



# Training

BraveBe Child Advocacy Center's Training & Prevention program was developed in 2015 to proactively address child abuse through high quality curriculum that educates the community and our partners on warning signs of abuse, appropriate response to disclosure, prevention measures, and other trauma-informed topics.

Each year, BraveBe provides over 200 training opportunities to parents, youth-serving organizations, faith-based communities, law enforcement, educators, medical and mental health professionals, athletic departments and other groups upon request.

Trainings are customizable based on the target audience! Please let us know if you have a specific need and we will discuss the most appropriate and beneficial curriculum. Cost will be determined based on the needs of the requesting party.

## Available Training Topics:

### **Athletes & Abuse\* - 3 Hours**

*Youth sports can be an incredible time for learning the value of teamwork, personal work ethic and drive and sportsmanship. However, positive experience can be overshadowed by adults in power abusing youth. SafeSport estimates that 40-50% of youth will experience some type of abuse in their athletic career. Education is one to combat the prevalence in youth sports.*

### **BraveBe Overview & Tour\* - 1.5 Hours**

*Curious about what a Child Advocacy Center is and what BraveBe does? Come visit us to learn about the purpose of Child Advocacy Centers, our services and what sets BraveBe apart. After the BraveBe Overview presentation, you will receive a tour of our beautiful facility located in University Place, including our medical space and interview rooms.*

### **Bystanders Protecting Children - 1.5 Hours**

*This mini course will teach you how to be an active bystander in child sexual abuse prevention and response. You will receive examples of boundary violations and inappropriate behaviors and how you can make spontaneous and planned interventions that reinforce boundaries and protect children.*

### **CAN 101/201\* - 3 Hours**

*This course prepares mandatory reporters with the knowledge and skill needed to recognize and report child abuse and neglect. Participants will discuss challenges associated with reporting abuse and neglect, practice asking minimal facts questions, and receive resources that will help them with knowing how and when to report.*

### **Darkness to Light: Stewards of Children\* - 2.5 Hours**

*Darkness to Light believes that adults are responsible for the safety of children and that adult should be taking proactive steps to protect children from sexual abuse. This training will introduce a 5-step approach to protect children from sexual abuse, address child sexual abuse, and provide a clear understanding of perpetrator grooming tactics.*



Fill out our  
Training Request Form here!

To Schedule a training, please contact Christy Prang,  
Director of Training & Community Engagement  
Christy@BraveBe.org  
402-476-3200



## **Digital Citizenship\* - 1-2 Hours**

*Digital Citizenship is a school-based program to help keep your child safe while exploring online platforms. The program empowers children to understand the impact of their digital footprint, how to spot and respond to cyberbullying and digital dangers. Digital Citizenship is customizable for classrooms or youth programs. It is best suited for youth ages 10-18 years.*

## **Engagement Matters\* - 2 Hours**

*Victim support is one of the most important predictors of a case being charged. During this session, participants will identify engagement strategies for victims and their families, discuss follow-up approaches that aid MDT members during the investigation and prosecution stage and understand strategies for working with the MDT to prepare for trial through case analysis.*

## **Human Trafficking\* - 2 Hours**

*The purpose of this training is to increase community awareness surrounding the fight against trafficking and exploitation as it pertains to youth, in a trauma-informed way. This training will provide a definition and discussion of human trafficking. The training will also teach the frequency of trafficking in our community, how to recognize the signs, and how to respond.*

## **Male Victims of Abuse\* - 2 Hours**

*Male victims are largely misunderstood, overlooked and underrepresented despite the fact that 1 in 6 men will be a victim of sexual assault in their lifetime. Attend this breakout session to learn more about the unique dynamics male victims of sexual assault face.*

## **Minimal Facts Interviewing\* - 1.5 Hours**

*Children often choose to disclose to an adult they trust and feel safe with. If we are that trusted adult, what do we do next? How we respond after a child's disclosure profoundly impacts the child and any potential criminal case that may follow. It is crucial that we know what questions to ask and when to stop.*

## **Online Safety\* - 2 Hours**

*With 1 in 5 children experiencing solicitation online, the dangers of technology are undeniable. Most parents feel overwhelmed when it comes to setting boundaries around technology with their child and they often don't know where to start. Online safety is packed with must have tips for navigating the digital age with children and teens.*

## **Problematic Sexualized Behaviors\* - 1.5 Hours**

*Sexual exploration and touch are a natural part of a child's development as they grow and mature. There is a continuum of sexualized behaviors in children, from natural/healthy to problematic. This training will teach the dynamics of problematic sexualized behaviors, break down myths and misconceptions, and identify how to best work with kids and families.*

## **Resilience: Screening & Discussion\* - 1.5 Hours**

*Adversity in childhood has lifelong effects on health and behavior. Resilience: the Biology of Stress & the Science of Hope chronicles the use of brain science to disrupt cycles of violence, addiction and disease. Learn more about treatment and prevention of childhood toxic stress and what is happening right here in Southeast Nebraska.*

## **Talking with Kids About Body Safety - 2 Hours**

*People who sexually abuse children specifically target children who don't have the skills to talk about it. They use this lack of knowledge to keep them silent, shamed, and compliant. Having age-appropriate, open conversations about our bodies, sex, and boundaries is an important step in protecting children.*

## **Stewards of Trauma\* - 2 Hours**

*If you are a trauma professional, chances are you've experienced at least one symptom of Secondary Traumatic Stress. This training gives you the opportunity to reflect on your professional journey, examine stress points and build resilience.*

**\* - Can be modified for MDT specific focus**

