Sexual violence can cause many long-lasting, traumatic impacts that affect survivors AND those who care about them.

- Physical
- Sexual & Reproductive
- Mental & Emotional
- Behavioral
- Social
- Economic (individual and societal)
Survivors of Sexual Trauma are:

- 3 times more likely to suffer from depression
- 6 times more likely to suffer from post-traumatic stress disorder (PTSD)
- 13 times more likely to abuse alcohol
- 26 times more likely to abuse drugs
- 4 times more likely to contemplate suicide

Sexual Assault:

A non-legal umbrella term that encompasses multiple forms of sexual violation.
There are 237,868 victims (age 12 or older) of rape and sexual assault each year in the U.S.

That’s one sexual assault every two minutes.

-Source: U.S. Department of Justice's National Crime Victimization Survey
In 14,000 of 26,000 reported sexual assaults in the military in 2012, the victims were men.

Source: U.S. Dept. of Defense Sexual Assault Prevention and Response
“Men develop PTSD from sexual assault at nearly twice the rate they do from combat.”

- “Son, Men Don’t Get Raped,” GQ Magazine, September 2014
Rape:

“The penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim.”

Source: U.S. Department of Justice
1 in 5 women will experience rape or attempted rape in their lifetime.

“I tried to push him away, I said ‘No!’ and ‘Get off’ multiple times, but he was much stronger and suddenly I found my hands pinned behind my back and a forearm crushing my neck and for a few minutes I found it hard to breathe. I was 22, far from home, scared, and shocked and so at some point I just stopped kicking and let him finish…

When a man who is much stronger than you holds you down (Hey baby don’t fight, you know you want it) and forces your legs open the violence and power of those movements is horrifically violating and utterly disempowering.”

- Rape survivor (female)
“I feel a mixture of physical and emotional pain, the sense of the crossing of boundaries which shouldn’t be crossed. Someone has crossed the boundary of my skin and stolen the basis of my identity, my ability to control my body...I feel like nothing more than a rag for someone to come in. I think over and over, ‘How could I have let this happen?’”

- Rape survivor (male)
1 in 71 men will experience rape in their lifetime.

1 in 21 men will be “made to penetrate” someone in their lifetime.

-Source: Centers for Disease Control, *The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report*
Video: “Male Rape is Real”
The Continuum of Sexual Violence

As the continuum shifts to the right, the level of violence increases.

<table>
<thead>
<tr>
<th>The Behavior</th>
<th>The Crime</th>
<th>The Impacts</th>
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<tbody>
<tr>
<td>nonconsensual sexual comments</td>
<td>nonconsensual flashing</td>
<td>nonconsensual peeping; harassing calls, texts, emails</td>
</tr>
<tr>
<td>nonconsensual touching, fondling, groping or grabbing</td>
<td>nonconsensual penetration (oral/anal/vaginal) “made to penetrate”</td>
<td>nonconsensual sex work</td>
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<tr>
<td>HARASSMENT</td>
<td>OBSCENITY</td>
<td>VOYEURISM STALKING CYBERSTALKING</td>
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<td>BATTERY SEXUAL BATTERY</td>
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<td>SEX TRAFFICKING</td>
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<td>ASHAMED</td>
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<td>FRUSTRATED</td>
<td>SHOCKED</td>
<td>OVERWHELMED</td>
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</table>
Sexual Violence:

Any sexual act that is perpetrated against someone's will.

Sexual violence is a form of power-based violence.
Nearly 1 in 2 women and 1 in 5 men have experienced sexual violence victimization other than rape at some point in their lives.

-Source: U.S. Centers for Disease Control and Prevention’s National Intimate Partner and Sexual Violence Survey (NISVS)
Sexual violence occurs at epidemic levels.
What *barriers* do survivors face to speaking out?
We cause survivors to feel

- **Shame** for being a victim
- **Blame** for the violence someone else committed against them
- **Afraid** of not being believed
- **Afraid** of being judged for their actions
- **Afraid** of negative consequences

Offenders often **intimidate and threaten** their victims into staying silent.

Survivors may feel a **sense of loyalty to the abuser/offender**.
“As long as we collectively continue to perpetuate a culture in which survivors do not feel safe to report, offenders will go free and continue committing rape and other forms of sexual violence against more victims.”

-STAR, “We want a community that supports survivors and holds offenders accountable”
Stranger vs. Acquaintance

“The reality of sexual violence is much more complex than the mythology. Stranger rapes occur with alarming frequency, and can terrorize an entire populace—especially women. But they constitute only about 20 percent of cases. Most sexual violence happens between people who know each other...The perpetrators can be family members or friends of their victims. They are often ‘nice guys’ whom no one would suspect.”

“The intoxicated victim left a drinking party with four football players over the protests of her friends. They went to a second party where the victim vomited and appeared ‘out of it.’ The same group left after about 20 minutes, and headed to the home of one of the witnesses. In the backseat of the car during the 15-minute trip, her shirt was removed and Trent Mays digitally penetrated the victim’s vagina and exposed her breasts while his friends filmed and photographed her...
In the basement of the house, Mays attempted to orally rape the victim by forcing his penis into her mouth. Now unconscious, she was stripped naked and the second accused, Ma'lik Richmond, also digitally penetrated the victim's vagina. She was again photographed. Three witnesses took the photos back to the second party and shared them with friends.”

