



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

Our Pre-K CAPP presentation teaches children age-appropriate ways to identify safe and unsafe touches, and who their safe adults are. If someone is breaking their body rules or touching them inappropriately, we encourage them to say “NO”, then go and run away from the person who is making them feel unsafe, and then tell a safe adult.

Child Assault Prevention Program (K, 2nd, 4th) 30 minutes

CAPP teaches children about how to keep themselves safe. Each presentation builds off of the last. In kindergarten, we talk about body rules, safe and unsafe touches, and identifying safe adults. As they progress in school, we start to add in vocabulary words including consent, boundaries, and harassment.

Pre-Teen Assault Prevention Program (6th Grade) 30-45 minutes

This curriculum teaches students how to stay safe online, how to identify and properly deal with sexual harassment, and what healthy friendships and relationships should look and feel like. We talk about consent, boundaries, and when to seek help.

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

TAPP educates students on Illinois Laws regarding consent, sexting, and sexual harassment. We also discuss healthy relationships and what they should look like through reviewing consent and boundaries. Students will also review pop culture examples where sexual violence is normalized.

Digital Curriculum (1st, 3rd, 5th, 7th, High School)

ZCenter’s Digital Curriculum offers educators an age-appropriate, evidence-based prevention education program for use in the classroom. Our curriculum is designed for students from pre-k through high school. Among the topics covered are safe touches and safe people, consent, boundaries, harassment, healthy relationships, grooming, trafficking and online safety. Our prevention program is Erin’s Law compliant and is aligned with the National Sexual Violence Education Standards. Our goal is to expand students’ understanding of sexual abuse and inappropriate behaviors while educating them on effective response techniques.

School/Parent Presentations

Students with DD/ID 15-30 minutes

Zacharias Center offers developmentally appropriate prevention education for students with intellectual and developmental disabilities (IDD), from Kindergarten through high school. Our curriculum is adapted to meet diverse learning needs, incorporating visuals, interactive activities, and repetition to support comprehension and engagement.

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.

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.

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.



Presentations

Unmasking Masculinity (High School/College Men) 90 minutes

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

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.

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.

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.

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.

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.

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 Ed: Sexual Harassment Prevention 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.

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 Trianing	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.

