



## **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 for all trainings, and per diem and hotel accommodations when trainings require overnight stays.

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.

### **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.



## Compassionate Responses to Student Disclosures of Victimization

Level: Introductory

Length: 2 hours

Presenter: Mahri Irvine, PhD

This session is geared toward campus professionals (faculty members and staff members). In this workshop, attendees will learn about the short-term and longer-term impacts of sexual violence, intimate partner violence, and stalking. The presenter will discuss the significance of “responsible employees” policies, and attendees will learn about why mandated reporting policies may cause students distress or concern; the presenter will provide examples of how responsible employees can try to increase students’ trust in processes related to mandated reporting. Attendees will learn about “roundabout reporting” and how some students may hint at victimization without directly talking about it or asking for help. The presenter will provide detailed examples about responding to student disclosures in a compassionate, trauma-informed manner. This is an interactive workshop; attendees will engage in role plays and brainstorming about how to respond to student disclosures in different scenarios.

## 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 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.*



## 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.



## **Other Trainings and Presenters**

The ICESA Consortium highly recommends the following individual consultants and organizations for trainings related to sexual violence prevention and response. These consultants and organizations conduct programs for various audiences, and may charge fees for their services. Please contact them if you are interested in learning more about what they can offer your campus or organization.

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

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

574-284-4081

Connie Adams is a compassionate advocate and dynamic educator. Her passion and purpose is to engage others in the prevention and response of sexual assault, relationship violence, and stalking. For 10+ years, Connie has provided advocacy and counseling services to survivors, engaged groups of 5-500 in presentations and trainings, and consulted with higher education and nonprofit organizations. She founded CLA Consulting and Training to assist institutions and organizations as they strengthen initiatives to generate awareness, education, and prevention. Connie also serves as Director of the Belles Against Violence Office at Saint Mary's College in Notre Dame, Indiana. Connie earned her Master of Social Work (M.S.W.) from Washington University in St. Louis and Bachelor of Social Work from Saint Mary's College. Her graduate studies focused on Outreach and Prevention in Intimate Partner Violence with a specialization in Management. She is a Licensed Clinical Social Worker in the State of Indiana and serves on the founding leadership council for Campus Advocates and Prevention Professionals Association (CAPPA). Prior to higher education, Connie began her work with small non-profits specializing in intimate partner violence. Connie also has experience in grant proposal writing and oversight, curriculum and program development and evaluation, and strategic planning. You can follow her on Twitter @\_ConnieAdams. Connie is a lover of polka dots and puns and enjoys painting, organizing, and running, in no particular order.

### **Multicultural Efforts to End Sexual Assault (MESA)**

[mesa@ydae.purdue.edu](mailto:mesa@ydae.purdue.edu)

765-496-3492

<http://www.ydae.purdue.edu/mesa/>

Multicultural Efforts to end Sexual Assault (MESA) is a statewide program committed to preventing sexual violence in multicultural communities and other underserved and underrepresented populations in Indiana. MESA is a social change program with an emphasis on popular education. MESA provides communities and organizations with culturally relevant tools and knowledge to prevent sexual violence and promote healthy relationships.