

njcoalition

against sexual assault

TRAINING OPTIONS

SEXUAL VIOLENCE 101



According to the Centers for Disease Control and Prevention, there are an estimated 2.6 million survivors of contact sexual violence in New Jersey. Sexual violence has lasting effects on individuals and communities. When someone experiences sexual violence, trauma from the assault can impact a person's life in a variety of ways – from personal relationships to physical and mental health to job performance. Sexual violence can also damage a community's sense of safety and togetherness. Each individual and community has the power and responsibility to address the problem of sexual assault in a proactive and intentional way. This training provides participants with an understanding of what sexual violence is, what some of the root causes are, and how sexual violence impacts individuals and communities. Additionally, we share valuable information for how to support someone making a disclosure of an assault and resources for survivors and their loved ones.

PREVENTION 101

We all aspire to live in a world free from sexual violence. There are well-documented protective factors that can prevent sexual violence and promote safety through collective action. When we feel safe, we can thrive to our fullest potential. Recognizing that we all play a vital part in creating safer environments, whether that be at home, in school, at work, or in our communities, this training explores how each of us has the ability to create safety, show respect, offer support, and contribute to ending sexual violence. Participants learn about key topics like consent, harmful normalized behaviors, and practical changes we can make to create affirming surroundings for others.



SEXUAL VIOLENCE & INTERSECTIONALITY



Individuals with historically marginalized/minoritized identities are at higher risk for sexual violence and often face greater barriers to accessing care and services. These communities include but are not limited to individuals with disabilities, Black Indigenous People of Color (BIPOC), members of the lesbian, gay, bisexual, transgender, and queer+ community (LGBTQ+), those who are Deaf/hard of hearing (DHH), and individuals with limited English proficiency (LEP). In this training, we explore how racism, homophobia, ableism, and other forms of discrimination and exclusion are related to higher rates of sexual violence against marginalized/minoritized groups and how to build safe, equitable communities that help reduce this risk. Additionally, we address how a one-size-fits-all model for supporting survivors creates gaps in services and barriers for those with these identities, and we share resources for culturally specific services available to survivors.

WORKPLACE SEXUAL HARASSMENT

Recognizing that sexual violence can be experienced in all settings, this training focuses specifically on workplace sexual harassment and how it impacts both survivors and those around them. Sexual harassment is a form of sexual violence. People who are subjected to sexual harassment in the workplace and elsewhere may experience a range of emotional, financial, and psychological harms. Creating environments free of sexual harassment is critical as we work to eliminate sexual violence in all its forms. Participants learn about identifying, preventing, and reporting sexual harassment in the workplace, with a strong focus on building policies and practices that foster awareness and create a healthy, equitable work culture.



TRAUMA-INFORMED PRACTICES



The term “trauma” can have different definitions depending upon the context in which it is used. In the context of sexual violence, trauma can be defined as the lasting adverse effects of an assault on a survivor’s functioning and mental, physical, social, emotional, and/or spiritual well-being. Survivors of sexual violence often experience short- and long-term effects of trauma after their experience. In this training, participants learn about some of these common effects of trauma, how survivors do not all respond in the same way, and how understanding the full breadth of responses a survivor may experience can help us approach each with compassion and empathy. Additionally, we will discuss vicarious trauma and how important it is to support those to whom disclosures of an assault are made.

SEXUAL VIOLENCE AND CO-OCCURRING FACTORS

Sexual violence, like other forms of trauma, can increase the risk of developing mental health disorders and substance use issues. These disorders can have a devastating impact on survivors and their loved ones and can adversely affect their health, financial stability, and other aspects of their lives. Sometimes, these issues arise in the aftermath of an assault, but individuals with mental health problems and substance abuse addiction can also be at higher risk for sexual violence. In this training, participants learn about the correlation between sexual violence and co-occurring disorders, determine what factors contribute to these issues, and how these disorders may present differently among survivors.



DON'T SEE WHAT YOU'RE LOOKING FOR?

Let us know! All trainings can be customized to include topics of your choosing.