



**Core Advocate Training (CAT) \***  
**An OAG-Certified Sexual Assault Training Program**  
**SAMPLE TRAINING AGENDA #1**  
**-DAYTIME FORMAT-**

**TIMES/LOCATION:**

Training takes place over 11 sessions from 10am – 4pm on Tuesday and Thursday over 4-5 weeks. Due to COVID, the training is currently held online over Zoom.

**NOTE:** The final training agenda provided may have adjustments to particular sessions and topics that vary slightly from the schedule below.

**Session 1:**

TIME	TOPIC
10am-11am	Welcome, Introductions, Community Agreements
11am – 12:30pm	Historical & Social Context: Understanding our Work/Power, Privilege & Oppression
12:30pm - 1:15pm	Lunch Break
1:15pm – 3:20pm	No Perfect Victims
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 2:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness
10:30am – 12:30pm	Sexual Violence Part 1: Definitions, Consent, and Creating Social Change
12:30pm - 1:15pm	Lunch Break
1:15pm – 3:20pm	Sexual Violence Part 2: Community Response and Medicolegal Options for Victims
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 3:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness
10:30am – 12:30pm	Trauma, the Brain, & Resiliency
12:30pm - 1:15pm	Lunch Break
1:15pm – 3:20pm	Barriers to Leaving an Abusive Relationship/In Their Shoes
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 4:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness
10:30am – 12:30pm	Survivor Speaker Panel
12:30pm - 1:15pm	Lunch Break
1:15pm – 3:20pm	Becoming A Youth Allied Adult
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 5:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness
10:30am – 12:30pm	Human Trafficking: Definitions, prevention, examining systems, & supporting survivors
12:30pm - 1:15pm	Lunch Break
1:15pm – 3:20pm	Power, Privilege & Oppression, Part 2
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 6:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness
10:30am – 11:00am	Halfway point: Check In & Reflection on training
11:00am – 1:00pm	Accessible Services for Everyone
1:00pm - 2:00pm	Lunch Break
2:00pm – 3:20pm	DeafSHARE
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 7:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness
10:30am – 12:30pm	Empathetic Communication & Active Listening
12:30pm - 1:15pm	Lunch Break
1:15pm – 3:20pm	Effective Advocacy Skills
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 8:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness
10:30am – 12:30pm	LGBTQ Realities: Addressing Gender & Sexual Identity Based Violence from a Culturally Responsive Approach
12:30pm - 1:15pm	Lunch Break
1:15pm – 3:20pm	Supporting Trans Survivors
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 9:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness (Homestretch: Final Week of Training Check In: Exam & Next Steps)
10:30am – 12:15pm	Supporting Immigrant Survivors
12:15pm - 1:00pm	Lunch Break
1:00am – 1:30pm	SAFE Staff Taskforces: <ul style="list-style-type: none"> <li>• Black/African American TF</li> <li>• Latinx TF</li> <li>• LGBTQIA+ TF</li> <li>• Asian Pacific Islander (API)/Pan-Asian TF</li> </ul>
1:30pm – 3:20pm	Criminal Justice System and Legal Remedies
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 10:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness
10:30am – 12:30pm	Advocacy and Safety Planning
12:30pm - 1:15pm	Lunch Break
1:15pm – 3:20pm	Boundaries, Secondary Trauma, and Self Care
3:20pm - 3:30pm	Break
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering

**Session 11:**

TIME	TOPIC
10am-10:30am	Welcome Back/Community Connection/Mindfulness
10:30am – 12:00pm	Advocacy and Social Change
12:00pm – 12:30pm	Sustaining our work: In-Kind, Development & Communications Teams
12:30pm - 1:15pm	Lunch Break
1:15pm – 2:15pm	Closing the Circle: What's Next for volunteers & staff
2:15pm - 2:20pm	Break
2:30pm - 3:30pm	Post-Test
3:30pm - 3:50pm	Discussion and Debriefing: Break out rooms
3:50pm – 4:30pm	Whole Group Circle/Evaluations/Centering



**Core Advocate Training (CAT) \***  
**An OAG-Certified Sexual Assault Training Program**  
**SAMPLE TRAINING AGENDA #2**  
**-EVENING FORMAT-**

**TIMES/LOCATION:** Training takes place over 11 sessions, from 5pm-9:30pm on Monday, Wednesday and Thursday over 4 weeks. Due to COVID, the training is currently held online over Zoom.

