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*“I sure wish  
you’d’ve found a  
way to teach me  
all this sh\*t  
before. That  
way, maybe  
I’d’ve stayed out  
of this place”*

- inmate, Calgary Remand

## **Institutions’:**

Reduced recidivism  
Reintegration  
Reduced boredom  
Lower STI rates

## **SRH Education’s:**

Increased positive  
health outcomes  
Decreased STI rates  
Create healthier  
communities in and  
out of institution

## **Participants’**

Get off the unit  
Something to do  
Learn something  
Get healthy  
Teach others

# What Else is Being Done?

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- HIVCL
- Safeworks/Streetworks, Hep C nurse, STI and PNNs
- Corrections AHS nurses/clinicians
- Correctional programming (life skills, some harm reduction)
- Other AHS programming such as sex offender treatment, addictions treatment
- At young offender programs, a wider variety of community services provide(d) additional education in and out of school programming

*“There always seems to be quite a few people who connect with us to come here, but we need to know they are willing to work with us, can follow security protocol and that they know what they are doing.”*

- Administrator at a Calgary area correctional facility





# What Do We Do?

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Provide **COMPREHENSIVE GROUP** sexuality education that follows best practice related to:

- PHAC Canadian Guidelines for Sexual Health Education
- Teaching to diverse abilities
- Teaching high risk or vulnerable populations
- Cultural awareness, sensitivity, competence
- Pedagogy AND Andragogy
- Harm reduction
- LGBTQ+ inclusive practice
- Reproductive rights
- Trauma informed approach
- Plain language

# Why we provide education that is:

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## Comprehensive:

- Builds trust & rapport
- Reflects reality – humans are holistic & complex
- Normalizes healthy sexuality, and talking about it
- Meets identified needs
- Reduces negative health outcomes
- Increases positive health outcomes

## In Groups:

- Normalizes healthy sexuality and talking about it
- Cost effective, broader reach
- Creates learning network – relationships support learning
- Can use variety of activities and teaching strategies
- Mutual support - Learners recognize not alone in thoughts and feelings

# The most important thing I learned was:

*“How my own stereotypical views of men affects my mental/physical health.”*

- Inmate Calgary Remand

*“Prostate info”*  
- Inmate Calgary Correctional Centre

*“How to recognize an unhealthy/abusive relationship and where to go when I’m in one”*

- Inmate Calgary Remand

*“Chance of peer + partner incompatibility after long term prison”*

- Inmate Calgary Remand

*“The connection between substance abuse and E.D.”*

- Inmate Calgary Correctional Centre

*“How to teach kids about body parts and how to say no”*

- Inmate Calgary Remand Centre

*“What to do with bad periods”*

- Inmate Calgary Young Offenders Centre

*“IUD stuff and the stuff about miscarriage”*

- Inmate Calgary Remand Women’s Unit

# What Works?

## Relationships

**Well trained, authentic, professional, comfortable, non-judgmental & objective educators**

**Safer and inclusive spaces**

**Expertise in pedagogy and andragogy**

**CSE, clear objectives & accurate messaging**

**Willingness to respect and follow security protocol**

**Humor and storytelling**

**Teacher modelling of skills & boundaries**

*“One of the best parts about doing this, other than just getting out of the unit, which is a very good part, is having you and other guys in here just acting like this is all normal. I sure didn’t get this growing up and it’s messed up that it is in jail I’m getting it though.”*

- Inmate Calgary Remand Centre

# Logistics

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- Security clearance/training
- Clothing & materials restrictions
- Keys, getting in, searches
- C.Os make the time calls
- Personal safety and the BIG RED BUTTON
- Group dynamics, who gets to attend
- Lockdown, canteen, count
- Early release, court date

