

## **Trauma-Informed Communities**

Trainings include:

- Basic ACEs and Resiliency – 1 hour
- Advanced ACEs and Resiliency – 2 hours
- Paper Tigers Film – 2 hours
- Resilience Film – 1.5 hours
- Enough Child Sexual Abuse: Strategies for your school and community – 2 hours
- Enough Child Sexual Abuse: Strategies for youth serving organizations – 2 hours
- Enough Child Sexual Abuse: Understanding sexual behavior

Training options descriptions in more detail:

### **Training Options:**

#### **1. Enough Child Sexual Abuse: Strategies for your school and community – 2 hours**

This training option is intended specifically to educate school administrators, teachers, school coaches, parents and other school employees on strategies to know about, respond to and prevent sexual abuse in school aged children.

Objectives:

- a. Nature and Scope: Staff will have a better understanding the nature & scope of child sexual abuse and exploitation. By knowing about the issue, staff will be better prepared to respond to disclosures of sexual abuse and create safe environments for children.
- b. Prevention: Staff will learn skills to help prevent sexual abuse and misconduct within the school setting.
- c. Legal Obligations: Staff will be provided tools to guide them through their legal obligations to report and respond to instances of sexual abuse and misconduct.

#### **2. Enough Child Sexual Abuse: Strategies for youth serving organizations – 2 hours**

This training option is intended to educate organizations that serve children and youth.

Objectives:

- a. Nature and Scope: Participants will have a better understanding the nature & scope of child sexual abuse and exploitation. Prevention: Participants will learn skills to help prevent sexual abuse and misconduct within an organizational setting, including strategies for creating safe environments for children
- a. Handling Disclosures: Participants will learn skills and resources to help them appropriately respond to and report disclosures of sexual abuse and misconduct.

#### **3. Enough Child Sexual Abuse: Understanding sexual behavior**

This training option discusses appropriate sexual behavior for children and helps address how adults can respond to inappropriate sexual behaviors in children. This training option is suitable for anyone working with children or youth.

Objectives:

- a. Sexual Behaviors: Participants will have a better understanding of normal, age appropriate sexual behaviors. As a result, participants will better be able to identify problematic sexual behaviors in youth and children.
- b. Behavior between children: Participants will know how to identify and respond to inappropriate sexual behaviors between children. The intervention strategies will help protect children who are become victims from other children.

#### **4. Basic ACEs and Resiliency – 1 hour**

Objectives:

- a. Brain Development: Staff will learn how the brain and nervous system adapts in both benevolent and malevolent environments and how toxic stress interrupts the developing brain architecture.
- b. ACEs Study: Staff will learn about the evidence base behind ACEs through the landmark ACE study performed by the CDC Division of Violence Prevention, in partnership with Kaiser Permanente, in 1997.
- c. Classroom responses – staff will learn more about their role in creating self-healing for students and response techniques

#### **5. Advanced ACEs and Resiliency – 2 hours**

Objectives:

- a. Brain Development: Staff will learn how toxic stress damages the developing brain architecture, which can lead to life-long problems in learning, behavior, and physical and mental health.
- b. Behavior Impact
- c. ACEs Study: Staff will learn about the evidence base behind ACEs through the landmark ACE study performed by the CDC Division of Violence Prevention, in partnership with Kaiser Permanente, in 1997.
- d. Resiliency: Discussion on how children can overcome ACEs through safe, stable relationships, including
- e. Role of Self-healing: Staff will learn more about their role in creating self-healing for students and response techniques

#### **6. Paper Tigers Film – 2 hours**

Paper Tigers follows a year in the life of an alternative high school that has radically changed its approach to disciplining its students, becoming a promising model for how to break the cycles of poverty, violence and disease that affect families.

Objectives:

- a. Brain Development: Staff will have a better understanding regarding the learning impact of stressed brains.
- b. ACE Application: Staff will be provided with an example of a school applying ACE training and the results for the school system.
- c. Overcoming Barriers: Staff will be presented with examples on how to overcome barriers to building resilience.

#### **7. Resilience Film – 1.5 hours**

RESILIENCE is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the movement to treat and prevent Toxic Stress.

Objectives:

- a. Brain Development: Staff will learn the impact of toxic stress on the brain.
- b. ACEs Study: Staff will learn about the evidence base behind ACEs through the landmark ACE study performed by the CDC Division of Violence Prevention, in partnership with Kaiser Permanente, in 1997
- c. Application Tools: Staff will learn application tools for how to overcome the impacts of toxic stress in students' lives.