**NOTE:** The final training agenda provided may have adjustments to particular sessions and topics that vary slightly from the schedule below.

**Session 1:**

TIME	TOPIC
5:00pm – 6:00pm	Welcome, Introductions, Community Agreements
6:00pm – 7:30pm	Historical & Social Context: Understanding our Work/Power, Privilege & Oppression
7:30pm - 7:40pm	Break
7:40pm - 9:00pm	No Perfect Victims
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering

**Session 2:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness
5:30pm – 7:25pm	Sexual Violence Part 1: Definitions, Consent, and Creating Social Change
7:25pm -- 7:35pm	Break
7:35pm – 9:00pm	Sexual Violence Part 2: Community Response and Medicolegal Options for Victims
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering

**Session 3:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness
5:30pm – 7:25pm	Barriers to Leaving an Abusive Relationship/In Their Shoes
7:25pm -- 7:35pm	Break
7:35pm – 9:00pm	Trauma, the Brain, & Resilience
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering

**Session 4:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness
5:30pm – 7:25pm	Survivor Speaker Panel
7:25pm -- 7:35pm	Break
7:35pm – 9:00pm	Becoming a Youth-Allied Adult
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering

**Session 5:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness
5:30pm – 7:25pm	Human Trafficking: Definitions, prevention, examining systems, & supporting survivors
7:25pm -- 7:35pm	Break
7:35pm – 9:00pm	Power, Privilege & Oppression, Part 2
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering

**Session 6:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness (Halfway point: Check In & Reflection on training)
5:30pm – 7:50pm	Accessible Services for Everyone
7:50pm -- 8:00pm	Break
8:00pm – 9:00pm	DeafSHARE
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering

**Session 7:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness
5:30pm – 7:25pm	Empathetic Communication & Active Listening
7:25pm -- 7:35pm	Break
7:35pm – 9:00pm	Effective Advocacy Skills
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering

**Session 8:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness
5:30pm – 7:25pm	LGBTQ Realities: Addressing Gender & Sexual Identity Based Violence from a Culturally Responsive Approach
7:25pm -- 7:35pm	Break
7:35pm – 9:00pm	Supporting Trans Survivors
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering

**Session 9:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness (Homestretch: Final Week of Training Check In: Exam & Next Steps)
5:30pm – 6:50pm	Supporting Immigrant Survivors
6:50pm – 7:20pm	SAFE Staff Taskforces: <ul style="list-style-type: none"><li>• Black/African American TF</li><li>• Latinx TF</li><li>• LGBTQIA+ TF</li><li>• Asian Pacific Islander (API)/Pan-Asian TF</li></ul>
7:20pm -- 7:30pm	Break
7:30pm – 9:00pm	Criminal Justice System and Legal Remedies
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering

**Session 10:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness
5:30pm – 7:25pm	Advocacy and Safety Planning
7:25pm -- 7:35pm	Break
7:35pm – 9:00pm	Boundaries, Secondary Trauma, and Self Care
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering



**Session 11:**

TIME	TOPIC
5:00pm – 5:30pm	Welcome Back/Community Connection/Mindfulness
5:30pm – 5:45pm	Closing the Circle: What's Next for volunteers & staff
5:45pm – 7:30pm	Advocacy and Social Change
7:30pm – 7:45pm	Sustaining our work: In-Kind, Development & Communications Teams
7:45pm -- 7:55pm	Break
7:55pm – 9:00pm	Post Test
9:00pm – 9:20pm	Discussion and Debriefing: Break out rooms
9:20 – 9:30pm	Whole Group Circle/Evaluations/Centering