



ZEN (Zacharias Education Network) **Presentations** **&** **Trainings**

Free & fee-based offerings

Professional trainings, discussions, collaborations, and problem-solving initiatives to enhance the competency and capacity of professional and community sectors.

Our programs are customized to suit the specific requirements of each group, organization, or community.

Gurnee
4275 Old Grand Avenue
Gurnee, IL 60031

Skokie
4232 Dempster Street
Skokie, IL 60076

24-Hour Support Line 847-872-7799 | Website: www.ZCenter.org

For more information, contact Tammy Burns-tburns@zcenter.org

School Presentations

Pre-K Students 15-20 minutes

Pre-K CAP teaches children age-appropriate ways to identify their right to be safe and connect it to safe feelings, people, and places. We teach children to recognize unsafe feelings and differentiate safe vs. unsafe touches. We provide tools to keep themselves and friends safe, including saying "No" and "Stop," and identifying trustworthy adults for help.

Child Assault Prevention Program (K-5th) 30 minutes

CAPP teaches children their rights to be safe, strong, and free. We empower them to say "Stop," "No," and "Don't touch my body!" if those rights are threatened. We help them identify support networks and advocate for themselves confidently.

Sexual Harassment (6th-7th) 30-45 minutes

This curriculum teaches students to identify gender stereotypes leading to objectification, and verbal, visual, and physical sexual harassment. It covers the impact on victims, harassers, and bystanders, and strategies to combat sexual harassment.

Teen Assault Prevention Program (8th-High School) 45 minutes

TAPP educates students on sexual assault, abuse, and harassment as defined by Illinois law. Topics include consent vs. force, media literacy, assault statistics, victim blaming, and community support resources.

Teacher/School Staff 45-60 minutes

Presentation covers Erin's Law—history, requirements, and compliance. We educate staff on childhood sexual abuse dynamics: grooming, trauma responses, reporting barriers, and disclosure best practices. We conclude by identifying community resources for survivors, families, and community members.

Daycare Worker Training 60-75 minutes

Presentation covers ZCenter services, Erin's Law, child sexual abuse statistics, effects, signs, and reasons for non-reporting for children under 6. We discuss handling disclosures, teaching consent, and fostering healthy boundaries.



Presentations

Sexual Abuse Prevention for Parents 60-90 minutes

Parents will gain an overview of sexual abuse, including prevalence, child disclosure, prevention, difficult conversations, healthy relationships, and internet safety for school-aged children.

Parents' Erin's Law Training 30-60 minutes

Parents learn about Erin's Law requirements for schools, the prevalence and dynamics of child sexual assault, recognizing disclosures, and how to respond. Schools can request a curriculum overview.

Online Safety/Media Literacy for Parents 30-60 minutes

Learn how predators use technology to target children and how media influences children's views on healthy relationships. Discover strategies for difficult conversations to ensure child safety through adolescence.

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

Presentation covers the prevalence of sexual assault and abuse among people with disabilities, focusing on institutional behaviors, assumed consent, and communication barriers. We'll also review abuse signs, risk reduction strategies, and disclosure handling.

Unmasking Masculinity (College Men) 90 minutes

This training for college-aged men focuses on media literacy and societal standards of masculinity, challenging stereotypes.

Bystander Intervention & Antiracism (College) 90 minutes

Bystander Intervention covers services, definitions, and consent vs. compliance. It explores what a bystander is through news examples and a video, then calls for action against unhealthy behavior. Students apply intervention strategies to three scenarios.

Incarcerated Women/Men 60 minutes

We educate incarcerated individuals on sexual harassment, abuse, and assault, differentiating compliance, consent, and force. We also challenge sexual violence myths and practice empowerment strategies.

Presentations

Healthy Relationships 90 minutes

Participants learn about boundaries, consent (including legal issues), the cycle of violence in unhealthy relationships, and healthy relationship behaviors through an interactive activity. Students also explore differing relationship expectations.

Cultural Competency: Oppression, Privilege & Bias (High School/College Students & Adults) 60-90 minutes

We explore historical and sociological influences on society, examining how oppression contributes to rape culture and sexual assault, and how intersectionality impacts discrimination and privilege. The session concludes with a discussion on local and global allyship and activism.

Services Overview 20-60 minutes

Comprehensive overview of ZCenter's services, including prevention, crisis support line, medical and legal advocacy, counseling, and professional development.



