Welcome, this web conference will begin soon

Sexual Violence Prevention during the COVID-19 Pandemic: Adapting in an Ever-Changing Landscape

Workshop Two: Adapting Sexual Violence Prevention Curriculum During COVID-19







Meet Our Facilitators and Hosts



Mo Lewis
Prevention Specialist,
National Sexual Violence
Resource Center



Tori VandeLinde
Project Coordinator,
CALCASA/
PreventConnect
she/her



Ashleigh Klein-Jimenez Director of Prevention, CALCASA/ PreventConnect she/her





PreventConnect.org
info@PreventConnect.org
PreventConnect.org/email - email group
Learn.PreventConnect.org - eLearning

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facebook.com/PreventConnect

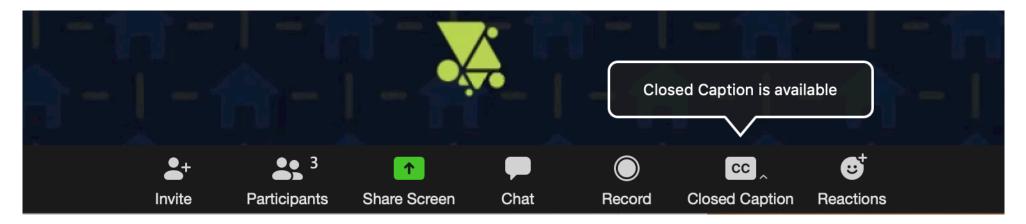


nsvrc.org resources@nsvrc.org campus.nsvrc.org - eLearning campus

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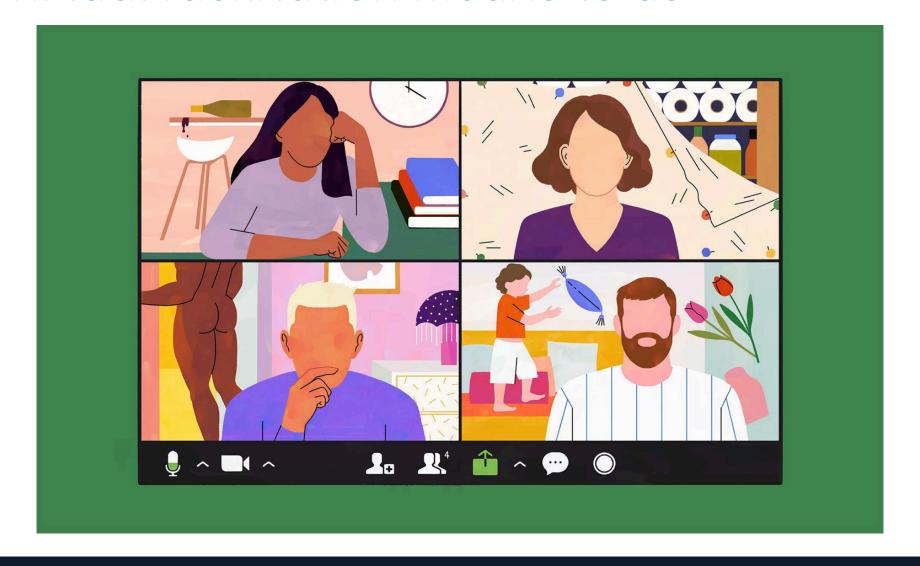
How to use Zoom

- Text chat
- PowerPoint Slides
- Polling Questions
- Phone
- Closed Captioning
- Web Conference Guidelines





What virtual facilitation means to us





PreventConnect

- Domestic violence/intimate partner violence
- Sexual violence
- Violence across the lifespan, including child sexual abuse
- Prevent before violence starts
- Connect to other forms of violence and oppression
- Connect to other prevention practitioners

