



## **ICESA Campus Consortium Trainings and Workshops for Campus Professionals and Students**

The ICESA Campus Consortium is pleased to offer a variety of free presentations and workshops related to sexual violence prevention and response. All post-secondary schools in Indiana can request free trainings and presentations from ICESA. Non-consortium schools will be asked to pay for mileage reimbursement and for accommodations when training schedules require overnight stays.

Trainings can be customized based on campus needs, group sizes, or special requests.

Submit your training requests through [our online form](#), and send questions to [mahri@indianacesa.org](mailto:mahri@indianacesa.org).



## **INTRODUCTORY LEVEL TRAININGS**

### **Bystander Intervention 101**

Level: Introductory  
Length: 1.5 hours  
Presenter: Kirat Sandhu

This interactive training will use a combination of icebreakers, videos, scenario activities, and discussion to empower students to feel comfortable in building their capacity to intervene in situations where a sexual assault may occur. This training is highly recommended for students in leadership positions (student government, resident assistants, Greek life), but is equally important for members of the general student body. This training is ideal for those who cannot devote a full-day to the Who Are You? Workshop.

### **Feminist Approaches to Violence and Violence Prevention**

Level: Introductory  
Length: 2 hours  
Presenter: Mahri Irvine, PhD

This interactive presentation will introduce participants to an overview of feminist movements and theoretical frameworks, with a specific focus on how feminist activists and scholars respond to, and try to prevent, gender-based violence. Participants will learn about and discuss varying forms of social inequalities, and how privilege and power profoundly affect gendered identities and behaviors. This training will encourage participants to critically examine myths about feminism.

### **Intimate Partner Violence 101**

Level: Introductory  
Length: 1 hour  
Presenter: Mahri Irvine, PhD

This presentation will provide attendees with an overview of basic definitions, concepts, and statistics related to intimate partner violence (also known as domestic violence or dating violence), in the United States. The presentation will address how power, control, and manipulation are connected to intimate partner violence, and discuss strategies for preventing abuse. Participants will learn about how age, gender, sexual orientation, and racial identities may affect how victims and bystanders perceive and respond to intimate partner violence.



Indiana Coalition to  
**End Sexual Assault**  
Engage. Educate. Empower.

## Sexual Assault and Rape Culture 101

Level: Introductory

Length: 1.5 hours

Presenter: Kirat Sandhu

This introductory session teaches students about the prevalence of sexual assault, both nationally and at the state-level. Students will be made familiar with facts and statistics about female, male, and LGBTQ+ victimization. Going one step beyond the numbers, this session will also include a discussion on rape culture and the ways in which it can be combatted at both a societal and individual level. Students will have the opportunity to reflect on their own thoughts, behaviors, and actions as they either contribute to or fight against rape culture.

## Sexual Victimization of Men and Boys

Level: Introductory

Length: 1 hour

Presenter: Mahri Irvine, PhD

Men and boys are often overlooked as victims of sexual violence, but a significant percentage of men and boys survive sexual victimization, usually perpetrated by men. This presentation will provide an overview of why men and boys often do not report sexual violence, and address societal barriers that prevent men and boys from receiving help. Participants will learn about and discuss myths and realities about male survivors and perpetrators. This presentation will also address how power, privilege, and vulnerability are related to sexual violence, and the presenter will discuss implications for sexual violence prevention.

## Sexual Violence 101

Level: Introductory

Length: 1 hour

Presenter: Mahri Irvine, PhD

This presentation will provide attendees with an overview of basic definitions, concepts, and statistics related to sexual violence in the United States. The presentation will address how vulnerability, privilege, and power imbalances are connected to sexual violence, and discuss implications for preventing assaults. Participants will learn about how age, gender, sexual orientation, and racial identities may affect how victims and bystanders perceive and respond to sexual violence.



## **Supporting LGBTQ Survivors and Preventing Violence against LGBTQ Communities**

Level: Introductory

Length: 1 hour

Presenter: Mahri Irvine, PhD

This presentation will provide attendees with an overview of how to work respectfully with, and support, LGBTQ communities and survivors. The presenter will also discuss the rates of violence against LGBTQ people, and how intersectional oppressions contribute to LGBTQ victimization. Participants will learn about sexual violence committed within, and from outside of, LGBTQ communities.

