



CYBERWOMEN

INSTITUTE FOR
WAR & PEACE REPORTING



Appendix

Example training agendas

**INSTITUTE FOR
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Example training agendas

- **Format:** Appendix

Although we are aware that the final content of a training session will be based on the diagnosis each trainer does of the group they will work with and we invite each trainer to adjust this session to better meeting the needs of the group, we do suggest a few options for what we think could be regular scenarios of trainings.

The example agendas below are organized by length (in days), and then by participant skill level. Other planning parameters will of course inform the ultimate design of your training; however, time is almost always the most critical:

How much time you have available ultimately determines how much content you can cover in a single workshop; this is furthermore determined by the collective skill level of the participants.

You're more likely to know how many hours or days are available to work with a group before knowing other factors, such as the venue, the number of participants, or their collective skill level.

Example Agendas for 1-Day to 1.5-Day Workshops

1.5-Day Introductory Workshop on Risk Assessment

Approximate Time Required: 10 hours

This training agenda was planned for a scenario involving a 1.5 day introductory digital security workshop, with a group of WHRDs or a women's collective, oriented primarily around general risk assessment. Ideally, the outcome of this workshop is that women participants can more easily identify their perceived risks, and can more clearly articulate their digital security needs.

This agenda includes sessions on basic digital security, self-care practices and techniques for documenting and responding to abuse or threats. For this scenario, a follow-up strategy would need to be crafted by the trainer to address the results of participants' risk assessment(s).

1. Exercise: The rules of the game¹ (Trust-building exercises²)
2. Exercise: Defenders bingo³ (Trust-building exercises⁴)
3. Session: Personal perceptions of security⁵ (Rethinking our relationship with technology⁶)
4. Exercise: Who do you trust?⁷ (Trust-building exercises⁸)
5. Session: Your rights, your technology⁹ (Rethinking our relationship with technology¹⁰)

¹<https://cyber-women.com/en/trust-building-exercises/the-rules-of-the-game/>

²<https://cyber-women.com/en/trust-building-exercises/>

³<https://cyber-women.com/en/trust-building-exercises/defenders-bingo/>

⁴<https://cyber-women.com/en/trust-building-exercises/>

⁵<https://cyber-women.com/en/rethinking-our-relationship-with-technology/personal-perceptions-of-security/>

⁶<https://cyber-women.com/en/rethinking-our-relationship-with-technology/>

⁷<https://cyber-women.com/en/trust-building-exercises/who-do-you-trust/>

⁸<https://cyber-women.com/en/trust-building-exercises/>

⁹<https://cyber-women.com/en/rethinking-our-relationship-with-technology/your-rights-your-technology/>

¹⁰<https://cyber-women.com/en/rethinking-our-relationship-with-technology/>

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6. Exercise: Gender-based risk model¹¹ (Determining the best solution¹²)
 7. Exercise: Building feminist self-care¹³ (Self-care¹⁴)
 8. Session: Building stronger passwords¹⁵ (Digital security basics 1¹⁶)
 9. Session: How to secure your computer¹⁷ (Digital security basics 1¹⁸)
 10. Session: Safe browsing¹⁹ (Digital security basics 1²⁰)
 11. Session: Privacy²¹ (Privacy²²)
 12. Session: Mobile phones 1²³ (Safer mobiles²⁴)
 13. Session: Let's start a documentation journal²⁵ (Online violence against women²⁶)
 14. Exercise: Feminist flowers²⁷ (Closing and review exercises²⁸)

1-Day Awareness Training for WHRDs Dealing with Online Harassment

Approximate Time Required: 5 hours

This training agenda was planned for a scenario involving a 1 day introductory digital security workshop with WHRDs who have just begun to deal with incidents of online harassment. Ideally, the outcome of this workshop

¹¹<https://cyber-women.com/en/determining-the-best-solution/gender-based-risk-model/>

