

Sexual Assault *40-hour* Advocacy Training

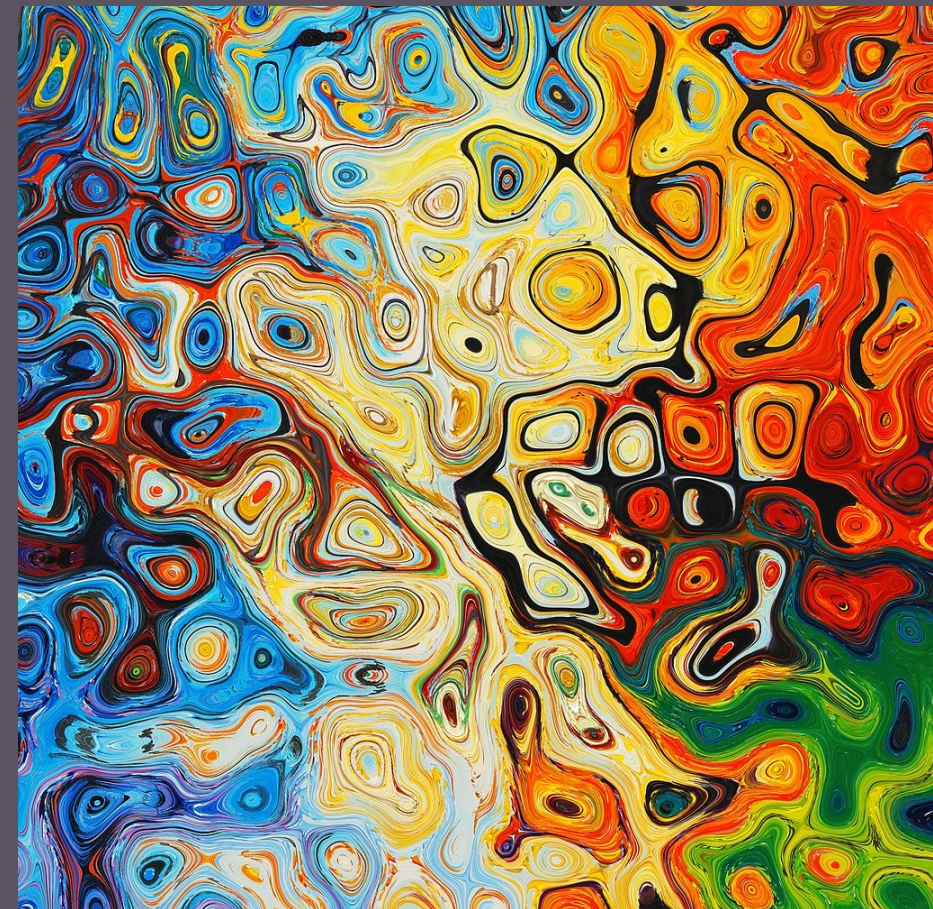
Seminar 101: Session 1 Core Sexual Assault Services & the Effects and Impact of Sexual Assault

Presenter:

Dilworth Ricks, Culturally Specific Victim Service Advocate

Our House Inc.

August 27, 2020



Objectives:

- ★ To define sexual assault and explain its history.
- ★ To discuss five (5) core services and three (3) enhanced Sexual Assault Services, including goals and activities.
- ★ To explore the effects of sexual assault and the impact it has on its victims.

Learning Outcomes

At the end of this track.....

