

## Sexual Assault Training Agenda 2016-2018

### Class One: Introduction to the Program -3 hours Classroom

- A. Local program information covering ECCC policies, protocols, and procedures for providing minimum services:
  - a. Core Members- Community Based Advocates
    - a. Overview of services provided by sexual assault programs
      - i. Minimum services
        - o 24-hour crisis hotline
        - o Crisis Intervention
        - o Public Education
        - o Advocacy
        - o Accompaniment to hospitals, law enforcement offices, prosecutors' offices, and courts
      - ii. Other
    - b. History of agency, and expectations of victim advocates
- B. Introduction to Community Resources available to victims/survivors

### Class Two: Introduction to Violence- 3 hours Classroom

#### Self -Study- 1 hour- DVD: Killing Us Softly, Jean Kilbourne (Media Education Foundation)

- A. Gender Socialization
- B. Definition of Primary Prevention
  - a. Risk Factors across Ecological Model (Individual, Relationship, Community, and Society)
  - b. Introduction to Preventing Sexual Violence in Texas, a Primary Prevention Approach
- C. History of Domestic Violence Movement & Laws
- D. Dynamics of Domestic Violence
- E. Stalking
- F. Strangulation

### Class Three: Introduction to Sexual Violence (Part One) - 3 hours Classroom

- A. Risk Factors for Sexual Violence (Review)
- B. Rape Culture
- C. Forms of Sexual Assault/Abuse

- a. Rape within marriage/dating violence
- b. Rape by stranger
- c. Unwanted sexual advances or sexual harassment
- d. Forced marriage or cohabitation
- e. Forced prostitution and trafficking of persons for the purpose of sexual exploitation
- D. Substance Facilitated Sexual Assaults
- E. Sexual Assault Statistics –
  - a. Prevalence
  - b. National
  - c. Gender
  - d. Age
- F. Sexual Assault Realities
- G. Effects of Sexual Assault on Survivors
  - a. Immediate and chronic psychological
  - b. Immediate and chronic physical
  - c. Post-traumatic Stress Disorder
  - d. Substance abuse
  - e. Self-harm/self-injury
  - f. Depression
  - g. Sexually transmitted diseases
  - h. Pregnancy
  - i. Flashbacks
  - j. Sleeping and eating disorders
  - k. Body memories
  - l. Suicide

[Class Four: Introduction to Sexual Violence \(Part Two\) - 3 hour Classroom](#)

[Self Study: 1.5 hour- DVD: Saving Grace, Dr. Phil Show](#)

- A. Offender Profile
  - a. Relationship between victim and offender
  - b. Characteristics of sex offenders
  - c. Sex Offender subtypes
- B. Working with Secondary Victims
- C. Survivor Profile

[Class Five: Working with Special Populations- 3 hours Classroom](#)

- A. Barriers to Reporting
- B. Special Populations Including:

- a. Cultural groups
  - b. Persons with disabilities
  - c. Adolescents
  - d. College students
  - e. Elderly
  - f. LGBT
  - g. Human trafficking
  - h. Military
  - i. Male Victims/Survivors of Abuse
- C. Forms of Sexual Assault/Abuse: Sexual abuse of children and/or persons with disabilities; female genital mutilation and/or inspections for virginity; forced cohabitation/marriage of children, systematic rape during armed conflict
- D. Impact of Values, Beliefs, and Biases:
- a. Unintentional Revictimization
  - b. Unintentional Victim Blaming
  - c. Values, beliefs, and biases
    - i. Prejudices
    - ii. Stereotypes
    - iii. Discrimination
    - iv. Judgments
    - v. Coping with the "Isms": Ageism, Sexism, Racism, Classism, Heterosexism
  - d. Values Clarification
  - e. Action Steps

[Class Six: Advocacy \(Part One\): 3 hours classroom](#)

- A. Defining Advocacy
- B. Confidentiality
  - a. Accompaniment under Code of Criminal Procedure, Article 56.045
  - b. Confidential communications (Texas Government Code Section, 420.071)
- C. Ethics
- D. Crisis Intervention
- E. Communication/Active Listening Skills
- F. Sexual Assault Response Team
  - a. Team approach
  - b. Coordinated response
  - c. Activities
  - d. Benefits
  - e. Core Members:
    - i. Law enforcement

- ii. Health care (SANE; physician and medical oversight; health care agencies-hospital and community)
- iii. Forensic scientist (labs-Texas DPS, private labs)
- iv. Prosecutors
- f. Additional team members (Roles/Definitions)
  - i. System advocates, System-based advocates (CVL and VAC), pre-hospital providers, correctional staff, culturally specific organizations, sex offender mgmt. professionals, policy makers, CACs, state public health services (DFPS and DADS), and schools and universities

#### [Class Seven: Advocacy \(Part Two\) - 3 hours classroom](#)

- A. Self- Protection
- B. Sexual Assault Response Team (MDT)
- C. Suicide Assessment
- D. Trauma Informed Care
- E. Culturally Competent Care

#### [Class Eight: Advocate Wellness – 2 hours classroom](#)

- A. Vicarious Trauma and Self Care
- B. Stress & Burn-out

#### [Class Nine: Legal Response \(Part One\) - 3 hours classroom](#)

- A. Role of Law Enforcement
- B. Child and Adult Protective Services
- C. Special Population Focus: Rights of Undocumented Immigrant Victims

#### [Class Ten: Legal Response \(Part Two\) - 3 hours classroom](#)

- A. Overview of Criminal Justice System
- B. Texas Legal Definition of Sexual Assault
- C. Civil Legal Remedies – Protective Orders
- D. Victim Impact Statements

### Class Eleven: Medical Response to Sexual Assault- 2 hours classroom

- A. Role of Advocate in a Sexual Assault Exam
- B. Emergency Room Protocol
- C. Sexual Assault Report & Non-Report
- D. Medical/Forensic Exam
- E. Role of SANE
- F. Pregnancy & STD Prevention & Treatment
- G. HIV/AIDS
- H. Sexual Abuse: Denial of contraception or other measure to protect against STDs; Forced abortions

### Class Twelve: Tools & Resources- 4 hours classroom

- A. Safety Planning
- B. Legal Resources/Remedies
  - a. Victim's Bill of Rights
  - b. Crime Victims' Compensation
  - c. Address Confidentiality Program
  - d. Statewide Automated Victim Notifications Services
  - e. Title IX
- C. Additional Resources
- D. Paperwork and Forms

### Class Thirteen: Working as an Advocate- 2 hours classroom

- A. Role Play
- B. Test & Certification!

### Classroom Hours: 38.5

### On the Job Training Hours: 10

- A. Shadow staff on court and/or medical accompaniment
- B. Shadow staff on hotline
- C. Answer the hotline under supervision
- D. Provide court and/or medical accompaniment under supervision

### Total Training Hours: 48.5