

## Outline for Five Week Online First Responder to Sexual Assault and Abuse Training Live Interactive Webinar

***\*Please Note: Times are approximate to be used as a guideline***

### **DAY ONE: 1pm–4:30pm, 3.5 Hours**

1:00pm Welcome/Introductions (60 mins)

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

2:00pm Break (10 mins)

Module 1: Critical Communication Skills for First Responders

- 2:10pm Learning objectives (5 mins)
- 2:15pm What is Sexual Violence? (10 mins)
- 2:25pm Effective feedback and support (10 mins)
- 2:35pm Language of Sexual Assault and newspaper article (25 mins)

3:00pm Break (10 mins)

- 3:10pm Communication skills and discussion (15 mins)
- 3:25pm Intersectionality (25 mins)
- 3:50pm Process of a disclosure (10 mins)
- 4:00pm Individual and self-awareness, do's and don'ts list (5 mins)
- 4:05pm Self-care (10 mins)

4:15pm Check Out (15 mins)

4:30pm End Training

### **DAY TWO: 1pm–4:30pm, 3.5 Hours**

1:00pm Check in (15 mins)

Module 2: Child Sexual Abuse

- 1:15pm Learning objectives (5 mins)
- 1:20pm Video: A View from the Shadows OR 7 Signs of Grooming followed by a discussion (30 mins for video + discussion)
- 1:50pm Facts/Myths (10 mins)

2:00pm Break (10 mins)

- 2:10pm Define child sexual abuse (10 mins)
- 2:20pm Laws, Criminal Code, consent (10 mins)
- 2:30pm Internet based child sexual abuse (10 mins)
- 2:40pm Child sexual abuse indicators and impacts (20 mins)
- 3:00pm Neurodevelopmental impacts of sexual abuse (10 mins)

3:10pm Break (10 mins)

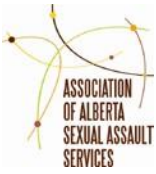
- 3:20pm How to respond to child disclosures (10 mins)
- 3:30pm Reporting obligations (5 mins)
- 3:35pm Watch Child Sexual Abuse disclosure video, discussion (10 mins)

3:45pm Fish Bowl / Discussion (30 mins)

- Practice responding - Facilitator as discloser, participants as responders

4:15pm Check Out (15 mins)

4:30pm End Training



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### DAY THREE: 1pm-4:30pm, 3.5 Hours

1:00pm Check in (15 mins)

Module 3: Adults Who Were Sexually Abused as Children

- 1:15pm Learning objectives (5 mins)
- 1:20pm Listen to Voices CD OR Kameron Moore Victim Impact Statement followed by a discussion (30 mins)
- 1:50pm Impacts and Indicators Activity (15 mins)

2:05pm Break (10 mins)

- 2:15 PTSD, Complex PTSD, PTSD and Intersectionality (10 mins)
- 2:25pm Triggering Events (10 mins)
- 2:35pm Grounding Techniques (10 mins)
- 2:45pm Key Messages (10 mins)
- 2:55pm Reporting Options (10 mins)

3:05pm Break (10 mins)

3:15pm Practice Response Model Skills for Module 3 (60 min with discussion)

- Role-Play: Two breakout rooms in small groups – Each person responding, disclosing, and offering feedback.

4:15pm Check out (15 mins)

4:30pm End Training

### DAY FOUR: 1pm-4:30pm, 3.5 Hours

1:00pm Check in (15 mins)

Module 4: Sexual Harassment

- 1:15pm Learning objectives (5 mins)
- 1:20pm Definition (5 mins)
- 1:25pm Sexual Harassment Cartoon (10 mins)
- 1:35pm Flirting vs Sexual Harassment (5 mins)
- 1:40pm Examples of Sexual Harassment (5 mins)
- 1:45pm Sexual Harassment Video and Discussion (15 mins)

2:00pm Break (10 mins)

- 2:10pm Impacts (10 mins)
- 2:15pm Who Can Be Sexually Harassed (5 mins)
- 2:20pm Reporting options & Responding to Sexual Harassment (5 mins)

Module 5: Sexual Assault

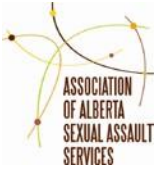
- 2:25pm Learning Objectives (5 mins)
- 2:30pm Definition (5 mins)
- 2:35pm Laws, Criminal Code, Consent (10 mins)
- 2:45pm Video: The Undetected Rapist OR Chanel Miller video followed by a discussion (30 mins, including discussion)

3:15pm Break (10 mins)

- 3:25pm Consequences of Myths (5 mins)
- 3:30pm Online Sexual Violence (10 mins)
- 3:40pm Impacts Activity (10 mins)
- 3:50pm Sexual Assault Trauma (15 mins)
- 4:05pm Responding Skills (5 mins)
- 4:10pm Reporting options (5 mins)

4:15pm Checkout (15 mins)

4:30pm End Training



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### DAY FIVE: 1pm-4:30pm, 3.5 Hours

1:00pm Check in (15 mins)

1:15pm Review responding skills from Mod 5 (Approx. 10 mins)

1:25pm Practice Response Model Skills for Module 5 (Approx. 60 mins with discussion)

- Role-Play: Two breakout rooms in small groups – Each person responding, disclosing, and offering feedback.

2:25pm Break (10 mins)

Module 6: Rethinking Prevention

- 2:35pm Learning Objectives (5 mins)
- 2:40pm Anti-Violence Continuum (10 mins)
- 2:55pm Flower of Power (10 mins)
- 3:05pm “Just World” Hypothesis (10 mins)
- 3:15pm Survivor Poem (5 mins)
- 3:20pm Trial of Mr. Smith (5 mins)

3:25pm Break (10 mins)

- 3:35pm Video for Module 6 (5 mins)
- 3:40pm Increase media attention (10 mins)
- 3:50pm Discussion on ways to educate and create awareness (10 mins)
- 4:00pm How to end sexual violence (10 mins)

4:10pm Closing: Checkout and community resources (20 mins)

4:30pm End Training