

Advocate Core Training

Day 1 Storyboard

*This storyboard can be used to facilitate a 4 day in person core training. If you choose to use WCSAP's online advocate core lessons as part of your training, the storyboard indicates what content can be replaced with the online lessons on each day. **You must still ensure that you are completing the required number of hours in each cluster.***

2 hours online

Content	Methods	Time	Cluster/Topic
Welcome and Introductions			
Lesson 1: Welcome and Introductions Page 1	Activity: What I Know About Sexual Assault Activity: Introductions Lecture: Agenda and Housekeeping	8:30-9:00	Cluster 1 Mission/ Philosophy 30 minutes
Definitions of Sexual Assault			
Lesson 2: Sexual Assault Definitions Page 4	Activity: Sexual Assault Brainstorm Lecture: Legal Definitions	9:00 – 9:10 9:10 – 9:30	Cluster 2 Definitions and Continuum of Sexual Violence 30 minutes
Lesson 3: Continuum/Spiral Page 17	Activity: Spiral	9:30 – 9:40	Cluster 2 Definitions and Continuum of Sexual Violence 10 minutes
Lesson 4: Prevalence and Statistics Page 19	Activity: Agree, Disagree, Unsure Break	9:40 – 10:00 10:00-10:15	Cluster 2 Definitions and Continuum of Sexual Violence 35 minutes

Underlying Conditions of Sexual Assault			
Lesson 5: Myths and Facts Page 24	Lecture: Myths and Facts Activity: Popular Press Review	10:15 – 10:30 10:30 – 11:00	Cluster 2 Definitions and Continuum of Sexual Violence 45 minutes
Lesson 6: Rape Culture Page 28	Lecture: Rape Culture Film: Miss Representation Activity: Living in a Rape Culture	11:00 – 11:15 11:15 – 11:30 11:30 – 12:00	Cluster 1 Underlying Conditions Contributing to Sexual Violence 1 hour
Lunch		12:00 – 1:00	
Diversity, Cultural Competency, Anti-Oppression			
Lesson 7: Power Page 33	Activity: Art Power Game	1:00 – 2:00	*
Lesson 8: Diversity, Cultural Competency, and Anti-Oppression Page 36	Activity: Power Analysis Lecture: Diversity, Cultural Competency, and Anti-Oppression Activity: Understanding Oppression Break	2:00 – 2:15 2:15 – 2:30 2:30 – 3:00 3:00-3:15	Cluster 1 Diversity 30 minutes <hr/> Cluster 2 Cultural Competency 45 minutes
Sexual Assault and Oppression			
Lesson 9: Tying It All Together Page 48	Lecture: Tying It All Together Film: Rape Is Activity: Tree of Life	3:15 – 3:25 3:25 – 4:10 4:10 – 4:30	Cluster 1 Underlying Conditions Contributing to Sexual Violence 1 hour, 15 minutes

Anti-Violence Against Women Movement			
Lesson 10: History Page 54	Lecture: Historical Timeline	4:30 – 4:50	Cluster 1 Mission/ Philosophy 20 minutes
Wrap Up			
Lesson 11: Wrap Up Page 60	Lecture: Main Points Activity: Wall of Wisdom	4:50 – 4:55 4:55 – 5:00	Cluster 1 Mission/ Philosophy 10 minutes

Day 2 Storyboard
1 hour 30 minutes online

Content	Methods	Time	Cluster/Topic
Dynamics of Sexual Assault			
Lesson 1: Child Sexual Abuse Page 1	Lecture: Child Sexual Abuse Lecture: Grooming Lecture: Impact of Child Sexual Abuse Activity: Telling and Recanting Lecture: Mandatory Reporting Film: Mandatory Reporting	8:30 – 8:40 8:40-8:50 8:50-9:00 9:00-9:15 9:15 – 9:20 9:20-9:45	Cluster 2 Dynamics of Child, Adolescent, and Adult Sexual Assault 1 hour <hr/> Cluster 3 Crime Reporting and Mandated Reporting 15 minutes
Lesson 2: Adult Survivors Page 14	Lecture: Adult Survivors Break	9:45 – 10:00 10:00 – 10:15	Cluster 2 Dynamics of Child, Adolescent, and Adult Sexual Assault 30 minutes

