



REFOCUS
Information for
Participants

What is the REFOCUS Program?

REFOCUS is a program where you can come and talk about behaviours that are causing problems for yourself and that are sexually based. Sometimes these problems include things you say, do, or the way you think about sexual things. This is especially important if you are ten years of age or older as it can sometimes help to divert you from criminal courts and help with therapy.

Sex can be confusing for all young people (even though they don't usually admit it). It can feel rude or funny and sometimes it may feel awkward to talk about. These funny feelings can lead to us doing and saying things that can cause us problems in our lives.

Young people are often given mixed messages about sex and sexual acts. We know that TV, movies, pornography, sexting and video games send some very confusing messages. It can be hard to find someone you can trust to talk to about these things.

In a REFOCUS session you can talk about anything!

We won't be shocked, and we won't judge you. We've had many conversations with young people about sex, sexual behaviours, fantasies, friendships and expectations. We've helped many young people go on and lead a fantastic and fun filled life.

What happens during the program?

We like to be up-front with you, so we'll let you know that we are going to talk to your parents or carers. This will give us a better idea about how we can best help you. Your safety and the safety of others is important. We will work together with you and your support people to understand how to keep everyone safe.

Then we'll see you by yourself. Together we can work out what approach is best for you. We'll probably see you for six sessions, once a week for six weeks. This is so we can really get to know you. After these six weeks or so, together with your carers, we can all discuss what to do next. By this stage you will likely feel much happier and less worried. If we think it would be helpful for you to keep coming to see us for a while, then that's what we'll do.

We want you to go on and lead a happy and healthy life.