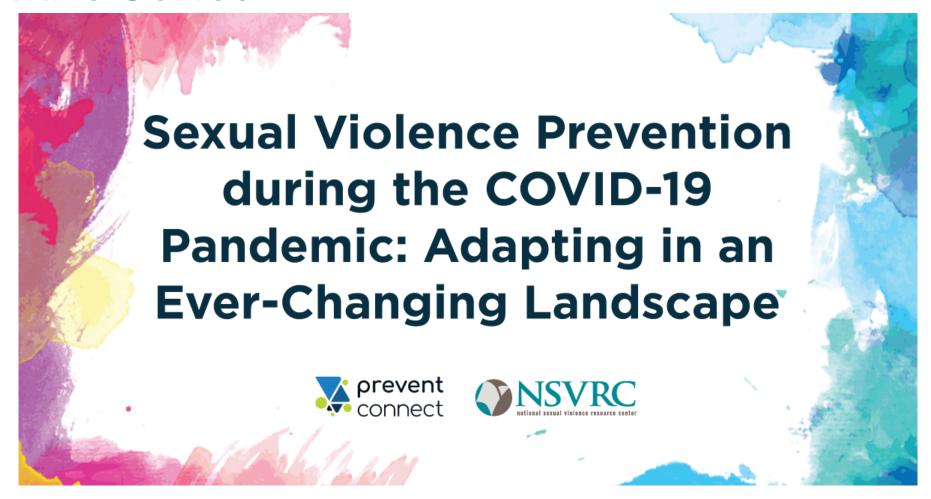


About NSVRC





About the Series



https://www.nsvrc.org/covid-19-web-series



Key Takeaways

Sexual Violence Prevention during the COVID-19 Pandemic: Adapting in an Ever-Changing Landscape

Workshop One: Creating Emergent Spaces for Sexual Violence Prevention during COVID-19

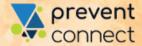


https://www.nsvrc.org/covid-19-web-series/workshop1



Sexual Violence Prevention during the COVID-19 Pandemic: Adapting in an Ever-Changing Landscape

Workshop Two: Adapting Sexual Violence Prevention Curriculum During COVID-19





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Objectives

- Describe sexual violence prevention program adaptations that fit the COVID-19 context
- Identify guiding principles for adapting sexual violence prevention programs
- Discuss possibilities and practicalities for sexual violence prevention program adaptation during the pandemic



Let's Take a Moment: Why and How We Got Here



Contact Us Harvard Medical School

About Us

Resources

Programs, Trainings and Events

Donate

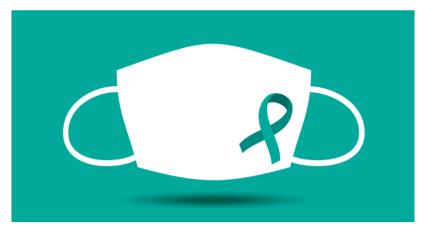


A Second, Silent Pandemic: Sexual Violence in the time of COVID-19

May 1st, 2020

Resources for COVID-19 Response

Megan Thomas



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Ongoing Impacts, Ongoing Conversations







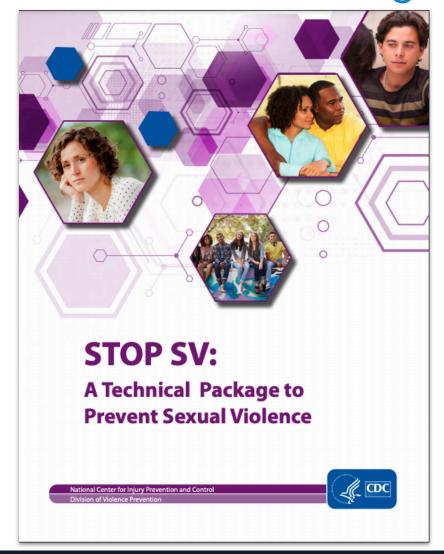


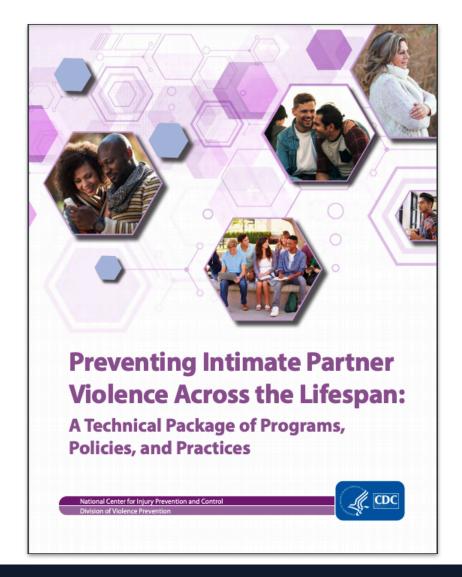
Connecting to our context





CDC Technical Packages







What challenges have you come across with adapting prevention programs during the pandemic?

Text Chat Question

Chat

From Me to Everyone:

Use this text chat box to respond to our questions, ask your own, and connect with others!

To: Everyone ▼

Type message here...

