

# NEST Workshops & Trainings Offerings

Nest designs and delivers workshops, presentations, and events for all members of schools and the wider community. These customized workshops are for everyone because we all have a role to play in preventing abuse and exploitation. All sessions can be facilitated in a virtual, hybrid, or in-person setting.

To learn more, contact Kate Sommerville [kate@nestfoundation.org](mailto:kate@nestfoundation.org)

## ★ Pornography & It's Impact on Youth ..... 1-2 Hours

As young people are spending more time online than ever, there is a reality of exposure to sexually explicit material. This session shares guidance on how young people see pornography and how to promote healthy relationships and digital safety for them.

## ★ Online Safety ..... 1-2 Hours

The seamless nature of people interacting in physical and digital spaces requires education to reflect this reality. We understand that preventing violence means exploring prevention and intervention efforts in digital and physical domains. This workshop is for school and district staff, parents, school board members, and community members to better understand the ever-changing landscape of online safety for young people.

## ★ Interpersonal Violence Prevention ..... 1.5 Hours

Interpersonal violence (IPV) refers to dating, domestic, and sexual violence and includes stalking. The complex and cumulative way the effects of multiple forms of discrimination (i.e., racism, sexism, and classism) combine, overlap or intersect – especially in the experiences of marginalized individuals or groups – should be acknowledged. IPV impacts every community, and anyone can experience or perpetrate violence. Our approach to prevention is to make perpetration and the power relations that often create and maintain intersecting risks to violence visible. We help identify underlying risk and protective factors for IPV and educate on how to address those factors. Creating safe, gracious spaces for students to seek support or explore these topics is essential. Adults can then direct them to the helping services provided in the Nest resource guide.

## ★ Shame & Guilt ..... 1-2 Hours

Shame and guilt are powerful emotions closely linked to experiences of sexual abuse and exploitation for both victims and perpetrators. Understanding the critical differences in these emotions and how people respond to them is essential for preventing and responding to sexual violence. For example, while studies show shame negatively impacts self-esteem, empathy, and perspective-taking, guilt is positively associated. We discuss how to understand and respond to complex emotions.

★ Session designed for educators/parents and adaptable for students

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## **Child Sexual Exploitation & Abuse..... 2-3 Hours**

Nest equips schools and districts with the comprehensive and effective capabilities to support the prevention of child sexual exploitation and abuse (CSEA) through raising awareness, community capacity building, prevention curriculum, and identification and response to victims and offenders. Education professionals are trained to ensure the curriculum is delivered sensitively and how to offer a compassionate response to disclosure, along with mandatory reporting requirements.

## ★ **Mental Health & School Community Wellness ..... 1-2 Hours**

This session aims to end the silence of mental health struggles, encourage help-seeking, and build compassion and support for the vulnerability people face in seeking care. The session will emphasize concrete ways in which educators can handle mental health concerns for themselves, colleagues, parents, and students and practice self- and community care.

## ★ **Processing Grief & Loss ..... 1-2 Hours**

We are seeing rises in mental health crises among children and young people, such as increasing suicidal ideation since the onset of Covid-19. Our strengths-based approach encourages understanding and skills building for healthy coping behavior in the face of difficult emotions such as grief and loss. In this session, we explore the ability to recognize and adapt emotions, create positive self-stories, and practice mindfulness. Through talking and tools, children and young people lay the social-emotional groundwork for understanding their feelings and the feelings of others.

## ★ **Sexually Explicit Media & Digital Safety ..... 1-2 Hours**

The seamless nature of youth interacting in physical and digital spaces requires education to reflect this reality. We understand that preventing violence means exploring prevention and intervention efforts in digital and physical domains. Youth exposure to sexually explicit material can be intentional or accidental. There is a need for education about navigating healthy boundaries, what this exposure does to young brains, and healthier and safer ways to express intimacy. This session shares guidance on how young people view pornography, how to promote healthy relationships and create digital safety in the ever-changing online landscape..

## **Tailored Trainings & Workshops ..... 1-8 Hours**

The above-listed training opportunities are a few of Nest's many sessions for schools, school resource officers, direct service providers, families, and community members. Topics can range from: teacher and student self-care; child sexual exploitation and abuse (CSEA); mandated reporting; compassionate response to disclosure; youth mental health; grief and loss; and intersections of socialized risks such as LGBTQ+, race, and disability. Sessions are tailored to audience time allotments.

★ *Session designed for educators/parents and adaptable for students*