



Outline of First Responder to Sexual Assault and Abuse Training

Please Note: This Outline of First Responder Training material includes some highlights of topics that will be covered over the course of the training.

Module 1: Critical Communication Skills for First Responders

- The language and terms associated with Sexual Assault and Abuse Service Work
- What is Intersectionality and how does it impact sexual violence?
- Communication skills for First Responders
- Process of Disclosure
- Self-awareness and self-care

Module 2: Child Sexual Abuse

- Myths About Child Sexual Abuse
- The Age of Consent
- Responding to sexual abuse disclosures from a child
- Needs of a Child Who Has Been Sexually Abused
- Resiliency in Children and Youth

Module 3: Adults Who Were Sexually Abused as Children

- Responding to Adults Who Were Sexually Abused as Children
- Impacts of child sexual abuse into adulthood
- Triggering Events and Grounding Techniques
- Reporting Options for Individuals who were Sexually Abused as Children

Module 4: Sexual Harassment

- Defining Sexual Harassment
- Impact of Sexual Harassment
- Legal and non-legal options for reporting sexual harassment
- Responding to disclosures of sexual harassment

Module 5: Sexual Assault

- Discuss the Criminal Code of Canada
- Sexual Assault Myths
- Impacts of Sexual Assault
- Responding to an Individual Who Has been Sexually Assaulted
- When a Person Chooses to Report to the Police

Module 6: Rethinking Prevention

- Anti-Violence Continuum
- What Can I do to Stop Sexual Violence
- New Sexual Assault Prevention Tips