

Blue Courage – Police Culture

Facilitator Guide

Session Overview

Introduction & Learning Objectives	10m
MEDIA – Police Culture Video	10m
Discussion – How Policing Changes Us	20m
MEDIA - NCIS “Good Cop” Video	10m
Break	10m
GROUP EXERCISE – Healthy vs. Unhealthy Aspects	10m
Discussion – What is Culture?	10m
Discussion – Two Types of Culture	10m
Discussion – Changing Culture	10m
EXERCISE – Reflection & Commitment	10m
End of Session / Break	10m

Total Session Time: 2 hours**Main Topics of Session:**

- *Police Culture*
- *How Culture Affects Us*
- *Healthy vs. Unhealthy Aspects of Police Work*
- *Changing Culture*

Facilitators Needed: 1 (TAC)**Location: Classroom****Materials Needed:**

- *PowerPoint – Blue Courage Police Culture*
- *Blue Courage Facilitator Guide*
- *Blue Courage DVD*

Students Should Already Have:

- *Blue Courage Participant Guide*

References:

- *“Emotional Survival” by Kevin Gilmartin*



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**NOTE TO FACILITATOR**

This class is instructed using the Blue Courage Facilitator Guide and associated materials. Be sure to review the materials and notes in advance.

**BREAK/END OF SESSION**