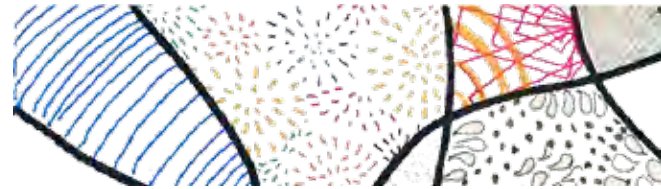


Time to Facilitate:
5 hours



MODULE #9

COMMUNITY BUILDING AS HEALING

MODULE SUMMARY

This is the last module and will focus on community building and creating space for the participants to start to plan and apply what they learned throughout the training. It will be important for the facilitators to emphasize collaboration, community, connection, and accountability throughout these lessons. Additionally, the facilitators should guide participants to think critically about their current community partnerships and how they can develop new and strengthen different ones.

COMMUNITY BUILDING AS HEALING LEARNING OBJECTIVES

- ▶ Applying the information learned in previous modules in the curriculum
- ▶ Examine why supporting survivors in creating community is healing for adult survivors of child sexual abuse
- ▶ Consider how your organization's approach to community collaborations can enhance or limit advocate's ability to support survivors in building community
- ▶ Examine your organization's current and future community partnerships in meeting the needs of adult survivors of child sexual abuse.

COMMUNITY BUILDING AS HEALING STRUCTURE

Time to facilitate: 4 Hours total

Lesson 9.1 Exploring Community Building (1 Hour)

Lesson 9.2 What Does that Mean for Our Advocacy (1.5 Hours)

Lesson 9.3 Closing the Circle (1.5 Hours)

MATERIALS NEEDED FOR COMMUNITY BUILDING AS HEALING MODULE

Lesson	In Person	Virtual
9.1	<ul style="list-style-type: none"> ▶ Computer ▶ Projector or large TV ▶ Speakers that participants can hear ▶ <u>Video Building Resilience Conversation Series Episode 8: How Does Community Building Help Adult Survivors of Child Sexual Abuse Heal? by the Resource Sharing Project</u> ▶ <u>Copies of, or link to, Building Resilience Coloring Pages Episode 8 by the Resource Sharing Project</u> 	<ul style="list-style-type: none"> ▶ <u>Building Resilience Conversation Series Episode 8: How Does Community Building Help Adult Survivors of Child Sexual Abuse Heal? by the Resource Sharing Project</u> ▶ <u>Building Resilience Coloring Pages Episode 8 by the Resource Sharing Project</u>

Lesson In Person

- 9.2
- ▶ Computer
 - ▶ Projector or large TV
 - ▶ Speakers that participants can hear
 - ▶ [Video Building Resilience Conversation Series Episode 8: How Does Community Building Help Adult Survivors of Child Sexual Abuse Heal? by the Resource Sharing Project](#)
 - ▶ [Copies of, or link to, Building Resilience Coloring Pages Episode 8 by the Resource Sharing Project](#)
 - ▶ [Copies of, or link to, Enhancing Knowledge: Discussion Guide Episode 8 by the Resource Sharing Project](#)

Virtual

- ▶ [Building Resilience Conversation Series Episode 8: How Does Community Building Help Adult Survivors of Child Sexual Abuse Heal? by the Resource Sharing Project](#)
- ▶ [Building Resilience Coloring Pages Episode 8 by the Resource Sharing Project](#)
- ▶ [Enhancing Knowledge: Discussion Guide Episode 8 by the Resource Sharing Project](#)

Lesson	In Person	Virtual
9.3	<ul style="list-style-type: none">▶ Whiteboard or chart tablets▶ Markers (dry-erase and permanent)▶ Large sticky notes▶ Paper▶ Writing utensils▶ Training evaluation	<ul style="list-style-type: none">▶ Mentimeter or some other live polling platform▶ Training evaluation

NOTES FOR PREPARATION FOR Lesson 9.1 Exploring Community Building

- ▶ Facilitators will lead a share-out with the small groups about their discussion during the DEBRIEF. The facilitator should listen closely for anything that makes participants feel less alone and be sure to recall and expand on these when ending this discussion.
- ▶ In the DEBRIEF, participants will name who helps them when they are having a hard time. Facilitators should take time to record these answers in preparation for step 3.
- ▶ In step 3, participants will again get into small groups. For ease, it is suggested that the participants stay in small groups between the first BREAK OUT GROUP DISCUSSION and the video DEBRIEF. If the groups are rearranged, however, it will not disrupt the flow of the lesson.

