

# GREEN DOT INSTITUTE FOR HIGH SCHOOLS

March 12-15, 2019    Springfield, Virginia

## Summary

The Green Dot Strategy is an innovative approach to violence prevention. Green Dot harnesses the power of individual choices to shift social norms, resulting in broad-based culture change. Green Dot is based on a wealth of interdisciplinary research including violence against women, bystander intervention, diffusion of innovation theory, marketing, perpetration patterns, public health, and developmental psychology. Visit our website to learn more about the Green Dot [curriculum](#). The Green Dot Institute for High School is a 4-day training that enables adult professionals to implement the Green Dot Violence Prevention Strategy at a high school.

Components of the training include:

- A comprehensive review of the research and theories that inform the Green Dot Strategy
- Live demonstrations of the Green Dot curriculum
- A strategic planning session in which participants will create a Green Dot implementation plan

Attendees at the Green Dot Institute experience an interactive and personally challenging training that is designed to inspire renewed hope and a vision for a safer world. Once inspired, attendees will gain the knowledge and skills necessary to mobilize their high school communities to prevent bullying, dating violence, and sexual assault.

## High School Training Attendance Requirements:

To maximize the potential for real change in a high school, a team approach to Green Dot is required. If you are coming from a school that is already implementing Green Dot, you are welcome to attend the training solo or with other team members. If your school is new to Green Dot, we require a team of at least 3-5 adult professionals from your school, with a strong recommendation for teams of 5 or more. As you are deciding on the number of participants that will attend from your school, take into consideration the workloads and capacity of those you are inviting. An exception can be made if an individual is simply "scouting" the program to see if it would be a good fit for their school. If you attend to scout the program, you may not implement until additional members of your school/community are trained. As such, you will not be permitted to keep the curriculum manuals. One person cannot single-handedly create the sustained changes that an issue like power-based personal violence requires. We recommend that team members include not only designated prevention/intervention staff, but also others across the school like teachers, counselors and administrators. Finally, any participants from agencies outside of a high school are required to attend in partnership with a local high

school team. While off site agencies can provide much needed support and expertise, Green Dot is a school mobilizing effort and must be led from within the school.

## Register

- Training registration site: <http://alteristic.nonprofitsoapbox.com/gdishst>
- Early bird registration deadline: February 11, 2019
- Final registration deadline: February 21, 2019

## Where

Embassy Suites by Hilton Springfield  
8100 Loisdale Rd.  
Springfield, VA 22150

## Training Fees

In addition to registration, the training fee includes breakfast and lunch, an instructor's manual, a participant workbook, electronic copies of all materials needed to launch the Green Dot strategy, and ongoing technical assistance through monthly webinars and contact with Alteristic TA staff. At Green Dot, we are committed to making our training accessible for everyone who wants to implement the Green Dot Strategy in his or her community. As such, we offer need-based training scholarships. To inquire about scholarship opportunities, contact [info@alteristic.org](mailto:info@alteristic.org).

- 4-Day High School Training Early Bird Registration fee: \$1,450.00 (deadline February 11, 2019)
- 4-Day High School Training Regular Registration fee: \$1,750.00 (final deadline February 21, 2019)
- Group Registration fees are available for groups of 4 or more. \$1075.00 each (early bird discounts don't apply)

## Payment

The training fee is payable by check or credit card. Please note that the training fee does not include the cost of hotel stay. Please book your hotel stay directly with the hotel.

Please make all checks payable to Alteristic, Inc. **Along with your check, please provide the names of all registrants so that we may record their registration as paid. You can include it on either a separate sheet or on the memo line.** All checks are due by the registration deadline of February 21, 2019.

Mail checks to:  
Alteristic, Inc.  
c/o Salem Solomon  
7955 Cameron Brown Ct  
Springfield, VA 22153

## For More Information, Contact:

[info@alteristic.org](mailto:info@alteristic.org)

# 4-Day Professional Training Agenda for High Schools

## Day One

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|------------------|---|
| 7:30am – 8:30am  | Breakfast and Sign in   |
| 8:30am – 12:00pm | <p>Green Dot Introduction</p> <ul style="list-style-type: none"><li>• Overview of the Green Dot strategy.</li><li>• Overview of our work in violence prevention thus far.</li><li>• Overview of five steps to the strategy (Invite, Inspire, Engage, Strengthen, and Sustain).</li><li>• Introduce Step One: <i>INVITE</i> people to reconsider their role in prevention.</li><li>• What can we learn from the field of marketing/branding?</li></ul> |
| 12:00pm – 1:00pm | Lunch provided on site  |
| 1:00pm – 5:00pm  | <p>Step One: <i>INVITE</i> people to reconsider their role in prevention (continued)</p> <ul style="list-style-type: none"><li>• An in-depth look at key components of violence prevention work in the past several decades.</li><li>• Identifying key obstacles in our current efforts.</li><li>• Creating viable solutions and new directions in violence prevention efforts.</li><li>• Intro to adaptation.</li></ul>                              |