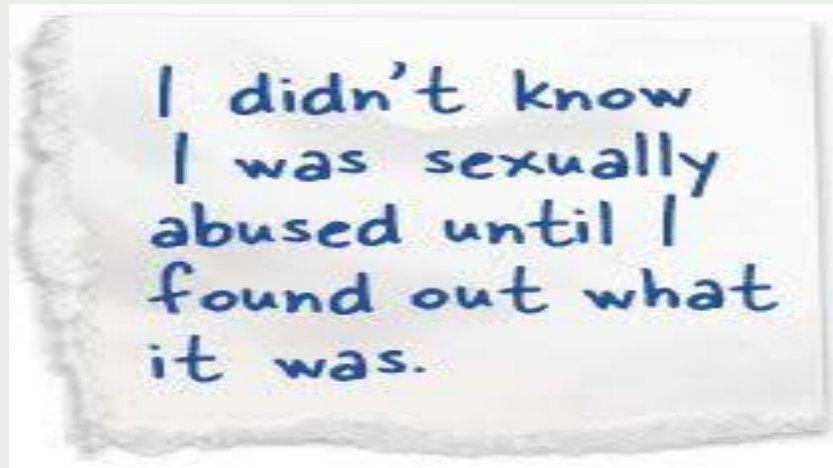
- ★ Your knowledge regarding the rape culture and its effects on the survivor will be enhanced.
- ★ You will also learn how to help survivors manage their traumatic experience(s), with the right help.



Let's get started!

What is sexual assault?

Test your knowledge

A piece of white paper with a torn left edge, containing handwritten text in blue ink. The text is arranged in five lines.

I didn't know
I was sexually
abused until I
found out what
it was.

Sexual assault is defined as “any type of sexual contact or behavior that occurs without the explicit consent of the recipient.”

- **Rape:** Forced sexual contact with someone who does not or cannot consent.
- **Attempted rape:** An unsuccessful effort to have forced sexual contact without consent.
- **Child molestation:** Any sexual contact with a child.
- **Fondling:** touching the private body parts of an individual without consent.
- **Incest:** Sexual contact between family members who are too closely related to marry.

- **Sexual harassment:** Unwelcome sexual advances, requests for sexual favors, other verbal, visual, or physical conduct of a sexual nature; sexual innuendo; offensive jokes; and repeated unwanted invitations.
- **Stalking:** Following and unexpectedly showing up to track an individual, threaten, or cause fear.
- **Sexual Abuse:** the sexual assault of children or other instances of ongoing sexual assault perpetrated by a person in a position of trust or intimacy.
- **Cyberstalking:** Electronically mail or electronically communicate to another repeatedly, whether or not conversation ensues, to threaten, terrify or harass.

- **Same Sex Sexual Assault:** When the victim and the perpetrator are of the same gender.
- **Forcible Sodomy:** Forcible sexual contact with the mouth and the anus.
- **Obscene Electronic Communications:** Any comment, request, suggestion or proposal by means of telecommunication or electronic communication which is obscene, lewd or lascivious with intent to abuse, threaten or harass any party to a telephone conversation, telecommunication or electronic communication.
- **Dating Violence:** A pattern of abusive and coercive behaviors used to maintain power and control over a former or current intimate partner.

Who are the SURVIVORS?



A word cloud containing the following terms: White, Abused, Depressed, Gay, Women, Girls, Poor, Men, Citizen, Boys, Black, Hispanic, Confused, Foreign, Wealthy, anyone, and Transgender. The word 'anyone' is the largest and most prominent in the center.

Sexual assault is a crime of violence and can happen to anyone at any time.

Who are the SURVIVORS?



A word cloud containing the following terms: White, Abused, Depressed, Gay, Women, Girls, Poor, Men, Citizen, Boys, Black, Hispanic, Confused, Foreign, Wealthy, anyone, and Transgender. The word 'anyone' is the largest and most prominent in the center.

There are no boundaries of distinction as it crosses age, ethnic, gender and racial lines.

SEXUAL
ASSAULT

STORY

Ancient Times

Acceptable practice in some cultures for men to rape women.

When a man wanted a woman to become his wife, he would rape her and take her home.



From this type of behavior, evolved.....

Rape Culture

Accepts and supports men's use of violence against women



There are multiple men in entertainment, media and politics in the U.S. and beyond that have faced allegations of sexual misconduct in recent years.

