

Outline and structure of 1.5hr training

This training is being offered to staff who are interested in developing skills to deal with disclosures of sexual violence from students. This training is being offered to all staff on an optional basis and consists of a 1.5 hour interactive workshop.

Learning Outcomes

To understand what sexual violence is and how it might affect students

To support students disclosing sexual violence with empathy

To learn what support is available to students at Sussex and to signpost students appropriately

To understand your role and responsibilities better and feel confident when responding to students

Max people per session: 20

The training is being devised, delivered and evaluated as part of the European-Commission funded project Universities Supporting Victims of Sexual Violence. This is a partnership of 13 institutions across 7 European countries all developing and evaluating training in their own contexts.

Timing	Slides	Activity	Notes	Actual Time
5 mins	1-4	Intro and aims		9.00
10 mins	5-6	SV Definition		
5 mins	7	Prevalence	Myths challenged: - Rape by strangers - Rape not common False allegations are high	
5 mins	8-9	Sexual trauma	Myths challenged: - survivors' demeanour is to blame for the assault (freeze, dress, alcohol etc)	9.15
10	10-11	Effects	PTSD, student's behaviour	
15	12-13	Barriers to disclosure		9.30
15	14-16	Responding to disclosures		
10		SEEK model		10.00
5/10	18	Sign-posting	If time - SARC	
5/10	19	Self-care & Pledge	If time – self-care tips	

<http://usvreact.eu/>