



Implicit Bias & Sexual Violence

Adults will gain knowledge and skills in understanding what implicit bias (aka unconscious bias) is and why it occurs, as well as methods to identify and measure it. Participants will receive resources on the structural and social effects of implicit bias and strategies for responding to and preventing it.

Audience: Adults 18+

Length: 2-2.5 hours

Trauma Informed Care

Adults will gain knowledge and skills in understanding some of the ways that trauma can affect survivors both during and after a traumatic event. Participants will receive resources and strategies to provide appropriate and respectful services and support to trauma survivors.

Audience: Professionals and volunteers working with individuals who have experienced trauma

Length: 1.5-2 hours

Vicarious Trauma and Wellness

Adults will gain knowledge and skills in examining the factors that contribute to and intersect with vicarious trauma, as well as the effects of vicarious trauma and compassion fatigue on both their professional and personal lives. Participants will receive resources to reflect on their own well-being and strategies to care for their own wellness.

Audience: Professionals and volunteers working with individuals who have experienced trauma

Length: 1.5-2 hours



Wellness Parka (Self-care)

The Wellness Parka includes an overview of the science behind trauma including direct, indirect, and vicarious trauma, as well as burn-out and compassion fatigue. Following information on trauma, we present the Wellness Parka, which uses a multitude of self-care practices in order to protect oneself from greater emotional strain or harm while being a helping professional. The Wellness Parka uses the metaphor of a water-resistant covering, so that you can be empathetic to a survivor's experience, but also find protection in the parka. This presentation also covers the importance of and the wide range of coping mechanisms and grounding techniques.

Audience: Helping agents/professionals

Length: 1 – 1.5 hours

Mandated Reporting

Adults will gain knowledge and skills in understanding their role and responsibilities as mandated reporters of suspected child and vulnerable adult abuse and neglect. Participants will examine the types of harm that must be reported, appropriate ways to respond to disclosures, and the reporting process itself.

Audience: Individuals working with youth or vulnerable populations

Length: 1.5-2 hours



Being a Trusted Adult

Adults will gain knowledge and skills on how to be a trusted adult in their community. When talking to kids about personal safety, we help them identify several places where they can find trusted adults. These are the adults they can turn to if they see or experience anything unsafe happening. We teach trusted adults how to identify warning signs and indicators of abuse, how to identify different types of disclosures, how to respond to disclosures, mandated reporting, and basic advocacy skills. This presentation can be adapted to include internal policies for reporting if needed.

Audience: Parents, professionals who work with children, foster parents, community members

Length: 1-1.5 hours

LGBTQ2+ Competency

This presentation is an overview of the terminology, spectrums, and disparities of the LGBTQ2+ community. This training incorporates insight that is Alaska specific, including local and statewide anti-discrimination legislation, and uses the US Trans Survey (2015) in which 87 Alaskan Trans identified respondents shared their experience of being gender variant in Alaska.

Audience: Youth and Adults

Length: 1.5 - 2 hours

Advocacy 101

Participants will learn about different types of power based personal violence, and a trauma informed approach to responding to those who may have experienced power based personal violence. Participants will not only be provided with the tools to respond effectively but will also receive resources on mandated reporting.

Audience: Adults 18+

Length: 1-2 hours



Personal Safety

An ASD-approved curricula. Children will gain knowledge and skills in recognizing sexual abuse and asking for help if they or someone they know feels unsafe.

Audience: Grades Pre K-6th in the Anchorage School District as well as private and charter schools and other youth settings.

Length: 1 hour

Sexual Assault and Consent for Youth

An ASD-approved curricula. Youth will gain knowledge and skills in recognizing the components of SA and consent and asking for help if they or someone they know feels unsafe. Youth will also gain skill sand tools to fell more empowered in prevention SA.

Audience: Grades 7-12 in the Anchorage School District as well as private and charter schools and other youth settings.

Length: 1 hour

Healthy Relationships

Youth will be provided with the knowledge and skills how to recognize a spectrum of behaviors that can be experienced in any type of relationship. Have a better understanding of the importance of boundary setting and communication, and asking for help if they or someone they know feels unsafe. Youth will also gain skill sand tools to fell more empowered in the prevention of dating violence.

Audience: Youth, teens, and young adults

Length: 1-2 hours



Stewards Of Children

Stewards of Children® is a prevention training that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-informed program proven to increase knowledge, improve attitudes, and change child protective behaviors.

Audience: Youth serving organizations, parents, protective adults

Length: 2-2.5 hours

Child Sexual Abuse (CLT)

Adults will gain knowledge and skills to define child sexual abuse, identify warning signs and indicators of CSA /trauma, respond appropriately to various types of disclosures or suspected abuse. Fulfill legal and social responsibilities to disclosures.

Adaptations: Adult Survivors of CSA, Creating best practices and policies around the prevention of CSA, Mandated Reporting

Length: 2.5 hours

Sexual Assault & Consent (CLT)

Adults will be provided knowledge and skills how to recognize the components of SA and consent and respond appropriately based on the situation the disclosure was received. Participants will be provided resources on how to seek help for themselves or others as well as tools for the prevention of Sexual assault.

Adaptations: Impacts of trauma, Healthy relationships & Boundaries, Reporting options, Dynamics of Power and Control

Audience: Parents, caregivers, youth ages 12-18, youth serving organizations and other protective adults.

Length: 1-2 hours



Sexual Harassment

Adults will be provided knowledge and skills how to recognize the components of SH and respond appropriately based on the situation the disclosure was received. Participants will be provided resources on how to seek help for themselves or others as well as tools for the prevention of SH.

Adaptations: Policies & procedures for organizations, reporting options

Audience: Professional organizations, agencies, individuals, teens

Length: 1.5-2 hours

Green Dot

Green Dot Alaska is a project aimed at engaging individual community members in preventing power-based violence in our communities. Power-based violence includes domestic violence, sexual assault, dating violence, stalking, elder abuse, child abuse and bullying.

Audience: Adults ages 18+

Length: 30 minutes – full day

Self-Care & and Wellness

Adults will gain knowledge and skills in reflecting on their own physical, emotional, intellectual, and spiritual well-being. Participants will receive resources to identify and practice strategies for self-care and wellness.

Audience: Adults 18+

Length: 1.5-2 hours



Bystander Intervention

Participants will gain knowledge and skills on how to identify unsafe situations, and how to safely intervene. Participants will learn about barriers people may have to intervening and learn how to intervene in a way that is comfortable despite personal barriers.

Audience: Youth & Adults 12+

Length: 30min-full day

Internet Safety

Participants will learn about how to stay safe on the internet, with a focus on social media and online dating sites. Participants will be provided with resources for continuing safety.

Audience: Middle school, high school, Adults

Length: 30 minutes-1 hour



Campus Safety

Adults will gain knowledge and skills on identifying power based personal violence, basic advocacy skills, how to identify and respond to disclosures, provide safety planning, and how to practice general campus safety. Some adaptations can be made to provide information on mandated reporting for employees, or address any specific concerns on campus safety relating to a specific campus.

Audience: Students, Resident Advisors, Professors, Teachers, Administrative Staff, Campus Employees, Campus Police

Length: 60-90 Minutes