<https://www.mcall.com/entertainment/mc-pictures-celebrities-accused-sex-misconduct-20171129-photogallery.html>

Are there any famous people in recent years whose cases may have surprised you or changed the way you think about sexual assault?

Rape is a socially learned violent behavior that operates within a larger context.



Ideas

Gender Roles

Conditioning

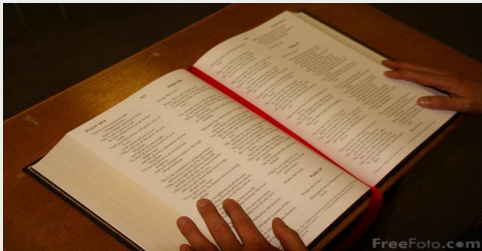
Customs

Media

Institutions

Have influenced the development and acceptance of male sexual violence.

In the South
there exists
the
“Bible Belt”
culture



This culture favors words from the Bible to define the roles of the male and female in a marriage.

It gives men permission to misuse and exploit their roles to dominate women, expecting complete submission.

From this perception, the “Bible Belt” culture promotes and encourages male privilege.

Male privilege is the impression that social, economic, and political advantages or rights are made available to men solely because of their sex; thus, staging the breeding ground for sexual violence.

The Washing Machine Story



Let's
Discuss
Video



CORE SERVICES

Service	Goal	Activities
24-Hour Hotline: Telephone hotline services that are available 24/7.	Provide immediate assistance to caller.	Active listening, address immediate needs, manage coping skills, provide emotional support.
Information and Referral: Timely response to requests for information and assistance related to sexual violence.	Provide the person with specialized sexual violence related information and resources.	Referrals to other service providers to support survivors (e.g. therapists, housing, legal assistance, etc.)
Crisis Intervention: Timely response to victim in a crisis of sexual violence to address immediate needs.	Reduce the level of trauma by strengthening coping skills.	Empathic listening, address safety concerns, reactions to trauma, explore immediate needs and options.
Advocacy/ Accompaniment: In-person personal support and acting on behalf of victims.	Provide support, services and knowledge through relevant systems and providers.	Educate and accompany through the medical and justice system and assist in making informed decisions.
Community Awareness/ Outreach: Inform public about sexual violence, programs and services.	Increase community's awareness and knowledge about available programs and services.	Community involvement, educating multiple systems of care through networking and collaboration.



ENHANCED SERVICES

Service	Goal	Activities
<p>System Coordination: Development of relationships with programs/providers in providing an array of essential services.</p>	<p>Develop client-centered comprehensive continuum of services for all victims.</p>	<p>Participation in multi-disciplinary teams to promote effective relationships with diverse agencies.</p>
<p>Counseling/Support Groups: Individual and group guidance that assist in understanding the effects and responses to trauma.</p>	<p>Assist in private and/or group settings in finding trauma centered resolutions in recovery.</p>	<p>Exploring and validating feelings, non-judgmental environment, solution or action focused.</p>
<p>Prevention Education: Inform diverse systems how to address effective strategies in preventing sexual violence.</p>	<p>Increase awareness through institutions providing knowledge and education.</p>	<p>Raise community awareness by education, skill building, campaigns, distribution of materials and presentations.</p>

