

STRENGTHENING SUPPORT SYSTEMS

# Workshops & Trainings



## 2024-2025 OFFERINGS



# Trainings & Workshops

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.

2024-2025 Workshops	Violence Prevention	Community Health	Mental Health & Brain Development
Accountability: Apologies, Forgiveness, & Making Amends	♥	♥	
★ Active Bystander	♥	♥	
Building Stronger Connections/ Healthy Relationships	♥	♥	
★ Digital Risk & Regret	♥	♥	
★ Giving Hope: Processing Grief & Loss		♥	
★ Grooming	♥	♥	
★ Interpersonal Violence Prevention	♥	♥	
★ Intersections of Vulnerability: Sexual Exploitation & Children with Disabilities	♥		♥
Media Use & Mental Health			♥
★ Mental Health & Community Wellness		♥	♥
Navigating Endings/Break Ups	♥	♥	♥
Preventing Child Sexual Exploitation & Abuse	♥	♥	
★ Preventing Climate Change Through Connection		♥	
★ Preventing Youth From Online Radicalization	♥	♥	♥
★ Sexually Explicit Media: Digital Safety	♥		
★ Shame & Guilt			♥
★ Session designed for educators/parents and adaptable for students			

NEST • 2024

# Workshop Summaries

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

## ✦ **Accountability: Apologies, Forgiveness, & Making Amends** ..... 1-2 Hours

We are all human, and human beings make mistakes, and we are all flawed. We all participate in creating harmful conditions, and we all have a collective responsibility to end violence and harm. This interactive lesson teaches what accountability is, self-reflecting, apologizing, making amends, and changing your behavior, so the harm you caused doesn't happen again. We will dive deep into one component of accountability, the anatomy of an apology, a skill that is underdeveloped in most and needed by all.

## ✦ **Active Bystander** ..... 1-2 Hours

Disrupting violence and oppression begins with engagement. Attendees will understand potentially harmful situations, identify personal obstacles from intervening, and demonstrate action strategy options to effectively intervene in harmful situations. Active bystanders are equipped to identify and intervene when they encounter covert and overt aggressions in real time.

## ✦ **Building Stronger Connections/Healthy Relationships** ..... 1-2 Hours

Relationships with others play an integral role in individual well-being and overall feelings of safety and connectedness to the broader community. Interpersonal relationships take various forms, from family, friends, classmates, instructors, roommates, and coworkers to intimate and romantic partnerships. Engaging in safe and supportive relationships with others contributes to academic success, health, and well-being. This engaging lesson will help students feel confident, identify healthy and unhealthy relationship characteristics, understand personal boundaries, negotiate consent, and navigate challenging conversations.

## ✦ **Digital Risks & Regrets** ..... 1-2 Hours

This workshop equips educators with the knowledge and tools to educate children about a wide range of digital risks, including sexting dangers, online radicalization, and the risks associated with sextortion. This comprehensive workshop addresses topics such as personal data protection, managing regrets related to social media posts, and fostering resilience against online radicalization. Educators gain insights into identifying warning signs of sextortion and radicalization, promoting privacy protection, and fostering open conversations about sensitive issues. By exploring strategies for cultivating positive digital footprints and promoting critical thinking skills, educators learn to guide students in making informed decisions, staying safe online, and resisting radicalization efforts. The workshop empowers educators to proactively promote responsible digital citizenship and ensure children's safety and well-being in the digital age.

## ★ Giving Hope: 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.

## ★ Grooming ..... 1-2 Hours

This workshop equips educators with the knowledge and skills needed to recognize and address the risks of grooming. Through interactive sessions, participants will gain a deeper understanding of the grooming process, learn to identify signs that a child may be experiencing grooming, and be empowered to take appropriate action. The workshop covers topics such as the stages of grooming, warning signs, building trusting relationships, effective communication, collaborative intervention, empowering students, and available support and resources. Facilitated by experienced professionals, this workshop aims to enhance educators' ability to create safe environments, protect children, and contribute to their overall well-being.

## ★ 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.

## ★ Intersections of Vulnerability: Sexual Exploitation & Children with Disabilities ..... 1-2 Hours

School staff, direct service providers, and parents will better understand basic skills for communicating with children with disabilities who are alleged victims of abuse or neglect. This session will cover considerations and indicators of abuse/neglect and how to elicit reliable information from children with disabilities.

## ★ 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.



## ★ Navigating Endings/Break Ups ..... 1-2 Hours

A great deal of attention is placed on the beginning of a relationship but there is very little conversation about the end of one. This workshop gives tools on how to initiate a healthy ending to a relationship and how to productively handle being broken up with. Learning how to set expectations moving forward, reflecting on the time spent together, and acknowledging the mutual hurt/sadness/need for change are all essential tools for young adults navigating endings.

## ★ Preventing Child 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.

## ★ Preventing Climate Change Through Connection ..... 1-2 Hours

A sustainable, climate-resilient society cannot be achieved by maintaining and/or reinforcing unbalanced worldviews and practices. Flipping the discourse on climate change is long overdue, from changes in climate to an examination of human behavior. This session examines how individualism negatively affects community and ways climate change impacts connection and our collective sense of belonging.