Meet Our Guests



LB Klein
Director of Trainer Development
& Lead Trainer, Soteria Solutions
they/them or she/her



Jane Stapleton
Co-Founder & President,
Soteria Solutions
she/her/hers



Barri Rosenbluth
Senior Director, Expect
Respect, SAFE Austin
she/her/hers



Meg Greene
Educational Theatre
Manager,
SAFE Austin
she/her/hers



Holly Briggs, MA, AMFT Program Manager of Campus Based Services, C.A.S.A. She/Her/Hers



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LB Klein
Director of Trainer Development & Lead Trainer,
Soteria Solutions
they/them or she/her



Jane Stapleton
Co-Founder & President, Soteria Solutions
she/her/hers

Who We Are...

eria Solutions is a 501(c)(3) organization that ers collaborations with our partners. We rage individual and organizational strengths uild safe and respectful learning, working and g communities via training, consultation and ementation of proven prevention and onse strategies.

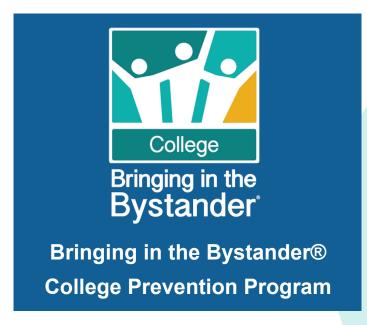
nelp you build protective factors and make yone in your community part of the solution.



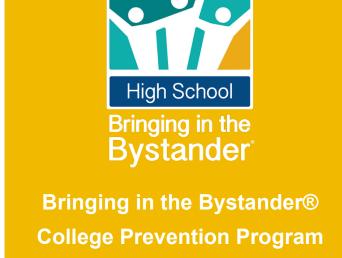
LEARN MORE at SoteriaSolutions.org



Our Programs...









- Designed for in-person trainings
- Developed for non-pandemic conditions



LEARN MORE at SoteriaSolutions.org





Shifting to Virtual...

March 16, 2020



MARCH 2020

Sun	Mon	Tue	wea	1 nu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4





Increased Risk Factors

Soteria Solutions

Activating Bystanders, Igniting Change.

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for Sexual and Relationship Violence and Stalking during COVID-19



Physical Isolation



Social Isolation



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Increased Alcohol
Use

Financial Hardship/
Loss of Employment





Controlled Access to Exacer

Limited Resources

Exacerbated Disparities





The Seesaw Effect

Recognition of Problematic Situations

Risk of Victimization and Perpetration





Responding to the Moment

- COVID-19
- Uprising racial justice
- Remote learning
- Physical isolation
- Uncertainty

Pandemic Context





- Limited attention
- Competing information
- Stress, anxiety, grief, and fear

- Brief (<20 min)
- Conversational
- Blend text with graphics
- Interactivity
- Multiple channels



Microlearning



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Our Process:

Adapt for COVID-19 Reality





Best Available Evidence

relation point of v Wisdom knowledge experieng

Practice Wisdom

Evaluate What We

Create











Partnering with Prevention Educators





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New Ideas





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Social Media Toolkit Images



BE A **POSITIVE BYSTANDER**

HELPING A FRIEND WHO IS **EXPERIENCING VIOLENCE DURING**

COVID-19

SUPPORTIVE

Soteria Solutions

#BystandersWeLove



BE A POSITIVE BYSTANDER

HELPING A FRIEND WHO IS EXPERIENCING VIOLENCE DURING COVID-19







Tips to Being a

Prosocial

Bystander



You notice your

friend misses online

class sign-ins,

doesn't respond to texts, doesn't post

on social media,

doesn't participate

in friend

"hangouts"...





Adapting BITB





Adapting for Livestream

Guidelines for Adapting In-Person Bringing in the Bystander College Prevention Program for Delivery via Livestream during COVID-19







Additional Steps to Develop BITB Livestreaming Guidelines



Virtual Train-the-Trainer
Workshops



Scenario Brainstorming
Sessions



Ongoing Survey & Listserv Feedback



Encourage Creativity within a Framework







Key Themes for BITB Livestreaming Guidelines



Trauma-Informed

Synchronous & Interactive

More Facilitators

Model Respectful
Online Communication

Online Takes
Longer

COVID-Appropriate
Strategies

Smaller Groups

Practice Practice

Practice



Ongoing Assessments with Our Partners in Prevention



We partnering with the



Research Center





Surveying our Prevention Practitioners :

to understand how campuses and community-based organizations are adapting their violence prevention and awareness-raising efforts due to COVID-19 and subsequent consequences.





Questions or Want to Learn More?

Connect With Us...



Jane Stapleton,

President & Co-Founder

jane.stapleton@soteriasolutions.org



LB Klein

Director of Trainer Development &

Lead Trainer

lb.klein@soteriasolutions.org





How do you balance flexibility, responsiveness, and fidelity in your prevention programs?

Text Chat Question

Chat

From Me to Everyone:

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To: Everyone ▼

Type message here...