Law Enforcement Roll Calls 10-15 minutes

Overview of ZCenter's services, the role of the medical advocates when survivors are in the E.R., and professional development opportunities.



Fee-Based Trainings

(Fees based on number of participants, unless otherwise noted)

CEUs available for most trainings

Sexual Assault Crisis Intervention 40-Hour Training 40 Hours **Fee-\$200 (Free with 1-year volunteer commitment)**

Gain skills and knowledge in trauma-informed care for sexual assault survivors, including support line, medical, legal, and school/campus advocacy, and disclosures. This training certifies participants for direct service in Illinois rape crisis centers and other human service contexts. Contact ZCenter for dates and tailored training options.

Workplace Sexual Harassment Training 90 minutes ***Satisfies Illinois' mandatory sexual harassment training***

Discusses sexual harassment laws, affirmative consent, healthy work environment requirements, and reporting procedures.

Continuing Education: Sexual Harassment Training 60 minutes **Fee: \$50 (CE Certificate included)**

Satisfies IDFPR mandatory sexual harassment requirement

Training includes: an explanation of sexual harassment per the Illinois Human Rights Act, examples of unlawful conduct, a summary of federal and State laws and victim remedies, and employer responsibilities in prevention, investigation, and correction.

Camp Counselor Training 60 minutes

This training covers key definitions, statistics, consent laws, healthy boundaries, and risk factors related to child sexual abuse. Counselors will learn about trauma responses, behavior guidelines, mandated reporter responsibilities, and handling disclosures.

Faith-Based Staff Training 60 minutes

Our faith-based training equips clergy, Sunday school teachers, youth group leaders, and laypeople to combat sexual violence. We cover our services, history, mission, vision, child vulnerability, intimate violence prevalence, crisis response, disclosure handling, mandated reporting, and community resources.



Fee-Based Trainings

Sexual Abuse Overview 60-90 minutes

Discussions include sexual assault statistics, handling disclosures, gender assumptions, and trauma-informed care skills. We conclude with a ZCenter services overview and community resources for survivors and families.

Trainings are customizable.

Human Trafficking 60-90 minutes

This training overviews human trafficking (labor and sex), covering statistics, risk factors, recruitment, signs, escape options, and ways to end it locally and nationally.

Pornography and Images in Rape Culture 60-90 minutes

We explore pornography, media reinforcement, and sex-positive, trauma-informed care, balancing harm reduction with a sex-positive approach.

Professional Trainings: Law Enforcement/First Responders

First Responder Sexual Violence Training 120-150 minutes

Training for first responders on Zcenter services, sexual assault definitions, and abuse dynamics. Participants learn to differentiate compliance, consent, and force in acquaintance sexual assault, and how trauma presents and to respond. We conclude with an interactive activity for application and resource discussion.

How Language Shapes Our Response to SA 60 minutes

Discussions will cover consensual sex vs. assaultive acts, avoiding victim-blaming, and using offender-accountable language in reports. We'll also examine how oppressive language in other sectors influences rape culture.

Vulnerable Populations 60 minutes

This training for first responders addresses sexual assault in vulnerable populations (people with disabilities and the elderly). It covers signs and symptoms of past abuse, why these populations are targeted, perpetrator profiles, and how to improve access to treatment and services.

Fee Structure

Trainngs	Cost	Additional Information
40 Hour Training-Interns	No Cost*	*Free with intern commitment for 1-3 semesters
40 Hour Training-Individual	No Cost*	*Free with 1-year volunteer commitment
40 Hour Volunteer Training-Professionals/Agencies (human services, libraries, hospitals, higher education institutions, etc.)	\$200/person*	*Sliding scale available for underserved communities, as categorized by Illinois government standards for underserved communities.
Professional Trainings	1-50 People \$300*	*Sliding scale available for underserved communities, as categorized by Illinois government standards for underserved communities.
	51-200 People \$500*	
	200+ People Contact for pricing	
Workplace Sexual Harassment Training	1-25 People \$300*	*Sliding scale available for underserved communities, as categorized by Illinois government standards for underserved communities.
	26-50 People \$500*	
	51-200 People \$1,000*	
	200+ People Contact for Pricing	
Clinical/CEUs	\$50/Person	*Sliding scale available for underserved communities, as categorized by Illinois government standards for underserved communities.