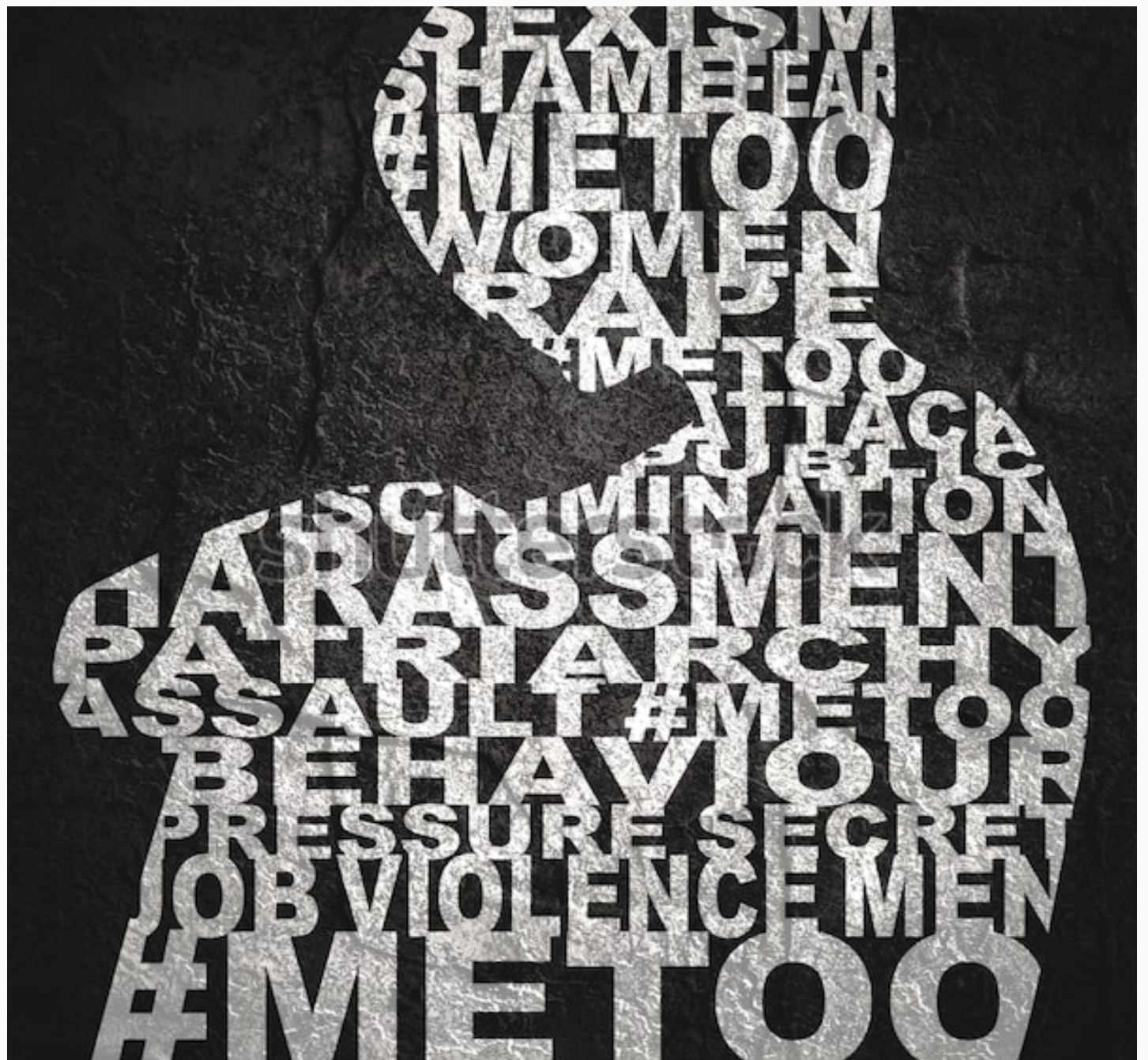
Effects of Sexual Assault

Psychological

Emotional

Physical

Spiritual





*TILL IT HAPPENS
TO YOU*
LADY GAGA,
SURVIVOR

Nightmares

Flashbacks

COMMON SYMPTOMS

Severe
Anxiety

Uncontrollable
Thoughts About
Event

**“Next time you hear about
someone having PTSD,
remember it's not a choice,
it's the result of trauma,
something nobody chooses.”**

'HomelessToHomely'

time to change

let's end mental health discrimination

POST
TRAUMATIC
STRESS
DiSORDER

**Mental health condition that
is triggered by a terrifying
event.**



More than common feelings of temporary sadness.