## Day Two

- |                  |   |
|------------------|---|
| 7:30am – 8:30am  | Breakfast and Sign in   |
| 8:30am – 12:00pm | <p>Introduce Step Two: <i>INSPIRE</i> people to believe things can be different and that their contribution matters</p> <ul style="list-style-type: none"><li>• Skills practice</li></ul> <p>Introduce Step Three: <i>ENGAGE</i> people in education that will equip them with the motivation, knowledge and skill they need to take action.</p> <ul style="list-style-type: none"><li>• Maximizing educator impact</li><li>• Skills practice</li></ul> |
| 12:00pm – 1:00pm | Lunch provided on site  |
| 1:00pm – 5:00pm  | <p>Green Dot Overview Practice</p> <ul style="list-style-type: none"><li>• An introduction to the Green Dot overview.</li><li>• Skills practice.</li></ul>  |

## Day Three

7:30am – 8:30am	Breakfast and Sign in
8:30am – 12:00pm	Green Dot Bystander Training
12:00pm – 1:00pm	Lunch provided on site
1:00pm – 3:30pm	Green Dot Bystander Training (continued)
3:30pm - 5:00pm	Green Dot Bystander Training Facilitation Notes
	Green Dot Bystander Training Facilitation Skills Practice

## Day Four

7:30am – 8:30am	Breakfast and Sign in
8:30am – 10:30am	Green Dot Bystander Training Facilitation Skills Practice (continued)
10:30am – 12:00pm	Introduce Step Four: <i>STRENGTHEN</i> new behaviors through reinforcement, practice and multiple exposures to key messages
	Introduce Step Five: <i>SUSTAIN</i> changes through integrating key messages into permanent infrastructure.
12:00pm – 1:00pm	Lunch provided on site
1:00pm – 5:00pm	Strategic Planning Session <ul style="list-style-type: none"> <li>• Pre-launch work: <ul style="list-style-type: none"> <li>○ Infrastructure</li> <li>○ Content adaptation and tailoring</li> <li>○ Developing key partnerships</li> </ul> </li> <li>• Implementation <ul style="list-style-type: none"> <li>○ Role Division, Key Stakeholder Relationships &amp; Buy-In</li> <li>○ Positive Brand Value</li> <li>○ Content Adaptation, Personalization &amp; Mastery</li> <li>○ Engagement of Cross Section of Teachers, Staff, Administrators</li> <li>○ Early Adopter Identification, Relationship-Building &amp; Personal Invitations</li> <li>○ Bystander Trainings</li> <li>○ Overview Talks</li> <li>○ Mobilization &amp; Sustainability</li> </ul> </li> </ul>

Next Steps / Q&A

## Frequently Asked Questions

**Q: Where is the Spring 2019 High School Institute occurring?**

A: The Institute is occurring at the:  
Embassy Suites by Hilton Springfield  
8100 Loisdale Rd.  
Springfield, VA 22150

**Q: Are there hotels nearby?**

A: You are responsible for making your own hotel arrangements at hotels nearby. There are several hotels driving distance from the venue:

- [Embassy Suites by Hilton Springfield](#) - 8100 Loisdale Rd, Springfield, VA 22150. [571\) 339-2000](#). This is the venue.
- [Hilton in Springfield](#) - 6550 Loisdale Rd, Springfield, VA 22150. 7 minutes via Loisdale Rd. [\(703\) 971-8900](#). Close to the mall, thus lots of food options.
- [Residence Inn Springfield Old Keene Mill](#) - 6412 Backlick Rd, Springfield, VA 22150. 9 minutes via Backlick Rd. [\(703\) 644-0020](#)
- [Homewood Suites by Hilton Springfield](#) - 7010 Old Keene Mill Rd, Springfield, VA 22150. 6 min via I-95 S. [\(703\) 866-6045](#)
- [Courtyard by Marriott Springfield](#) - 6710 Commerce St, Springfield, VA 22150. 9 minutes via Loisdale Rd. [\(703\) 924-7200](#)
- [SpringHill Suites Alexandria Old Town/Southwest](#) - 2950 Eisenhower Ave, Alexandria, VA 22314. 14 minutes via I-95 S. [\(703\) 317-0013](#)

**Courtesy Room Block**

The Embassy Suites by Hilton Springfield is holding 10 rooms on a courtesy basis. If you are interested, please visit [this page](#) on the hotel's website and enter **Group Code ATR**. Check-in is March 11 and check-out is March 15. If you desire dates other than the ones listed, please contact the hotel directly to revise them. You may also call 1-(800)-EMBASSY (362-2779) and give the **Group Code ATR**.

