

# STANDUP

resources



## TRAINING CATALOG

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Anna Nasset is the owner of Stand Up Resources, which provides training on stalking, sexual assault, victim services, suicide awareness, workplace culture, bystander prevention and more.

Anna has been an on-going victim of stalking by a man she does not know for the last decade and turns her experience of sexual and psychological abuse into that of speaking, outreach, and activism. In 2019 the offender received the maximum sentence for aggravated felony stalking, ten years. With her newfound freedom, Anna now works to change the story, to stand up and speak up, to educate others on sex related crimes, trauma, victim impact, and empowerment. She is passionate about assisting first responders, victim service providers, and community members in protecting and serving stalking victims.

Anna is an international speaker, writer, podcaster, and designer. She works with law enforcement, victim service agencies, state and local agencies, the Department of Defense, universities, businesses, and organizations to be part of the solution. She is an authority on addressing stalking, sexual assault, suicide prevention, bystander intervention, navigating the criminal justice system, empathy, believability, the importance of multidisciplinary teams, and works to educate people on victim-centered practices. Anna addresses these complex subjects with her energetic nature and positive voice for change, awareness, and justice.

Anna is an associate board member with EVAWI, a collaborative partner with Difference Makers 10 Strong, and Appriss VINELink. She hosts a podcast, "The Mend" (sponsored by the Center for Crime Victim Services), which focuses on topics and services to support crime victims. She resides in the Green Mountains of Vermont with her 3-legged chihuahua Dolly Parton where she is also working on her first book.



### STALKED: Case Study

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 1-4 hours

Anna Nasset will present her insight as a victim of stalking for the last decade. Through the years, Anna has worked with countless service providers and community members, has successfully experienced prosecution and is currently still a victim of stalking. The offender is serving a 10 year prison sentence for the crime.

This incredibly unique and nuanced case study allows service providers and first responders to hear first-hand how victims navigate the world, the legal system and begin to build a new life. Participants will learn best practices when working with victims of crime. Anna's curates each training to her audience and will work with your organization on length, material and highlights.

STALKED can be provided as a case study, keynote, plenary, plenary panel, interactive presentation or break-out. In addition, her prosecuting attorney, a former judge from the case, law enforcement and advocate, are open to speaking as well.

### WHITE SUNGLASSES: Survivor Testimony

Audience: Communities, University Students, Military Bases, Businesses, Organizations, Victim Service Providers

Length: 1-2 hours

In this celebrated presentation Anna brings her energetic spirit to the stage and shares intimate pieces of her story to highlight the seriousness of stalking, childhood trauma, sexual assault, sexual harassment, mental health, and ultimately her road to resilience. She is open and transparent with her story, told through images of her life. Anna engages her audience to support one another and speaks directly to victims/survivors in the audience. Each attendee walks away claiming their own power and worth!

Presentations may be further customized to fit the needs of your audience.



## Keynote

Audience: Conferences, Victim Service Awards, Trainings, Special Events, Community Gatherings, Commencements

Length: 15 minutes – 1 hour

This dynamic, custom presentation allows Anna to bring her all to the stage, sharing her story while providing a space for discussion and empowering her audience. Each Keynote features the core message you are wanting to convey to your audience. Anna will build a speech that is sure to leave your audience ready to learn, eager to change and with renewed enthusiasm for the work that needs to be done.

She can also combine her skill of storytelling to bring a unique and real look at the impact of crime on victims through the power of story.

GET TO WORK: Workplace Culture & Care

Audience: ANYONE who has co-workers, colleagues, or employees. From the military to service industry this is for you!

Length: 1-3 hours

Creating a supportive culture in the workplace takes leadership and response from all members. This session looks out how we can effectively lead and create a place that is supportive for all. Looking at language and action through stories, exercises, and videos attendees will learn how to be stand-up in all aspects of their jobs. Additionally, we will spend some time looking at how each member of your staff or unit can identify that a colleague may be dealing with sexual assault, domestic violence, stalking, or depression.

recognizing the signs

Audience: SHARP/SARC/SAPR, Title IX, Faculty, Staff, Leadership

Length: 1-3 hours

This training looks at how we can look for the signs of gender based violence amongst the student population, co-workers, and units. Anna shares her own experiences with those who recognized that she was in danger or had experienced gender based violence and those who didn't see it and the damage it caused. Through tips, tools, stories, and conversation Anna gives practical advice and ideas that each staff and faculty member to can put into action on campus and in their own community.



