

YWCA NEW BRITAIN SEXUAL ASSAULT CRISIS SERVICE

PROFESSIONAL DEVELOPMENT



In addition to providing prevention education to youth, the YWCA New Britain Sexual Assault Crisis Service offers professional development training for school staff, community agencies, and parents to provide a better understanding of sexual violence prevention and intervention. Programs are designed to prevent violence by encouraging positive, prosocial behaviors and empowering individuals to recognize unhealthy behaviors, practice healthy communication, and get resources in their community. Eliminating sexual violence is a group effort- within households, schools, agencies, and communities.

**Who do you
recommend your
trainings for?**

Our programs are designed for anyone! We have trainings for:

- professionals in any multitude of settings (social worker, community agency, healthcare)
- caregivers/parents
- schools and other youth-settings

ABOUT US

The Sexual Assault Crisis Service is a program of the YWCA New Britain and a member of the Connecticut Alliance to End Sexual Violence. In addition to our prevention education program, we provide direct services to survivors of sexual violence and their loved ones. Our services include crisis counseling, support groups, accompaniments to area hospitals, courts, and police stations, campus advocacy and 24-hour English and Spanish hotlines. Through these services, we aim to empower survivors of sexual violence to regain feelings of independence and hope.

CONTACT US



prevention@ywcanewbritain.org



(860) 225-4681 ext. 527



PROFESSIONAL DEVELOPMENT

PROGRAM DESCRIPTIONS

To schedule education for your agency, email prevention@ywcanewbritain.org
Virtual and In-Person options are available

RECOMMENDED AUDIENCE: **ANY**

Supporting Survivors of Sexual Violence

Responding to Disclosures

90 minutes

In this training, participants will gain an understanding of the foundations of sexual violence through defining key terms and definitions and examining the prevalence in our communities. By examining the impact of trauma and sexual violence, participants will discuss ways to respond to disclosures of sexual violence, empowerment strategies, local resources, and how to create safer spaces for survivors. **This training can be modified for specific audiences or communities, such as: older adults, those who are justice involved, or veterans.**

Sexual Violence 101: A 2 Part Series

Part 1: Foundations of Sexual Violence

Part 2: Sexual Violence in our Culture

90 minutes

There is a ton of misinformation regarding what sexual violence is, what consent looks like, and how to talk about sexual assault. In this two-part series, participants will examine all aspects of sexual violence. In part one, Foundations of Sexual Violence, participants learn key terms and definitions, statistics related to sexual violence prevalence, and important pieces of consent. In part two, Sexual Violence in our Culture, participants will build on this information and get at the root causes of sexual violence. The training will finish with examining elements of our culture and our media that contributes to sexual violence, and how we can prevent it.

Sexual Harassment Prevention

2 hours

As of October 1st, 2019, all employers with three or more employees are required to complete a sexual harassment training. In this training, participants go beyond the basics of these trainings and examine how sexual harassment shows up in schools, in workplaces, and our broader society. Participants will leave this training with strategies for prevention of sexual harassment, and ways to support those who have experienced it.

Understanding Trauma

90 minutes

Trauma and Trauma Informed Care have become more common place terms in our workplaces, healthcare systems, social and educations settings. In this training, participants will dive deeper into the impact of trauma and what it means to be trauma informed in our perspective roles. By examining the ways that trauma impacts a persons' physical, mental, and social health, participants will leave this training with ways to better support survivors of sexual violence in their workplaces, homes, and communities.

LGBTQ+ 101

Tools for creating affirming spaces

90 minutes

Beginning with an introduction to the LGBTQ+ community, participants in this workshop will gain a better understanding of key terms and definitions. Through interactive activities, discussion, and presentation, participants will learn tangible ways to apply the skills they learn in their daily interactions. Participants will have broader conversations about how to make their schools, workplaces, or community settings affirming and inclusive for all.

Support LGBTQ+ Survivors

90 minutes- 2 hours

This training explores the dynamics of child sexual abuse, including the grooming process often used by offenders, and discusses the impacts of trauma on mental, physical, emotional, and social health. Participants will also learn how to respond to disclosures of sexual violence and what local resources exist for youth and families.

RECOMMENDED AUDIENCE: SCHOOL & YOUTH-SERVING AGENCIES

Preventing & Identifying Child Sexual Abuse

Responding to Disclosures

90 minutes- 2 hours

This training explores the dynamics of child sexual abuse, including the grooming process often used by offenders, and discusses the impacts of trauma on mental, physical, emotional, and social health. Participants will also learn how to respond to disclosures of sexual violence and what local resources exist for youth and families.

Sexual Violence Prevention Education

Tips & Tricks for Educators

2 hours

In accordance with Erin's Law, all Connecticut students in grades K-12 are required to receive age-appropriate sexual abuse and assault awareness education; but how do we have those conversations? This training, available for both elementary educators and secondary educators, provides participants with best practices for sexual violence prevention. Educators will be equipped with appropriate language to use, and they will leave the training with activities and resources to bring back to their classrooms.

RECOMMENDED AUDIENCE: PARENTS/CAREGIVERS

Body Safety & Consent for Caregivers

90 minutes

In this program, participants will learn tips and strategies to engage youth in productive and healthy conversations around sex, consent, boundaries, and sexual violence. Participants will gain age and developmentally appropriate ways to discuss these topics with youth, while gaining a deeper understanding of how we can end sexual violence as individuals and as a community.

Internet Safety 3 Part Series

Social Media, Gaming, & Pop Culture

60 minutes each

With more and more of our youths' time being spent online, this three-part series helps caregivers navigate ways to combat the dangers of the internet while supporting their youth. Participants will examine the most popular social media applications, video games, and television shows. They will discuss privacy settings, safety planning, and ways to open conversations with young people about what they are seeing, hearing, and talking about with their peers. Each part can be offered as a stand-alone training, or a part of the entire series.