### **Stalking 101**

Level: Introductory

Length: 1 hour

Presenter: Mahri Irvine, PhD

This presentation will provide attendees with an overview of basic definitions, concepts, and statistics related stalking in the United States. The presentation will address how intimate partner violence is connected to stalking, and discuss appropriate responses to stalking. Participants will learn about how age, gender, sexual orientation, and racial identities may affect how victims and bystanders perceive and respond to stalking.

### **Student Activism 101**

Level: Introductory

Length: 1 hour

Presenter: Kirat Sandhu

This introductory session is intended for college students looking to bring student-led sexual assault prevention programming to their campuses. This can include campuses where no student-led programming currently exists or schools where student-led programming needs some revitalization. This session will introduce students to ICESA and the It's On Us campaign, providing them with the necessary background information, resources, and time to brainstorm an initial plan of action. *This session can also be preceded by a one-on-one consultation session with an administrator or staff member looking to lead the efforts in engaging students.*



## Student Activism 102

Level: Introductory

Length: 1 hour

Presenter: Kirat Sandhu

This advanced session is intended for college students who are already involved in sexual assault prevention programming on their campuses, and are looking for ways to amplify their efforts. Their campuses should have an established history of student-driven programming. This session will acquaint students with ICESA, providing them with the necessary background information and resources to take their current work to the next level. Students will be introduced to new programming ideas, but will also have the space to brainstorm ideas of their own. This session will be more discussion-based than its 101 counterpart. *This session can also be preceded by a one-on-one consultation session with an administrator or staff member looking to lead the efforts in engaging students.*

## Violent Cultures: Rape, Battering, and Stalking Cultures

Level: Introductory

Length: 2 hours

Presenter: Mahri Irvine, PhD

This interactive workshop will encourage participants to critically think about myths, stereotypes, and assumptions related to sexual violence, intimate partner violence, and stalking. Participants will learn statistics and definitions of these three types of crimes. The presenter will provide attendees with definitions and examples of what a “rape culture” looks like, and discuss the possibility of a “battering culture” or “stalking culture.” Attendees will learn about and discuss the societal values and characteristics that make up these types of cultures. The presentation will discuss implications for prevention of sexual violence, domestic violence, and stalking.



## Who Are You? Workshop

Level: Introductory

Length: 5 Hours

Presenter: Kirat Sandhu

Who Are You? is a ground-breaking multi-media campaign initiated and launched out of New Zealand. The campaign focuses on what each one of us can do to stop a possible sexual assault from happening. This workshop uses the Who Are You? toolkit, including group exercises and a short film, to educate young people about the prevention of sexual violence and ethical sexual decision making. The interactive program can be adapted for different age groups or learning abilities. This session is recommended for those looking for a combination of Sexual Assault and Rape Culture 101 and Bystander Intervention 101.



## **INTERMEDIATE LEVEL TRAININGS**

### **Batterers and Abusive Partners**

Level: Intermediate

Length: 1 Hour

Presenter: Mahri Irvine, PhD

This presentation will provide an overview of common characteristics of people who abuse and harm their intimate partners. Presenters will learn about the methodological challenges related to collecting accurate data about intimate partner violence, learn about the “gender asymmetry” of domestic violence, and critically think about how gender socialization affects people who abuse their partners. The presentation will discuss implications for preventing sexual violence. This presentation is recommended for those who have attended Intimate Partner Violence 101 and/or Stalking 101.

### **Best Practices for Violence Prevention**

Level: Intermediate

Length: 2 Hours

Presenter: Mahri Irvine, PhD

This presentation will provide an overview of recommended best practices for sexual violence prevention for campuses or communities. Attendees will learn about research studies examining the effectiveness of violence prevention programs, and the importance of using evidence-based approaches for prevention. The presenter will discuss different approaches to violence prevention from public health and feminism, and attendees will learn about the concept of institutionalization, as well as strategies for sustainable prevention practices.

### **Communication, Gender, and Violence: Stereotypes and Realities**

Level: Intermediate

Length: 1 Hour

Presenter: Mahri Irvine, PhD

This interactive workshop will encourage participants to critically think about rape myths and realities, as related to beliefs about gender and communication styles. The presenter will discuss research studies that explored whether or not sexual violence is caused by miscommunication, and the implications of the studies’ findings. Participants will learn about myths and facts about sexual violence, and discuss how privilege, power, and vulnerability relate to gender-based violence.