**Why are we doing this again?**

**Ahh...hopes and expectations!**

**Got it!**

## How Is It Going?

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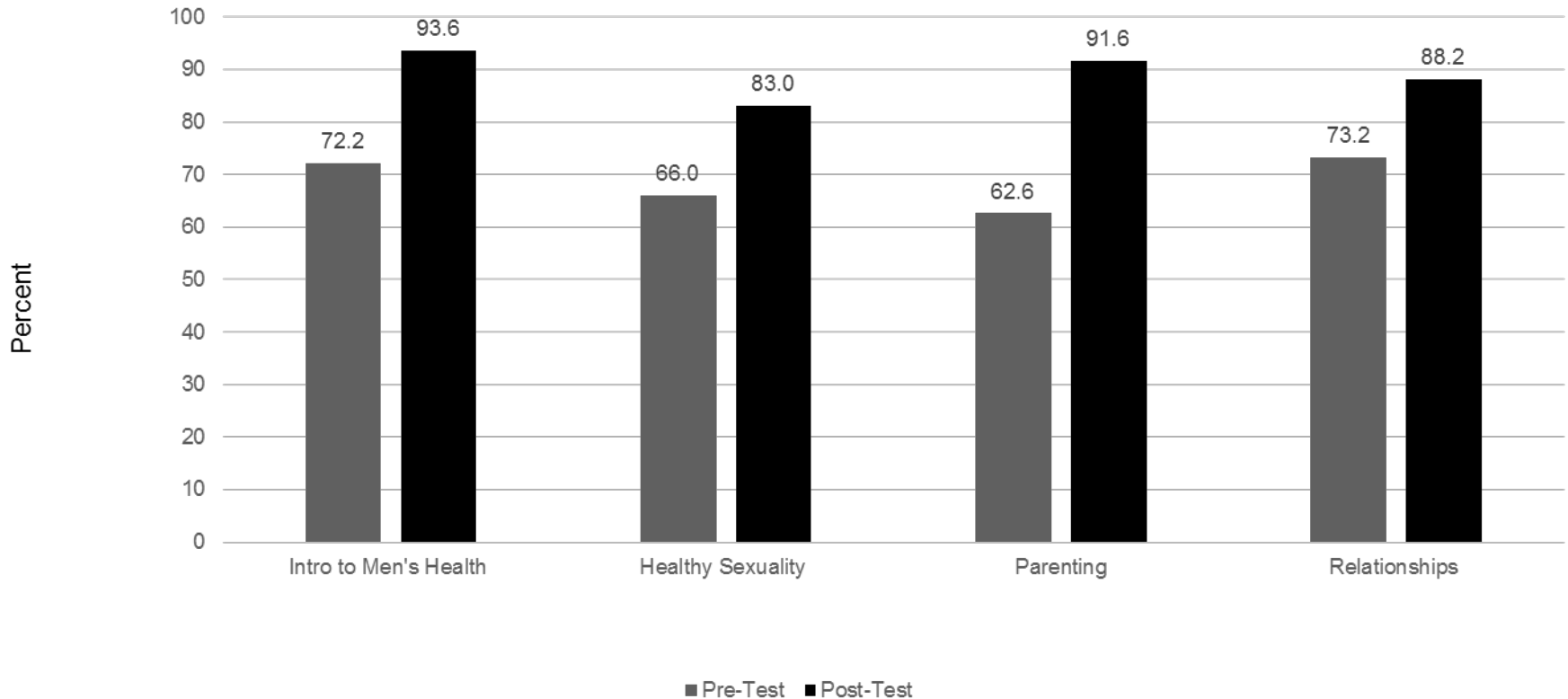
*“Many Offenders have not learned about their sober bodies or their sexuality in a healthy and supportive way...[this education] provided these offenders information about these topics that they would normally feel too embarrassed and uncomfortable to discuss...[this program] provided a safe, trusting, non-threatening and respectful environment for them to learn.”*

