

## First Responder Training Course Outline Day One

| TIME            | TOPIC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
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| 9:00am          | <p>Welcome/Introductions and Drawing Reflective Exercise</p> <ul style="list-style-type: none"> <li>• Introductions</li> <li>• Overview of training, group norms, use of learning objectives</li> <li>• Drawing/Reflective Exercise</li> </ul> <p>Module 1: Critical Communication Skills for First Responders</p> <ul style="list-style-type: none"> <li>• Learning objectives</li> <li>• Effective feedback and support</li> <li>• Language and newspaper article</li> </ul>                                                                                                                                   |
|                 | BREAKS AS NEEDED – Typically once an hour online for 5-7 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|                 | <ul style="list-style-type: none"> <li>• Communication skills, skit and discussion</li> <li>• Process of a disclosure</li> <li>• Intersectionality</li> <li>• Individual and self-awareness, do's and don'ts list</li> <li>• Self-care</li> </ul> <p>Module 2: Child Sexual Abuse</p> <ul style="list-style-type: none"> <li>• Learning objectives</li> <li>• Video: A View from the Shadows and discussion</li> </ul>                                                                                                                                                                                           |
| Noon – 1pm      | LUNCH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|                 | <ul style="list-style-type: none"> <li>• Facts/Myths</li> <li>• Define child sexual abuse</li> <li>• Laws, Criminal Code, consent</li> <li>• Child sexual abuse indicators and impacts</li> <li>• Internet based child sexual abuse</li> <li>• Neurodevelopmental impacts of sexual abuse</li> <li>• How to respond to child disclosures</li> <li>• Reporting obligations</li> <li>• Watch Child Sexual Abuse disclosure video and discuss</li> </ul> <p>Practice Response Model Skills (Fish Bowl)</p> <ul style="list-style-type: none"> <li>• Facilitator as discloser, participants as responders</li> </ul> |
|                 | BREAKS AS NEEDED – Typically once an hour online for 5-7 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Close at 5:00pm | <p>Module 3: Adults Who Were Sexually Abused as Children</p> <ul style="list-style-type: none"> <li>• Learning objectives</li> <li>• Listen to Voices CD and discuss</li> <li>• Impacts</li> <li>• PTSD, Complex PTSD, PTSD and Intersectionality</li> <li>• Triggering Events</li> <li>• Grounding Techniques</li> <li>• Reporting Options</li> <li>• Assessment Tool for Adults</li> <li>• Safety Planning for Suicide Risk</li> </ul> <p>Closing for the day: Checkout and community resources</p>                                                                                                            |

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| TIME            | TOPIC                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9:00am          | <p>Welcome and Review of Homework Assignment</p> <ul style="list-style-type: none"> <li>Review of Homework Assignment (Share self-care from the night before)</li> <li>Any thoughts or questions about yesterday's material</li> <li>Complete any material from Day 1</li> </ul> <p>Practice Response Model Skills for Module 3</p> <ul style="list-style-type: none"> <li>Role-Play: Participant's pair together to practice being a responder and discloser. Remainder of small group offers feedback and support.</li> </ul>                                                                                                                  |
|                 | BREAKS AS NEEDED – Typically once an hour online for 5-7 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|                 | <p>Module 4: Sexual Harassment</p> <ul style="list-style-type: none"> <li>Learning objectives</li> <li>Definition</li> <li>Group Scenario Discussion</li> <li>Flirting vs Sexual Harassment</li> <li>Impacts and reporting options</li> </ul> <p>Module 5: Sexual Assault</p> <ul style="list-style-type: none"> <li>Learning Objectives</li> <li>Video: The Undetected Rapist and discussion</li> </ul>                                                                                                                                                                                                                                         |
| Noon – 1:00pm   | LUNCH                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|                 | <ul style="list-style-type: none"> <li>Definition</li> <li>Laws and Criminal Code</li> <li>Online Sexual Violence</li> <li>Issues of consent</li> <li>Myths</li> <li>Impacts</li> <li>Group Scenario Discussion</li> <li>Sexual Assault Trauma</li> <li>Neurobiology and trauma</li> <li>Reporting options</li> <li>Assessment Tools for Adults, Safety Planning and Domestic Violence</li> </ul> <p>Practice Response Model Skills for Module 5</p> <ul style="list-style-type: none"> <li>Role-Play: Participant's pair together to practice being a responder and discloser. Remainder of small group offers feedback and support.</li> </ul> |
|                 | BREAKS AS NEEDED – Typically once an hour online for 5-7 minutes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| Close at 5:00pm | <p>Module 6: Rethinking Prevention</p> <ul style="list-style-type: none"> <li>Learning Objectives</li> <li>Anti-Violence Continuum and the "Just World" Hypothesis</li> <li>Increase media attention</li> <li>Discussion on ways to educate and create awareness</li> </ul> <p>Closing for the day: Checkout and community resources</p>                                                                                                                                                                                                                                                                                                         |