## Impact of Victimization: Physical and Psychological Effects of Violence

Level: Intermediate

Length: 2 Hours

Presenter: Mahri Irvine, PhD

This presentation will educate attendees about the short-term and long-term impact of sexual violence on survivors' health. The presenter will provide an overview of neurobiological responses to trauma, and common behavioral and emotional responses to trauma. Participants will learn about appropriate, supportive ways to respond to people when they disclose that they are survivors of sexual violence. This presentation will include a segment in which participants will engage in role plays to practice appropriately responding to survivors.

## Language, Violence, and Culture

Level: Intermediate

Length: 2 Hours

Presenter: Mahri Irvine, PhD

This interactive workshop will provide an introduction to several linguistic theories, and explain how people use language to shift blame from perpetrators to victims, include biased information in sexual violence cases, or make violence appear to be an unavoidable, excusable part of life. Participants will engage in hands-on linguistic analysis of several news stories about sexual violence.

## Perpetrators of Sexual Violence

Level: Intermediate

Length: 1 Hour

Presenter: Mahri Irvine, PhD

This presentation will provide an overview of common characteristics of people who commit acts of sexual violence. Participants will learn about myths and facts about sexual violence, discuss how privilege, power, and vulnerability relate to gender-based violence, and learn about how bullying and violence against LGBTQ communities is related to sexual violence. The presentation will discuss implications for preventing sexual violence. This presentation is recommended for those who have attended Sexual Violence 101 or Sexual Assault and Rape Culture 101.





## **ADVANCED LEVEL TRAININGS**

### **False Rape Reports, Neurobiology of Trauma, and Cultural Biases**

Level: Advanced

Length: 3 Hours

Presenter: Mahri Irvine, PhD

In this interactive workshop, participants will explore how cultural influences and personal biases affect people's responses to allegations of sexual violence. Participants will critically examine and discuss rape myths and rape culture, stereotypes about victims and perpetrators, and how erroneous assumptions might affect responses to allegations. Participants will learn about the neurobiology of trauma and common psychological and behavioral responses to trauma. The presenter will provide an overview of false report statistics, and the methodological challenges in accurately determining how many reports are actually false. Participants will learn to critically examine "red flags" for false reports, and how these "red flags" can be interpreted through a trauma-informed lens. Participants will engage in self-reflective activities to help them explore how their "gut reactions" to sexual violence allegations might be the result of cultural influences or personal biases.



## **Other Trainings and Presenters**

The ICESA Consortium has several campus liaisons who are experts in the areas of sexual violence, intimate partner violence, and violence prevention. These professionals occasionally conduct consultations or trainings for various audiences. Please contact them if you are interested in learning more about what they can offer.

### **Connie Adams, MSW, LCSW**

[cadams@saintmarys.edu](mailto:cadams@saintmarys.edu)

574-284-4081

Connie is the Director of the Belles Against Violence Office at Saint Mary's College. She has over ten years of experience addressing sexual assault, intimate partner violence, and stalking, and she is a trusted advocate for survivors of violence. She has specialized training and experience in conducting primary prevention and encouraging participant engagement. She is a dynamic trainer with the ability to present complex and sensitive information in a clear manner. Connie is available for trainings related to Title IX and Clery; the impact of trauma on victims; trauma-informed responses; and best practices for violence prevention.

### **Sareen Lambright Dale, MBA**

[slambrig@iupui.edu](mailto:slambrig@iupui.edu)

317-274-2503

Sareen is the Assistant Director of Sexual Assault Prevention and Education at IUPUI. Sareen's professional interests include community outreach and engagement, advocacy with students who have experienced sexual assault or domestic violence, grant writing and program development, prevention and culture change. She enjoys working with student leaders in providing professional development opportunities, and enjoys working with colleagues from all professional and academic backgrounds at IUPUI. In her time at IUPUI, she has become involved with SAPIR, the campus sexual assault prevention, intervention, and response task force and she currently serves as Co-Chair for that committee. She is also involved with JagCARE, a team of individuals across the campus community that works with individuals impacted by a traumatic event, using crisis intervention approaches. Sareen is available for trainings related to the impact of trauma on victims; trauma-informed responses; peer educators and student activism; and best practices for violence prevention.