¹²<https://cyber-women.com/en/determining-the-best-solution/>

¹³<https://cyber-women.com/en/self-care/building-feminist-self-care/>

¹⁴<https://cyber-women.com/en/self-care/>

¹⁵<https://cyber-women.com/en/digital-security-basics-1/building-stronger-passwords/>

¹⁶<https://cyber-women.com/en/digital-security-basics-1/>

¹⁷<https://cyber-women.com/en/digital-security-basics-1/how-to-secure-your-computer/>

¹⁸<https://cyber-women.com/en/digital-security-basics-1/>

¹⁹<https://cyber-women.com/en/digital-security-basics-1/safe-browsing/>

²⁰<https://cyber-women.com/en/digital-security-basics-1/>

²¹<https://cyber-women.com/en/privacy/privacy/>

²²<https://cyber-women.com/en/privacy/privacy/>

²³<https://cyber-women.com/en/safer-mobiles/mobile-phones-1/>

²⁴<https://cyber-women.com/en/safer-mobiles/>

²⁵<https://cyber-women.com/en/online-violence-against-women/lets-start-a-documentation-journal/>

²⁶<https://cyber-women.com/en/online-violence-against-women/>

²⁷<https://cyber-women.com/en/closing-and-review-exercises/feminist-flowers/>

²⁸<https://cyber-women.com/en/closing-and-review-exercises/>

is that women participants can more clearly articulate their digital security needs, and can more quickly identify warning signs or patterns of online gender-based violence.

This agenda includes sessions about defining safety and security on a personal level, basic digital security practices and recognizing patterns of abuse and harassment.

1. Exercise: The rules of the game²⁹ (Trust-building exercises³⁰)
2. Exercise: Tricky candy³¹ (Trust-building exercises³²)
3. Session: Personal perceptions of security³³ (Rethinking our relationship with technology³⁴)
4. Session: Building stronger passwords³⁵ (Digital security basics 1³⁶)
5. Exercise: Symbolic violence³⁷ (Online violence against women³⁸)
6. Exercise: Time to watch!³⁹ (Sexting⁴⁰)
7. Session: Sexting⁴¹ (Sexting⁴²)
8. Exercise: Our Reflection⁴³ (Self-care⁴⁴)

²⁹<https://cyber-women.com/en/trust-building-exercises/the-rules-of-the-game/>

³⁰<https://cyber-women.com/en/trust-building-exercises/>

³¹<https://cyber-women.com/en/trust-building-exercises/tricky-candy/>

³²<https://cyber-women.com/en/trust-building-exercises/>

³³<https://cyber-women.com/en/rethinking-our-relationship-with-technology/personal-perceptions-of-security/>

³⁴<https://cyber-women.com/en/rethinking-our-relationship-with-technology/>

³⁵<https://cyber-women.com/en/digital-security-basics-1/building-stronger-passwords/>

³⁶<https://cyber-women.com/en/digital-security-basics-1/>

³⁷<https://cyber-women.com/en/online-violence-against-women/symbolic-violence/>

³⁸<https://cyber-women.com/en/online-violence-against-women/>

³⁹<https://cyber-women.com/en/sexting/time-to-watch/>

⁴⁰<https://cyber-women.com/en/sexting/sexting/>

⁴¹<https://cyber-women.com/en/sexting/sexting/>

⁴²<https://cyber-women.com/en/sexting/sexting/>

⁴³<https://cyber-women.com/en/self-care/our-reflection/>

⁴⁴<https://cyber-women.com/en/self-care/>

1-Day Risk Assessment Training for WHRDs Dealing with Online Harassment

Approximate Time Required: 7 hours

This training agenda was planned for a scenario involving a 1 day workshop with WHRDs who are dealing with ongoing incidents of online harassment, and who need support developing security plans and response strategies. Ideally, the outcome of this workshop is that women participants can more clearly articulate their digital security needs, feel more in control of their personal risk environment, and are able to develop a responsive, context-specific security plan and protocol for themselves.