Source: "Steubenville ‘Rape Crew’ Probable Cause Transcript". Scribd.com
Song of the night is definitely Rape Me by Nirvana
"Gang rape is a group experience between men who use a woman's body as a vehicle for homosocial enactment. The woman is completely objectified and dehumanized. They're not thinking about the woman as a person or a human being. The men are thinking about themselves and their relationship to each other, and the rape becomes a way to prove their manhood to each other."

-Byron Hurt, author and filmmaker
“It is obvious that the two offenders saw the victim as some one that could be treated as a thing. This is not about sex, it is about power and control. I guess that is what I am getting at. Sex was probably not the hardest thing for the two to get, so that wasn’t the objective. When you hear the jokes being made during the crime, it is the purest contempt.”

-Henry Rollins
(excerpt from an essay about the Steubenville Ohio rape case)
Sexual Object
A person who is viewed as a “target,” something to be “had” or as a pawn in someone else’s game.

Sexual Subject
A person who decides when, where, and with whom s/he engages in sexual activity. An active, free, conscious participant.
“Everything that has happened in Steubenville has been very difficult — very, very sad — and very tragic. But let me be clear — this is not just a Steubenville problem. This is a societal problem. What happened here is shocking, and it is appalling. But what’s even more shocking and appalling is that crimes of sexual assault are occurring every Friday night and every Saturday night in big and small communities all across this country. And there comes a point, where we must say, ‘Enough! This has to stop!’…

Rape is not a recreational activity. We, as a society, have an obligation to do more to educate our young people about rape. They need to know it is a horrible crime of violence. And it is simply not ok.”

- Mike DeWine, Ohio Attorney General
CONSENT:
Voluntary, positive agreement between participants to engage in specific sexual activities.

Consent is voluntary, sober, enthusiastic, continual, and verbal.
Legal Consent
Both participants are at or above legal age. Both people have the mental capacity to consent. Both participants agreed to take part.

Enthusiastic Consent
The prior conditions of consent are met + there is the presence of an enthusiastic, freely-given “YES!” (not just the absence of a “no”).
If a person is drunk, asleep, or incapacitated due to consumption of alcohol or drugs, he or she is unable to consent to sexual activity.
"It's on all of us to change the culture that asks the wrong questions."

- Vice-President Joe Biden, Sept. 19, 2014
“What did she expect, getting that drunk?”
“What was she thinking, going out dressed like that?”

“You know what I expect will happen when I’m dressed like a slut? People will want to get with me. You know what I don’t mean when I dress like a slut? That anyone I encounter can literally do anything at all they want to me.”

-Jaclyn Friedman, activist & author speaking at a SlutWalk rally in Boston
“What was she thinking, going out dressed like that?”

In countries where women’s dress is severely policed, **rape is still an epidemic**.

What’s your excuse now?
“She should have known better.”

“What was she thinking?”

“Why didn’t he stand up for himself? I’d never let that happen to me.”
Victim blame \(\rightarrow\) Victim shame

Shame is an inhibitor of positive development and growth.

Recovery (and prevention!) are possible with supportive response.
Survivor’s needs include…

**REGAINING CONTROL**
Empower and allow them to make their own decisions.

**SAFETY & SECURITY**
“Do you feel safe? What would help you feel safe?”

**UNDERSTANDING & VALIDATION**
“I’m sorry that happened. This is NOT your fault.”
“You’re having a normal reaction to this situation.”

**SUPPORT**
“What do you need from me right now?”
“How can I support you right now?”
Survivors also need...

TIME
Recovery does not happen over night, and the recovery process is non-linear.

SYSTEMS OF SUPPORT
Recovery doesn’t happen alone. Survivors need support and can often benefit from counseling.

Share resources & promote help-seeking behaviors.

Beyond individual support, we are all responsible for the systems that oppress and re-traumatize survivors.
PREVENTION
Primary Prevention

A systematic process that promotes healthy environments and behaviors and reduces the likelihood of an incident of sexual trauma before it occurs in the first place.

Prevention = reducing prevalence
It is possible to reduce the overall prevalence of rape and other forms of sexual violence in society.
Primary Prevention vs. Risk Reduction
Risk Reduction

**Focused on** helping individuals gain skills to reduce their risk for being victims of sexual violence and changing behaviors that might put them at risk.

**Not focused on** addressing the root causes or the risk factors of sexual violence. Makes the potential victim responsible for their own safety without making the community responsible for changing the factors that lead to sexual violence and without helping potential perpetrators change.
PREVENTION = CULTURE CHANGE
We must advocate safety and support for victims, and accountability for offenders.

Victim blaming happens when people confuse these two principles by advocating accountability for victims and safety and support for offenders.
BLAMING RAPE SURVIVORS

YOU ARE NOT ALONE
WE ARE LISTENING
IT’S NOT YOUR FAULT
WE BELIEVE YOU

I FELT ISOLATED
I FELT SILENCED
I WAS BLAMED
I DOUBTED MYSELF

SUPPORTING RAPE SURVIVORS

WHICH CULTURE DO YOU WANT TO LIVE IN?
#supportsurvivors

STAR
SEXUAL TRAUMA
AWARENESS & RESPONSE

8281 Goodwood Blvd, STE 1-2 Baton Rouge, LA 70806 ★ 24/7 hotline: (225) 383-RAPE ★ www.brstar.org
Video: “Everyday Sexism”
Video: A Call to Men
Keys to Creating Change

- Increasing understanding of sexual violence
- Increasing understanding of prevention
- Promoting consent and respect for boundaries
- Supporting survivors
- Holding offenders accountable