**Q: What airport should I fly into?**

A: *Raegan National Airport* - 2401 Smith Boulevard, Arlington, VA 22202. 25 minutes via I-95 S.  
*Dulles International Airport* - 1 Saarinen Cir, Dulles, VA 20166. 35 minutes (in good traffic) via capital beltway – also consider that it has toll roads.

**Q: What time constraints should I consider when booking my flights?**

A: The Institute starts on Tuesday (3/12/19) at 8:30am EST - a Monday arrival is suggested. It is also suggested that you do not book your return flight before 7:00pm on Friday (3/15/19) because the institute ends at 5:00pm and to become a Green Dot instructor, you must attend the full training. Please book your flight accordingly.

**Q: Will meals, snacks or coffee be provided?**

A: Breakfast, Lunch and snacks will be provided. However, dinner is on your own.

**Q: Is the meeting room wheelchair accessible?**

A: Yes, the venue is ADA accessible.

**Q: How long does the Institute last?**

A: The training will last four full days: 8:30am – 5:00pm, with one hour for lunch. To be certified, you must attend all days of training until 5:00 pm on the last day. Please be aware of this when booking your flight, as there are no exceptions.

**Q: What is the purpose of the Green Dot Institute?**

A: The purpose of this training is to prepare you to implement the Green Dot Strategy with your target community. It most benefits those who intend to use the strategy or those who are joining a team already implementing the strategy. Those who are unsure whether or not they will implement the Green Dot Strategy would be better served to contact us so we can set-up a call or webinar to help you learn more about the strategy and make the best, most informed decision for preventing violence with your target community.

**Q: What can I expect from the Institute?**

A: The Institute is an intensive training course in the Green Dot violence prevention strategy. At the Institute, we will rethink the ways we have traditionally engaged our high schools. We will take an in-depth look at the multi-disciplinary research on which Green Dot is founded, expanding our lens beyond the fields which have traditionally informed violence prevention strategies. We will cover every part of the Green Dot curriculum and strategy; from content to planning for implementation so that you leave prepared to assemble a Green Dot launch team at your institution. We'll cover a lot of material in our time together. We ask participants to engage in the training a bit differently than they might be used to, showing up as full human beings, not just as job titles, with a willingness to ask deep questions about how and why we do the work we do. The stakes of our collective work are high. The Institute is a place to help each of us collectively access more effective and efficient ways of preventing violence.

**Q: Are scholarships available?**

A: Yes, some need-based scholarships are available. To inquire about scholarship opportunities, please contact [info@alteristic.org](mailto:info@alteristic.org).

**Q: What is the dress code for the Institute?**

A: A: The dress code is casual; dress comfortably. A light jacket or sweater is recommended in the meeting rooms where the room temperatures tend to be cool.

**Q: What is Green Dot?**

A: The Green Dot etc. strategy is a comprehensive approach to violence prevention that capitalizes on the power of peer and cultural influence across all levels of the socio-ecological model. Informed by social change theory, the model targets all community members as potential bystanders, and seeks to engage them, through awareness, education, and skills-practice, in proactive behaviors that establish intolerance of violence as the norm, as well as reactive interventions in high-risk situations – resulting in the ultimate reduction of violence. To learn more, visit our [website](https://www.alteristic.org).

**Q: When is the next Green Dot Institute?**

A: We host Green Dot Institutes several times each year. As soon as we confirm dates for our next Institute, we'll post an announcement to our [website](https://www.alteristic.org) and [Facebook group](https://www.facebook.com/alteristic). To be added to our emailing list for announcements, contact [info@alteristic.org](mailto:info@alteristic.org)

**Q: What is the refund/cancellation policy?**

A: Refund If Cancelled By\*:

- February 7, 2019: \$1,450.00
- February 14, 2019: \$1,050.00

- February 21, 2019: \$975.00

*\*Reimbursement rates are based on full registration price. If you are granted a scholarship, your reimbursement will reflect the amount of your scholarship. If you need to cancel at any point, you may apply refundable amounts to a future GDI rather than receive reimbursement.*