Meet Our Guests



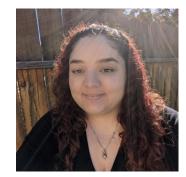
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PCC Trainee,
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She/Her/Hers





STOP ABUSE FOR EVERYONE

safeaustin.org/expectrespect

expectrespect®

supports your campus

Expect Respect engages youth and adults in building healthy relationships and preventing violence and abuse.

Request services: expectrespect@safeaustin.org



SUPPORT GROUPS

Refer students who need extra support and skill-building for healthy relationships.



2

INDIVIDUAL COUNSELING

Contact us to help students in crisis due to problems at home or in peer relationships.





THEATRE PERFORMANCES

Book a performance by the Changing Lives Youth Theatre Ensemble (a collaboration with Creative Action) for middle schools or *Where's Your Line?* for high schools.



4

YOUTH LEADERSHIP TRAINING

Partner with us to increase youth voice and improve relationships on campus through events, assemblies, and campaigns.





OUR TEAM

We are a diverse team of counselors and educators who work in over 40 local schools. Learn more at expectrespectaustin.org.



6

RESOURCES AT SAFE

24-hour SAFEline, 512-267-SAFE and online chat Emergency Shelter Eloise House for medical exams Individual, group, and family counseling Foster and residential care







Priorities: March, 2020

- Stay connected with participating youth to support their safety & well-being
- Explore technologies for virtual programming (support groups, educational theatre, youth leadership, professional training)
- Develop training for teachers, *Creating a Safe Online Space*
- Support each other
- Do (and keep) our jobs

Creating a Safe Online Space virtual training for K-12 teachers

What you can do for **ALL students**:

Normalize tough situations

- Many families are having a hard time right now.
- It's okay to feel mad, sad, upset, etc.
- It's good to talk about feelings and ask for help.

Provide resources for children and families

- Name and contact for school counselor/social worker.
- Local resources for food, health/mental health, SAFELine, Expect Respect.
- Invitation to speak with you in private.





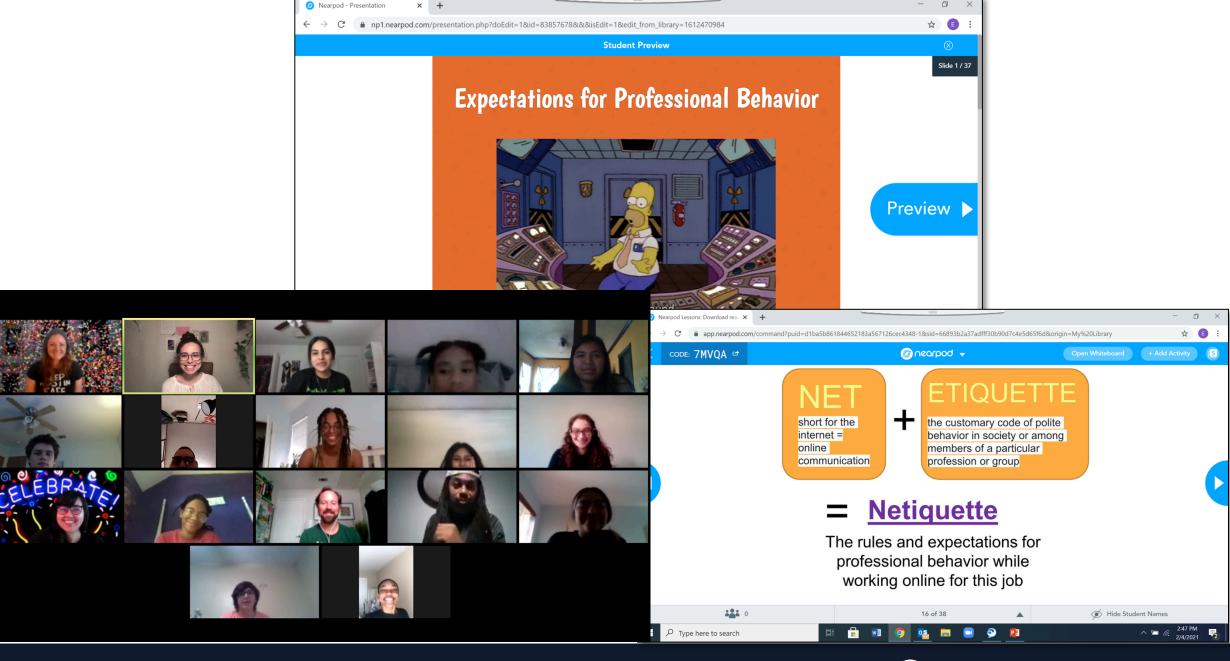
Summer Youth Leadership Academy

virtual adaptations

- >5-week summer job, Travis Co. Summer Work-based Learning Program, wifi/device required
- 2 sites, combined for guest speakers, group sharing, calendar with Zoom links
- Orientation, expectations for virtual participation
- Activism projects-self, relationships, community, time offline, pairs and small groups, virtual presentations

