# Course Offerings

DART provides practical, evidence-based violence-prevention and personal-safety training tailored to organizational and community needs. Courses are offered in person, via live Zoom, and through self-paced online modules, all emphasizing situational awareness, confidence building, and realistic skill development.

## WorkSmart Trainings

### 1. Verbal De-escalation Training (2 hours)

A customizable workshop that builds staff confidence and reduces workplace violence. Participants learn to:

- Identify the four elements of a Workplace Safety System.
- Apply situational awareness across key safety areas.
- Distinguish appropriate responses to verbal vs. physical escalation.
- Use levels of verbal de-escalation in realistic scenarios.

### 2. Enhanced Workplace Safety (4 hours)

Comprehensive training in addressing verbal escalation and basic physical abuse situations. Participants learn:

- Warning signs and pre-violent behaviors.
- DART's Crisis Response Model (CRM), Emotional Hill, and Matrix tools.
- Effective verbal defusing strategies.
- Situational awareness, body language, and paraverbal cues.
- Basic defensive responses (blocking, redirection, escapes).

### 3. Team Intervention (6 hours)

Participants learn foundational defensive skills and effective team intervention. Team control holds and takedowns are taught and practiced in realistic scenarios.


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### 4. Stalking Awareness & Personal Safety (4.5 hours)

An interactive session covering personal safety skills, stalking awareness and definitions, common stalker behaviors, and types. Participants learn safe, effective response options; how to seek help; and strategies that prioritize boundaries and risk reduction.

### 5. Train-the-Trainer Certification

Prepares selected employees to deliver DART's Verbal De-escalation Training internally. Organizations receive:

- Annual curriculum licensing.
- Flexibility to keep staff current.
- Periodic instructor evaluations and curriculum updates.

## Youth Violence Prevention

### 6. DateSmart (1 or 3 hours)

- Healthy Relationships & Teen Dating Violence Prevention
- Teaches skills to avoid dating violence and build healthy interpersonal relationships.
- Free for 7th – 8th grade classes (in Boulder or via Zoom)

## Personal Safety Training

### 7. Fight Back 101 (3 hours)

A practical self-defense and situational awareness class developed by senior black belts. Participants learn:

- What self-defense is and when it applies.
- How to read body language and nonverbal cues.
- Simple escapes from basic grabs and holds.
- Common sense prevention strategies and mistakes to avoid.

## Free Workplace Violence Safety Survey

A free assessment tool to evaluate workplace safety and policy effectiveness. Participants receive a 0–100% score, a downloadable PDF, and an emailed copy for sharing with colleagues or leadership.


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