

## **Module 1: Introductions and Overview**

### **Purpose**

This module includes introductions, an overview of what you can expect during the training, and a discussion of terms that will be used.

### **Lessons**

- Introductions and Expectations.
- Training Overview.
- Creating a Common Language.

### **Learning Objectives**

By the end of this module, you will be able to

- Identify which skills will be learned during the training and which will not.
- Determine when to use the terms “rape,” “sexual assault,” “sexual abuse,” “victim,” and “survivor” during the training.

## Introductions and Expectations

What is your name?

What, if any, experience do you have working with sexual assault victims/survivors?

What is your motivation for doing this work?

What is one thing you really want to learn in this training? \_\_\_\_\_

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## Training Overview

### Training Goal

The goal of this training is to help sexual assault advocates/counselors build the basic skills necessary to provide competent, effective crisis intervention services to sexual assault victims/survivors. You will learn information and skills related to

- Realities of sexual violence.
- Impact of sexual assault.
- Needs of specific populations.
- Advocacy roles and requirements.
- Sexual Assault Response Teams.
- Responses to victims/survivors during a crisis.
- Prevention of “compassion fatigue.”

The techniques taught in this training can be used to support victims/survivors recovering from sexual assault. The training focuses heavily on skills for first responders and will not deal with advanced counseling or group counseling techniques; such techniques require advanced training and experience and are beyond the scope of this basic program.

## Training Ground Rules

- Arrive on time and attend the entire session.
- Be respectful of other participants and the trainer(s).
- Participate in each activity to the best of your ability.
- Ask questions, pose scenarios, and make suggestions that will help you learn.
- Do not skip ahead.

## Creating a Common Language

### She or He?

While rape crisis centers deal with both male and female sexual assault and abuse victims, female pronouns will for the most part be used to refer to the victim throughout this training. This decision is based on the fact that the majority of victims are female.

### “Rape,” “Sexual Assault,” or “Sexual Abuse”?

The legal definitions of rape, sexual assault, and sexual abuse vary by state. In this training, “rape” and “sexual assault” will be used interchangeably to refer to any nonconsensual contact between two or more people, involving the sexual organs of one person or more, regardless of sex or marital status, with or without penetration, and with or without resulting physical injury. It may involve vaginal, oral, or anal contact. The term “sexual abuse” will be used when the victim is a child and the perpetrator is a relative, caretaker, or person with authority over the child (e.g., teacher, coach, babysitter).

### “Victim” or “Survivor”?

It is difficult for anyone other than individuals themselves to determine when the shift from “victim” to “survivor” occurs. Some people feel they are survivors from the moment they escape from the assailant(s). They may prefer the term “survivor” even in the emergency department. Other individuals use “survivor” to mean someone who has made significant progress toward regaining

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control of her life and recovering from the experience. These individuals may resent being called survivors too soon; they may feel like victims, not survivors, in the early stages.

At the request of individuals who do not feel they immediately can move to survivor status, the term “victim” rather than “survivor” will be used when discussing the emergency department response and early impact. When discussing the later periods of recovery, the term “survivor” will be used to recognize that—even if the shift from “victim” to “survivor” has not been completely accomplished—this is indeed the goal for individuals with whom advocates will work.

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**Sexual Assault Advocate/Counselor  
Training**

**Welcome!**

 **TFAC**

Module 1 1

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**Module 1: Introduction**

*Purpose*

This module includes introductions, an overview of what you can expect during the training, and a discussion of terms that will be used during the training.

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**Module 1 Objectives**

By the end of this module, you will be able to

- Identify which skills will be learned during the training and which will not.
- Determine when to use the terms "rape," "sexual assault," "sexual abuse," "victim," and "survivor" during the training.

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Module 1 3

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## Introductions

- What is your name?
- What, if any, experience do you have working with sexual assault victims/survivors?
- What is your motivation for doing this work?
- One thing you really want to learn in this training is \_\_\_\_\_.

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## Training Goal

- To teach sexual assault advocates/counselors the basic skills necessary to provide competent, effective services to sexual assault victims/survivors:
  - Realities of sexual violence.
  - Impact of sexual assault.
  - Needs of specific populations.
  - Advocacy roles and requirements.
  - Working as part of a Sexual Assault Response Team (SART).
  - Responding during a crisis.
  - Preventing "compassion fatigue."

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## Ground Rules

- Arrive on time and attend the entire session.
- Be respectful of other participants and the trainer(s).
- Participate in each activity to the best of your abilities.
- Ask questions, pose scenarios, and make suggestions that will help you to learn.
- Do not skip ahead.

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## “She” or “He”

Female pronouns will be used to refer to the victim, as the majority of victims are female.

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## “Rape,” “Sexual Assault,” or “Sexual Abuse”

- Rape and sexual assault are used interchangeably.
  - Any nonconsensual contact between two or more people.
  - Sexual organs of one person or more.
  - Regardless of sex or marital status.
  - With or without penetration.
  - With or without physical injury.
  - Vaginal, oral, or anal contact.

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## “Rape,” “Sexual Assault,” or “Sexual Abuse” (cont.)

- Sexual abuse
  - Victim is a child.
  - Perpetrator is a relative, caretaker, or person with authority.

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### “Victim” or “Survivor”

- “Victim” of rape rather than “survivor” for emergency department response and early impact.
- “Survivor” for later periods of recovery.

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### Module 1

Questions or comments?

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