

SARSAS

*Listen.
Believe.
Support.*

Training Workshops

Online | In-person | Bespoke options



Together, we can prevent sexual violence.



Founded in 2008, we're a Bristol-based charity providing trauma-informed support to thousands of survivors of rape and sexual abuse each year.

OUR VISION

A world without sexual violence.

OUR MISSION

We listen to, believe, and support survivors while advocating for an end to sexual violence, so that everyone can live a life free from abuse and its impacts.

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Become a donor

Donate and receive a **10% discount** on our training.

Just visit: sarsas.org.uk/get-involved/donate



Training that empowers

Our inclusive training helps individuals and organisations drive cultural change by challenging harmful behaviours and fostering cultures of consent.



Learners gain the knowledge, skills, and confidence to prevent sexual violence, respond to disclosures in a trauma-informed way, and provide empathetic, person-centred support. The training also explores how environment, culture, language, and attitudes influence abuse, giving participants the tools to create safe spaces where everyone feels empowered to speak out and take action.

- ✔ Join our online open-group sessions to build a solid foundation and feel confident starting important conversations.
- ✔ For teams or organisations, our private training (online or in-person) addresses your specific challenges with tailored case studies, policy guidance, and practical tools relevant to your work/sector.
- ✔ We also offer licensing options for our training packages (prices on request), giving your team ongoing access to our expert resources.

Message from our CEO - Lorri

Our training is grounded in years of supporting survivors of sexual violence.

This lived experience gives our work real depth – shaping how we listen, educate, and help create safer spaces.

By choosing SARSAS, you're learning from experts who work alongside survivors every day. Our trauma-informed facilitators give you the skills to respond to disclosures, prevent harm, and build cultures of consent and respect.

Every training session you book also supports our frontline services, helping us provide vital support to survivors. Together, we're not just responding to sexual violence – we're working to prevent it. Thank you for being part of the change.



LORRI WEAVING
(She/Her)
CEO

We've delivered to:



International Centre for Genetic Engineering and Biotechnology



Highly recommend training from SARSAS, very informative and everyone felt safe to ask questions, reflect and learn. Our staff team now has a better understanding of what sexual harassment in the workplace could look like, the steps to take in responding and how to ensure the organisation is a safe environment for disclosures.

ALESSANDRA GAVA, CEO CHANGES BRISTOL

(Sexual Harassment at Work training)





Active Bystander

Who is it for?

- All organisations and employees
- Students and young people
- Education establishments looking to comply with **RSHE guidance**

Delivery:

- In-person or online

Prices from:

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£473** (1hr)
- **£662** (2hrs)

Email training@sarsas.org.uk for bespoke training (incl. assemblies/talks), licensing options, or any other questions.

Aim of the course

You'll learn how to recognise situations where intervention may be needed, develop the skills to act as an active bystander, and gain confidence in knowing how and when to respond.

Key learning objectives

- ✓ Learn how to be an active bystander, safely intervene, respond to disclosures, and provide support.
- ✓ Gain a clear understanding of consent and its importance.
- ✓ Understand healthy relationships, coercive control, and sexual abuse, including tech-facilitated abuse.
- ✓ Develop self-care practices to strengthen your own wellbeing.



99%

of participants said
our training provided
a **safe space**.

Domestic Abuse & Sexual Violence

Who is it for?

- All organisations and employees

Delivery:

- In-person or online

Prices from:

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£662** (2hrs)

Email training@sarsas.org.uk
for bespoke training, licensing options,
or any other questions.

Aim of the course

You'll learn about domestic abuse and sexual violence, how they intersect, and how to respond to and support people experiencing them.

Key learning objectives

- ✓ Understand what domestic abuse and coercive control are, and the legal framework surrounding them.
- ✓ Explore how domestic abuse can intersect with sexual violence.
- ✓ Understand the short and long-term impacts of domestic abuse.
- ✓ Learn how to recognise signs of domestic abuse and respond in a trauma-informed way.
- ✓ Develop self-care practices to support your own wellbeing while helping others.



Healthy Relationships & Consent

Who is it for?

- All organisations and employees
- Students and young people
- Education establishments looking to comply with **RSHE guidance**

Delivery:

- In-person or online

Prices from:

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£473** (1hr)
- **£662** (2hrs)

Email training@sarsas.org.uk for bespoke training (incl. assemblies/talks), licensing options, or any other questions.

Aim of the course

You'll learn about healthy relationships, develop a clear understanding of consent, and build the confidence to discuss sex and relationships openly and honestly.

Key learning objectives

- ✔ Understand what healthy (and unhealthy) relationships look like.
- ✔ Explore coercive control and sexual abuse, including tech-facilitated abuse.
- ✔ Gain a clear and in-depth understanding of consent.
- ✔ Learn how to respond to disclosures and be able to provide support.
- ✔ Develop self-care practices to strengthen your own wellbeing.

99%

of participants
would recommend
our training
to others.

Non-Fatal Strangulation (NFS)

Who is it for?