Youth appreciated opportunity to socialize, earn money, during quarantine, facilitators noted more balanced participation than in-person





Expect Respect Support Groups virtual adaptations

- Small groups at school during school day, Zoom & Nearpod
- School and self referrals, more general approach, "Having a Tough Time?"
- Male, female, LGBTQ
- Local schools, serving wider area
- Individual sessions, phone, text, email, porch visits
- Pittsburgh replication study, increased focus on children's safety, well-being, Covid-related survey questions for youth and facilitators

How do I know if this relationship is good for me? What kind of partner do I want to be?







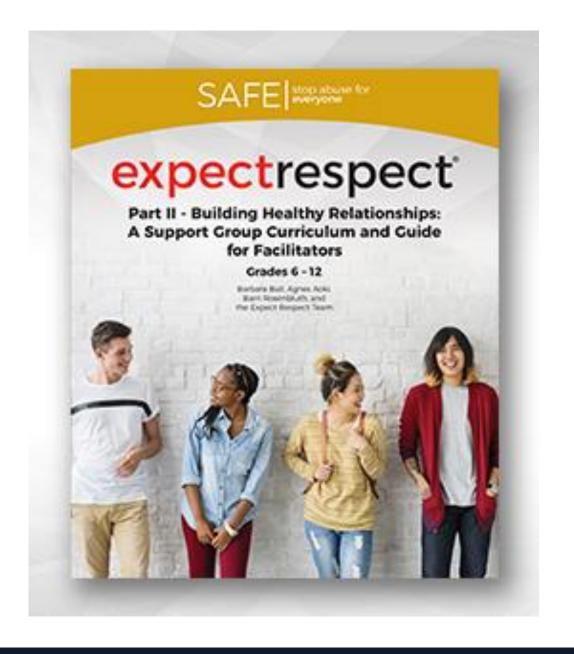
Talk to your school counselor for more information or contact expectrespect@safeaustin.org



