Zacharias Education Network (ZEN)
Training Menu

Please contact us about ZEN membership and bilingual presentations. For all ZEN inquiries, including pricing, please contact:

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Professional Trainings

Workplace Sexual Harassment Training *90 minutes*

We discuss laws about sex, affirmative consent, state requirements for a healthy work environment, and how to report sexual harassment. This training satisfies the Illinois requirement that all business give their staff a sexual harassment training.

Sexual Assault Crisis Intervention Training *40 Hours*

Participants gain the skills and knowledge necessary to offer trauma-informed care to survivors of sexual assault, including work in support line advocacy, medical advocacy, legal advocacy, school/campus reporting, and general disclosures. This training certifies participants for direct service with survivors of sexual assault in any Illinois rape crisis center and can also be used in a variety of other human service contexts. ZCenter staff can share current training dates and also discuss tailored training dates for your organization.

DEI: Diversity, Equity, & Inclusion. *4 Hours*

This comprehensive DEI Training is offered to businesses and agencies interested in training their employees for Diversity, Equity, and Inclusion. We uniquely divide the three areas and offer a fourth section on company application. Diversity, Equity, and Inclusion are addressed independently in one-hour sessions with a one-hour application session at the end, for a comprehensive four-hour training.

Services Overview *60 minutes*

We share a brief history of Zacharias Sexual Abuse Center, including our philosophy, vision, and mission. The presentations includes a discussion of the comprehensive services we offer, including prevention, crisis support line, medical advocacy, legal
advocacy, counseling, and professional development. We look at some of the statistics regarding sexual abuse and reasons why children and adults might not report.

Acquaintance Rape *90 minutes*

This training helps social service staff and volunteers to identify acquaintance rape and also help their clients identify it as well. It also focuses on how to support clients who experience this and how this may differ from other types of abuse or assault.

Cultural Competency: Oppression, Priviledge, and Bias *90 minutes*

In this training, participants learn about privilege and bias that all people experience. We take a deep look at how oppression of any group relates to the oppression of sexual assault. From a lens of intersectionality, we look at how our identities (race, gender, class, sex, ability, sexuality, etc.) can affect one another and further discrimination or increase privilege. We end with a discussion about allyship and activism at the local and global levels.

Faith-Based Staff Trainings *60 minutes*

Our faith-based trainings are offered to clergy, Sunday school teachers, youth group leaders, or any laypeople of faith communities interested in ending sexual violence. We start with our services, history, mission and vision. We then talk about the vulnerability of children, the prevalence of intimate violence, and how to respond to crisis calls. We end with tips for handling a disclosure, mandated reporting, and community resources.

Library Staff Trainings *60 minutes*

We begin with a discussion of how to handle a disclosure, so that all staff are prepared for workplace sexual harassment disclosures and sexual abuse disclosures from patrons. We also look at gender assumptions, gender identity, sexual orientation, and trauma-informed care as it relates to educational settings. Library Staff Trainings can also be tailored to the institution's unique needs.

An Introduction to Comprehensive Sex Education *60 minutes*

This presentation shares the current state of sex education, what students want to learn, and where students are getting their knowledge about sex. We offer suggestions about what a comprehensive sex education could be and examples of curricula.

Human Trafficking *60-90 minutes*

This training gives an overview of human trafficking and sex trafficking in particular. We include a discussion of statistics, risk factors, recruitment, signs of trafficking, and getting out of trafficking. We end with suggestions for how to end human trafficking locally and nationally.

LGBTQIA: Language and Representation 60-*90 minutes*

This training looks at the common terminology used to describe gender and sexual identity and how we define and differentiate those terms. The presentation connects language and power, looking at how language is used as a tool of oppression. We end with a discussion of how to use language for resilience, solidarity, and allyship.

Pornography and Images in Rape Culture *60-90 minutes*

We define pornography and look at how the media reinforces porn as a societal norm. We also include sex-positive approaches to trauma-informed care and the delicate balance between addressing pornography's harm and remaining sex positive.

Schools: Parent/Staff Trainings

Daycare Worker training *60-75 minutes*

Training begins with services offered at Zcenter, Erin's Law history, and statistics of child sexual abuse. Presenters then discuss the effects of child sexual abuse, signs of abuse, and why children often don't report. We discuss how to handle a disclosure from a child.
We finish with strategies for teaching children consent and supporting the development of healthy boundaries.

Teacher/School Staff *45-60 minutes*

We begin with information about Erin's Law, its history, and the associated requirements for schools and districts. We teach staff about the dynamics of childhood sexual abuse, including the grooming process, typical responses to sexual trauma, the barriers to reporting, and best practice for handling disclosures. We finish with identification of community resource networks offering support for survivors, families, and community members.

Sexual Abuse Prevention for Parents *45-60 minutes*

Parents receive a general overview of sexual abuse, learn about the prevalence of sexual abuse, learn how children disclose abuse, discuss what parents can do for prevention and difficult conversations, and learn about how to talk with children about healthy relationships. We end with a discussion of internet safety for school age children.

Parents' Erin's Law Training *45-60 minutes*

Parents learn the history behind Erin's Law, what it requires from schools, and what their children should be receiving in relation to the mandate. Presenters will review the prevalence of child sexual assault and the dynamics of sexual abuse. In addition, parents will learn to recognize disclosures and how to respond. Schools can also request a brief overview of the curriculum.

Bus Driver Training *45-60 minutes*

This training starts by discussing the dynamics of child sexual abuse and barriers to reporting. We focus on how to handle disclosures and how to respond.

