



COMPASS

Communities Promoting a Safer Society

Training Programs
Prevention Initiatives • Community Awareness

At COMPASS we're partnering with communities at every level to promote a safer society. We are a family of friends, professionals, volunteers, and donors who are working to prevent abuse and violence in the community.

With the help of trained law enforcement officials and crisis intervention counselors, COMPASS has developed comprehensive training programs which address a variety of topics relating to personal safety, abuse prevention and community safety.

2003 Training Catalogue

Sponsor Relations & Training Program Coordination

Toll Free: (877) 897-3282

Address: 205 Esplanade Place
Chesapeake, VA 23320

Email: info@asafersociety.com

Administrative Offices

Phone: (757) 430-8686 • Toll Free: (800) 888-2599

Address: 1864 Clifton Bridge Drive
Virginia Beach, VA 23456

Email: admin@asafersociety.com

Web: www.asafersociety.com

Request for Customized Training or Keynote Speaker:

Company Name: _____

Contact: _____

Phone: _____

Fax: _____

Email: _____

Address: _____

Expected Group/Audience Size: _____

Subject Description: _____

Dates of Interest: _____

Location of Event: _____

Notes: _____

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Wounded Soldier

Pastoral & Lay Leader Crisis Intervention Training

This Pastoral Crisis Intervention (PCI) training skillfully blends faith-based resources with traditional techniques of crisis intervention. PCI represents a powerful addition to the community of psychological support resources. Participants will learn how to effectively integrate pastoral intervention techniques with basic psychological crisis intervention techniques.

- Basic terms and concepts relative to traumatic stress and crisis intervention
- Simple tips for identifying common symptoms of trauma
- Peer to peer support techniques
- Crisis communication techniques
- Common problems encountered while working with individuals in crisis
- Nature of trauma: violation of core beliefs
- Crisis of faith
- Engaging professional mental health resources
- Practical debriefing exercises

Request:

- Conference room or auditorium
- Production of training syllabus
- PA system for large groups
- Presentation machine

Group: 15 Minimum Fee: \$20 Per Associate
 70 Target \$500 Minimum
 200 Maximum

Length: 1-2 Hours

Sticks & Stones for PreTeens

This school based program empowers preteens with skills they need to play a significant role in the prevention and intervention of bullying, harassment and discrimination which often escalates to school violence. This workshop promotes preteen leadership in violence prevention.

Students will learn:

- To identify the boundaries between playful and hurtful behavior
- How to enhance safety and respect on school campuses
- How to promote a school climate where abuse is unacceptable
- To raise expectations for equality and respect

Request:

- Classroom or auditorium
- PA system for large groups
- Presentation machine

Group: 15 Minimum Fee: \$10 Per Student
 70 Target \$400 Minimum
 200 Maximum

Length: 1 Hour

Sticks & Stones for Teens

This school based program empowers teens with skills they need to play a significant role in the prevention and intervention of bullying, harassment and discrimination which often escalates to school violence. This workshop promotes preteen leadership in violence prevention.

Students will learn:

- To identify the boundaries between playful and hurtful behavior
- How to enhance safety and respect on school campuses
- How to promote a school climate where abuse is unacceptable
- To raise expectations for equality and respect

Request:

- Classroom or auditorium
- PA system for large groups
- Presentation machine

Group: 15 Minimum
70 Target
200 Maximum

Fee: \$10 Per Student
\$400 Minimum

Length: 1 Hour

Transformations - From Victim to Victor

A Recovery Workshop For Survivors of Sexual Abuse

From a faith based perspective, this moving workshop offers hope and healing to survivors of sexual abuse. This training skillfully blends stories, scripture, and encouragement to help survivors in their journey to healing through God's love and power. Participants will get practical guidance and information about recovery as well as spiritual consolation and encouragement. Supporters and family members "walking beside" survivors can also benefit from this uplifting training, and will learn helpful techniques to nurture, comfort and encourage.

Request:

- Classroom, conference room or auditorium
- Production of training syllabus
- PA system for large groups
- Presentation machine

Group: 15 Minimum
50 Target
No Maximum

Fee: \$25 Per Associate
\$600 Minimum

Length: 4 Hours



"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all."

Dale Carnegie

mPower for Teens

In a candid and revealing forum, this dynamic training shatters commonly held myths about stranger danger while giving teens real life answers on how to live safely in a society endangered by sexual predators.