#### TRAUMA CAKES: How Trauma Dictates our Lives

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 1-3 hours

Most likely you or someone you know has experienced some type of traumatic event or trauma during their lifetime. It is much more common than people realize. Everyone's experience of a traumatic event is different. The event is not what determines whether something is traumatic to someone, but the individual's experience of the event and the meaning they make of the event. Overcoming adversity and coping with such events is paramount to a sense of well-being and resilience. This training looks at how trauma can affect every aspect of a person's life and what you can do to support them. Through conversation, stories, and activities each participant will walk away better equipped to serve each person they work with!

#### NOW I SPEAK: Victim Impact Statements

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 90 minutes

Anna shares her own victim impact statement and breaks down how she created it, the people she worked with, and her thoughts behind it. Her impact statement led to one of the longest sentences in history for stalking and has been lauded by the Prosecuting Attorney and Judge on the case as the reason this sentence was given. She looks at other victim impact statements and shares the great import they serve for sentencing and healing.



SPEAK UP: Train-the-Trainer

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 1-8 hours

How many eye-rolls have you seen when you tell your staff or unit it is time for sexual harassment/violence training? Let's change that! Anna shares her tricks and tips to engage your audience to not only discuss these important topics but make sure each person walks away with doable actions and empowerment. She breaks down how to use language to speak to potential perpetrators and victim/survivors that may be in your sessions. Through conversation, video, and activities she engages you, so you can engage others!

JUST ASK ME: Working with Victims

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses

Length: 1-2 hour

Make a list of all the questions you've ever wanted to ask a victim regarding going through the criminal justice and legal process and bring them to this session! Even if you think it's offensive or triggering... bring them. Anna is completely transparent about her experience and offers insight to each attendee in her answers. She also walks attendees through a few highlights and lowlights of her experience and brings along some of the best questions she's ever been asked. This dialogue presentation will have you walking away with a new understanding and skill set.



STAND UP: Sexual Violence Prevention/  
Bystander Training

Audience: Communities, University Students, Military Bases, Businesses, Organizations, Victim Service Providers  
Length: 1-2 hours

Attendees are led through exercises and conversations that look deeper into consent, and appropriate behavior (especially around stalking) for all to look at their behavior. Participants are educated on how to be a bystander and assist those who have been sexually assaulted or who are being stalked. Anna also shares parts of her own story to highlight the effective bystanders in her life!

Attendees will walk away with a deeper understanding of stalking affects the victim on every level. Additionally, a tool kit of resources is provided to use for themselves or to help others.

OUR SILENCE: Suicide Awareness & Prevention

Audience: SHARP/SARC/SAPR, Law Enforcement, Advocates, Prosecuting Attorneys, Title IX & Campus Safety, Mental Health, Conferences, Criminal Justice Courses, University Students, Military Bases, Businesses  
Length: 1-3 hours

Through true stories, interactive conversations, videos, and dialogue; Anna engages professionals in the field, or general audiences on the importance of recognizing the signs of suicide and how to create a culture of prevention. She works to take away the stigma that conversations around suicide hold in our culture, while giving tools and tips for each attendee to walk away with.



Service Industry: Recognizing and Responding to  
Sexual Assault, Human Trafficking and Domestic  
Violence in the Service Industry

Audience: Resorts, Inns, Hotels, Restaurants, Bars  
Length: 1 – 4 hours

Having worked in the service industry off and on since she was 16 years old Anna knows it well! We want to think that each of our guests are safe and having a wonderful and consensual time, we all serve to please. But sadly, this is not always the case, statistics alone will show us that sexual assault, human trafficking, and other crimes are happening at our inns, restaurants, bars, and resorts every week. Through storytelling, facilitated conversation, statistics, exercises, and response Anna will teach attendees on how to recognize and respond to sexually related crimes that may take place at their businesses, and how to support your employees. Additionally Anna will give attendees tips and skills to empower their employees to safely serve guests while maintaining their agency and voice.

Attendees will learn how to:

- Addressing Human Trafficking
- Advocating for safety of your employees
- Responding to Sexual Assault
- Creating a culture of safety

This training session is curated to the location and clientele.





Solidarity Stones: Interactive Rock Painting

Audience: College Campus, Communities

Length: 1 – 6hours

This interactive session is activity based. Using rocks attendees will paint statements such as “I believe you,” “survivor,” “empowered,” or just decorate their rock. During the time that they are painting Anna is on hand to engage with participants, answer questions, and offer support to survivors. She will share parts of her own story and healing process. By having an activity to do, attendees are able to focus on Anna’s words while keeping their hands busy, this is a great learning technique for students and communities.

Attendees will learn how to:

- Stand up for survivors
- Start by Believing
- Responding to gender based violence
- Creating a culture of safety

This training session is curated to the location and clientele.