Can affect a person's outlook, which can lead to feelings of hopelessness.

This, in turn, can impact his or her thought process and ability to make decisions

- Prolonged sadness
- Feelings of hopelessness
- Unexplained crying
- Changes in appetite
- Significant weight loss or gain
- Loss of energy
- Loss of interest and pleasure in activities previously enjoyed

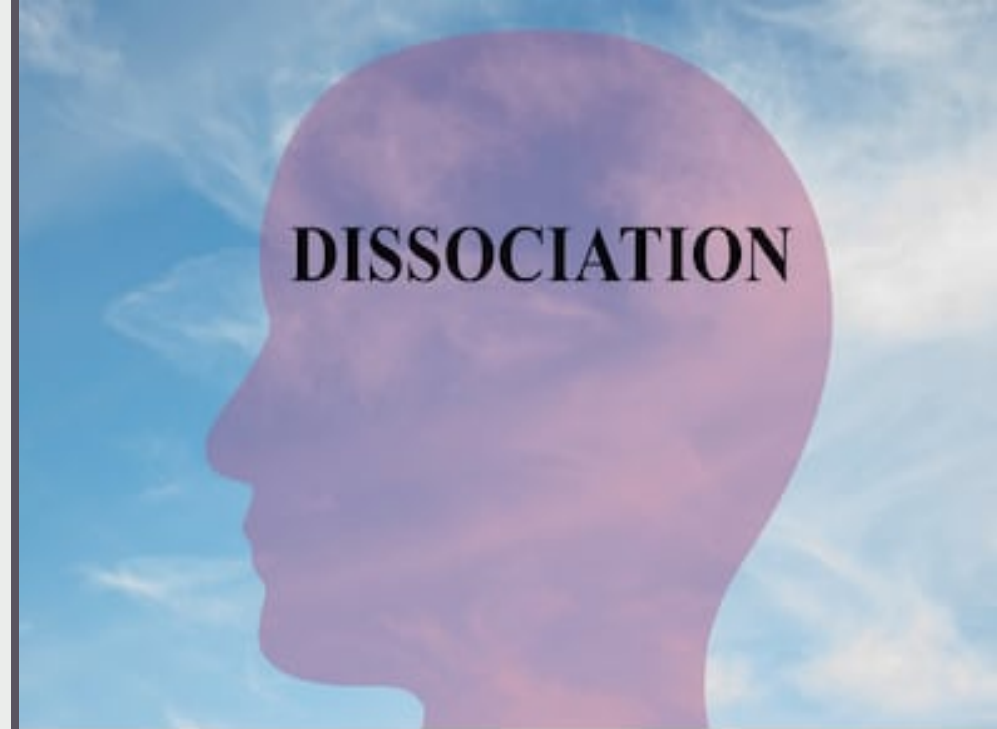
<https://weheartit.com/entry/289260855>

SYMPTOMS



In some instances of dissociation, people may find themselves daydreaming.

