



CRIME VICTIMS

Assistance Center, Inc.

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Prevention Education Program Guide

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The Education Department of Crime Victims Assistance Center works diligently to amend and update trainings to include relevant information for each audience. Trainings may change according to current trends, statistics, and base knowledge of the audience. During the scheduling process, we will work with you to ensure an appropriate match.

TOPIC	DESCRIPTION
CVAC Programs & Services Overview	CVAC offers many various response and prevention services. Consider bringing us in to talk to your group about all of our programs, and share information on making referrals to our agency!
Sexual Assault & Trauma	In this training we will focus on sexual assault from a trauma perspective. Topics covered include: How sexual assault changes the brain, why a victim responds the way they do, rape culture, how to help and support victims.
Consent	The word “consent” is thrown about a lot. Consent is both a simple and a complex concept. This training will cover the intricacies of consent, including what it means, what it looks like, and how it is communicated. This program can be tailored to encompass specific policies of your agency, school, or campus.
Rape Culture	In this program we take a look at our culture, including media and advertisements, to discover the messages being consciously and unconsciously transmitted. We will work to connect how these messages impact our collective thoughts and behaviors in ways that often promote or normalize rape and abuse.
Know Your Rights	Did you know victims have a specific set of rights? This presentation will provide an overview on the rights of victims who have experienced sexual assault, domestic violence, or other forms of abuse. This can be tailored to encompass specific policies and procedures for an agency, school, or campus.
Domestic/Interpersonal Violence	Topics covered in this training include: Dynamics of interpersonal violence, statistics, the cycle of abuse, experiences of survivors, community resources & safety planning, and how to help a friend. May also include information on trauma, sexual abuse, stalking, harassment & substance abuse, etc.
Domestic Violence & Substance Abuse	In this training, the interplay of domestic violence and substance abuse will be discussed, as well as specific considerations for treatment and support services.

Healthy Relationships	This program will focus on aspects of healthy relationships including relationship values, love languages, setting healthy boundaries and skills for positive communication. Healthy relationships will be contrasted with aspects of unhealthy relationships, followed by a brief overview on the dynamics of abusive relationships.
Boundaries & Communication	This workshop is focused on developing and building skills around setting healthy boundaries, and utilizing healthy communication skills in relationships of all forms, including friendships, families, and romantic relationships.
Social Networking & Technology Safety	During this program, our staff will facilitate a discussion on various aspects of social networking and technology safety in this ever-changing environment. A wide-ranging topic, this program can be adapted for audiences starting at any base-level of knowledge. Topics can include social networking apps 101, smartphones, privacy and safety, teens and technology use, sexting, cyberbullying, and more. The audience can help led the direction of the conversation to ensure it is most relevant to their current needs.
Teens & Sexting	In this program, we will hone in on a growing concern, teens and sexting. In this presentation, we will cover definitions, motivations, legal concerns, and how to prevent and respond to the sexting behaviors of teens.
Workplace Sexual Harassment	Recent New York State legislation requires all employers to provide preventative training for workplace sexual harassment to all employees. Our training program was developed in alignment with guidelines provided by the NYS, and far exceeds the minimum standards. This 2-hour training covers the definition of sexual harassment, various examples of what constitutes sexual harassment, responsibilities of supervisors, and rights and remedies available to persons who experience harassment. The training includes several interactive activities and the curriculum can be tailored to your workplace environment and personnel structure.
Basic Advocacy	This 1-2 hours training focuses on the basic philosophy of advocacy, how to help someone in crisis, and how to help them move forward after a traumatic experience. We will also connect how trauma affects an individual's brain, and in turn, their behaviors as they cope with what has happened.
Crisis Reaction/De-escalation	This program can be tailored for any audience looking for training on responding in crisis situations and de-escalating heated or high-stress moments.
Trauma Informed Care	This program is geared towards youth serving organizations, mental health providers, and other human service agencies. This program covers what trauma is, the prevalence of trauma, and how it affects an individual's brain and behaviors. Best practices for serving those affected by trauma are addressed. This can be presented congruently with other topics.