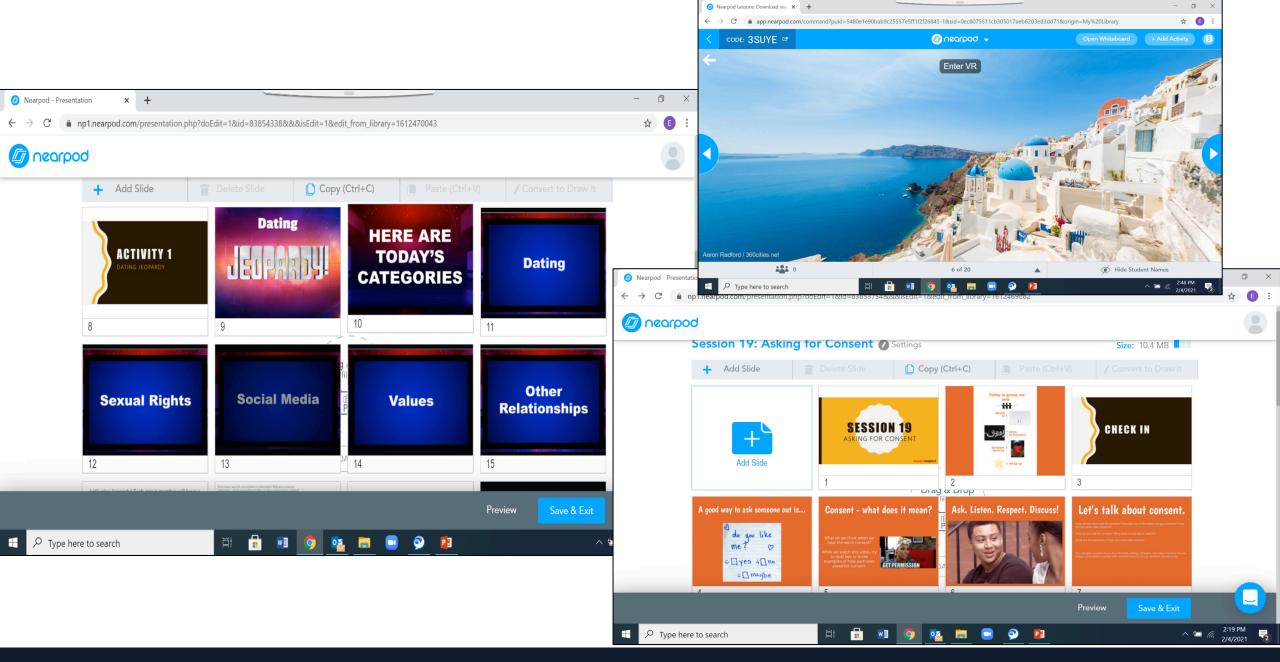
24 Remote Sessions

https://nearpod.com









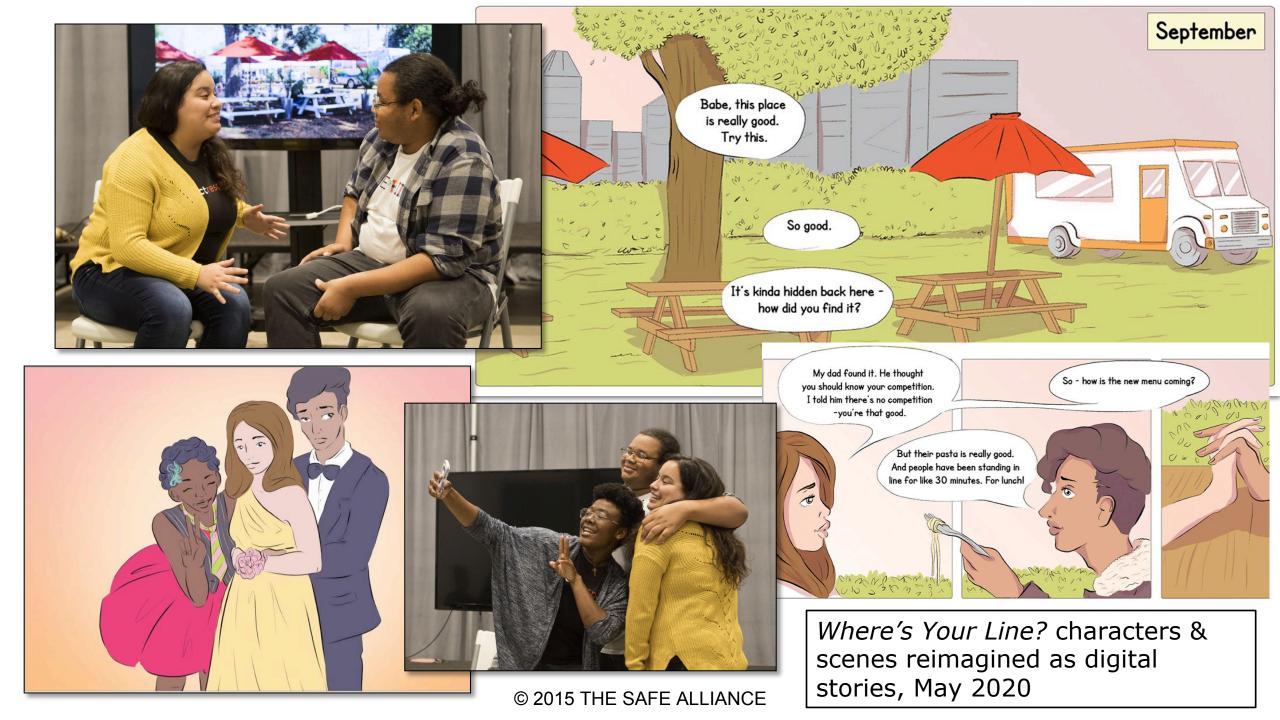


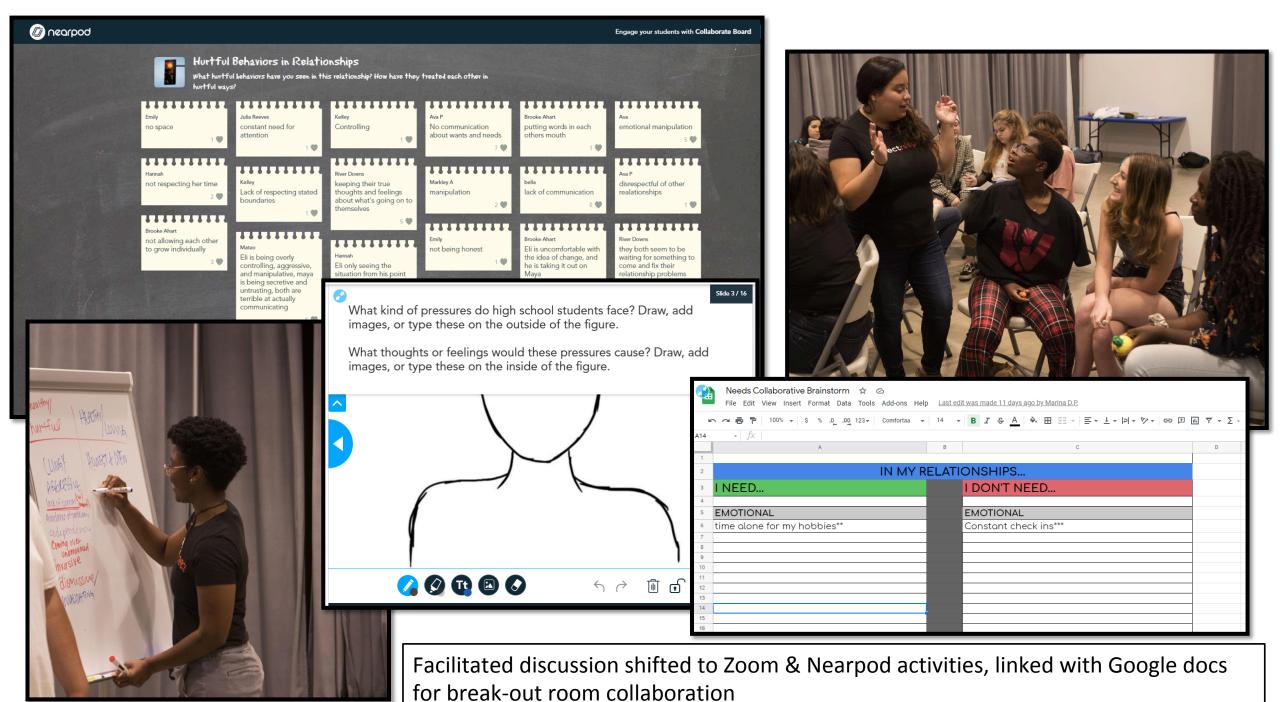
Educational Theatre

- Weekly rehearsals, shifted to Zoom
- Virtual performances, adapted current work to Zoom & Instagram performance, created new work *for* Zoom
- Collaborated with graphic designer & actors to adapt interactive theatre program, Where's Your Line?, more virtual face time with students
- Recruited team of youth to run SAFE's TikTok, new social media account & youth paid to create content (safeatx)
- Virtual celebrations & retreats, brought personal into virtual with care packages (fidgets, candles, snacks, stickers, confetti poppers, notes)











5:13 / 1:17:10

QuaranTEENS | July 2020 Virtual Zoom play explored: What pandemic life like for teens? How has the pandemic impacted our relationships? How has it impacted our mental health?

