

Boston Area Rape Crisis Center Workshops/Trainings/Presentations 2013

Youth, Youth Workers, Social Service Providers and Parents of Teens:

Sexual Harassment, Assault and Rape in Adolescence

Time: 1 hour

No prerequisite necessary

Audience: Adults, school administrators, teachers and staff

An introductory presentation on the prevalence, context, and impact of sexual violence occurring during adolescence. Current research about how sexual harassment and assault are perpetrated in middle and high school settings is shared. This information challenges many ideas that many people hold about the circumstances surrounding sexual violence. Practice and policy implications will be discussed.

Responding to Disclosures of Sexual Violence from Adolescents

Time: 1.5 hours

Prerequisite: Sexual Harassment, Assault and Rape in Adolescence

Audience: Adults, school administrators, teachers and staff, social service providers

Participants will learn specific skills to respond to adolescent survivors. This highly interactive workshop uses setting-specific case scenarios to practice responding to disclosures from adolescents with special attention to issues of privacy and confidentiality. Can be adapted for medical providers, school staff, after-school organizations, clinicians, and peer leaders.

Building a Safer Environment for Youth

Time: 1.5 hours

Prerequisite: Sexual Harassment, Assault, and Rape in Adolescence

Audience: Adults, school administrators, teachers and staff

Adults working with youth see behaviors that are inappropriate for the setting and can reduce safety for youth in schools and programs. Teachers, school staff and parents are often unsure about how to intervene effectively. Using a combination of case scenarios, brainstorming, group work, and discussion, participants will recognize behaviors that require an intervention and begin to build skills to intervene effectively to create an environment of safety.

Can We Talk?

Recognizing and Responding to Disclosures of Sexual Violence from Adolescents

Time: 4 hours

No Pre-Requisite Required

If you are interested in learning more about any of these workshops please e-mail BARCC at engagements@barcc.org or call us at 617.492.8306

Audience: Youth workers, school staff, social service providers

This is a four hour highly interactive training that aims to educate the staff of youth serving agencies and schools on the context and presentation of sexual violence for teens. Through various activities participants will understand how sexual violence impacts the social and psychological development of adolescents, build empathy for adolescent survivors, learn new information about the effect of trauma on adolescent brain development, and discuss some of the latest research about how sexual violence is perpetrated in middle and high school settings. Role plays are used to practice responding to disclosures of sexual violence from teens using safety, empowerment, empathy, and knowledge (SEEK) with the goal of creating safe points of entry for all survivors disclosing an assault. Special attention is given to issues of privacy and confidentiality concerns when working with teens. The workshop wraps up by teaching staff about the effects of secondary trauma on their lives and their work with adolescents.

Respecting Boundaries

Time: 1 hour

No prerequisite

Audience: Youth

This workshop is adaptable for many ages but was designed with younger teens, ages 12-14 years, in mind. The workshop gives youth a chance to identify coercive, abusive behavior in relationships and practice replacing them with respectful, healthy behaviors. Youth gain a deeper understanding of why we should respect each other's boundaries and how to overcome difficulties in doing so. This workshop is extremely interactive involving worksheets, discussion, and improv-style skill building activities.

Consent

Time: 1.5 hours (can be broken down over two sessions)

No prerequisite

Audience: Youth

This workshop is adaptable for many ages and gives youth a fuller understanding of what consent looks like in a relationship and a chance to talk about how to obtain consent in relationships. Groups will learn and discuss the legal definition of consent for the state of MA, discuss other factors that might influence one's ability to make an informed and healthy decision to engage in various sexual behaviors, what a healthy sexual relationship involves or doesn't involve, and be informed of local resources they can go to for help. Workshop is highly interactive and discussion based.

A Workshop for Parents on Talking With Teens

Time: 2 hours

No prerequisite

Audience: Parents of adolescents (ages 12-17).

What values do you have about dating, sex, and safety which you hope to instill in your adolescent son or daughter?? This interactive workshop will provide insight into the minds of teenagers and aims to foster conversation between parents and their teens about dating and relationships, sex, safety, and everything in between. Parents will be able to understand their children's behaviors in the context of adolescent development while drawing on each others' knowledge for opportunities to engage with youth.

BE SAFE 101

Time: 8-10 hours

No prerequisites necessary

Audience: Youth workers and staff at youth-serving organizations.

An introductory/foundational training that provides an opportunity for staff, volunteers and interns to engage in a shared experience designed to create an understanding of how our individual attitudes and beliefs affect our work with youth. The sessions are experiential and interactive using group role plays and forced choice exercises drawn from the realities of the programs. Practice will be aimed at assisting participants in 'how to have the difficult conversations'. By the end of the training, participants will begin to understand the connections between who they are as a person, their role as a youth worker and a staff member within a youth program, and how their program's policies and procedures shape their relationships and interactions with youth—all in the context of the interconnecting issues of sexual health, interpersonal violence and substance abuse. The training totals 8-10 hours in length and can be offered over 1, 2, or 3 sessions. For more information please contact besafe@barcc.org, visit us on the web at www.besafe.org, or follow us on twitter @besafeboston.

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Social Service providers, Police, Medical Professionals:

Forensics: Responding to Survivors

Time: 1 hour

No prerequisite necessary

Audience: social service professionals; law enforcement; medical professionals.