Vicarious Trauma and Self-Care	Those working with individuals affected by trauma are also subject to the effects of trauma. This is called vicarious, or secondary trauma. This training will discuss this issue, and provide tips for handling and minimizing the effects of vicarious trauma.
Elder Abuse	In this training we will cover statistics and dynamics of elder abuse, including information on scams a fraud as well. We will provide local and national resources for those experiencing elder abuse, or their caregivers and loved ones.
Scams & Fraud	This program is designed to facilitate a discussion on the latest scams and schemes that dupe thousands every year. This may be for general audiences, or tailored for seniors.
Bystander Intervention	We are all bystanders. When we encounter a situation that is risky, unsafe, or potentially violence, we have the option to act or ignore it and walk on by. Choosing to act, however, does not need to be a huge or overwhelming task. Despite any barriers we may encounter, we have many options available to us to intervene and disrupt an unsafe situation. In this interactive training, we will cover bystander definitions and theory, barriers, intervention options, and
Green Dot	Green Dot is bystander prevention training and program specific for college campuses. Campus leaders are eligible to participate in the full, 6-hour bystander training, while shorter overview speeches and presentations can It teaches us, as members of a community, how to handle and address issues of interpersonal violence in our own lives (at family parties, grocery stores, bars, movies, etc.) How do I (can I) respond? What do I say? Is this my business?
Safer Bars	An evidence based curriculum from the Arizona Safer Bars Alliance, Safer Bars is a bystander intervention program designed specifically for those who work in bars and restaurants to strengthen their already existing skills for maintain safety in their establishments. This interactive, two session program covers definitions, challenges, the difference between flirting, sexual aggression, and sexual violence, and options for intervention. Option to conduct an environmental scan and engage in the creation or review of policies and procedures specific to reducing sexual aggression.
Child Abuse	This training provides an overview of the different dimensions of child abuse including physical abuse and neglect, emotional abuse and neglect, and sexual abuse between an adult and child, or between two children. In addition, information will be provided on handling a disclosure, and making a report. This program can be tailored to the specific needs of the audience.
Child Sexual Abuse	This program will cover various aspects of child sexual abuse, including statistics and dynamics. Additional topics can include information on abusers and grooming behavior, when and how to report, and prevention strategies. This program will be tailored to the specific needs of the audience.
Darkness to Light	

<p>Enough Abuse</p>	<p>The Enough Abuse campaign is a movement recently brought to NY by CVAC & the Family Violence Prevention Council. It is a movement to provide adults and communities with the knowledge and know-how to put an end to the silence around child abuse. There are many curriculum options to fit the needs of your group:</p> <p>Strategies for Your Family & Community (child abuse as a public health problem: definition, statistics, social messages, secrecy tactics used by abusers, prevention, advocacy & communication)</p> <p>Understanding and Responding to the Sexual Behaviors of Children (Identify “developmentally expected” sexual behaviors of youth, distinguish normal behaviors from ones that might be inappropriate, illegal, abusive or coerced and how to respond to all sexual behaviors in a way that promotes healthy behaviors and children)</p> <p>"It's Not Just Jenna" - an 18-minute video co-produced by Massachusetts Citizens for Children and Alvid Productions to educate middle and high school youth, their parents and other youth-serving professionals. The accompanying 30-slide "Learning and Discussion Guide" PowerPoint promotes and facilitates post-viewing discussion about the lessons Jenna's story teaches us about child sexual abuse and how to prevent it.</p>
<p>Protect Your Children: Advice from Child Molesters</p>	<p>This 2-3 hour training program is focused on protecting children from child sexual abuse. It is from the perspective of perpetrators/pedophiles in treatment. This is an in-depth look at the grooming, manipulation and tactics used by people who mean to gain access into your family and perpetrate against children. Presented by CVAC Education Department, Broome CPS & The Sherriff's Office.</p>
<p>Less is More</p>	<p>A curriculum designed for teachers, advocates, counselors, parents or anyone that a child trusts enough to disclose abuse. Taking a disclosure from a child is a process that could determine the shape their lives will take. We need to be sure, as providers, that we are doing our absolute best. We must not interrogate, interview, push, or speak for them. This training will address these very important issues.</p>
<p>Mandated Reporting</p>	<p>In this program, we will cover the basics of what, when, and how to make reports when there is an allegation or suspicion of abuse of a child or teen, including tips for handling a disclosure.</p>
<p>CSEC: Commercial Sexual Exploitation of Children</p>	<p>CVAC's Safe Harbour program assists runaway/homeless youth who are at risk of being trafficked as well as the providers who are trying to assist them. Human Trafficking & CSEC are huge issues locally and nationally. This training addresses the root causes and initial red flags that individuals may encounter. We will discuss methods of prevention as well as ways that practitioners and professionals can work with trafficked youth in a productive manner.</p> <p>This presentation can be tailored for school staff, human service agencies, and medical providers.</p>