- Caseworker and Program Lead CO Calgary Remand

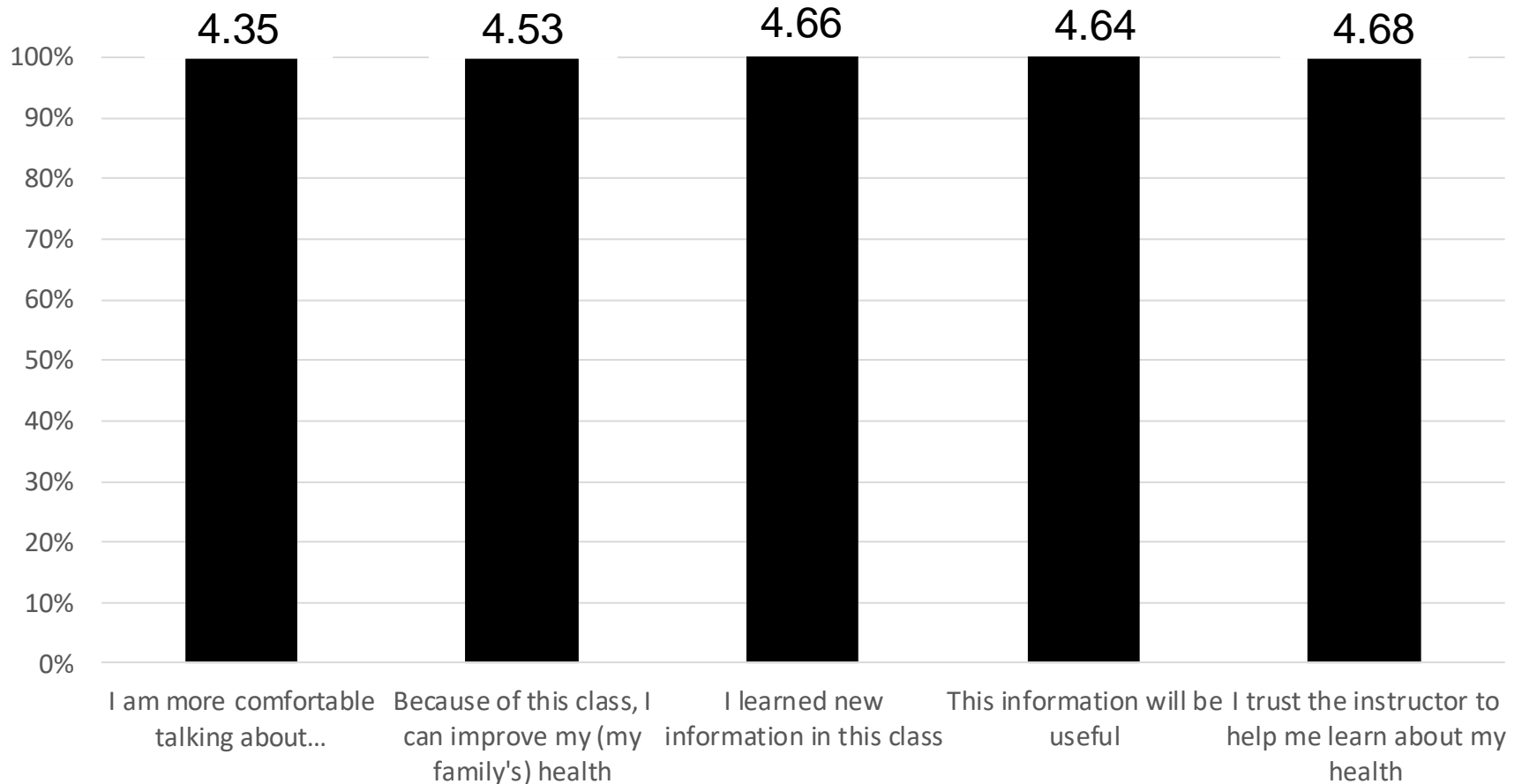


# Results - Knowledge

Pre and Post Test Knowledge Scores



# Results - Attitudes



*“[Their] fascination of actually learning and understanding their own anatomy and that of the opposite sex has been a highlight this year. Points to how much they can't even begin to attend to their own health and bodies when they have no understanding of what does what!”*

- AHS SRH Educator, Calgary Young Offenders Centre



"Any questions?"

# THANK YOU!

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