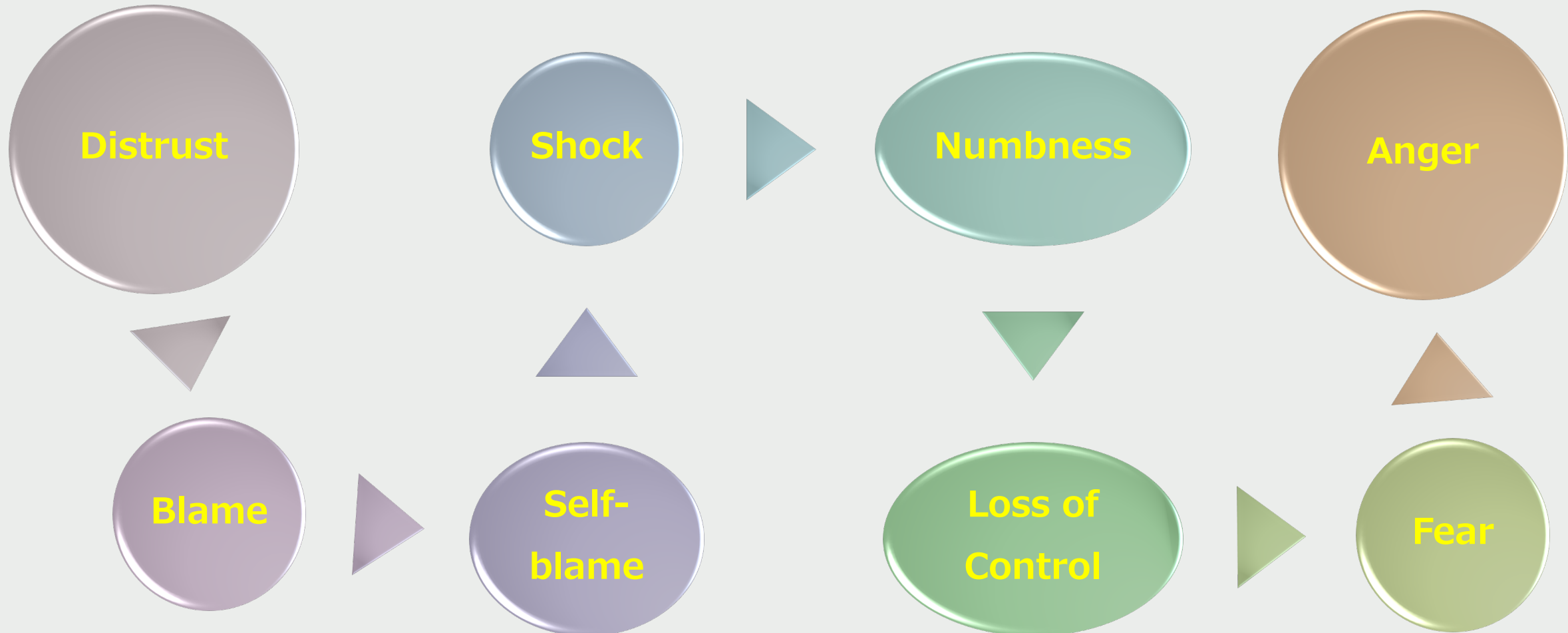
But in situations where dissociation is chronic and more complex it may impair an individual's ability to function in the “real” world, such as not being able to focus on work related duties or being able to concentrate on schoolwork.



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Refers to feeling like one has “checked out” or is not present.

It is common for a survivor of sexual violence to experience an array of feelings:

