



BOSTON AREA RAPE CRISIS CENTER

dedicated to healing.  
advocating for change.

### ***Respecting Boundaries***

Length: 45-60 min.

Suggested audience: ages 12-15

The goal of this workshop is to work with younger youth to identify others' personal boundaries, understand how to respect them, and develop community responsibility that supports personal boundaries. This session includes discussion and activities about the difficulty of respecting boundaries with friends and peers.

### ***Consent***

Length: 1-1.5 hours

Suggested Audience: ages 14-18

This workshop gives youth a fuller understanding of obtaining and giving consent for sexual activity within a relationship. Groups will learn and discuss the legal definition of consent for sexual activity for the state of MA; factors that might influence one's ability to make an informed and healthy decision to engage in sexual activity; healthy sexual relationships; and local resources if they have questions concerning sexual assault. The workshop is highly interactive, discussion-based and adaptable for many ages.

### ***Sexual Assault: Practicing Prevention***

Length: 1-1.5 hours

Suggested audience: ages 16+

The goal of this workshop is to increase awareness of how perpetration happens and to create community responsibility for sexual violence prevention. This session is highly interactive and includes discussion and real-life scenarios generated by youth to practice ways to make relationships and communities less accepting of sexual violence.

This workshop is most effective when the audience has a basic understanding of sexual assault. We can provide a two-part workshop or other suggestions for materials and activities.

### ***Becoming Active Bystanders***

Length: 2-2.5 hours

Suggested audience: ages 18+

This in-depth skill-building workshop focuses on cultivating a sense of responsibility for our communities and environments. Discussion includes current research on why people act or do not act to challenge inappropriate sexual and violent behaviors. Activities include exercises that explore a range of ways to be an active bystander.

This workshop is appropriate for audiences with an understanding of the dynamics of sexual violence and some involvement in their communities, for example peer health or peer leadership groups.

### ***Clothesline Project***

The Clothesline Project is a display in which a clothesline is hung with shirts decorated to represent individual survivors' experiences. Because they are made by the survivor or someone who cares about them, it is a moving way to depict the impact of sexual violence on survivors, their friends, and families. Many schools or organizations find that this is an effective program to introduce students/people to the impact of sexual assault. BARCC has a collection of shirts, clothesline, and clothespins that we can loan to you for your program. To see a sample of shirts go to <http://www.barcc.org/active/awareness/clothesline>

### ***Survivor Speakers***

Length: 1 hour

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. Speakers have been trained to address audiences from a variety of backgrounds including students (middle school through graduate school), police officers and other first responders, health and mental health practitioners, parents, and athletes. The presentation format usually is 10-15 minutes of the survivor telling their story followed by a longer Q&A session. Survivors are typically accompanied by a BARCC volunteer who can answer questions about BARCC services or other questions not directly related to the survivor's experience.

### ***First Responders***

Length: 1-2.5 hours

Suggested audience: ages 18+

This workshop 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 victim to seek further care. This approach trains staff to respond to disclosures emphasizing four key areas: Safety, Empowerment, Empathy, and Knowledge (SEEK). It is an essential tool for creating a safe point of entry for anyone choosing to disclose the sexual violence they experienced. This course is also available as an on-line course. For more information go to <http://www.barcc.org/information/resources-online/course/>

### ***Introduction to Clinical Training***

Length: 2 hours

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.

### ***Advanced Clinical Training***

Length: 2 hours

Advanced trainings are offered to clinicians who are interested in an in-depth training. The training is organized so that it is reflective of the needs of the requesting organization. Topics that may be highlighted include:

- the initial assessment and treatment of trauma,
- the stages of recovery and healing,
- salient issues in the psychotherapy of trauma treatment,
- the importance of group as a treatment for trauma,
- secondary traumatic stress and vicarious traumatization,
- addressing dissociation in treatment, and
- cultural considerations in the treatment of trauma.

Clinical consultation services are available and a BARCC senior clinical staff member can serve as a discussant for case consultation.