

WORKSHOP AND TRAINING MENU

Violence Prevention & Advocacy Program



All workshops and trainings are available for a variety of audiences, including students, staff, and faculty. Content is able to be customized to the group's needs.

All workshops and trainings can be delivered by the Violence Prevention and Advocacy Program Manager. Most prevention workshops in levels one and two are also able to be delivered by the Health and Wellness Resource Center's Peer Health Educators. When you request a workshop, the Program Manager will help you assess whether your group would benefit more from staff or student facilitators.

To request a workshop or training, contact the Violence Prevention and Advocacy Program Manager:

Phone: 425-352-3815

Email: uwbvae@uw.edu

Prevention Workshops:

LEVEL 1

Any class, group, or department may request a Level 1 prevention workshop. Level 1 prevention workshops can be delivered to an intact community (a group of people who exist as a community outside of coming together for this workshop), or as a one-time event open to a public audience. The content will be tailored to the needs of the group. Most level 1 prevention workshops can be delivered by staff or by peer health educators.

Introduction to Creating a Violence-Free UWB

Summary: An introduction to sexual and relationship violence (SRV), which can be customized to meet the needs of the group. Content will vary for groups of students vs student staff vs professional staff vs faculty vs mixed audience.

Group Size: Any

Length: 45-60 minutes (can also be delivered as two 30-minute sessions or three 20-minute sessions)

Orientation: Creating a Violence Free UWB

Summary: An introduction to sexual and relationship violence (SRV), presented to first year and transfer students during their orientation to UWB.

Group Size: Any

Length: 45 minutes

Creating a Violence-Free Workplace: A Workshop for Student Staff

Summary: An exploration of how student staff can prevent and respond to SRV in the workplace

Group Size: Any

Length: 45 minutes

Prevention Workshops:

LEVEL 2

Any class, group, or department may request a Level 2 prevention workshop, provided the same group has received a Level 1 prevention workshop within the previous calendar year. Level 2 prevention workshops can be delivered to an intact community (a group of people who exist as a community outside of coming together for this workshop), or as a one-time event open to a public audience. If being offered as a one-time event, the caveat should be given that participants ideally will have attended a Level 1 prevention workshop within the previous calendar year. The content can be tailored to the needs of the group. Most level 2 prevention workshops can be delivered by staff or by peer health educators.

Intersections of Harm: How SRV Intersects with Identity, Oppression, and Marginalization

Summary: Participants will examine their own identities and explore the ways in which power and privilege exist in our society. They will then use that framework to unpack the impact and prevention of SRV on micro, mezzo, and macro levels. Groups opting for the 90-minute version will also go through an interactive role-play activity.

Group Size: Any

Length: 60 or 90 minutes

Creating and Nurturing Healthy Relationships

Summary: This workshop helps participants to explore the lines between healthy, unhealthy, and abusive behaviors, and examines our own behavior as well as how to intervene when we notice potentially harmful behavior exhibited by others.

Group Size: Any

Length: 45-60 minutes

Consent 101: Setting, Paying Attention to, and Respecting Boundaries

Summary: Consent can sometimes seem overly complicated, but at its core it's all about respecting other people's boundaries. This heavily scenario-based workshop prepares people to set their own boundaries while listening to and obeying those set by others.

Group Size: Any

Length: 45-60 minutes

Building a Culture Free of Sexual Harassment

Summary: A heavily scenario-based workshop that helps participants prepare to identify problematic behavior and intervene before it escalates.

Group Size: Any

Length: 45-60 minutes

Prevention Workshops:

LEVEL 3

Any class, group, or department may request a Level 3 prevention workshop, provided the same group has received a Level 1 or Level 2 prevention workshop within the previous calendar year. Level 3 prevention workshops are designed for an intact community (a group of people who exist as a community outside of coming together for this workshop; academic departments, administrative departments, and student clubs are examples). The content will be tailored to the needs of the group. Level 3 prevention workshops are only delivered by staff, not by peer health educators.

Violence Prevention at Every Level: Culture Change Across the Social Ecology

Summary: An interactive workshop exploring two primary concepts from the field of public health: the social ecological model and the stages of prevention. Participants will apply these theories directly to their community, and will leave the workshop with action steps to create culture change.

Group Size: Any

Length: 45-60 minutes (can also be delivered as two 30-minute sessions)

Using Social Norms Change to Prevent Violence

Summary: An interactive workshop that walks participants through the concept of social norms change and helps them start the process of creating a social norms campaign. Groups choosing the longer session will spend more time developing a data collection plan.

Group Size: 4-10

Length: 90 or 120 minutes (can be divided into two sessions)

Response Trainings: LEVEL 1 & 2

LEVEL 1

Any class, group, or department may request a Level 1 response training. Level 1 response trainings can be delivered to an intact community (a group of people who exist as a community outside of coming together for this workshop), or as a one-time event open to a public audience. The content will be tailored to the needs of the group. All response trainings are only delivered by staff, not by peer health educators.

Responding to Disclosures

Summary: An overview of how to respond when you become aware that someone in your life may have experienced or been impacted by SRV.

Group Size: Any

Length: 45-60 minutes (can also be delivered as two 30-minute sessions)

LEVEL 2

Any class, group, or department may request a Level 2 response training, provided the same group has received a Level 1 response training within the previous calendar year. Level 2 response trainings are designed for an intact community (a group of people who exist as a community outside of coming together for this workshop; academic departments, administrative departments, and student clubs are examples). The content will be tailored to the needs of the group. All response trainings are only delivered by staff, not by peer health educators.

Developing a Prevention and Response Protocol

Summary: An interactive session to guide an intact community through the creation of a protocol for how its members are expected to respond to incidents of SRV.

Group Size: 4-15

Length: 90 minutes (can be delivered in two 45 minute sessions)