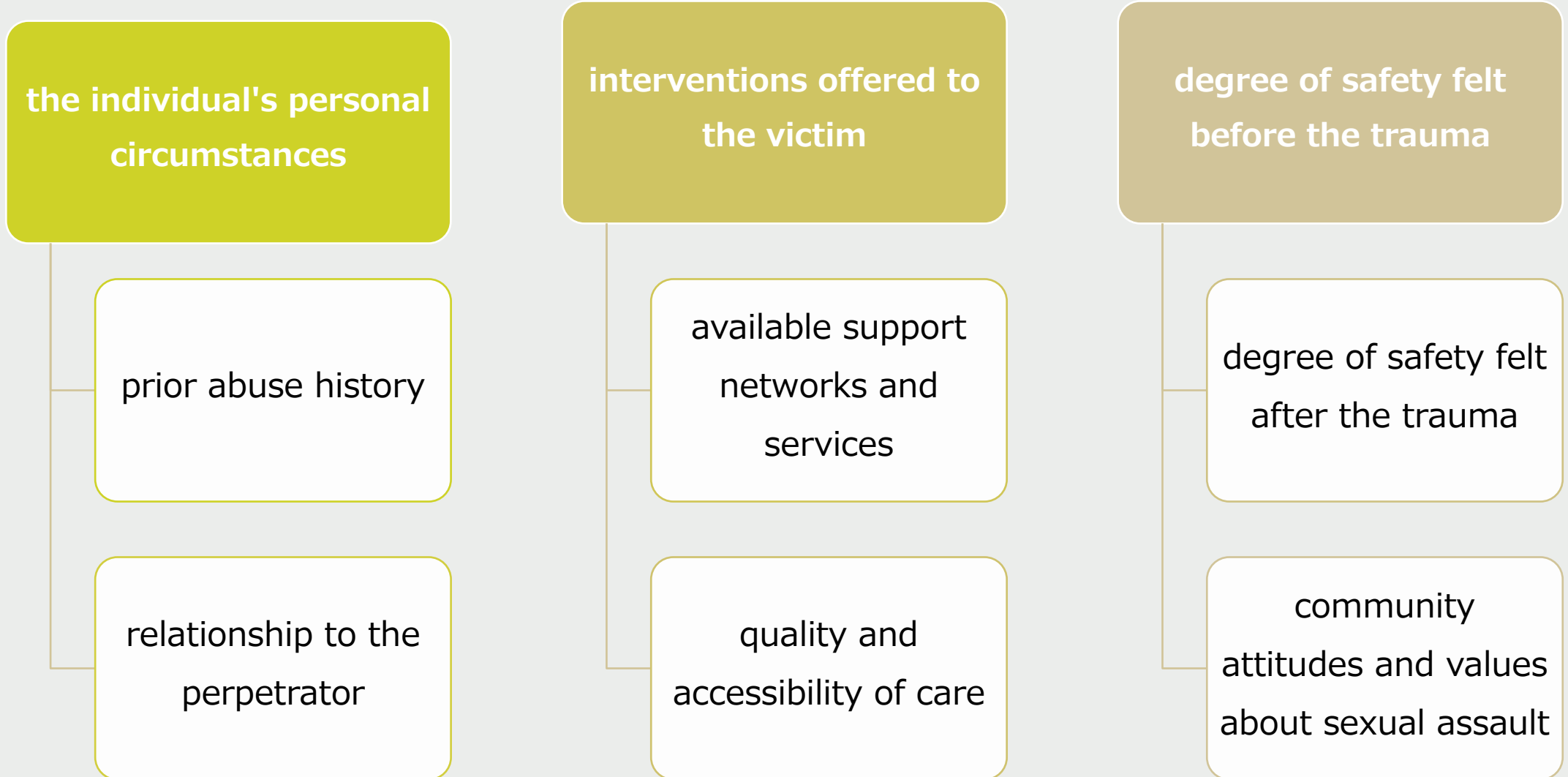


There is no “correct” way to react to these experiences, and each person who experiences a traumatic event responds differently.

Impact of Sexual Assault

Responses to the trauma of sexual assault will differ based on many factors operating in the victim's life.

Responses to the trauma of sexual assault will differ based on many factors operating in the victim's life:



The effects of sexual assault aren't always easy to deal with, but with the right help and support they can be managed.

CONCLUSION

People respond differently to their experience based on.....

who they are, what they learned about sex and/or sexual assault in the process of growing up, how supportive their friends and family are, and whether they received professional help and appropriate intervention.



VICTIM. SURVIVOR. THRIVER. ACTIVIST.

References

MSCASA Advocate Training Manual Basic Level 101, Chapters 1 & 2, Pages 4-14

“PICTURES: Celebrities Accused of Sexual Misconduct.” *Mcall.Com*,
[www.mcall.com/entertainment/mc-pictures-celebrities-accused-sex-misconduct-20171129-
photogallery.html](http://www.mcall.com/entertainment/mc-pictures-celebrities-accused-sex-misconduct-20171129-photogallery.html). Accessed 26 Aug. 2020.

THE END

QUESTIONS /
COMMENTS

Why Advocate?

"Unless someone like you cares
a whole awful lot,
Nothing is going to get better.
It's not."



Dr. Seuss, The Lorax