

# First Step's Community Education & Trainings Available for Request



## COMMUNITY EDUCATION PRESENTATIONS

First Step has numerous programs to offer to a variety of groups ranging in ages, interests, and backgrounds. The length of time chosen for a presentation will decide how in depth our presenters will get. If a program or topic that you are looking for is not found below, special accommodations may be discussed to see if First Step has the capacity and are the best fit. *All presentations include an overview of First Step*, including our services, ways to get involved, how to refer clients and a Q&A session.

### INFO SESSION

**Audience:** Great for any audience

**Timeframe:** 20 to 60 minutes

Our Info Session provides a light overview about domestic violence, sexual assault and First Step. This includes reviewing our free and comprehensive programs and services all while learning about our needs, how one can support us and our survivors, get involved and refer clients to First Step. For longer sessions, our advocates will educate the audience on ways to identify and support survivors of all ages.

### DOMESTIC VIOLENCE (DV) 101

**Audience:** Great for adult audiences ranging from the general public to professionals of all fields (including, but not limited to community groups, students, businesses, social workers, etc.)

**Timeframe:** 45 to 90 minutes

This introductory program covers intimate partner domestic violence topics, including forms of abuse, traits of an abuser, facts versus myths, and discusses why survivors may stay in or go back to an abusive relationship. This presentation is great for those who are looking for a good overview of domestic violence to better educate their audience on the violence that is happening in their community, while changing victim blaming into collective community action and awareness.

### SEXUAL ASSAULT (SA) 101

**Audience:** Great for adult audiences ranging from the general public to professionals of all fields (including, but not limited to community groups, students, businesses, social workers, etc.)

**Timeframe:** 45 to 90 minutes

First Step's Sexual Assault 101 program is an introductory presentation that covers all types of sexual assaults from intimate partner violence to harassment to childhood assault, and more. This program is best fit for groups looking to debunk sexual assault myths, learn about why some survivors do not disclose or choose not to press charges or prosecute, and how to shift blame and accountability from the survivor to the abusing party.

### DV & SA 101

**Audience:** Great for adult audiences ranging from the general public to professionals of all fields (including, but not limited to community groups, students, businesses, social workers, etc.)

**Timeframe:** 60 to 90 minutes

This program is a combination of Domestic Violence 101 and Sexual Assault 101 for audiences looking to learn more about both topics and how these traumas impact survivors, our community and ways First Step responds to them. The presentation length chosen, will indicate how in depth our advocates will cover these various topics.

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## **SURVIVORS AND THE LEGAL SYSTEM**

**Audience:** Great for law enforcement, legal counsel, judges, students and other professionals

**Timeframe:** 1 to 2 hours

This program reviews First Step's Community Response program and Michigan's legal system, including information on how assailants use the criminal and civil court systems to maintain power and control, barriers to survivors, and the necessity of safety planning. For groups who are interested, our advocates can also cover the details and data of our highly reputable Lethality Assessment Program (LAP) currently being utilized in Canton, Dearborn and Taylor Police Departments and communities.

## **HEALTHY RELATIONSHIPS**

**Audience:** Great for adolescents, teens and young adults 11 to 24 years old; catered to age group

**Timeframe:** 30 to 90 minutes

First Step finds it extremely important to talk to teens about the spectrum of healthy to unhealthy to abusive relationships and consent. This teen-focused program explores the different types of abuse tactics commonly found in teen dating violence and sexual assault, including digital abuse, online harassment or bullying, isolation, sexual coercion, shaming and substance abuse. Our advocates use this interactive, multi-media presentation to educate teens on how to safety plan, support themselves or others, distinguish healthy relationship patterns and how to ask for consent.

## **KEEPING KIDS SAFE**

**Audience:** Great for children 5 to 11 years old; catered to age group

**Timeframe:** 1 to 2 hours

The Keeping Kids Safe (KKS) program discusses family violence in an age appropriate manner. It teaches children how to emotionally and physically safety plan, identify safe adults to talk to, have healthy anger expression, and follows an anti-bullying curriculum through talking about how to treat others. Our advocates prefer to provide this program through a two-day (one-hour each, per classroom) presentation, though other accommodations can be made. This program works best with classroom size audiences as the presentation is highly interactive, including pre and post-tests, videos, multiple books, and lots of discussion with the children.

## **MY BODY BELONGS TO ME!**

**Audience:** Great for children 3 to 11 years old; catered to age group

**Timeframe:** 30 to 60 minutes

My Body Belongs to Me! is a program that helps children understand the rights to their body, create an emotional and physical safety plan that includes identifying safe grown-ups to talk to, practice emotion regulation and coping skills, and know the difference between good secrets and bad secrets. This program emphasizes the importance of knowing that abuse is never the child's fault in an engaging, interactive way through using a variety of resources and content.

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## **OTHER TYPES OF COMMUNITY EDUCATION REQUESTS**

- HOST A TABLE OR BOOTH AT AN EVENT
- PROFESSIONAL ON A PANEL
- INTERVIEW WITH MEDIA OR JOURNALIST
- ADVOCATE TO PROVIDE EMOTIONAL SUPPORT DURING AN EVENT
- DOMESTIC VIOLENCE AND/OR SEXUAL ASSAULT SURVIVOR SPEAKER
- POLICY REVIEW CONSULTATION (FEE MAY BE ASSOCIATED)
- COMMUNITY SUPPORT GROUP (HIGH SCHOOLS)