ACTivate Virtual Sharing_QuaranTEENS 2020

Showmance: When Jealousy Takes the Stage | October 2020

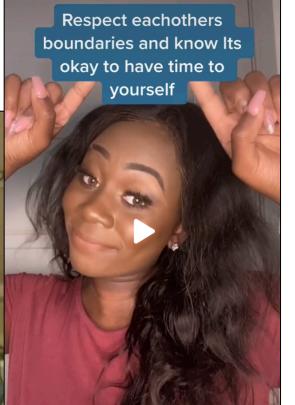
(Changing Lives Youth Theatre Ensemble, a partnership with Creative Action) When schools closed, we cancelled our tour. We staged a Zoom performance of our play for a virtual conference and "tour" the digital version to schools this spring.



Current youth social media creators: Katia, Liv & Eva

TikTok

@safeatx



♂TikTok

Consent is given through words, actions and body language that indicate a clear "yes".

∠ View Analytics

Contact

e Developers

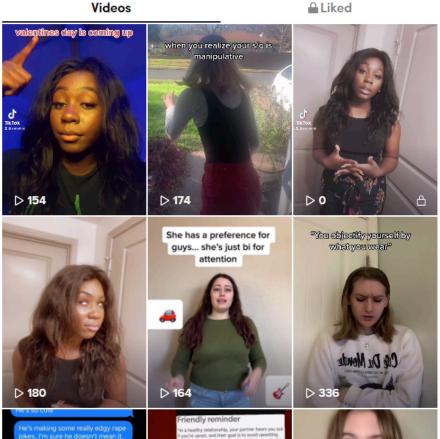
Guidelines

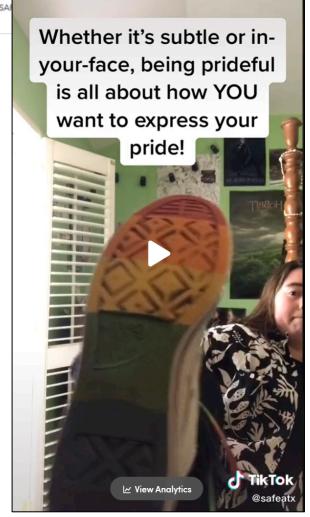
SAFE safeatx

Search accounts

14 Following 83 Followers 1248 Likes

Promoting safe & healthy relationships \ Central Texas www.safeaustin.org





TikTok content covers mental health & self care, dating & sexual violence prevention, healthy relationships and social justice