Lesson 3: Intimate Partner Sexual Violence Page 19	Lecture: What is Intimate Partner Sexual Violence? Film: Partner Rape	10:15 – 10:25 10:25- 10:45	Cluster 2 Dynamics of Child, Adolescent, and Adult Sexual Assault 30 minutes
Lesson 4: Male Survivors Page 23	Film: Boys and Men Healing Lecture: Male Survivors	10:45 – 11:45 11:45- 12:00	Cluster 2 Male Victimization 1 hour, 15 minutes
Lunch		12:00 – 1:00	
Effects of Sexual Assault			
Lesson 5: Effects of Victimization Page 26	Activity: Understanding Victimization Activity: Cultural Considerations	1:00 – 1:45 1:45 – 2:15	Cluster 2 Effects of Victimization 45 minutes <hr/> Cultural Competency 30 minutes
Lesson 6: Rape Trauma Page 29	Lecture: Definition Break	2:15 – 2:30 2:30 – 2:45	Cluster 2 Effects of Victimization 30 minutes
Advocacy			
Lesson 7: Advocacy Page 33	Lecture: Definition Activity: An Advocate’s Role Is and Isn’t	2:45 – 2:55 2:55 – 3:15	Cluster 3 Support and Service Options for Survivors 10 minutes <hr/> Cluster 2 Advocacy and Counseling Skills 20 minutes
Lesson 8: Empowerment Page 39	Activity: Brainrush Lecture: Definition	3:15 – 3:20 3:20 – 3:30	Cluster 1 Empowerment 15 minutes

Lesson 9: Confidentiality Page 41	Activity: Secrets Exercise Lecture: Definition	3:30 – 3:40 3:40 – 4:00	Cluster 1 Ethics: Confidentiality 30 minutes
Lesson 10: Advocacy Skill Building Page 48	Activity: Case Scenarios	4:00 – 4:50	Cluster 2 Advocacy and Counseling Skills 50 minutes
Wrap Up			
Lesson 11: Wrap Up Page 49	Lecture: Main Points Activity: Wall of Wisdom	4:50 –4:55 4:55- 5:00	Cluster 2 Advocacy and Counseling Skills 10 minutes

Day 3 Storyboard 1 hour online

Content	Methods	Time	Cluster/Topic
Crisis Intervention			
Lesson 1: Active Listening Page 1	Lecture: Introduction Activity: Importance of Listening Activity: Listening Skills Activity: Essential Tools for Effective Listening Lecture: Tips of the Trade Activity: Active Listening Skill Building Break	8:30 – 8:35 8:35 – 8:50 8:50 – 9:05 9:05 – 9:30 9:30 – 9:45 9:45 – 10:00 10:00 – 10:15	Cluster 2 Listening and Communication Skills 1 hour, 45 minutes
Lesson 2: Crisis	Lecture: Advocacy Tips	10:15 -10:30	Cluster 2

Intervention Page 16	Lecture: Crisis Intervention Activity: Roleplays	10:30 – 11:15 11:15 – 12:00	Empathy 15 minutes Crisis/Trauma Theory 1 hour, 30 minutes
Lunch		12:00 – 1:00	
Lesson 3: Grief and Loss Page 28	Lecture: Suicide Activity: Suicide Assessment	1:00 – 1:20 1:20 – 1:30	Cluster 2 Grief and Coping Skills 30 minutes
Medical Advocacy			
Lesson 4: Medical Advocacy Page 33	Activity: Why Is It Important? Lecture: The Medical Advocate's Role Activity: Comfortable vs. Uncomfortable Break Lecture: Tips of the Trade Film: The Rape Exam: Helping the Victim	1:30 – 1:40 1:40 – 1:50 1:50 – 2:00 2:00 – 2:15 2:15-2:30 2:30 - 2:45	Cluster 3 Components of Medical Advocacy 35 minutes ----- Cluster 2 Cultural Competency 20 minutes ----- Cluster 4 Professionalism and Service Standards 20 minutes
Lesson 5: Forensic Exams Page 43	Lecture: Evidence Collection	2:45 – 3:45	Cluster 2 Advocacy and Counseling Skills 15 minutes ----- Cluster 3 Medical Forensic Exams and Evidence Collection 45 minutes
Lesson 6: Medical Concerns for	Lecture: Medical Concerns for Survivors	3:45 – 4:00	Cluster 3 Medical Concerns

