Circles of Safety Revised 2020 Workshops
Webinar Adaptation Recommendations for Trainers

Introduction:
These recommendations are specific to adapting the Circles of Safety (COS) webinars below to an online presentation.

- Workshop 1 (W1): Circles of Safety: Understanding the Role of Healthy Sexuality Development and Education in Sexual Abuse Prevention
- Workshop 2 (W2): Circles of Safety: Understanding and Responding to Warning Signs

Before delivering:
- Prepare by reviewing your webinar platform and learning its features.
- Based on size of webinar and personal preference, decide whether participants will be able to mute and unmute themselves. Trainers can mute all except when engaging in dedicated question/discussion times, or allow participants to unmute themselves at any time to ask questions and make comments. Some webinar platforms have hand raising options to help manage conversations.
- Handouts and surveys: Determine how these will be provided to participants. Does webinar platform have a feature to assist with this? How will you retrieve surveys? Note: Stop It Now! can assist you to set up online pre/post surveys.
- Review power point for animation slides.

General recommendations:
- Split each workshop into two sessions for online delivery
- If a workshop is split into two or more sessions, deliver all sessions as close to each other as possible.
- Use the same trainer for all sessions.
- If split, participants must take the 1st section (a) before proceeding to the other sections.
- The scripts for the slides are generally content heavy without having live impromptu discussions. Trainers should pare down scripts for each slide, keeping core concepts but with increased summarizing.
- Send out preliminary preparation questions before each workshop section. These can help generate thought and conversation without relying on partner/small group activities. Preparation questions are included under the workshop specific recommendations below.
- For partner and small group activities, and to increase engagement:
a) If your webinar platform allows for breakout rooms (i.e. Zoom), these are advised. While every “live” partner/group activity does not need to move into break rooms, these offer an excellent option to increase engagement.

b) Preliminarily and randomly, match up participants into partner pairs. Provide them each with their partner’s phone number (with permission of course). Instruct them in their registration notes, that they will discuss some questions given to them during the course of the webinar. When instructed, participants would call their partner, while still remaining logged into the training platform and have a brief conversation based on the instructions. Depending on the size of the group and once back in the large group, audio could be turned on for people to share what they’ve discussed.

**Webinar Specific Recommendations:**

**Discussion Questions prior to workshops:** These questions take the place of some group discussion questions and can be gathered before the workshop, so that the trainer can ask the question, and respond with some of the answers received by the participants.

**(W1) Circles of Safety: Understanding the Role of Healthy Sexuality Development and Education in Sexual Abuse Prevention.**

To prepare for discussions without breaking into partners or groups, send out the questions under each section prior to that particular workshop section delivery. If the workshop is given in only one longer session, combine the questions under both sessions.

**W1a (slides 1-19 recommended)**

- Slide 5: Have you ever seen an adult doing something in front of a child that you thought inappropriate? What did you do or what did you wish you had done?
- Slide 6: What gets in the way of children telling someone that they have been sexually abused?
- Slide 14: Ask participants to complete the first 4 questions on their handout, forwarding on their response to the question: What do you want children and teens to know about sexuality?

**W1b (slides 20-end recommended)**

- General request for any questions, concerns or comments
- Slide 23: List strategies to promote healthy sexuality development for six to eight year olds
- Slide 25: List strategies to build a pre-teen’s self-esteem
- Slide 30: Ask participants to design their own safety plan with up to 5 basic safety rules and forward to trainer
(W2) Circles of Safety: Understanding and Responding to Warning Signs

W2a *(Slides 1-20 recommended)*

- General request for any questions, concerns or comments

W2b *(Slides 21-end recommended)*

- General request for any questions, concerns or comments
- Slide 22: What types of barriers prevent adults from raising concerns of child sexual abuse?
- Slide 31: What have you spoken up for?, What are you willing to speak up for?, What supports you to speak up? Note: All three questions do not have to be asked preliminarily. One option would be for first question to be sent prior to webinar, and offer other questions as discussion as group.

*Specific Activities Options:*

**W1:** Many of the activities that include instructions for participants to break into pairs or groups can be adapted to either the phone conversations between pre-assigned partners as explained above or by asking the questions of the whole group and having them chat in responses, followed up by trainer comment.

**W2a – slide 20, Exercise: Continuum of Youth Behaviors Practice**
This exercise can be done very similarly by reading out behavior examples and asking participants to “chat” in their response to the question of which prevention level the behavior seems to exemplify.

**W2b – Slide 29, Exercise: Continuum of Adult Behaviors**
One option is to include in preliminary preparation, one adult behavior. For the exercise, ask participants to review again the behavior that was sent to them and assign it a prevention color (green, yellow, red). Then ask all participants, starting with those who identified a green behavior, to share their behavior and explain their rationalization.

Alternatively, the trainer could read each behavior out and ask participants to “chat” in their prevention level guess. The trainer could then call on different participants to explain their rationale.

**W2b – Slide 31, Exercise: Speaking Up**
These questions are included as potential questions to send to participants prior to training. The trainer could read some of the responses, and continue a discussion based on the answers shared. This could also be done in a partner model on the phone. Another option would be to ask participants to reflect on these questions individually and then ask them to share on the webinar.

*Roleplays*
These are the most difficult to adapt to online learning. One thing to prepare is to send out the role play scenarios in the preliminary packet.
As referenced, zoom/phone partners can be utilized. Debriefing can happen when the group comes back together.

Another option would be for the trainer to ask for a volunteer and demonstrate a role play, and then (time permitting) ask for others to volunteer to demonstrate a live role play.