Following a sexual assault, a survivor may have many questions about forensic issues, such as evidence collection, reporting to the police and the legal process. This training offers professionals the opportunity to learn more about forensic information, support and resources that are now available to help you assist survivors as they navigate their path to healing and justice.

***What Do I Say Now?* Responding to Sexual Violence Disclosures from Adults**

Time: 2-3 hours

No prerequisite necessary

Audience: social service professionals

Many social services providers have had the experience of receiving a disclosure from adult clients about past experiences of sexual violence. The research is very clear that providers' responses to such disclosures can be critical in shaping the course of healing for survivors, and even whether a survivor of sexual violence discloses to anyone else. This highly interactive, skill-based workshop will explore common reactions to sexual violence (whether recent or long in the past), issues of secondary trauma, and a tool for responding appropriately and effectively. This workshop can be adapted for medical providers.

Mental Health Professionals:

Intro to Clinical Work with Survivors of Sexual Violence

Time: 2 hours

No prerequisite necessary

Audience: Clinicians without experience working with survivors of sexual violence.

Introduction to clinical training is designed for new clinicians or for experienced clinicians who may not have the experience of working with survivors of sexual assault-related trauma. This training explores: the context of sexual assault for clients; how to address an initial disclosure of sexual assault; common reactions to rape and how clients might be expressing these reactions; and making an initial assessment about sexual violence.

Survivors of Sexual Trauma: Salient Issues in Treating and Healing Sexual Abuse

Time: 2 hours

Prerequisite: Introduction to Clinical Training or comparable experience.

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This is a more in-depth training on responding to clients who have experienced trauma. Topics include: initial assessment and treatment of sexual trauma; salient issues in the psychotherapy of trauma survivors; the importance of group as a treatment for trauma; counter transference and secondary traumatic stress; and cultural considerations in the treatment of trauma.

College Administrators and Students:

Current Research on Sexual Assault on Campuses

Time: 2-3 hours

No prerequisite

Audience: College administrators, faculty, staff and students

New information challenges many ideas that people hold about the circumstances surrounding sexual violence. We will look at David Lisak's work on repeat perpetration and at Steven Thompson's research on acquaintance rapists. We will end with a discussion of how bystander intervention training can address the campus culture change needed to prevent sexual violence.

Mobilizing the Community: Training of Trainers for the Bystander Intervention Workshop, 3 hours

Pre-requisite: Current Research on Sexual Assault on Campuses or a deep understanding of the current research on sexual assault perpetration.

Audience: College administrators, faculty, staff and students

This training will prepare staff to present Bystander Intervention workshops. Bystander Intervention is a skill-building workshop that focuses on how to safely act to challenge inappropriate sexual and violent behaviors in one's community and environment. It includes current research that reveals why people do or do not intervene as well as empathy building exercises.

Bystander Training

Time: 1.5 hours

Prerequisite: Current Research on Sexual Assault on College Campuses

Audience: Adults, college students, older high school students

This in-depth, skill-building workshop focuses on how to safely act to challenge inappropriate sexual and violent behaviors in one's community and environment. It includes current research that reveals why people do or do not intervene as well as empathy building exercises and role-plays.

Introduction to Sexual Assault Issues for College Police Officers and Security Personnel

Time: 3 hours

Audience: Campus Police Officers or Security Personnel

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This training focuses on the dynamics of sexual violence of college students, adolescent brain development, the impact of trauma on memory, special considerations and building rapport with survivors. The curricula include issues of gender and sexual orientation.

Training Judicial Boards on College Campuses

Time: 1.5 to 3 hours

No prerequisite

Audience: College students, faculty and staff

This training includes an overview of research about rape and sexual assault on college campuses. The focus is on skill-based learning about questioning complainants and accused students. Progressive case studies are used to increase questioning skills and understanding of how to gather useful information.

First Responders: Responding to Sexual Assault Disclosures

Time 1-2 hours

No prerequisites

Audience: College administrators

This is an online training available through NEARI Training Center.

Cost: \$30.00

<http://training-center.neari.com/training-center/form/course-item.aspx?targetCourseId=3&categoryId=0&list=false>

This course presents an innovative model for responding to a disclosure of sexual violence. It stresses the importance of a supportive response to reduce secondary trauma and to encourage the survivor to seek further care. This approach trains staff to respond to disclosures emphasizing four key areas: Safety, Empowerment, Empathy, and Knowledge (SEEK). Designed specifically for staff in college and university settings, it is an essential tool for creating a safe point of entry for anyone choosing to disclose the sexual violence they experienced. This course was developed by staff of the Boston Area Rape Crisis Center, the largest rape crisis center in Massachusetts and the second oldest in the country.

All Audiences:

Clothesline Project

Audience: all

This traveling exhibit bears witness to the survivors and victims of sexual and domestic violence. This moving tribute exhibit is great to include at Safety Awareness Days and Health Fairs, to display in your agency or community, and/or as an exercise in which survivors can participate.

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Survivor Speakers

Time: 1 hour

No prerequisite

Audience: all

BARCC's Survivor Speakers Bureau is a group of survivors and friends/family members of survivors who volunteer to talk about sexual assault and abuse. Participants will listen to a survivor's personal experiences and reactions to sexual violence. Participants will have the opportunity to ask questions about that specific story and sexual violence in general.

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