

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



## PROFESSIONAL TRAINING TOPICS

First Step customizable trainings are perfect for small or large groups ranging from health care workers to school employees to social workers who are looking to learn more than just the basics of domestic and sexual violence. Below is a list of umbrella topics we cover, including an outline of what those topics can include.

After submitting your request from, a First Step representative will be sure to reach out and confirm the details of the training requested and customize the content to your group's needs. If a 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.

### DYNAMICS OF DOMESTIC VIOLENCE AND TRAUMA

**Timeframe:** 1 to 4 hours

This topic explores the depths of domestic violence and how violence impacts survivors and the community. Depending on your groups needs and interest, training objectives can include obtaining information on topics such as:

- Types of Abuse
- Cycle of Violence
- Safety Assessment & Planning
- Impact of DV on Families
- Neurobiology of Trauma
- Debunking DV Myths
- Lethality of DV
- Bystander Intervention
- Gender-Based Violence
- Violence & Intersectionality
- Importance of Collaboration
- Supporting Survivors & Families
- Empowerment-Based Model
- FS Programs

### DYNAMICS OF SEXUAL ASSAULT AND TRAUMA

**Timeframe:** 1 to 4 hours

This topic reviews the impacts of sexual assault. Depending on your groups needs and interest, training objectives can include obtaining information on topics such as:

- Spectrum of Sexual Violence
- Rape Culture
- Consent
- Safety Assessment & Planning
- Neurobiology of Trauma
- Debunking SA Myths
- Grooming Process
- Gender-Based Violence
- Violence & Intersectionality
- Risk Factors
- Supporting Survivors & Families
- Bystander Intervention
- Empowerment-Based Model
- FS Programs

### CHILDREN AND VIOLENCE

**Timeframe:** 1 to 3 hours

This topic discusses the effects violence has on children. Depending on your groups needs and interest, training objectives can include obtaining information on topics such as:

- Behavioral Indicators of Abuse
- Physical Indicators of Abuse
- Body Safety & Consent
- Safety Assessment & Planning
- Neurobiology of Trauma
- Debunking Myths of Abuse
- Grooming Process
- Trauma Responses Regarding Developmental Age
- Teen Dating Violence
- Risk Factors
- Talking to Children About Abuse
- Supporting Survivors & Families
- Child Protection Services
- FS Programs

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## **DOMESTIC VIOLENCE AND THE LEGAL SYSTEM**

### **Timeframe: 1 to 3 hours**

This topic examines the criminal justice system's response to domestic violence, its impact on survivors and families and ways to creatively and effectively support survivors and the community. Depending on your groups needs and interest, training objectives can include obtaining information on topics such as:

- DV Laws
- Safety Assessment & Planning
- Barriers to Survivors
- DV & Family Court
- Personal Protection Orders
- Subjectivity of Justice
- Use of Power & Control in the Legal System
- DV Issues Specific to Immigrants
- Importance of Collaboration
- Empowerment-Based Model
- FS's Community Response Program
- FS's Lethality Assessment Program
- Other FS Programs

## **SEXUAL ASSAULT AND THE LEGAL SYSTEM**

### **Timeframe: 1 to 3 hours**

This topic examines the criminal justice system's response to sexual assault, its impact on survivors and families and ways to creatively and effectively support survivors and the community. Depending on your groups needs and interest, training objectives can include obtaining information on topics such as:

- SA Laws
- Safety Assessment & Planning
- Barriers to Survivors
- SA & Family Court
- Personal Protection Orders
- Subjectivity of Justice
- SA Issues Specific to Immigrants
- Sexual Assault Forensic Exams
- Sexual Assault Kit Initiative
- Importance of Collaboration
- Empowerment-Based Model
- FS's Community Response Program
- Other FS Programs