

USVreact University of York training – programme outline

Learning objectives

- Define sexual violence and understand the complexity of it.
- Relate sexual violence to cultural norms and gender inequality and understand why some students may be particularly vulnerable.
- Develop the skills to respond to a disclosure in an appropriate way and ensure that students feel supported at the point of disclosure.
- Have sufficient knowledge about care pathways and referral options to provide the student with options to seek further help if they wish.
- Be able to maintain boundaries and look after own emotional well-being when handling a disclosure.

Part one: understanding sexual violence

Time	Topic	Aim/purpose
9.00-9.15	Arrivals and coffee	
9.15-9.30	Introduction	An introduction to the purpose of the training and the wider research project.
9.30-9.50	Sexual violence and laddism in HE	To learn about the prevalence of sexual violence in HE and connections to laddism.
9.50-10.10	Understanding and defining sexual violence	To understand the multiple forms of violence and legal definitions.
10.10-10.30	Sexual violence and myths	To understand and interrogate common myths about violence and the impact they have.
10.30-11.00	Coffee break	
11.00-11.40	Impact of sexual violence on survivors	To understand how sexual violence affects the lives of survivors.
11.40-12.00	Barriers to disclosure	To explore the multiple barriers faced in disclosing sexual violence.
12.00-12.15	Wrap up	To provide opportunity to ask any questions and reflect on the session.
12.15-1.00	Lunch	

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Part two: handling disclosures and supporting survivors

Time	Topic	Aim/purpose
1.00-1.10	Recap and introduction to disclosures	To start thinking about disclosures and the circumstances in which disclosures may occur.
1.10-1.40	Active listening	To learn about active listening and practice active listening skills.
1.40-2.00	Care pathways	To understand the different kinds of support available, both internal and external to the university.
2.00-2.30	Dos and don'ts and planning a response	To learn about the practical things to do and not do when responding to a sexual violence disclosure and have the opportunity to reflect on how you would respond to different situations.
2.30-2.45	Self-care and boundaries	To think about how to look after yourself and maintain appropriate boundaries when being a first responder.
2.45-3.00	Debrief	To reflect on what has been learnt and ask any final questions.
3.00-3.10	Feedback and evaluation	

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