Lesson 9.1 Exploring Community Building

Estimated time: 1 hour



GROUNDING Open the module with a grounding exercise.



BREAK OUT GROUP DISCUSSION Have the participants get into groups and discuss the following questions:

- ▶ What helps you when you are having a hard time? Why do you think this is so helpful?
- ▶ Who helps you when you are having a hard time? What are some of the things they do that are helpful?



DEBRIEF Facilitate a report out and listen for how friends, family, clubs, or groups are involved in the answers. It is helpful for facilitators to write down, where participants can see, what was discussed. Highlight these at the end of the report-out.

When people report why these are so helpful, listen for anything that makes people feel less alone. For example, talking with a co-worker, friend, or family member.

Connect the answers that the participants gave to a discussion about who helps them (the participants) with community building.



Facilitator's Note: If it is helpful, verbalize the following points as they are written.

- ▶ Survivors who were sexually abused as children may not have connections or have strained connections to family or people from their childhoods because of the abuse.
- ▶ They might struggle with relationships generally because of the abuse.
- ▶ Imagine how helpful asking these questions would be to survivors who may have felt very alone in their childhoods or lives as adults because of the abuse. This may be the one of the few times someone in their life has asked these questions, and has the training and experience to give the survivor the support they need after they disclose.
- ▶ These questions could be the starting point for survivors' safety planning, as they might not have ever felt completely safe and may not know where to start in the process.



HANDOUT Distribute the [Building Resilience Coloring Page: Episode 8](#)



WATCH Play the video [BR Episode #8 How does Community Building Help Adult Survivors of Child Sexual Abuse?](#)



Play from 00:00 (Introduction) to 17:34 (Drawing Boundaries with Your Family)

In the same groups as before, have the training participants list what those in the video said they found most healing.

Once they have their list, have the participants discuss the following questions:

- ▶ What did the speakers say in the video about those actions that were healing to them?

- ▶ What else stuck out to you in the video?



DEBRIEF Have the groups come back together and share what they discussed. If not mentioned, make sure to highlight the following:

- ▶ Being in community is key to healing.
- ▶ Community connections or belonging to a group or groups is so important for living through, coping with, and healing from trauma.
- ▶ The complexity of families and people who caused harm makes community outside of family and broad definitions of family through community so important.
- ▶ Community can shift as people change. People may need different types of communities as they age, experience different traumas, or experience other circumstances in life.

NOTES FOR PREPARATION FOR Lesson 9.2 What Does This Mean for Our Advocacy

- ▶ In the DEBRIEF, participants will discuss who or what organizations or agencies they partner with as advocates. **Before starting this step, state coalition facilitators should explicitly encourage non-culturally specific organizations to build, maintain, and strengthen relationships with culturally specific service providers, agencies, and grassroots groups in their areas.** It may be helpful to display these points on a PowerPoint. Be sure to address, with examples, ways to:
 - » Begin a relationship with different cultures and populations in their area.
 - » Develop a strong relationship by demonstrating trust, being dependable, and maintaining consistent, clear, and honest communication.

- » Support culturally specific organizations in being the lead on funding applications if that is their priority. If a non-culturally specific (also known as “mainstream”) organization is the lead of a grant application, pay culturally specific organizations to work on the development of grant proposals and meaningfully center their priorities and suggestions; then compensate culturally specific organizations for their work when grants are awarded.
- » Support various groups in a genuine way.
- » Take accountability for past harm done by their organizations.
- ▶ Facilitators should adapt the list in DEBRIEF #2 and add specific activities and experiences relevant to your area’s cultures, populations, and environments.

Lesson 9.2 What Does this Mean for Advocacy?

Estimated time: 1.5 hours



WATCH Play [BR Episode #8 How does Community Building Help Adult Survivors of Child Sexual Abuse?](#)



Play from 17:34 (Drawing Boundaries with Your Family) to 25:17 (Love with Accountability)



BREAK OUT GROUP DISCUSSION Have the participants get into groups and discuss what they heard about how advocacy can support adult survivors of child sexual abuse.



DEBRIEF #1 After they share out, make sure to raise the following if they did not:

- ▶ Help survivors identify boundaries they can set with people who have harmed them.

Help survivors identify boundaries with family members that did not prevent sexual harm or didn't believe them.