- All organisations and employees
- Students and young people

Delivery

- In-person or online

Prices from

Online/In-person (private group)

- **£473** (1hr)
- **£662** (2hrs)

Email training@sarsas.org.uk
for bespoke training, licensing options,
or any other questions.

Aim of the course

You'll gain a clear understanding of NFS (also known as choking), including recognise the different types, the contexts in which it occurs, and how to respond to people who have experienced it.

Key learning objectives

- ✔ Understand the types of NFS and the law around it.
- ✔ Explore the risks of NFS and the impact it can have.
- ✔ Learn how to recognise and respond to NFS in a trauma-informed way.
- ✔ Learn how to support, safeguard and signpost people who have experienced NFS.



Online & Tech-Facilitated Sexual Abuse

Who is it for?

- All organisations and employees
- Students and young people

Delivery

- In-person or online

Prices from

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£662** (2hrs)

Email training@sarsas.org.uk for bespoke training, licensing options, or any other questions.

Aim of the course

You'll gain a clear understanding of sexual abuse, how technology can be used to facilitate it, and how you can prevent it, respond effectively, and support those who have experienced it.

Key learning objectives

- ✔ Understand sexual abuse, the role technology can play, and the relevant legal framework.
- ✔ Explore the background, growth, and impact of tech-facilitated abuse.
- ✔ Learn practical strategies to prevent this type of abuse, respond appropriately, and support those affected.
- ✔ Develop self-care practices to strengthen your own wellbeing while supporting others.



Professional Boundaries

Who is it for?

- All organisations and employees

Delivery:

- In-person or online

Prices from:

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£662** (2hrs)

Email training@sarsas.org.uk for bespoke training, licensing options, or any other questions.

Aim of the course

You'll develop skills and practical tools to strengthen your own wellbeing, enabling you to provide a resilient, compassionate and effective service.

Key learning objectives

- ✓ Understand personal and professional boundaries and how to maintain them.
- ✓ Explore power dynamics in the workplace and their impact on your role.
- ✓ Learn about vicarious (secondary) trauma and strategies to prevent it.
- ✓ Develop self-care practices to support your wellbeing and resilience.



Responding to Disclosures

Who is it for?

- All organisations and employees
- Higher Education establishments looking to comply with current **Office for Students** conditions.

Delivery:

- In-person or online

Prices from:

Online (open group)

- **£60** + booking fee (3hrs)

Online/In-person (private group)

- **£851** (3hrs)

Email training@sarsas.org.uk for bespoke training, licensing options, or any other questions.

Aim of the course

You'll build your knowledge of sexual abuse and gain the skills and confidence to respond to disclosures made to you in a trauma-informed way.

Key learning objectives

- ✓ Learn what sexual violence is and gain the confidence to respond supportively when someone shares their experience.
- ✓ Explore trauma and its impact on the brain, including common trauma responses.
- ✓ Learn how to support people affected by sexual abuse effectively.
- ✓ Understand vicarious (secondary) trauma, how to prevent it, and develop self-care practices to strengthen your own wellbeing.



Sexual Harassment Support Officer (SHSO)

Who is it for?

- All organisations and employees

Delivery:

- In-person or online

Prices from:

Online/In-person (private group)

- **£1,512** (full day)

Email training@sarsas.org.uk for bespoke training, licensing options, or any other questions.

99%

of participants
felt confident
applying what they
had learnt.

Aim of the course

You'll develop an in-depth understanding of sexual harassment and gain the knowledge, confidence, and practical skills needed to take on the role of SHSO within your organisation.

Key learning objectives

- ✔ Build comprehensive knowledge of sexual harassment, relevant legislation, and workplace responsibilities.
- ✔ Learn what drives sexual harassment and the environments it thrives in.
- ✔ Learn about trauma and responding to disclosures of sexual harassment.
- ✔ Understand vicarious (secondary) trauma and learn how to prevent it.
- ✔ Build practical skills for investigating cases of sexual harassment and abuse.
- ✔ Ensure compliance with the **Worker Protection Act (2023)**.



Sexual Harassment at Work

Who is it for?

- All organisations and employees
- Additional version for Senior Leadership teams

Delivery:

- In-person or online

Prices from:

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£473** (90mins)
- **£662** (2hrs)
- **£851** (half day)
- **£1,512** (full day)

Email training@sarsas.org.uk for bespoke training, licensing options, or any other questions.

Aim of the course

You'll build the knowledge and skills to understand what sexual harassment is, what drives it, and how to prevent and respond to it in the workplace.

Key learning objectives

- ✔ Understand what sexual harassment is, along with the relevant legal and workplace responsibilities.
- ✔ Explore the factors that drive sexual harassment and the environments where it thrives.
- ✔ Build confidence in responding to disclosures of sexual harassment in your team in a trauma-informed way.
- ✔ Understand your obligations under the **Worker Protection Act (2023)** and how to apply them in practice.



Spiking as a Sexual Offence

Who is it for?

- All organisations and employees
- Students and young people

Delivery

- In-person or online

Prices from:

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£662** (2hrs)

Email training@sarsas.org.uk for bespoke training, licensing options, or any other questions.