Students with DD/ID and Their Parents *45-60 minutes*

We begin by reviewing the prevalence of sexual assault and abuse among people with disabilities. We discuss problematic institutionalized behaviors that put people with disabilities at risk, assumed consent, and communication barriers to reporting. We review signs of sexual abuse, identify risk reduction strategies, and discuss how to handle disclosures.

Schools: Student Presentations

Pre-K Students: *2 days, 15-20 minutes per day*

Pre-K Child Assault Prevention uses age-appropriate tools and methods to teach children to identify their right to be safe and to connect that right to safe feelings, people, and places. We teach children to recognize feeling unsafe, as well as to differentiate between safe touches and unsafe touches. We give children the tools they need to keep themselves and their friends safe, including how to say “No,” and “Stop,” as well as identifying trustworthy grownups to ask for help.

Child Assault Prevention Program (CAPP) *45 minutes*

CAPP teaches children they have the rights to be safe, strong and free and that no one should take those rights away. We discuss that people may try and take those rights away, but we have the power to say “Stop,” “No,” and “Don’t touch my body!” We identify support networks so children know who they can talk to when they need help. CAPP empowers children to be confident, assertive, and persistent in advocating for their rights to be safe, strong, and free.

Sexual Harassment Curriculum *45 minutes*

Sexual Harassment Curriculum is for grade 6. It teaches students to identify gender stereotypes and how they lead to objectification. Students will learn to identify verbal, visual, and physical forms of sexual harassment, and how these actions affect the person being harassed, the person harassing, and the bystander. We teach strategies for taking a stand against sexual harassment.

Teen Assault Prevention Program (TAPP) *45 minutes*

TAPP defines sexual assault, sexual abuse, and sexual harassment as described in Illinois state law. Students will learn to recognize the differences between consent, compliance, and force. Students will have a discussion about media literacy, the statistics about prevalence of sexual assault, and the negative impact of victim blaming. We help students identify community support networks and resources they can use for further assistance.

Professional Trainings: Higher Education

Unmasking Masculinity (College Men) *90 minutes*

This training is targeted towards college age men about how society defines what it means to “be a man”. Media literacy and societal standards are the main focus of this training and breaking down those stereotypes as well as challenging what you see in the media.

Bystander Intervention and Antiracism (College Students) *90 minutes*

Bystander Intervention begins with services, definitions, and consent vs. compliance. The presentation then dives into what is a bystander, examples in news and also a video showing how bystanders can intervene. The second half is a call to action to stand up against unhealthy behavior when you are a witness to it. Students do an activity that involves three scenarios and how they would take action in each one.

Healthy Relationships (College Students) *90 minutes*

We discuss consent, affirmative consent, and legal issues connected to consent. Participants will learn about the often recurring cycle of violence in unhealthy relationships. We also share an interactive activity about which behaviors are included in a healthy relationship. Students look at scenarios and specific ways that relationship expectations differ for everyone.

Professional Trainings: Law Enforcement

Law Enforcement Roll Calls *15 minutes*

Advocates visit different police departments around Lake County, explaining Zcenter services and the role of the medical advocates when survivors are in the E.R.

Women's Jail Training *60 minutes*

We teach incarcerated people who identify as women or female how to identify sexual harassment, sexual abuse, and sexual assault. We teach the difference between compliance, consent, and force. We also facilitate discussions about sexual violence myths and facts and practice strategies that empower women to stand up for their rights and the rights of others.

Men's Jail Training *60 minutes*

We teach incarcerated people who identify as men how to identify sexual harassment, sexual abuse, and sexual assault. We teach the difference between compliance, consent, and force. We facilitate discussions about sexual violence myths and facts and practice strategies that empower men to stand up for their rights and the rights of others.

Law Enforcement: People w/ DD/ID *45-60 minutes*

We begin by reviewing the prevalence of sexual assault and abuse among people with disabilities. We discuss problematic institutionalized behaviors that put people with disabilities at risk, assumed consent, and communication/accessibility barriers to reporting. We review signs of sexual abuse, identify risk reduction strategies, and discuss how to handle disclosures. We teach strategies to increase law enforcement's capacity to communicate effectively with people with disabilities

How Language Shapes our Response to SA *60 minutes*

Topics discussed include how language of consensual sex vs. language of assaultive acts. Presenters will talk about victim blaming language and how to avoid that in reports as well as using offender accountable language. We also look at how the language of oppression in other sectors impacts the language of rape culture.

Professional Training: First Responders/Medical

Fire Department Sexual Violence Training *120-150 minutes*

Advocates train first responders about Zcenter services, the definitions of sexual assault, and the dynamics of sexual abuse. Participants learn to differentiate between compliance, consent, and force, and how they impact acquaintance sexual assault. Presenters discuss how trauma typically presents, as well as how to respond. We finish with an interactive activity for application and discussion of resources.

Pediatric Training *60 minutes*

This training focuses on training for pediatric doctors who may not work with sexual assault/abuse children in an acute capacity. Presenters go over ER protocol and normal vs abnormal behavior for developmental stages. Presenters then discuss Zcenter services and referral options. Other topics include what a disclosure may look like, how to handle it, indicators, and how to react. Focus then shifts to stepping into a role of a trusted person rather than trying to fix the problem.

Vulnerable Populations *60 minutes*

This training addresses sexual assault for first responders who receive a call from people with disabilities or elderly callers. This training focuses on how to respond to these populations who also have more vulnerability with sexual assault/abuse. Some highlights covered are signs and symptoms of past abuse, why these populations are targeted, who the perpetrators are, and how to break down barriers that may exist between treatment and services.