



## First Responder to Sexual Assault and Abuse Training™ (FRT)

### About SASS

[Sexual Assault Services of Saskatchewan](#) (SASS) is a provincial non-profit organization that works collectively with front-line agencies, community partners, and governments that provide support and advocacy for those affected by sexual violence in Saskatchewan.

SASS delivers the [First Responder to Sexual Assault and Abuse Training™ \(FRT\)](#), a beginner yet comprehensive “Identify, Respond, and Refer” training designed to build capacity for those who work with individuals who have, or are at risk of, experiencing sexual violence.

### Requirements of FRT

The FRT Training was developed by the Association of Alberta Sexual Assault Services in 2017, through a rigorous process over many years by experts in the field. To ensure participants safety, it is up to us to stay true to the intentions of this work. SASS has a licensing agreement with AASAS to deliver FRT, and we have updated and revised FRT to include Saskatchewan resources and statistics.

### FRT Rationale

Survivors who receive safe and supportive responses to disclosures of sexual violence are more likely to reach out for help. Using the skills learned in the FRT Training, frontline service providers can assure people affected by sexual violence that they will be listened to, believed and supported on their healing journey.

The FRT Training is very dense, and the subject matter is very complex and emotionally charged. Sexual violence is a gender-based crime of power and control that is deeply rooted in a history of gender relations, colonization and societal attitudes and beliefs including, racism, misogyny, ableism and queerphobia that provide justification to dehumanize a person and sexually violate them.

The culture of silence, shame and victim-blaming allows sexual violence to escalate and exist in our communities with impunity. By placing responsibility for sexual assault prevention solely on survivors, this shifts blame from the perpetrators thus minimizing the crime. When disclosures are minimized, dismissed or survivors are blamed for their assault, this negatively impacts the survivor’s ability to progress on their healing journey.

For children and youth, dismissed disclosures can lead to further trauma as minors and into adulthood, which can lead to a cycle of violence, as well as harm to self and others.

## Training Details

### Learning Objectives

**FRT teaches new knowledge, critical thinking, insight and empathy and how to influence attitudes.**

**FRT Participants will be able to:**

- Respond appropriately to disclosures of sexual violence.
- Demonstrate empathy for individuals who have been sexually assaulted or abused.
- Refer survivors to appropriate resources for support and assistance.
- Understand the short- and long-term impacts of sexual violence, including physical, psychological, spiritual, and emotional effects.
- Recognize societal myths and attitudes that perpetuate sexual assault and abuse.
- Acknowledge that the individual who offended is responsible for the sexual assault.
- Teach critical communication skills to first responders to ensure they can listen, believe, and show empathy in a judgment-free manner.
- Focus on prevention by debunking myths that allow sexual violence to persist in society.
- Reinforce the need to overcome harmful attitudes and beliefs, including racism, sexism, ableism, heterosexism, and cissexism, which contribute to sexual violence.
- Explore intersectionality and forms of oppression that lead to unique experiences of trauma,
- Examine the neurodevelopmental impacts of trauma, which can result in Post-Traumatic Stress Disorder and Complex PTSD including indicators such as self-harm and harm to others.

### Activities & Materials

- FRT features a combination of videos, role plays, interactive activities, and lecture content to engage learners.
- Active participation is encouraged throughout the training.

### Certification

Interested parties must attend the 5-Day FRT Train-the-Trainer Training in order to become certified FRT Facilitators who can deliver the 2-Day FRT Training in communities.

The 5-Day FRT Train-the-Trainer Training helps future FRT Facilitators increase their knowledge and equips them with the skills to handle the myriad and complex situations that are bound to come up when delivering the 2-Day FRT Training. Each group will be different, and each participant comes with their own histories and narratives.

Through the 5-Day FRT Training, FRT Facilitators will become equipped with both the knowledge and skills to guide people to be effective First Responders to Sexual Assault and Abuse.

# About FRT Train-the Trainer Training

## 5-Day FRT Train-the-Trainer Training

The FRT Training is led by qualified and certified facilitators who have experience in the field.

### 2-Day FRT Training

After receiving the 3-Day Training, participants will be able to deliver the 2-Day FRT Training in their communities and organizations. These first responder skills are essential to front-line workers, staff, and anyone else who is likely to receive disclosures of sexual violence.

This training is open, but not limited to, individuals who work in healthcare, social services, education, justice etc.

The 2-Day FRT Training is made for the general public, but participants must be 16+ to participate.

### 3-Day FRT Train-the-Trainer Training

The 3-Day FRT Facilitator Training is for future FRT Facilitators and equips participants to deliver the 2-Day FRT Training.

The FRT Train-the-Trainer is only available to staff members of SASS member agencies or partner organizations with signed MOUs.

This requirement is in place to ensure accountability, oversight, and ongoing support within organizational structures.

### Modules

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Critical Communication Skills

Review of the 6 Core Modules

Child Sexual Abuse

Facilitation Skills

Adults Who Were Sexually Abused as Children

Managing Participants

Sexual Harassment

Adult Learning

Sexual Assault

Intersectionality

Rethinking Prevention

Influencing Attitudes

Debunking Myths

Responding To Disclosures

Practice Facilitating