



LEARNING OPPORTUNITIES

ADVERSE CHILDHOOD EXPERIENCES

Adverse Childhood Experiences & Resilience



Frequent or prolonged exposure to stress can create toxic stress which can damage the developing brain of a child and overall health. A Survival Mode Response to toxic stress increases a child's heart rate, blood pressure, breathing and muscle tension. Their thinking brain is knocked offline. Self-protection is their priority. **Learn How Resilience Trumps ACEs AND how Parents, Teachers and Caregivers can help.**

Raising Resilience



This will include information from a 2019 Johns Hopkins study on the effects of positive childhood experiences. Despite growing up with adversity, positive experiences buffer the trauma and promote healing. Learn ways to foster healthy growth and development in children that correlates to stronger adult mental health and overall wellness. **Suggested Pre-Requisite:** *Adverse Childhood Experiences & Resilience*

CHILD SEXUAL ABUSE PREVENTION



Stewards of Children® **Take this training first!**

Stewards of Children® is a prevention training that teaches adults how to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth and for individuals concerned about the safety of children. It is the only nationally distributed, evidence-informed program proven to increase knowledge, improve attitudes, and change child protective behaviors.



Talking to Children about Safety from Sexual Abuse

Talking about personal safety and sex creates a protective bond between parent and child, increased confidence for both, and instills knowledge that makes children and teens much less vulnerable. Building on the education provided in Stewards of Children®, Darkness to Light's evidence-informed training on preventing, recognizing, and reacting responsibly to child sexual abuse, you will learn how to talk with and listen to children about sexual abuse and personal safety.



Protecting Children from Sex Trafficking

Sexual trafficking, also known as the commercial sexual exploitation of children (CSEC), is any sexual activity involving a child for which something of value is given or promised. Building on the education provided in Stewards of Children®, Darkness to Light's evidence-based training on preventing, recognizing, and reacting responsibly to child sexual abuse, this training teaches you about the root cause of commercial sexual exploitation and why preventing sexual abuse is important to reducing the risk of children being sexually exploited.



Protecting Children During a Crisis

We often develop strategies that help to prevent child sexual abuse under our existing circumstances. But what happens if those circumstances change? This training will help you navigate through the unusual circumstances you might face during times of crisis. This training will help you consider your current strategies, help you identify the new situation, and help you change your strategy.



Healthy Touch for Children and Youth

Healthy affection and touch is protective from child sexual abuse especially with parents, caregivers, and family members. Building on the education provided in Stewards of Children®, Darkness to Light's evidence-based training on preventing, recognizing, and reacting responsibly to child sexual abuse, this training teaches you some guidelines for healthy touch and safe, respectful ways to interact with children.



Protecting Children Through Active Bystanding

In this training you will learn 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. This training builds on the education provided in Stewards of Children® on preventing, recognizing, and reacting responsibly to child sexual abuse.

RACIAL EQUITY



Braided Stories | Building Equitable Communities for Alaska's Children & Families

R.O.C.K. Mat-Su partners created Braided Stories for adult audiences because understanding and addressing historical and intergenerational trauma is critical to achieving the vision of reducing child abuse and increasing family resilience in the Mat-Su. The curriculum explores the histories, disparities, and strength of racial and ethnic groups in the Mat-Su. Evoking the braided rivers of the Mat-Su, participants intertwine their own stories with local history and voices in order to deepen understanding of the people, place, and lifestyles of the Mat-Su. Through facilitated dialogue and personal reflection, the workshop creates a safe space to examine awareness of one's personal identity, to explore the dynamics of power, and to consider possibilities for a healthier future for Mat-Su's children.

To learn more go to rockmatsu.org/learn

