

## Menu of Workshops

Event Name	Time	Description
<b>Training</b>		
Bystander Intervention	45" to 1 hr.	Training encourages students to intervene on behalf of a possible victim in cases related to sexual assault, non-consensual sexual contact, sexual harassment, domestic and dating violence, stalking and other forms of discrimination.
Crucial Conversations	1 hr.	Difficult conversations are an essential and inevitable part of any relationship. This training will help to identify when and how to have those difficult, yet crucial, conversations while caring for emotions involved (both yours and the other person's), fostering relational growth and achieving the desired outcome.
Workplace Communication Skills Workshop	1.5 hrs.	Training conducted at the lab or unit level for all students, faculty, and staff scientists within the lab or unit. Training incorporates elements of the bystander intervention and crucial conversations trainings. Training aimed at increased inclusivity, safety and cohesiveness of lab or unit.
Creating Inclusive Communities	1 hr.	Training adapted depending on concerns identified by target audience. Typically, the training discusses how to combat culture and redirect comments and behavior that can promote inequity, racism, sexism, or discrimination based on other identities.
Healthy Relationships	45" to 1 hr.	Training uses the Equality Wheel to identify the factors that promote healthy relationships and how to cultivate a positive foundation. The training also identifies possible elements of an unhealthy relationship through the use of the Power and Control Wheel. Training can include elements identified by students as important i.e. how to flirt, how to ask someone out, sex positivity, healthy sexuality, dating within friend groups, breaking up well, and how to establish boundaries.
Trauma-Informed Response	1 hr.	Training addresses the questions: What is trauma? How does trauma impact the brain, behavior and relationships? How do I respond if someone discloses a traumatic experience? Participants will learn how to be in relationship with one another whilst being mindful that many community members will have experienced a trauma at some point in their life. Participants will also practice listening skills.
Post Doc Training Series: How does Equity and Title IX Apply to Me?	1 hr.	Training addresses the questions: What are my rights and protections as a post doc at Caltech? What do I do if I witness or experience unlawful harassment, discrimination, or gender-based misconduct? How can I create and promote an inclusive environment in my workplace?
Working Out: LGBTQ+ Identities in the Workplace	1 hr.	What legal protections exist for LGBTQ+ individuals at work and how are they evolving? How do I navigate the workplace if I

		identify as LGBTQ+? How can I tell if an employer is a good place to work for LGBTQ+ identifying employees?
Overview of Title IX	30" – 45"	Training addresses the questions: What is Title IX? What are my rights and options under Title IX? What are the elements of the Title IX process? What does it mean to go through an investigation? What options exist outside of the investigation process? What are Title IX resources – confidential, reporting, medical, etc.?
Tabletop Investigation	1 hr. – 75"	Activity that allows students to go through a mock investigation. Professional co-investigators present a scenario, complainant, respondent and witness statements, and policy information. Participants will serve as investigators and have the opportunity to apply the steps of an investigation process.
Practicing Consent	1 hr.	Through prompted conversations and short activities, students will be encouraged to think through boundaries, consent and the importance of clear communication.
Equity and Title IX Advocate Certification	4 hrs.	4-hour training (can be split into modules) that covers the following topics in detail: federal law, Caltech policy, Caltech statistics, Caltech process, the role of an advocate, trauma-informed response, resources, options, bystander intervention, and promoting inclusion. Certification provided at the end of the training.
<b>Programs</b>		
Healing Arts	1 hr. – 2 hrs.	An opportunity to relax and learn more about the therapeutic, grounding, and restorative tool of art. Students can paint, enjoy a snack and learn techniques to both self-care and care for others who have experienced a trauma. \$
Empowered Self-Defense	2 hrs.	Empowerment self-defense is a combination of awareness, assertiveness, and verbal confrontation skills, combined with safety strategies, and physical techniques. Taught by instructor from Peace Over Violence. \$
Title "Dine"	1 hr.	This event is an informal dinner gathering that also serves as an opportunity to learn more about Title IX resources, programs, processes, etc. It could be a meet a greet for Title IX staff, members of the Title IX Student Council, Title IX Advocates, local resources (like Planned Parenthood, Peace Over Violence, the Sexual Assault Response Team, etc.) \$
Documentary/Movie Screening	2+ hrs.	Documentaries and movies available for screening could include but are not limited to: <i>The Hunting Ground</i> , <i>Bombshell</i> , <i>The Rape of Recy Taylor</i> , <i>Escalation</i> , <i>Audrie &amp; Daisy</i> , <i>Spotlight</i> . Additionally, discussion or reflection can be facilitated following the screening. \$
Clothesline Project	n/a	The Clothesline Project is made up of t-shirts created by survivors of violence or created in honor of someone who has experienced violence. It is a powerful witness of the violence many live with.

“What were you wearing?” Exhibit	n/a	The exhibit titled “What Were You Wearing?” features 18 stories of sexual violence and representations of what each victim was wearing at the time of their assault. \$
Chain of Support	n/a	Students create a paper link chain with messages for survivors on the links. If students choose, the links can also be color coordinated to denote identity as a survivor or ally.
Peace Over Violence	2+ hrs.	More information provided upon request.

### **Can workshops be personalized?**

Absolutely. We can tweak any program to better serve participants! We can even create an opportunity from scratch if nothing on this list stands out as being the right fit.

### **How do I schedule a workshop?**

Contact Allie at [allie@caltech.edu](mailto:allie@caltech.edu) or (626) 395-1743.