## ★ Preventing Youth from Online Radicalization ..... 1-2 Hours

Extremism has reached a level of threat and sophistication that requires concerted action beyond law enforcement, or security measures. There is a growing concern for the dissemination of violent extremist ideas through new means of communication, which are exploited for the purposes of extremist propaganda, recruitment by radical groups and incitement to commit violent acts motivated by hate and intolerance. The solution is to facilitate access to and use of the Internet and new communication technologies as tools and platforms that help prevent radicalization and violent extremism, condemn violence and hate speech, and promote inclusion, equality and intercultural dialogue. You will learn about the relationship between digital literacy and radicalization, become familiar with warning signs and examine the ways online hate affects targeted groups. In addition to directly addressing the impact of the COVID-19 pandemic on radicalization efforts, the workshop will cover tools for intervening with vulnerable students and responding when incidents occur.

## ★ Resilience: Unshakable Core of Calm ..... 1-2 Hours

*Description Coming Soon.*

## ★ 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 sexually explicit media, how to promote healthy relationships and create digital safety in the ever-changing online landscape..

## ★ 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.

## 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.

# NEST Past Workshops & Trainings

750+ Educators Reached  
Over 3 MILLION Students Reached

## Past Virtual WORKSHOPS

### **Sexual Exploitation in Schools: Lessons from offenders**

Joe Sullivan

### **Child Sex Trafficking in Schools: Case Studies & Resources**

Jenni Thompson, Polly Klaas Foundation

### **Child Sexual Exploitation & Trafficking: Healthy Relationships; Vulnerabilities & Protective Factors, Prevention, Reporting & Response**

Amy Collins, MAT

### **Relationships & Dating Violence Workshop**

Amy Collins, MAT

### **Identifying Risk: Combatting Child Trafficking & Abuse Remotely**

Dr. Sharon Cooper, MD, FAAP

### **Teacher, Interrupted: Social Emotional Learning (SEL) to Support School Community Wellness During Covid-19**

Christina Cipriano, PH.D

### **Addressing Race in the Classroom: Five Imperatives in 'New' Normal**

H. Richard "Rich" Milner, IV

### **Pornography Literacy: How to Have Conversations with Youth About Healthy Relationships and Sexually Explicit Media**

Nicole Daley

### **Online Safety, Internet Facilitated Crimes Against Children & Reporting**

Tina Bigdeli, MSW – National Center for Missing and Exploited Children (NCMEC)

### **Helping educators protect students during COVID-19**

Corianna Sichel, PH.D

### **Intersections of Vulnerability: Sexual exploitation & children with autism**

Tina Bigdeli, MSW – (NCMEC)

## Past Educator TRAININGS

Los Angeles Unified School District

New York City Public Schools

Portland Public Schools

Carrollton-Farmers Branch

Uplift Schools

Ann Richards School

Irma Lerma Rangel YWLS

Skyline High School

Barack Obama Male Leadership Academy

Columbia Secondary School

Frank Sinatra School for the Arts

Academy of American Studies

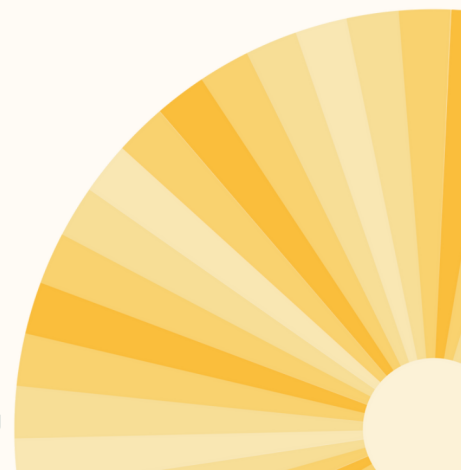
Bronx High School for Writing and Communication

Bronx River High School

Academy of American Studies

Metropolitan High School

Burbank High School



## STRENGTHENING SUPPORT SYSTEMS

# Free Virtual Speaker Sessions

## ABOUT

Continuing our goal of strengthening youth support systems, we launched our free Virtual Speaker Sessions for educators in 2020. Spurred by the pandemic and the additional strains placed on teachers, we offered free resources that spoke to the unique issues teachers were facing by offering expert-led sessions on grief and loss, and mental health topics. Our Virtual Speaker Sessions continue to speak to the timely and pressing needs of educators today and have covered topics like Radicalization in Youth and Preventing Gun Violence.

## PREVIOUS SESSION TOPICS

- ★ **Teacher, Interrupted: Social Emotional Learning (SEL) to Support School Community Wellness During the COVID-19 Pandemic**
- ★ **How Children With Disabilities Disclose Abuse: What Educators Need to Know**
- ★ **Identifying Risk: Combating Child Sex Trafficking & Abuse Remotely**
- ★ **Pornography Literacy: How to Have Conversations with Youth About Healthy Relationships and Sexually Explicit Media**
- ★ **Preventing School Shootings and Mass Violence**
- ★ **Coping with Grief and Loss**



Joining the Nest mailing list is a great way to never miss when a new free speaker session is announced.