- ▶ Help survivors identify boundaries they can set in new relationships (sexual relationships, family, and platonic).
- ▶ Help survivors be able to listen to their bodies about things, people, situations that might be too difficult for them.
- ▶ Help survivors feel okay with the complexity of relationships with family.
- ▶ Remember that advocates need to remain open and not judge the survivors for these decisions.
- ▶ Community and connections help survivors maneuver these challenges with support, and that is healing.
- ▶ Support survivors in meeting basic needs, like housing.

- ▶ Provide opportunities for relationship/community building:
 - » Support groups
 - » *paid* Survivor panels
 - » Survivors' Speak Out (survivors coming together to share their stories as a group as a one-time event)
 - » Skills exchange (teaching someone how to do something else and vice versa)
 - » Coordinating supported needed within the group (i.e., childcare, transportation, meal trains)



LARGE GROUP DISCUSSION As one group, have the participants discuss the following questions:

- ▶ With whom do you partner (what other organizations, groups, or agencies) as an advocate?
- ▶ How do these partnerships support your services for adult survivors of child sexual abuse? How do these partnerships help your program to serve the adult survivors of child sexual abuse that you may not have otherwise reached?
- ▶ What opportunities or specific spaces does your organization offer so that adult survivors of child sexual abuse can connect with other adult survivors of child sexual abuse? With other survivors? With other community members?
- ▶ Do any of these partnerships harm survivors or not meet the needs of adult survivors of child sexual abuse?
- ▶ Who is missing from your list of community partnerships? What does this say about which survivors you may be missing and/or not serving to the best of your ability?



BREAK OUT GROUP DISCUSSION Break out into small groups and fill out the [Enhancing Knowledge: Discussion Guide Episode 8](#) to come up with a list of people, organizations, and agencies your program can partner with to support adult survivors of child sexual abuse.



DEBRIEF #2 As one group, have the participants share what they discussed in their small groups. Make sure these ideas are raised if they are not named:

- ▶ Animal rescue and shelter groups
- ▶ Hiking clubs
- ▶ Community gardens
- ▶ Faith groups
- ▶ Agricultural groups, like 4H
- ▶ Sewing/knitting/crochet/craft groups
- ▶ Cooking or recipe exchange groups
- ▶ Book clubs
- ▶ Peer programs or support

- ▶ Running or cycling groups
- ▶ Storytelling
- ▶ Choirs
- ▶ Dance and theatre troupes
- ▶ Art groups
- ▶ Music groups
- ▶ Group gaming
- ▶ Animal therapy
- ▶ Drum circles
- ▶ Community activist groups
- ▶ Labor unions
- ▶ Tenant and housing justice organizers

End the discussion by emphasizing that community is a key factor in healing from sexual violence, and community ideas should be relevant and appropriate to your geographic and cultural communities, not appropriative.



CONCLUSION Conclude this lesson with a grounding exercise or the reflective journal prompt:

- ▶ What is one group or organization in your community (that is not another sexual violence responder) that you want to strengthen your relationship with as an advocate? What tangible steps can you take within the next week to strengthen your relationship with them? Within the next month? Within the next six months? Within the next year?

NOTES FOR PREPARATION FOR Lesson 9.3 Closing the Circle

- ▶ Facilitators will do a large group check-out to end the training series. If this activity is not the endpoint of the training (i.e., content was added or removed), move this lesson to where it is appropriate.
 - » For an in-person training, the facilitators may want to facilitate a large group discussion with the suggested questions in the lesson, or they can do a sticky note activity like that in How Child Sexual Abuse Impacts Relationships, Lesson 4.5 Midway Check-In.
 - » For virtual training, the facilitators may want to facilitate a large group discussion or use a virtual platform like Menti-meter (which has a free basic subscription) or another live polling tool and ask the suggested questions in the module. Facilitators should adapt the questions best for their training style and participant needs.

- » Facilitators may want to close the training with a celebration marking the end and thanking the participants for their participation. For inspiration and ideas for how to close out the training, please refer to the Organizational Support for Advocacy Training section of the [Foundations of Advocacy Training Manual](#) from the Resource Sharing Project and the National Sexual Violence Resource Center.
- ▶ Facilitators will end the training by distributing a training evaluation. Facilitators might want to use the one in the [Foundations of Advocacy Training Manual](#) on page 31 or another evaluation method that best fits their needs, such as filling out a survey, or conducting interviews after the training has ended with the participants, guest presenters, interpreters, and all others who were involved in the training.

