

Training Summary

The Office of Human Rights and Equity (HRE) offers different training sessions on various topics. Below, you'll find tables with brief descriptions of our workshops. If you're still not sure which one to choose after consulting this list, please email us at humanrights@brocku.ca for help.

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Accessibility and Anti-Ableism Training

Training Name	Description
AODA and Human Rights	Brightspace modules open to all members of the University and a legal requirement for anyone who works, volunteers, or provides services on behalf of Brock University.
Understanding the AODA at Brock	A look at how the Accessibility for Ontarians with Disabilities Act (AODA) operates at Brock University.
Ableism 101	Introduction to Ableism: Explore impacts and practical strategies for fostering inclusion in this session, promoting awareness and advocacy.
Disability 101	Introduction to Disability.
Language and Representation	Understanding the language of Disability and Disability Representation in relation to evident and non-evident disabilities, including mental health.
Universal Design for Learning 101	Introduction to Universal Design for Learning.

Anti-Racism Training

Training Name	Description
Varsity Athletics Anti-Racism Training	Introduction to anti-racism and inclusion principles for varsity student-athletes
Unpacking the OUA Anti-Racism Report	Analysis of the OUA's 2021 anti-racism report
Anti-Black Racism in Athletics & Sport Management	Introduction into systemic discrimination faced by Black athletes, coaches, and administrators, exploring its historical roots and contemporary impacts.
Anti-Racism in Culture	This workshop offers an insightful exploration into anti-racism within cultural contexts
Anti-Racism in Education/Academia	Introduction to impact of racism within academic institutions, examining its manifestations in curriculum, policies, and classroom dynamics.
Anti-Racism in Business	Introduction to the ways systemic racism manifests within corporate structures, examining its impact on hiring practices, workplace culture, and decision-making processes.
Responding to allegations of racism in the workplace	This workshop provides essential guidance on effectively responding to allegations of racism within the workplace.
Racial Microaggressions	This workshop explores the subtle yet harmful ways in which racial biases manifest through everyday interactions.

Gender and Sexual Violence (GSV) Training

Training Name	Description
Consent and Disclosure	Defining consent and the many forms of gender-based and sexual violence (GSV). Exploring this in the context of a university setting and learning how to receive a disclosure of GSV and other forms of identity-based harm.
Power Imbalance	Understanding power imbalances in the university setting at it relates to the unique positioning of graduate students and understanding to navigate them as a graduate student in academia.
Grooming	Workshops about gender & sexual violence, grooming, its many forms, and spaces it can take place.
Indigenous Perspectives on GSV	Workshop about the foundational relationship between colonization and gender-based and sexual violence in Canada and the historical and ongoing impact on Indigenous peoples.
BIPOC Perspectives on GSV	Workshop about how gender and sexual violence affects BIPOC communities, racialized individuals, and the larger effects on society.
International Perspectives on GSV	Workshop reflecting on how gender & sexual violence affects multiple cultures, intercultural communication, and dating.
Masculinity and Sexual Violence	Workshop about the relationship between sexual violence and dominant forms of masculinity.
Equity, Intersections, and Trauma	Workshop about how trauma and violence affect people from various backgrounds, intergenerational trauma, and empathy when working with those who have been harmed.

Restorative Justice	Workshop about the restorative justice process, and how it's used at Brock.
2S&LGBTQ+ perspectives on GSV	Workshop about how gender & sexual violence affects 2SLGBTQIA+ communities in multiple ways.
Self-Care & Self-Regulation	Workshop about practicing self-care, self-regulation practices, and mindfulness. This workshop involves two components. A 30-minute Sakai online module, and a 1-hour Teams Seminar to discuss what you've learned in Sakai and engage in some experiential activities.
Anti-Ableist Perspectives on GSV	Workshop to learn about ableism, and how gender and sexual violence affects those who identify as disabled.
Healthy Intimate Partner Relationships	Coming soon...
Bystander Prevention	This workshop is to teach people the basics of bystander intervention and learn the importance of community care and responsibility. This workshop also teaches participants how to identify problematic behaviors and how to address them.
Fraternity and Sorority Training	Custom training for members of Fraternities and Sororities where we discuss, frat. and sorority culture in connection to rape culture, consent, bystander intervention and how to build safe spaces in Greek life.

Equity, Diversity, and Inclusion (EDI) Training

Training Name	Description
Human Rights at Brock	Introduction to Human Rights at Brock, including a review of policy and applicable legislation.
Introduction to Equity, Diversity & Inclusion	This workshop provides a foundational understanding of key concepts, theories, and practices essential for promoting EDI in various settings.

Social Justice Training

Training Name	Description
Anti-Oppression 101	This workshop explores Anti-Oppression 101 and is an introduction into the impact of systemic oppression on diverse communities. The workshop comprises a 30-minute module, followed by a 40-minute live Seminar to explore insights gained from the module and engage in interactive exercises.
Anti-Racism 101	This workshop explores Anti-Racism 101 and is an introduction to the different forms of racism and strategies to combat racism in our everyday lives. The workshop comprises a 30-minute module, followed by a 40-minute live Seminar to explore insights gained from the module and engage in interactive exercises.
Cultural Awareness and Competency	This workshop explores Cultural Awareness and Competency, the importance of being culturally inclusive within community spaces. The workshop comprises a 30-minute module, followed by a 40-minute live Seminar to explore insights gained from the module and engage in interactive exercises.
Implicit Bias	This workshop explores Implicit Bias, the impact bias has on our everyday thoughts, actions and behaviors. The workshop comprises a 30-minute module, followed by a 40-minute live

	Seminar to explore insights gained from the module and engage in interactive exercises.
Gender and Sexual Diversity	This workshop explores Gender and Sexual Diversity, delving into the different identities a part of the 2S&LGBTQ+ community, as well as tips to become more inclusive. The workshop comprises a 30-minute module, followed by a 40-minute live Seminar to explore insights gained from the module and engage in interactive exercises.
Intersectional Feminism	This workshop explores Intersectional Feminisms, exploring the history of feminism and the interconnectedness of gender, race, class, and other identities The workshop comprises a 30-minute module, followed by a 40-minute live Seminar to explore insights gained from the module and engage in interactive exercises.

General Information About HRE Programs & Services

Name	Description
General Information About All HRE Programs & Services	This session provides an overview of all programs and services offered by the Office of Human Rights and Equity (HRE). Participants will gain insight into a wide range of topics, including events, workshops, policies, and support services available through HRE. Attendees will leave with a comprehensive understanding of how HRE supports a culture of inclusivity and respect within the Brock community.
General Information About the Gender & Sexual Violence Program, Services & Resources	In this session, participants will learn about the Gender & Sexual Violence Program, along with the services and resources it offers. Attendees will explore avenues for seeking support, reporting incidents, and accessing confidential resources within the program.
General Information About the Student Justice Centre and Programs and Resources	This session introduces participants to the Student Justice Centre and its various programs and resources. Discussions may encompass community outreach initiatives, educational programs promoting social justice awareness, resources for advocating for marginalized groups, and events fostering dialogue and action on social justice issues.