Survivors Page 47	Activity: Roleplays Lecture: After the Exam	4:00 – 4:25 4:25 – 4:35	and Treatment for Sexual Assault Survivors 15 minutes <hr/> Cluster 2 Advocacy and Counseling Skills 25 minutes Greif and Coping Skills 10 minutes
Lesson 7: Medical Advocacy with Children Page 54	Lecture: Special Situations	4:35 – 4:50	Cluster 4 Relationships with CPS and Law Enforcement 15 minutes
Wrap Up			
Lesson 8: Wrap Up Page 58	Lecture: Main Points Activity: Wall of Wisdom	4:50 – 4:55 4:55 - 5:00	Cluster 2 Grief and Coping Skills 10 minutes

Day 4 Storyboard 3 hours online

Content	Methods	Time	Cluster/Topic
Legal Advocacy			
Lesson 1: Role of a Legal Advocate Page 1	Lecture: Legal Advocacy Lecture: Criminal Justice Process**	8:30 – 8:55 8:55 - 9:15	Cluster 3 Components of Legal Advocacy 30 minutes Crime Reporting and Mandated Reporting 15 minutes
Lesson 2: Legal Systems Page 11	Activity: Points of Advocacy	9:15 – 10:15	Cluster 3 Criminal Justice Process

			40 minutes <hr/> Cluster 4 Role Clarification and Boundaries 20 minutes
Crime Victim's Rights			
Lesson 3: Rights of Sexual Assault Survivors Page 15	Lecture: Rights of Sexual Assault Survivors Break	10:15 – 10:30 10:30 – 10:45	Cluster 3 Crime Victims Compensation 5 minutes Rights of Victims 25 minutes
Lesson 4: Confidentiality Page 20	Lecture: Confidentiality and Privileged Communications Lecture: Informed Consent to Release Information Activity: Client Request	10:45-11:00 11:00 – 11:15 11:15 – 11:45	Cluster 1 Ethics: Confidentiality 40 minutes <hr/> Cluster 4 Role Clarification and Boundaries 20 minutes
Lunch		11:45 – 12:45	
Legal Remedies			
Lesson 5: Orders of Protection Page 28	Lecture: Civil and Criminal Protection Orders Activity: Obtaining a Protection Order	12:45 – 1:15 1:15 – 1:45	Cluster 2 Advocacy and Counseling Skills 15 minutes <hr/> Cluster 3 Civil and Criminal Court Orders 45 minutes

Lesson 6: Civil Restorative Remedies Page 43	Lecture: Advocacy and Civil Issues	1:45 – 2:15	Cluster 3 Civil Remedies 30 minutes
Lesson 7: Legal Advocacy with Children Page 52	Lecture: Legal Advocacy with Children and Teens Break	2:15 – 2:30	Cluster 4 Relationships with CPS and Law Enforcement 30 minutes
Technology Safety			
Lesson 8: Technology Safety Page 56	Lecture: Cell Phone Safety with Survivors Activity: Roleplays	2:45 – 3:15 3:15- 3:45	***
Self-Care			
Lesson 9: Self-Care Page 73	Lecture: Vicarious Trauma Activity: Silent Witness Lecture: Self-Care Activity: Silent Witness Lecture: Creating Change	3:45 – 3:55 3:55-4:10 4:10-4:20 4:20-4:35 4:35 - 4:50	Cluster 1 Ethics: Boundaries 30 minutes <hr/> Cluster 4 Professionalism and Service Standards 5 minutes Role Clarification and Boundaries 30 minutes
Wrap Up			
Lesson 10: Wrap Up Page 84	Lecture: Main Points Activity: Wall of Wisdom	4:50 – 4:55 4:55 – 5:00	Cluster 3 Components of Legal Advocacy 10 minutes

* Lesson 7: Power can be replaced with other cluster topics. See suggested configurations on individual day storyboard.

**Lesson 1: Criminal Justice Process can count as 30 minutes if using the WCSAP online lesson. Legal Advocacy Lecture can be adjusted accordingly.

*** Lesson 8: Tech Safety can be replaced with other cluster topics. See suggested configurations on individual day storyboard.