Lesson 9.3 Closing the Circle

Estimated time: 1.5 hours



LARGE GROUP DISCUSSION Congratulate the participants for completing the training. Facilitate a group discussion with the following questions:

- ▶ What are your biggest takeaways from this training?
- ▶ What are some of the things you learned?
- ▶ What are you still curious to know more about?
- ▶ What is at least one thing you learned in the training that you want to implement in your program

Facilitators may want to take notes on the discussion, either for participants to see or for their own notes, as part of the training evaluation.



HANDOUT Before closing out the training, be sure to distribute an evaluation.

FURTHER LEARNING OPPORTUNITIES ABOUT COMMUNITY BUILDING AS HEALING

- ▶ [How Does Cultural Appropriation Affect Rural Sexual Assault Services?](#) by the Resource Sharing Project
- ▶ [Envisioning our Programs as Community Spaces: Building Community Involvement in Rural Programs Part 1](#) by the Resource Sharing Project
- ▶ [Youth as Our Leaders, Now & Future: Building Community Involvement in Rural Programs Part 2](#) by Engaging Voices and the Resource Sharing Project
- ▶ [Pods and Pod Mapping Worksheet](#) by Mia Mingus for the Bay Area Transformative Justice Collective
- ▶ [Advice for Muslim & South Asian Survivors](#) by Sobia S., student survivor, Equal Right Advocates
- ▶ [Love WITH Accountability: Digging Up the Roots of Child Sexual Abuse](#) edited by Aishah Shahidah Simmons
- ▶ [Sharing your Voice through Activism | A BR Interview with Aishah Shahidah Simmons](#) by the Resource Sharing Project
- ▶ [Art as Sustenance | A BR Interview with Mel Phillips](#) by the Resource Sharing Project



CONCLUSION

Advocacy is an art more than a science. Great advocates bring curiosity and compassion to each interaction with a survivor and use their skills to help each survivor navigate a personal and unique path to healing. But advocates are only as great as the organizations that nurture and teach them. In this learning community you built with advocates, you've explored the realities of child sexual abuse, and how survivors cope into adulthood. You have taught them about how child sexual abuse impacts the body and relationships. You now have a collective vision for healing and shared understanding of how advocates can support survivors' healing. That vision of healing includes the body, sexuality, spirituality, culture, and community.

As you send advocates back to their work after this training, remember that fully developing advocates' abilities and strengths takes ongoing compassionate and creative support. These resources will help you maintain your learning community on adult survivors of child sexual abuse into the future:

- ▶ [Building Cultures of Care: A Guide for Sexual Assault Services Programs](#) by the Resource Sharing Project and the National Sexual Violence Resource Center

- ▶ [Change Starts Within: Strengthening Services through Supervision](#) by the Resource Sharing Project and the National Sexual Violence Resource Center

- ▶ [Holistic Healing Services for Survivors](#) by the Resource Sharing Project

- ▶ [Picturing Your Program: Planning for Organizational Growth](#) by the Resource Sharing Project and the National Sexual Violence Resource Center

- ▶ [Strengthening Our Practice: The Ten Essential Strengths of Sexual Violence Victim Advocates in Dual/Multi-Service Advocacy Agencies](#) by the Resource Sharing Project

On our [Building Resilience page](#), there are many resources to take your learning on child sexual abuse deeper and to help advocates build their skills. You can watch the full Conversation Series, learn how to support adult survivors of child sexual abuse in shelter, explore a toolkit on mental health and substance use, and even find materials for survivors to use in their healing.

Take a deep breath.

Know that you are valued.

Know that your compassion and creativity help people heal.

Rest.

Healing in Motion: Coalitions Supporting Growth and Change in the Lives of Adult Survivors of Child Sexual Abuse

July 2023

This publication was written by LaShae Lopez, with contributions from the Building Resilience team: Resource Sharing Project, Activating Change, Just Detention International, Minnesota Indian Women’s Sexual Assault Coalition, the North Carolina Coalition Against Sexual Assault, and Olga Trujillo, J.D.

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Graphic and Publication Design by Norio Umezu Hall, RSP.

This product was supported by cooperative agreement number 2019-V3-GX-K040, awarded by the Office for Victims of Crime, Office of Justice Programs, U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this product are those of the contributors and do not necessarily represent the official position or policies of the U. S. Department of Justice.