This agenda includes sessions about defining safety and security on a personal level, basic digital security practices and gender-based risk assessment.

1. Exercise: The rules of the game⁴⁵ (Trust-building exercises⁴⁶)
2. Session: Personal perceptions of security⁴⁷ (Rethinking our relationship with technology⁴⁸)
3. Exercise: Who do you trust?⁴⁹ (Trust-building exercises⁵⁰)
4. Exercise: Gender-based risk model⁵¹ (Determining the best solution⁵²)
5. Session: Privacy⁵³ (Privacy⁵⁴)
6. Exercise: Doxxing the Troll⁵⁵ (Online violence against women⁵⁶)

⁴⁵<https://cyber-women.com/en/trust-building-exercises/the-rules-of-the-game/>

⁴⁶<https://cyber-women.com/en/trust-building-exercises/>

⁴⁷<https://cyber-women.com/en/rethinking-our-relationship-with-technology/personal-perceptions-of-security/>

⁴⁸<https://cyber-women.com/en/rethinking-our-relationship-with-technology/>

⁴⁹<https://cyber-women.com/en/trust-building-exercises/who-do-you-trust/>

⁵⁰<https://cyber-women.com/en/trust-building-exercises/>

⁵¹<https://cyber-women.com/en/determining-the-best-solution/gender-based-risk-model/>

⁵²<https://cyber-women.com/en/determining-the-best-solution/>

⁵³<https://cyber-women.com/en/privacy/privacy/>

⁵⁴<https://cyber-women.com/en/privacy/privacy/>

⁵⁵<https://cyber-women.com/en/online-violence-against-women/doxxing-the-troll/>

⁵⁶<https://cyber-women.com/en/online-violence-against-women/>

7. Exercise: Building feminist self-care⁵⁷ (Self-care⁵⁸)

Example Agendas for 3-Day Workshops

3-Day Introductory-Level Training

Approximate Time Required: 15 hours

This training agenda is designed for a 3-day long workshop with beginner-level WHRDs who have not yet had a great deal of (or any) prior exposure to digital security practices. Introducing basic digital security and risk assessment practices, with an explicit parallel emphasis on self-care strategies, this training agenda would be appropriate for either an organizationally-focused workshop or a workshop for a mixed group of WHRDs from different collectives or countries within the same region.

Furthermore, this agenda will prepare the group for an intermediate level follow-up training (see 3-Day Intermediate-Level Training example below); however, it can also be used for a standalone workshop.

1. Exercise: The rules of the game⁵⁹ (Trust-building exercises⁶⁰)
2. Exercise: Defenders bingo⁶¹ (Trust-building exercises⁶²)
3. Session: Personal perceptions of security⁶³ (Rethinking our relationship with technology⁶⁴)
4. Exercise: Who do you trust?⁶⁵ (Trust-building exercises⁶⁶)

⁵⁷<https://cyber-women.com/en/self-care/building-feminist-self-care/>

⁵⁸<https://cyber-women.com/en/self-care/>

⁵⁹<https://cyber-women.com/en/trust-building-exercises/the-rules-of-the-game/>

⁶⁰<https://cyber-women.com/en/trust-building-exercises/>

⁶¹<https://cyber-women.com/en/trust-building-exercises/defenders-bingo/>

⁶²<https://cyber-women.com/en/trust-building-exercises/>

⁶³<https://cyber-women.com/en/rethinking-our-relationship-with-technology/personal-perceptions-of-security/>