CERTIFICATION: NY State Rape Crisis Counselor	<p>This 40-hour training provided at CVAC will give you the tools to effectively advocate for any victim of power based personal violence and crime. At the conclusion of the training, individuals will be certified in New York State as Rape Crisis Counselors through the Department of Health, and will be eligible to answer our 24/7 hotline or serve as advocates for victims in our community.</p> <p>There is a \$300.00 fee associated with this certification training, OR is available free of charge for any volunteer committing one year of service to CVAC.</p>
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Youth Programming

PROGRAM TOPIC	DESCRIPTION
Safety Detectives	A program designed for elementary classrooms to support community mobilization efforts for child sexual abuse prevention in Broome County. We know it is an adult responsibility to protect our children, but kids need the know-how to keep their own bodies, safe. Through discussion, role plays, and activities we give kids the tools they need to keep themselves safer. We empower kids to find clues/warning signs to identify “tricky” or unsafe people. Topics discussed: body ownership, privacy, boundaries, grooming & tricky adults.
Healthy Relationships	This presentation will work on building skills for healthy relationships of all kind, but with a focus on romantic or dating relationships. defining abusive relationship/recognizing the warning signs of an abusive partner/creating and maintaining healthy boundaries/offers advice on how to safely leave an abusive relationship/and how to help a friend in an abusive relationship.
Online Identity	This presentation focuses on the benefits and risks inherent in our ever-changing social media landscape. We discuss the effects the Internet has on our interpersonal relationships/the façade we sometimes create/safe texting & cyber-harassment.
Consent	This presentation addresses sexual consent. We define the term, and break it down into different aspects. We also discuss the age of consent, coercion, power of authority, the use of alcohol and other “date rape” drugs, victim blaming, and how to help a friend who has been sexually assaulted.
Safer Spaces (Sexual Harassment)	This presentation focuses on sexual harassment that youth face every day, gender discrimination/flirting vs. sexual harassment/group activity around values/group activity with scenarios.
Behind the Screen (Sexting)	This program addresses social influences, media, and technology as they relate to youth engaging in behaviors of varying risks, including the sending or sharing of explicit photos or text messages. We will have an open conversation of the pressures facing youth, and encourage students to set boundaries and limits that feel right to them.

Bystander Intervention	This fun and interactive program will use videos and scenario examples to examine bystander behavior, responsibility, and barriers to intervention. We will teach students that they have options for intervening, and move through a group activity to practice identifying different techniques by applying them to sample situations.
Pop Culture	In this interactive program, we will have a conversation about how the media, celebrities, music, and other aspects of pop culture influence us. We will use these pop culture examples to examine the messages they send about relationships and consent. This presentation is designed for students who have already been through at least one of our other youth presentations.
MULTI-SESSION GROUPS	DESCRIPTION
Girls Circle	8-12 week empowerment program working in groups of 8-10 teenage girls. We work on issues of body image, sexuality, communication, goal setting, healthy relationships, etc.
Mentors in Violence Prevention (MVP)	This multi-session educational program is designed to build youth leaders in violence prevention. This program can be implemented in mixed or same-gender groups and works to unearth and challenge the social norms that often underlie acts of harassment, abuse, or violence. With this program, youth will: learn and adopt a range of intervention options that can be used to address violence, foster a peer culture that encourages all to challenge and interrupt attitudes & behavior around violence, and build leadership skills to be used in and outside of the violence prevention arena.
Safe Dates	An adolescent dating abuse prevention curriculum made up of 10 sessions. This research based curriculum gets young men and women together to talk about these very important issues.