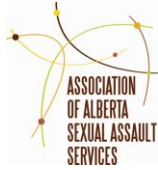


First Responder Training Outline

Day One

TIME	TOPIC
8:30am	Sign-in, Coffee and Snacks
9:00am	<p>Welcome/Introductions and Drawing Reflective Exercise</p> <ul style="list-style-type: none"> • Introductions • Overview of training, group norms, use of learning objectives • Drawing/Reflective Exercise <p>Module 1: Critical Communication Skills for First Responders</p> <ul style="list-style-type: none"> • Learning objectives • Effective feedback and support • Language and newspaper article
10:30am - 10:45am	BREAK
10:45am - Noon	<ul style="list-style-type: none"> • Communication skills, skit and discussion • Process of a disclosure • Intersectionality • Individual and self-awareness, do's and don'ts list • Self-care <p>Module 2: Child Sexual Abuse</p> <ul style="list-style-type: none"> • Learning objectives • Video: A View from the Shadows and discussion
Noon – 1pm	LUNCH
1:00pm – 2:30pm	<ul style="list-style-type: none"> • 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 <p>Practice Response Model Skills (Fish Bowl)</p> <ul style="list-style-type: none"> • Facilitator as discloser, participants as responders
2:30pm-2:45pm	BREAK
2:45pm – 5:00pm	<p>Module 3: Adults Who Were Sexually Abused as Children</p> <ul style="list-style-type: none"> • Learning objectives • Listen to Voices CD and discuss • Impacts • PTSD, Complex PTSD, PTSD and Intersectionality • Triggering Events • Grounding Techniques • Reporting Options • Assessment Tool for Adults • Safety Planning for Suicide Risk <p>Closing for the day: Checkout and community resources</p>



First Responder Training Outline

Day Two

TIME	TOPIC
8:30am	Sign-in, Coffee and Snacks
9:00am	<p>Welcome and Review of Homework Assignment</p> <ul style="list-style-type: none"> • Review of Homework Assignment (Share self-care from the night before) • Any thoughts or questions about yesterday's material • Complete any material from Day 1 <p>Practice Response Model Skills for Module 3</p> <ul style="list-style-type: none"> • Role-Play: Participant's pair together to practice being a responder and discloser. Remainder of small group offers feedback and support.
10:30am – 10:45am	BREAK
10:45am – Noon	<p>Module 4: Sexual Harassment</p> <ul style="list-style-type: none"> • Learning objectives • Definition • Group Scenario Discussion • Flirting vs Sexual Harassment • Impacts and reporting options <p>Module 5: Sexual Assault</p> <ul style="list-style-type: none"> • Learning Objectives • Video: The Undetected Rapist and discussion
Noon – 1:00pm	LUNCH
1:00pm – 2:30pm	<ul style="list-style-type: none"> • 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 <p>Practice Response Model Skills for Module 5</p> <ul style="list-style-type: none"> • Role-Play: Participant's pair together to practice being a responder and discloser. Remainder of small group offers feedback and support.
2:30pm-2:45pm	BREAK
2:45pm – 5:00pm	<p>Module 6: Rethinking Prevention</p> <ul style="list-style-type: none"> • Learning Objectives • Anti-Violence Continuum and the "Just World" Hypothesis • Increase media attention • Discussion on ways to educate and create awareness <p>Closing for the day: Checkout and community resources</p>