⁶⁴<https://cyber-women.com/en/rethinking-our-relationship-with-technology/>

⁶⁵<https://cyber-women.com/en/trust-building-exercises/who-do-you-trust/>

⁶⁶<https://cyber-women.com/en/trust-building-exercises/>

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5. Session: Your rights, your technology⁶⁷ (Rethinking our relationship with technology⁶⁸)
 6. Session: How does the internet work?⁶⁹ (Digital security basics 1⁷⁰)
 7. Exercise: Feminist flowers⁷¹ (Closing and review exercises⁷²)
 8. Exercise: Gender-based risk model⁷³ (Determining the best solution⁷⁴)
 9. Exercise: The act of NO⁷⁵ (Self-Care⁷⁶)
 10. Session: Building stronger passwords⁷⁷ (Digital security basics 1⁷⁸)
 11. Session: Safe browsing⁷⁹ (Digital security basics 1⁸⁰)
 12. Session: Malware and viruses⁸¹ (Digital security basics 1⁸²)
 13. Exercise: Building feminist self-care⁸³ (Self-care⁸⁴)
 14. Session: How to secure your computer⁸⁵ (Digital security basics 1⁸⁶)
 15. Session: What does your metadata say about you?⁸⁷ (Safe online advocacy⁸⁸)

⁶⁷<https://cyber-women.com/en/rethinking-our-relationship-with-technology/your-rights-your-technology/>

⁶⁸<https://cyber-women.com/en/rethinking-our-relationship-with-technology/>

⁶⁹<https://cyber-women.com/en/digital-security-basics-1/how-does-the-internet-work/>

⁷⁰<https://cyber-women.com/en/digital-security-basics-1/>

⁷¹<https://cyber-women.com/en/closing-and-review-exercises/feminist-flowers/>

⁷²<https://cyber-women.com/en/closing-and-review-exercises/>

⁷³<https://cyber-women.com/en/determining-the-best-solution/gender-based-risk-model/>

⁷⁴<https://cyber-women.com/en/determining-the-best-solution/>

⁷⁵<https://cyber-women.com/en/self-care/the-act-of-no/>

⁷⁶<https://cyber-women.com/en/self-care/>

⁷⁷<https://cyber-women.com/en/digital-security-basics-1/building-stronger-passwords/>

⁷⁸<https://cyber-women.com/en/digital-security-basics-1/>

⁷⁹<https://cyber-women.com/en/digital-security-basics-1/safe-browsing/>

⁸⁰<https://cyber-women.com/en/digital-security-basics-1/>

⁸¹<https://cyber-women.com/en/digital-security-basics-1/malware-and-viruses/>

⁸²<https://cyber-women.com/en/digital-security-basics-1/>

⁸³<https://cyber-women.com/en/self-care/building-feminist-self-care/>

⁸⁴<https://cyber-women.com/en/self-care/>

⁸⁵<https://cyber-women.com/en/digital-security-basics-1/how-to-secure-your-computer/>

⁸⁶<https://cyber-women.com/en/digital-security-basics-1/>

⁸⁷<https://cyber-women.com/en/safe-online-advocacy/what-does-your-metadata-say-about-you/>

⁸⁸<https://cyber-women.com/en/safe-online-advocacy/>

16. Exercise: Marco Polo⁸⁹ (Safer Mobiles⁹⁰)
17. Session: Mobile phones 1⁹¹ (Safer Mobiles⁹²)
18. Session: Networked publics⁹³ (Privacy⁹⁴)
19. Session: Privacy⁹⁵ (Privacy⁹⁶)
20. Session: Let's start a documentation journal!⁹⁷ (Online violence against women⁹⁸)

3-Day Intermediate-Level Training

Approximate Time Required: 15 hours

This training agenda is designed for a 3-day long workshop with WHRDs who have already had a more introductory level training (see 3-Day Intermediate-Level Training example above) and is intended to be offered as a follow-up. It is considerably more technical in nature than the introductory-level agenda, focusing on practical applications of digital security concepts as well as critical thinking skills for informed decision making on tool use. It also goes more into depth on topics such as women and technology, privacy, encryption and anonymity.

If working with participants from the same organization, this training will also provide them with strategic approaches to begin sharing their knowledge with others at their organization, including designing organization security plans and protocols.