Aim of the course

You'll gain an understanding of what spiking is, learn about the legal framework around it, discover strategies to prevent it, and develop the skills to support those affected in a trauma-informed way.

Key learning objectives

- ✔ Understand what spiking is, its different types, and the law around it.
- ✔ Explore the background, culture, and impact of spiking across society.
- ✔ Learn how to prevent spiking, create safe environments, identify incidents, and support those affected.
- ✔ Develop self-care practices to enhance personal wellbeing.



Stalking & Sexual Violence

Who is it for?

- All organisations and employees
- Students and young people

Delivery

- In-person or online

Prices from:

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£662** (2hrs)


Email training@sarsas.org.uk for bespoke training, licensing options, or any other questions.

Aim of the course

You'll learn what stalking is, how it intersects with sexual violence, and how to recognise and respond in a trauma-informed way.

Key learning objectives

- ✔ Learn the definition of stalking, the different types of stalkers, and relevant laws.
- ✔ Understand how stalking intersects with sexual violence.
- ✔ Explore the emotional, psychological, and social impact of stalking.
- ✔ Develop ways to support people experiencing stalking.



“I work within HR and it’s so useful to have a better understanding of consent and perhaps can apply this in future policies that might need changing or creating”

THE NELSON TRUST
(Understanding Sexual Violence)

Understanding Sexual Violence

Who is it for?

- All organisations and employees

Delivery:

- In-person or online

Prices from:

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£662** (2hrs)
- **£851** (3hrs)

Email training@sarsas.org.uk
for bespoke training, licensing options,
or any other questions.

Aim of the course

You’ll understand sexual violence as an umbrella term, covering rape, sexual abuse, and harassment (both online and in person) and explore its impact on individuals, families, and society.

Key learning objectives

- ✔ Understand what sexual violence is and its effects.
- ✔ Explore trauma and its impact on the brain, including common trauma responses.
- ✔ Understand what vicarious (secondary) trauma is and how to prevent it.
- ✔ Develop self-care practices to strengthen your own wellbeing and resilience.



Vicarious Trauma at Work

Who is it for?

- Professionals working with people who have experienced trauma
- HR professionals and managers supporting frontline teams

Delivery

- In-person or online

Prices from

Online (open group)

- **£40** + booking fee (2hrs)

Online/In-person (private group)

- **£662** (2hrs)

Email training@sarsas.org.uk for bespoke training, licensing options, or any other questions.

Aim of the course

You'll learn how working directly with trauma can affect professionals in help and support roles, as well as strategies to reduce and manage vicarious (secondary) trauma and its impact.

Key learning objectives

- ✓ Learn the differences between vicarious trauma, compassion fatigue and emotional burnout, and the impact they can have.
- ✓ Understand how to recognise the early signs and take steps to prevent them.
- ✓ Explore what personal and professional boundaries are, why they matter, and how to create and maintain them to protect wellbeing.
- ✓ Develop practical self-care strategies to strengthen wellbeing and sustain effective practice.

Meet our Trainer - Jade

My areas of expertise include sexual abuse, domestic abuse, stalking, risk assessment, and trauma informed practice.

Before joining SARSAS, I worked in the domestic abuse sector, initially providing direct support to victim/survivors and later designing and delivering training programmes.

My combined experience of frontline support work and training allows me to deliver engaging, practical and insightful sessions. I also have a Level 3 Certificate in Education & Training.

My passion is in creating social change by inspiring others, which I hope to expand on in my role here as Trainer at SARSAS!



JADE HAMILTON
(She/Her)
Trainer



Connect with me on [LinkedIn!](#)

My top reasons to train with us



1. We're specialists: with years of experience supporting survivors of sexual abuse, we bring a unique and empathetic perspective to our training, grounded in lived experiences and survivor-centred practices that inspire meaningful behaviour change.

2. We're trauma-informed: our expert facilitators create safe, inclusive learning spaces. Understanding the impact of trauma is key to ensuring participants leave our training with confidence to respond to disclosures in ways that truly support those affected.



3. Our training is evidence-based: our impactful programmes are rooted in research, focusing on what drives abuse, why it thrives in certain settings, and how to prevent it. Participants gain actionable skills and strategies to build safer, more inclusive spaces.

4. We offer bespoke options: every organisation is different and that's why, alongside our standard training packages, we also offer training solutions tailored to your unique needs and setting.



5. We have global reach: while we're a Bristol-based, south-west charity, we have extensive experience working with a wide range of employers – from small, family-run businesses to large global brands. Wherever you're based, we're here to help.



10%
Donor
Discount*

Continue your support

Fundraising helps us to support survivors of abuse and strive for a world without sexual violence.

Become a donor

Donate and receive a **10% discount** on our training.
Just visit: sarsas.org.uk/get-involved/donate

Be a fundraising superstar!

Whether bake sales, sponsored runs or hosting events are for you, contact fundraising@sarsas.org.uk to get involved!

Scan to sign up
to our training
[newsletter](#)



READY TO LEARN?

Email our Training Team to get started
on your learning adventure!

training@sarsas.org.uk

*Donors (anyone who has ever made a [financial donation](#) to us) receive a 10% discount.

SARSAS

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