



## Education for Parents, Youth, Professionals, Community Members

### For parents

#### **Parents Preventing Sexual Abuse – “Ten Tips”** (also offered in Spanish)

##### **2 hours**

Presented by Meghan Hurley, RBRC therapist for sexual abuse survivors and their families. Meghan has identified *10 tips every parent should know to protect your child from sexual abuse* based on her work with survivors and extensive training related to sexual abuse victimization. This presentation empowers parents by teaching specific skills to make their child a “least likely” victim, and opens up communication between parents and children on this difficult topic.

#### **Assisting Non-Offending Caregivers Experiencing Interfamilial Abuse**

##### **2 hours**

Presented by Meghan Hurley, RBRC therapist for non-offending parents of sexual abuse survivors. This training provides information on how to educate parents on the dynamics of sexual abuse, provide tools to help parents understand the nature of Post-Traumatic Stress Disorder, advocates for ways to instill hope, connects families to evidence based and trauma focused treatments, and discuss strategies to help parents understand the specific challenges of interfamilial abuse.

#### **Internet and Social Media Safety**

##### **1.5 hours**

Presented by Lee Damuth, Investigator at the 9<sup>th</sup> Judicial District DA’s office. Teaches parents of children of all ages about the potential risks associated with online activity, including inappropriate content, online privacy, sexting, online sexual solicitation, and cyberbullying. Tips for preventing children from becoming involved in these activities will be discussed as well as current technological trends regarding children’s online behaviors.

### For adolescents

#### **Myths vs. Facts of Sexual Abuse – Jeopardy!**

##### **2 hours**

Discusses the secrecy around sexual abuse, the myths of victim blaming and false reports of sexual abuse, and teaches basic statistics on sexual abuse, such as offender characteristic and prevalence. Through education, this class encourages victims to come forward, and gives tips on how to help a friend who has been sexually abused.

## **For professionals who work with children (educators, nonprofit staff & volunteers, law enforcement)**

### **Building a Trauma-Informed Approach to Working with Children**

#### **1 to 2 hours**

School and non-profit staff will learn to incorporate a trauma-informed and trauma-sensitive approach into their work, including ways to recognize trauma in children, specific strategies to best respond to trauma victims, and the prevention of inadvertently re-traumatizing children. Often trauma victims are perceived to be defiant, oppositional, and uncooperative. A trauma-informed practice helps increase victims' receptivity to and engagement in services, while supporting academic achievement and higher retention rates for children and staff. Given the high rates of children exposed to maltreatment and other traumas, this class will benefit all who work with children and families.

### **Child Abuse and River Bridge 101**

#### **1.5 hours**

River Bridge professionals provide information about child abuse statistics, some myths and facts, victim and offender dynamics, the purpose and process of a Child Advocacy Center in general, and River Bridge in particular. Basic information about reporting child abuse is included. This presentation can be tailored to the specific audience, from service clubs and community members to nonprofit staff, victim advocates, and law enforcement.

### **How to Support the Non-Offending Caregiver: What is the Root of Non-Support?**

#### **1.5 hours**

Presented by Meghan Hurley, RBRC therapist for victim advocates and professionals who work with parents of child sexual abuse survivors. Research indicates the impact of the trauma, or how resilient a child is, has more to do with the response and the support system, than with the actual type of abuse that occurred. A caregiver's response is critical to healing. Disbelief, Blame and Shame can be detrimental. This training focuses on how child maltreatment secrecy traumas are different, why some parents are vulnerable to offenders, what the root causes of non-support for child sexual abuse survivors are, and the importance of recognizing our own need for support to address secondary traumatic stress.

### **Myths vs. Facts: From Perception to Response**

#### **2 hours**

Addresses the secrecy around sexual abuse, the myths around victim blaming and false reports of sexual abuse, and explores the impact on the victims and their families. Discusses the disclosure process and mental health treatment outcomes. Basic information about reporting child abuse is also covered.

### **Secondary Trauma and Taking Care of Yourself**

#### **1 to 1.5 hours**

River Bridge mental health professionals provide an interactive and participatory workshop on the causes, signs and symptoms of secondary trauma, how to address and treat it, and steps to take for prevention.

## **For mental health professionals**

### **Effective Providers for Child Victims of Violence**

#### **7 hours**

This American Psychological Association (APA) class is taught by Meghan Hurley, an APA-certified trainer. The goal of this workshop is to increase the capacity and effectiveness of mental health professionals providing services to children victimized by violence. Mental health professionals will gain knowledge about empirically supported trauma assessment tools and trauma-focused, evidence-based treatment models for this population. Additionally, participants will expand their knowledge regarding the impact of violence on children and adolescents, cultural competency, family centered approaches, clinicians' self-care, and best practice treatment for children and adolescents victimized by violence.