Lessons Learned

- Variety—Vary forms of engagement, i.e. activities, break-out rooms, Google Jamboard, camera on/off, games, music, breaks.
- Flexibility—Make it easier to participate, brief check ins as needed vs. regular appointments, drop in attendance.
- Privacy—Respect being inside people's homes, sensitivity to lack of privacy, wear headphones.
- Trauma-informed—Emphasis on connection, social support, self-care.
- Relevant content—Online boundaries, social distancing, current events.
- •Realistic expectations—Adaptations require extra work, technology is a challenge, reduced participation for some things but increased for others.

In what ways do your prevention programs support youth as they are and adapt to the changing needs of the pandemic?

Text Chat Question

Chat

From Me to Everyone:

Use this text chat box to respond to our questions, ask your own, and connect with others!

To: Everyone ▼

Type message here...

REFLECT · EMERGE · ACT · CHOOSE · HOPE

formerly Center Against Sexual Assault (C.A.S.A.)

Empowerment Team

Cynthia Reinhard, MA, AMFT, APCC, Prevention Specialist
Tiffany Kelly, MA, MSW Trainee, Prevention Specialist
Stephanie Ochs, PCC Trainee, Prevention Specialist
Elizabeth Madrid, MA, MFT Trainee, PCC Trainee, Prevention
Specialist
Holly Briggs, MA, AMFT, Program Manager



Content

- Challenges & Adaptations
- Using Nearpod and Expect Respect Curriculum
- Session Outline



Initial Difficulty

Limited student engagement

Our Question

How can we engage youth in the way that they are currently experiencing the world?

How We Adapted

Flexibility.

Gamification of knowledge.

Aligning teaching techniques and virtual learning.

Example:

Researched free resources online for virtual engagement, and integration with Nearpod using Expect Respect curriculum.



Initial Difficulty

Maintaining Confidentiality **Our Question**

How can we keep participants privacy protected?

How We Adapted

Verified safe and confidential space.

Normalized the virtual challenges of confidentiality.

Example:

Use of the Nearpod to discuss confidentiality and collaborated with youth regarding group guidelines. Incorporated confidentiality into each Nearpod session (i.e. turning on camera, wearing headphones, participants can only see their own screen).



Initial Difficulty

Our Question

How We Adapted

Participation

How can we build rapport & encourage support among members of the group?

Discussed feeling safe & promoting involvement through various methods of engagement.

Example:

Initial flexibility in the use of the chat feature on Zoom; participants were more involved in open discussion using their mics. Promoted anonymity of responses in Nearpod.

Encouraged participants liking and/or elaborating on answers



Initial Difficulty

Creating a Culture of Respect, Knowledge, and Fun!

Our Question

How can we mirror the healthy behaviors & coping skills we hope to teach?

How We Adapted

The use of Nearpod: polls, drawit, & collaboration boards.Videos & Interactive Games:Mood Meters & Jeopardy.

Example:

Use of participant lead group guidelines centered around respect. Using Icebreakers to open the discussion before a check-in, starting with fun. Co-facilitators shared responsibilities throughout sessions while also modeling healthy and respectful behavior.



Session Outline

- o **Ice Breaker**: Fun and simple to get youth talking and connecting
- o **Check-In**: Tied into the lesson
- o Activity: Expect Respect Curriculum based
- o **Lesson Discussion**: Reflection on activity
- o **Challenge**: Connected to the weekly material. In order to bring awareness to the identification of resources and support outside of the group setting.



Questions?



What possibilities and practicalities for adapting sexual violence prevention programming can you identify in your work?

Text Chat Question

✓ Chat

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To: Everyone ▼

Type message here...

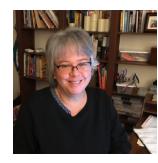
Sustaining Prevention During the Pandemic



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Director of Trainer Development
& Lead Trainer, Soteria Solutions
they/them or she/her



Jane Stapleton
Co-Founder & President,
Soteria Solutions
she/her/hers



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Prevention Specialist,
C.A.S.A.
She/Her/Hers





Resources

Expect Respect Info Sheet:
http://www.preventconnect.org/wp-content/uploads/2021/02/ExpectRespect_OnePager.pdf



PreventConnect.org

info@PreventConnect.org

PreventConnect.org/email - email group

<u>Learn.PreventConnect.org</u> – eLearning

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