



# Moving to End Sexual Assault (MESA) Workshops

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Moving to Sexual Assault (MESA), a team of Mental Health Partners, is dedicated to ending the suffering in our community caused by sexual assault with expertise in training on sexual violence response and prevention.

MESA custom-designs workshops to train youth and adults in response, intervention, and prevention of sexual violence. Workshops are designed based on the needs and context of each group, and rely on interactive teaching pedagogies to engage, stimulate, and challenge the participants. MESA has a long history of working with middle and high school students, university students, parents, law enforcement, hospitality staff, sports teams, businesses, and the general public to provide training on this critical and complex issue.

MESA offers the following workshops which can be adapted for the needs and level of each individual group:

## General

- Sexual Assault 101

## Prevention

- What is Consent?
- Healthy Relationships
- Bystander Intervention
- Rape Culture
- Healthy Masculinities

## Response and Intervention

- Sexual Harassment
- How to Help A Loved One
- Trauma Informed Services
- Help for the Helper (Secondary Trauma and Burnout)

For a brief description of each workshop, please see below.



## General

### **Sexual Assault 101**

This introductory level workshop provides a basic understanding of what sexual assault is, its prevalence and consequences, and why it happens in our culture. In this workshop, rape myths are debunked. Participants reflect on their boundaries and practices as the concept of consent is explored, and equip themselves for real life challenges as they learn about how to support survivors.

## Response and Intervention

### **Sexual Harassment**

Sexual harassment is a persistent and pervasive problem which can have a devastating impact on workplaces. It creates a hostile environment for targeted employees and witnesses and negatively impacts productivity, retention, and morale. *Sexual harassment is not inevitable.* MESA trains company leadership and staff to create workplaces free of sexual harassment using a socio-ecological paradigm to uncover the roots of harassment and shift group behavioral norms toward intervention and accountability. (Note: Training is most effective when accompanied by strong policies—Request a sexual harassment policy consultation with MESA.)

### **How to Help a Loved One**

People respond in various ways when dealing with a traumatic event. Learn about the physical, mental and emotional impact of trauma, including neurobiological responses, survival mechanisms, and how those impact the way people remember and integrate traumatic experiences. Short- and long-term impact of trauma will be discussed, as well as strategies and suggestions for supporting someone who has experienced a traumatic event.

### **Trauma Informed Services**

Completing day-to-day tasks may be a struggle for trauma survivors who feel re-traumatized through their interactions with others. Trauma-informed services take into consideration the impact of trauma and adapt services to be sensitive to the needs of trauma survivors. Learn how to tailor your space and services to be more aware of the impact of trauma, shift language to have conversations that are emotionally safe, and discuss strategies for implementing change.

### **Help for the Helper (Secondary Trauma and Burnout)**

Exposure to trauma adds up over time to create a trauma response in the person bearing witness to difficult or overwhelming stories. Addressing secondary trauma and burnout in helpers is necessary for maintaining compassion, connection, and creativity in your professional and personal life. Learn about the impact of trauma exposure, identify how secondary trauma shows up in your life, and practice strategies for addressing secondary trauma.



## Prevention

### **What is Consent?**

This workshop explores the simple yet complex concept of consent. Participants navigate the who, what, when, where, and why of consent, and dive into barriers to getting consent including social norms and substance use. On psychological and somatic levels, participants will increase their comfort and skill in identifying and communicating their boundaries and identifying and respecting others' boundaries.

### **Healthy Relationships**

In this workshop, participants explore one of the most important facets of human life—intimate relationships. We explore what a healthy relationship looks like for each of us, identify ways we can be loving partners/companions/lovers, and identify red flags for unhealthy behaviors in ourselves or others. We'll practice identifying and communicating our boundaries and identifying and respecting others' boundaries and strategies for creating cultures of respect.

### **Bystander Intervention**

Bystander intervention is a strategy for preventing interpersonal violence. This workshop draws from the national models of *Green Dot* and *Bringing in the Bystander* to empower participants to play an active role in preventing violence. Participants learn how to assess situations that may become violent and learn how to best intervene to keep others, and themselves, safe. Participants will reflect on cultural change and how their individual actions contribute toward shifting cultural norms.

### **Rape Culture**

This workshop explores the cultural factors which contribute to the prevalence and normalization of gender-based violence. From a place of understanding the roots of violence, participants will explore strategies for prevention based on a socio-ecological framework addressing the individual, relational, community, and societal levels. Participants will envision and depict an alternative cultural model based on nurturance, consent and respect.

### **Healthy Masculinities**

Participants will critically analyze and deconstruct gender stereotypes and the gender binary and explore the concept of hegemonic masculinity. Participants will reflect on connections between hegemonic masculinities and violence, pressures and consequences for *not conforming*, and the costs of and consequences of *conforming*. Myths about masculinities will be debunked, and participants will be empowered to challenge violent or toxic masculinities, envision and articulate their visions for healthy masculinities. As a group, participants will strategize ways to safely participate in this cultural transformation.



## Pricing

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Workshop prices vary based on the length of the workshop, and all prices include time spent preparing, facilitating, and traveling as well as basic materials (unless otherwise discussed).

Funds contribute towards MESA's Prevention Education program which engages with the community to increase knowledge and skills to intervene and prevent sexual assault.

- **1-2 Hour Workshop** - \$300
- **Half Day Workshop** - \$500
- **Full Day Workshop** - \$800

*To request a custom-designed training on sexual assault, response, or prevention, please contact MESA's Prevention Specialist at 303-443-0400 or [info@movingtoendsexualassault.org](mailto:info@movingtoendsexualassault.org).*