⁸⁹<https://cyber-women.com/en/safer-mobiles/marco-polo/>

⁹⁰<https://cyber-women.com/en/safer-mobiles/>

⁹¹<https://cyber-women.com/en/safer-mobiles/mobile-phones-1/>

⁹²<https://cyber-women.com/en/safer-mobiles/>

⁹³<https://cyber-women.com/en/privacy/networked-publics/>

⁹⁴<https://cyber-women.com/en/privacy/privacy/>

⁹⁵<https://cyber-women.com/en/privacy/privacy/>

⁹⁶<https://cyber-women.com/en/privacy/privacy/>

⁹⁷<https://cyber-women.com/en/online-violence-against-women/lets-start-a-documentation-journal/>

⁹⁸<https://cyber-women.com/en/online-violence-against-women/>

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1. Exercise: Tricky candy⁹⁹ (Trust-building exercises¹⁰⁰)
 2. Exercise: I decide¹⁰¹ (Determining the best solution¹⁰²)
 3. Session: Her-story of technology¹⁰³ (Rethinking our relationship with technology¹⁰⁴)
 4. Exercise: Ask me anything!¹⁰⁵ (Privacy¹⁰⁶)
 5. Session: Apps and online platforms: friend or foe?¹⁰⁷ (Privacy¹⁰⁸)
 6. Session: Safe online campaigning¹⁰⁹ (Safe online advocacy¹¹⁰)
 7. Session: Mobile phones 2¹¹¹ (Digital security basics 1¹¹²)
 8. Session: Introduction to encryption¹¹³ (Encryption¹¹⁴)
 9. Session: Encrypted communication¹¹⁵ (Encryption¹¹⁶)
 10. Exercise: The cauldron¹¹⁷ (Closing and review exercises¹¹⁸)
 11. Session: Storage and encryption¹¹⁹ (Digital security basics 2¹²⁰)
 12. Exercise: Secret friend¹²¹ (Anonymity¹²²)

⁹⁹<https://cyber-women.com/en/trust-building-exercises/tricky-candy/>

¹⁰⁰<https://cyber-women.com/en/trust-building-exercises/>

¹⁰¹<https://cyber-women.com/en/determining-the-best-solution/i-decide/>

¹⁰²<https://cyber-women.com/en/determining-the-best-solution/>

¹⁰³<https://cyber-women.com/en/rethinking-our-relationship-with-technology/herstory-of-technology/>

¹⁰⁴<https://cyber-women.com/en/rethinking-our-relationship-with-technology/>

¹⁰⁵<https://cyber-women.com/en/privacy/ask-me-anything/>

¹⁰⁶<https://cyber-women.com/en/privacy/privacy/>

¹⁰⁷<https://cyber-women.com/en/privacy/apps-and-online-platforms-friend-or-foe/>

¹⁰⁸<https://cyber-women.com/en/privacy/privacy/>

¹⁰⁹<https://cyber-women.com/en/safe-online-advocacy/safe-online-campaigns/>

¹¹⁰<https://cyber-women.com/en/safe-online-advocacy/>

¹¹¹<https://cyber-women.com/en/safer-mobiles/mobile-phones-2/>

¹¹²<https://cyber-women.com/en/digital-security-basics-1/>

¹¹³<https://cyber-women.com/en/encryption/introduction-to-encryption/>

¹¹⁴<https://cyber-women.com/en/encryption/>

¹¹⁵<https://cyber-women.com/en/encryption/encrypted-communication/>

¹¹⁶<https://cyber-women.com/en/encryption/>

¹¹⁷<https://cyber-women.com/en/closing-and-review-exercises/the-cauldron/>

¹¹⁸<https://cyber-women.com/en/closing-and-review-exercises/>

¹¹⁹<https://cyber-women.com/en/digital-security-basics-2/storage-and-encryption/>