This program provides an up to the date information and overview of recent approaches and research on teen sexual assault and exploitation.

Teens learn basic "predator smart" skills that will help to greatly minimize their risk of becoming victimized.

Students will learn:

- Profile of a predator
- How to know if you're a target
- What teens are at risk
- How predator's work
- Predatory Strategy: Privacy & Control
- How teens are victimized
- Common tricks used by predators
- Trusting your instincts
- Internet safety
- Escape maneuvers

Request:

- Classroom or auditorium
- PA system for large groups
- Cassette tape player
- Presentation machine

Group: 15 Minimum
70 Target
No Maximum

Fee: \$15 Per Student
\$400 Minimum

Length: 1 - 2 Hours

To schedule training call toll free: (877)897-3282
Email: training@asafersociety.com • www.asafersociety.com

Healthy Relationships for Teens

Designed specifically for teens, this program equips participants with the skills needed to identify healthy relationships and to avoid romantic relationships which are hurtful and dangerous. Participants will be able to define dating violence and abuse, identify the warning signs and understand the dynamics of an abusive relationship.

Program Highlights:

- Facts on dating violence
- The profile of a potential abuser
- Managing conflicts
- Identify issues of power and control
- How to tell if your relationship is abusive
- How to engage in respectful communication
- Identifying abusive behaviors (sexual, physical, verbal and emotional)

Through this training, teens will learn healthy relationship skills which apply to every aspect of their lives.

Request:

- Classroom or auditorium
- Production of 33 page outline
- PA system for large groups
- Presentation machine

Group: 15 Minimum
70 Target
200 Maximum

Fee: \$15 Per Student
\$400 Minimum

Length: 1 - 2 Hours

Mandated Reporter

Your staff may not aspire to be experts in child protective law, but what they don't know can hurt you!

This informative workshop will provide mandated reporters with a clear understanding of what constitutes child abuse. It will explore the signs, symptoms and behavioral indicators and will build competency and confidence in handling suspected cases.

By subscribing to this training, your entire organization will benefit from:

- Understanding the requirements of the law
- Sharpen skills in recognizing potential abuse
- Positive handling of difficult situations
- Better judgment in evaluating potentially abusive situations
- Responding to disclosures, and so much more!

Each participant will receive a 30 page comprehensive guide packed with practical tips and real life examples your staff can put to immediate use.

Request:

- Classroom or auditorium
- Production of 30 page outline
- PA system for large groups
- Presentation machine

Group: 15 Minimum
50 Target
No Maximum

Fee: \$20 Per Participant
\$500 Minimum

Length: 1 - 3 Hours

Crisis Intervention 101 Basic Crisis Intervention Training

Since the 9/11 attacks, communities have come to realize the value of this highly specialized training. This Crisis Intervention Training teaches participants the fundamentals of "emergency emotional first aid". This fascinating program shares practical, easy-to-use techniques for effectively responding to and diffusing an emotional crisis.

- Basic terms and concepts relative to traumatic stress and crisis intervention
- Simple tips for identifying common symptoms of trauma
- Peer to peer support techniques
- Crisis communication techniques
- Common problems encountered while working with individuals in crisis
- Engaging professional mental health resources
- Practical debriefing exercises

Request:

- Conference room or auditorium
- Production of 30 page syllabus
- PA system for large groups
- Presentation machine

Group: 15 Minimum Fee: \$20 Per Associate
 70 Target \$500 Minimum
 200 Maximum

Length: 1-2 Hours

Sticks & Stones for Young Adults

Interpersonal Communication Training for the Prevention of Verbal Abuse on Campuses

This campus based program empowers higher ed students with the skills needed to play a significant role in the prevention and intervention of bullying, harassment and discrimination which often escalates to campus violence. This workshop promotes student leadership in violence prevention.

Students will learn:

- To identify the boundaries between playful and hurtful behavior
- How to enhance safety and respect on school campuses
- How to promote a campus climate where abuse is unacceptable
- To raise expectations for equality and respect

Request:

- Classroom or auditorium
- PA system for large groups
- Presentation machine

Group: 15 Minimum Fee: \$10 Per Student
 70 Target \$400 Minimum
 200 Maximum

Length: 1 Hour

mPower for Young Adults

In a candid and revealing forum, this dynamic training shatters commonly held myths about stranger danger while giving participants real life answers on how to live safely in a society endangered by sexual predators.

