

## COURSE OUTLINE

### DAY ONE

8:30am - Sign-in, Coffee and Snacks

9:00am – Welcome/Introductions and Drawing  
Reflective Exercise

BREAK 10:00am-10:15am

Module 1: Critical Communication Skills for First  
Responders

LUNCH 12:00pm – 1:00pm

Module 2: Child Sexual Abuse

BREAK 2:30pm-2:45pm

Practice Response Model Skills (Fish Bowl)

Module 3: Adults Who Were Sexually Abused as  
Children

5:00pm – End of Day One

### DAY TWO

8:30am - Coffee and Snacks

9:00am – Welcome and Review of Homework  
Assignment (self-care activity)

BREAK 10:00am-10:15am

Module 4: Sexual Harassment

LUNCH 12:00pm – 1:00pm

Module 5: Sexual Assault

BREAK 2:30pm-2:45pm

Practice Response Model Skills

Module 6: Rethinking Prevention

5:00pm – End of Day Two

“I’ve learned that people will  
forget what you said,  
people will forget what you  
did, but people will  
never forget how you made  
them feel”

Maya Anjelou

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Assault Services

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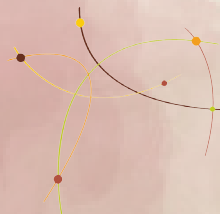
*#IBelieveYou*

Alberta  
Government

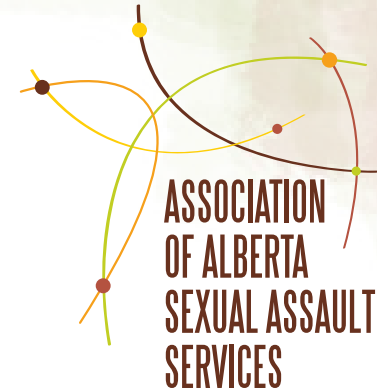


Status of Women  
Canada

Condition féminine  
Canada



ASSOCIATION OF ALBERTA  
SEXUAL ASSAULT SERVICES



ASSOCIATION  
OF ALBERTA  
SEXUAL ASSAULT  
SERVICES



First Responder to  
Sexual Assault and  
Abuse Training™

# First Responder to Sexual Assault and Abuse Training™

## LEARNING OBJECTIVES

This 2-day workshop will provide participants with education and skill development in the following areas. Upon completion of this training, participants are able to:

- Define sexual violence and where it stems from.
- Communicate responding skills and their appropriate use.
- Describe child sexual abuse myths and misunderstandings about child sexual abuse.
- Identify what the age of consent is in Canada
- Name the mental, physical, emotional, and relational/social effects in adults who have been sexually abused as children.
- Discuss the concept of triggering events and the impact they have on people who have been affected by sexual violence
- Define sexual harassment and discuss legal options for those who have been sexually harassed.
- Recall myths and attitudes in society surrounding sexual assault and abuse that continue to allow sexual assault and abuse to exist.
- Name the short and long term physical, psychological and emotional impact of sexual assault and abuse across the lifespan.
- Role-Play how to respond appropriately to disclosures of sexual assault and abuse.
- Explain the attitudes and beliefs that impact the continuum of sexual violence
- List contributing factors surrounding the acceptance of sexual assault and sexual abuse

## WHO SHOULD ATTEND?

This is a beginner yet comprehensive 'Identify, Respond and Refer' training. This training is beneficial to professionals and paraprofessionals who are working with individuals who may be impacted by sexual violence and to other community members who are interested in increasing their skills and confidence to address sexual abuse and sexual assault.

This training is open to, but not limited to, individuals who work in Health, Social Services, and Education & Justice. Nurses, Physicians, Social Workers, Youth Workers, Mental Health Workers, Teachers, School Counselors, Police Officers, Victim Services Workers, as well as Faith Leaders.

### COST:

\$250 per person (Includes participant manual, morning snacks/refreshments and two days of training).

### TO REGISTER:

Contact: Continuing Education Coordinator  
403-237-6905 ext. 268  
mailbox@aaas.ca

Visit [www.aasas.ca](http://www.aasas.ca) to see Facilitators, Courses, Times, and Locations of upcoming trainings.

## OTHER INFORMATION

**Cancellation:** If for any reason you need to cancel your registration please notify AASAS.

**Refunds:** Any cancellations made 72 hours or more prior to the first scheduled day of training will receive a full refund. No refunds will be issued if the cancellation is made less than 72 hours before the first training date. You may transfer your registration to another person at no cost.

**Certificate of Completion:** A Certificate of Completion will be issued via email from AASAS within a month of the training completion date, only to those participants who have completed the full two days of First Responder to Sexual Assault and Abuse Training, and the course evaluation.

**Persons with Disabilities:** Requests made for accommodations for persons with disabilities and such services will be provided to participants on a case-by-case basis. To make arrangements, phone 403-237-6905 ext. 268.

**Grievances:** If you have questions or concerns about the course, please contact AASAS directly to sort out any grievances.

*Association of Alberta Sexual Assault Services #1645 is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Association of Alberta Sexual Assault Services maintains responsibility for this course. ACE provider approval period: 11/29/2018-11/29/2021. Social workers completing this course receive 13 Category A continuing education credits.*