



## Online First Responder to Sexual Assault and Abuse Training Outline

### DAY ONE (3.5 Hour Online Workshop)

#### Welcome/Introductions

- Introductions
- Overview of training, group norms, use of learning objectives
- Drawing/Reflective Exercise

#### Module 1: Critical Communication Skills for First Responders

- Learning objectives
- Effective feedback and support
- Language and newspaper article
- Communication skills, skit and discussion
- Process of a disclosure
- Intersectionality
- Individual and self-awareness, do's and don'ts list
- Self-care

### DAY TWO (3.5 Hour Online Workshop)

#### Module 2: Child Sexual Abuse

- Learning objectives
- Video: A View from the Shadows OR 7 Signs of Grooming followed by a discussion
- Facts/Myths
- Define child sexual abuse
- Laws, Criminal Code, consent
- Child sexual abuse indicators and impacts
- Internet based child sexual abuse
- Neurodevelopmental impacts of sexual abuse
- How to respond to child disclosures
- Reporting obligations
- Watch Child Sexual Abuse disclosure video and discuss

#### Practice Response Model Skills (Fish Bowl)

- Facilitator as discloser, participants as responders

### DAY THREE (3.5 Hour Online Workshop)

#### Module 3: Adults Who Were Sexually Abused as Children

- Learning objectives
- Listen to Voices CD OR Kameron Moore Victim Impact Statement followed by a discussion
- Impacts
- PTSD, Complex PTSD, PTSD and Intersectionality
- Triggering Events
- Grounding Techniques
- Reporting Options
- Assessment Tool for Adults
- Safety Planning for Suicide Risk

#### Practice Response Model Skills for Module 3

- Role-Play: Participant's pair together to practice being a responder and discloser. Remainder of small group offers feedback and support.



## Online First Responder to Sexual Assault and Abuse Training Outline

### DAY FOUR (3.5 Hour Online Workshop)

#### Module 4: Sexual Harassment

- Learning objectives
- Definition
- Group Scenario Discussion
- Flirting vs Sexual Harassment
- Impacts and reporting options

#### Module 5: Sexual Assault

- Learning Objectives
- Video: The Undetected Rapist OR Chanel Miller video followed by a discussion
- Definition
- Laws and Criminal Code
- Online Sexual Violence
- Issues of consent
- Myths
- Impacts
- Group Scenario Discussion
- Sexual Assault Trauma
- Neurobiology and trauma
- Reporting options
- Assessment Tools for Adults, Safety Planning and Domestic Violence

### DAY FIVE (3.5 Hour Online Workshop)

#### Practice Response Model Skills for Module 5

- Role-Play: Participant's pair together to practice being a responder and discloser. Remainder of small group offers feedback and support.

#### Module 6: Rethinking Prevention

- Learning Objectives
- Anti-Violence Continuum and the "Just World" Hypothesis
- Increase media attention
- Discussion on ways to educate and create awareness
- How to end sexual violence
- Closing: Checkout and community resources