This program provides an up to the date information and overview of recent approaches and research on sexual assault and exploitation.

Participants learn basic "predator smart" skills that will help to greatly minimize their risk of becoming victimized.

- Profile of a predator
- How to know if you're a target
- What puts you at risk
- How predator's work
- Predatory Strategy: Privacy & Control
- How you might be victimized
- Common tricks used by predators
- Trusting your instincts
- Internet safety
- Escape maneuvers

Request:

- Classroom or auditorium
- PA system for large groups
- Cassette tape player
- Presentation machine

Group: 15 Minimum
70 Target
No Maximum

Fee: \$15 Per Student
\$400 Minimum

Length: 1-2 Hours

Words at Work

Interpersonal Communication Training for the Prevention of Verbal Abuse in the Workplace

This engaging training is conducted in a spirit of camaraderie, absent of guilt or blame, with the focus on professional behavior.

This program empowers Associates with the skills needed to create and maintain a respectful work environment.

By integrating realistic dialogue and a variety of highly interactive exercises, Associates learn to play a significant role in the in prevention and intervention of harassment and discrimination which often escalates to violence in the workplace.

This workshop promotes associate leadership in violence prevention, and decreases the likelihood of costly legal claims against your organization.

Request:

- Classroom or auditorium
- Production of 33 page syllabus
- PA system for large groups
- Cassette Tap Player
- Presentation machine

Group: 15 Minimum
70 Target
200 Maximum

Fee: \$20 Per Associate
\$500 Minimum

Length: 1 - 2 Hours

Mandated Reporter

Your staff may not aspire to be experts in child protective law, but what they don't know can hurt you!

This informative workshop will provide mandated reporters with a clear understanding of what constitutes child abuse. It will explore the signs, symptoms and behavioral indicators and will build competency and confidence in handling suspected cases.

By subscribing to this training, your entire organization will benefit from:

- Understanding the requirements of the law
- Sharpen skills in recognizing potential abuse
- Positive handling of difficult situations
- Better judgment in evaluating potentially abusive situations
- Responding to disclosures, and so much more!

Each participant will receive a 30 page comprehensive guide packed with practical tips and real life examples your staff can put to immediate use.

Request:

- Classroom or auditorium
- Production of 30 page outline
- PA system for large groups
- Presentation machine

Group: 15 Minimum Fee: \$20 Per Associate
 50 Target \$500 Minimum
 No Maximum

Length: 1-3 Hours

Healthy Relationships

Designed specifically for young adults, this program equips participants with the skills needed to identify healthy relationships and to avoid romantic relationships which are hurtful and dangerous. Participants will be able to define dating violence and abuse, identify the warning signs and understand the dynamics of an abusive relationship.

Program Highlights:

Through this training, young adults will learn healthy relationship skills which apply to every aspect of their lives.

- Facts on dating violence
- The profile of a potential abuser
- Managing conflicts
- Identify issues of power and control
- How to tell if your relationship is abusive
- How to engage in respectful communication
- Identifying abusive behaviors (sexual, physical, verbal and emotional)

Request:

- Classroom or auditorium
- Production of 33 page outline
- PA system for large groups
- Presentation machine

Group: 15 Minimum Fee: \$20 Per Student
 70 Target \$500 Minimum
 200 Maximum

Length: 1- 3 Hours

Sleeping with the Enemy

This program equips participants with the skills needed to identify healthy relationships and to avoid relationships which are hurtful and dangerous. Participants will be able to define domestic violence and abuse, identify the warning signs and understand the dynamics of an abusive relationship.

Program Highlights:

- Facts on domestic violence
- The profile of a potential abuser
- Managing conflicts
- Identify issues of power and control
- How to tell if your relationship is abusive
- How to engage in respectful communication
- Identifying abusive behaviors (sexual, physical, verbal and emotional)

Through this training, participants will learn healthy relationship skills which apply to every aspect of their lives.

Request:

- Classroom or auditorium
- Production of 33 page outline
- PA system for large groups
- Presentation machine

Group: 15 Minimum
70 Target
200 Maximum

Fee: \$15 Per Student
\$400 Minimum

Length: 1 - 2 Hours



The only thing necessary
for evil to triumph
is for good men to do nothing.

Edmund Burke

British Statesman

Famous for his oratory, Edmund Burke pleaded the cause of the American colonists in Parliament and strongly opposed the slave trade.