¹²⁰<https://cyber-women.com/en/digital-security-basics-2/>

¹²¹<https://cyber-women.com/en/anonymity/secret-friend/>

¹²²<https://cyber-women.com/en/anonymity/anonymity/>

13. Session: Anonymity¹²³ (Anonymity¹²⁴)
14. Session: Digital security decisions¹²⁵ (Determining the best solution¹²⁶)
15. Session: Organizational security plans and protocols¹²⁷ (Planning ahead¹²⁸)
16. Exercise: Love Letter to Myself¹²⁹ (Self-care¹³⁰)

3-Day Advanced-Level Training

Approximate Time Required: 12 hours

This training agenda is designed for a 3-day long workshop with WHRDs who have already progressed through introductory and intermediate-level trainings (see prior examples) and are ready for more advanced-level experience.

This workshop – more tactical in nature than the previous trainings - focuses less on leveraging conceptual knowledge into development of practices for specific tools, and more on real world scenario-based applications of critical thinking and decision making skills (which also allows you, as the trainer, to more comprehensively assess the overall progress of the group).

1. Exercise: Charades¹³¹ (Closing and review exercises¹³²)
2. Session: Safer websites¹³³ (Safe online advocacy¹³⁴)

¹²³<https://cyber-women.com/en/anonymity/anonymity/>

¹²⁴<https://cyber-women.com/en/anonymity/anonymity/>

¹²⁵<https://cyber-women.com/en/determining-the-best-solution/digital-security-decisions/>

¹²⁶<https://cyber-women.com/en/determining-the-best-solution/>

¹²⁷<https://cyber-women.com/en/planning-ahead/organizational-security-plans-and-protocols/>

¹²⁸<https://cyber-women.com/en/planning-ahead/>

¹²⁹<https://cyber-women.com/en/self-care/love-letter-to-myself/>

¹³⁰<https://cyber-women.com/en/self-care/>

¹³¹<https://cyber-women.com/en/closing-and-review-exercises/charades/>

¹³²<https://cyber-women.com/en/closing-and-review-exercises/>

¹³³<https://cyber-women.com/en/safe-online-advocacy/safer-websites/>

¹³⁴<https://cyber-women.com/en/safe-online-advocacy/>

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3. Exercise: More online identities!¹³⁵ (Anonymity¹³⁶)
 4. Session: Let's reset!¹³⁷ (Digital security basics 2¹³⁸)
 5. Exercise: Doxxing the troll¹³⁹ (Online violence against women¹⁴⁰)
 6. Session: Digital security plans and protocols: post-training replication¹⁴¹ (Planning ahead¹⁴²)
 7. Exercise: The loving touch¹⁴³ (Self-care¹⁴⁴)
 8. Exercise: DigiSec rally¹⁴⁵ (Closing and review exercises¹⁴⁶)

¹³⁵<https://cyber-women.com/en/anonymity/more-online-identities/>

¹³⁶<https://cyber-women.com/en/anonymity/anonymity/>

¹³⁷<https://cyber-women.com/en/digital-security-basics-2/lets-reset/>

¹³⁸<https://cyber-women.com/en/digital-security-basics-2/>

¹³⁹<https://cyber-women.com/en/online-violence-against-women/doxxing-the-troll/>

¹⁴⁰<https://cyber-women.com/en/online-violence-against-women/>

¹⁴¹<https://cyber-women.com/en/planning-ahead/digital-security-plans-and-protocols-post-training-replication/>

¹⁴²<https://cyber-women.com/en/planning-ahead/>

¹⁴³<https://cyber-women.com/en/self-care/the-loving-touch/>

¹⁴⁴<https://cyber-women.com/en/self-care/>

¹⁴⁵<https://cyber-women.com/en/closing-and-review-exercises/digisec-rally/>

¹⁴⁶<https://cyber-women.com/en/closing-and-review-exercises/>