

Online Training - Group Agreements, Self-Care and Support

Group agreements

The following have been created to ensure a safe and respectful online learning environment and experience.

Group Agreements

- Participants are asked to mute their microphone when not speaking within the training session
- Trainer will acknowledge and respect that there may be interruptions to the participants environment, for example sharing your space with others (children, housemates and family members)
- If participants need to leave the work space momentarily, we ask you to turn your microphone and video off
- We encourage participants to use chat function for questions and to raise hand (literally or via chat function and the Trainer will respond
- We respect and welcome diverse views and experiences

Self-Care and support

The content and case studies filtered throughout the training sessions are narratives that describe different experiences of sexual assault and family violence. They are designed to capture evidence based risk factors and impacts, effective engagement, collaborative risk management, information sharing, secondary consultation and referral. While the stories are fictional, they may resonate or connect with peoples' own experiences. Participants are to be reminded to practice self care and seek specialist support.

To do this you can contact the facilitators during the training session via training@safvcentre.org.au or **0447 380 164**

- The facilitator can then support you in accessing the intake team at The Sexual Assault and Family Violence Centre.
- Post training session. We encourage anyone that needs support to contact specialist support services via telephone or email.
 - **The Sexual Assault & Family Violence Centre 03 5222 4318 or reception@safvcentre.org.au**
 - **The Orange Door 1800 312 820**
 - **Safe steps Family Violence Response Centre (24/7) 1800 015 188 or 03 9322 3555**
 - **1800 RESPECT (24/7) 1800 737 732**
 - **Beyond Blue 1300 223 636**
 - **LifeLine 13 11 14**