SEXUAL ASSAULT DEFINITION

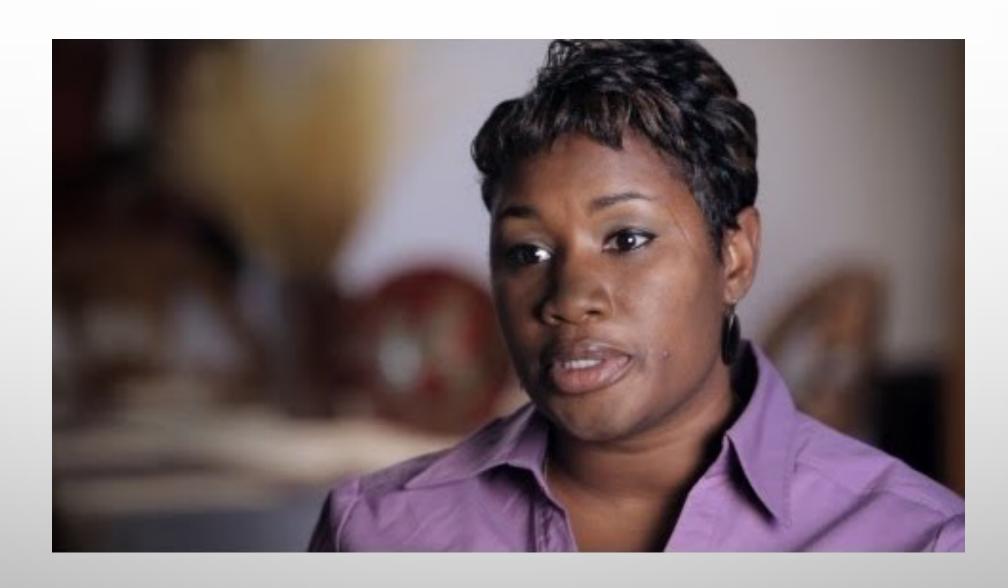
If you're tired of things not changing,

It's time for you to get out the way

(You been their to long)

Don't get stuck in how you feel,

SEXUAL ASSAULT





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."





SEXUAL ASSAULT

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SEXUAL ASSAULT IS ANY TYPE OF SEXUAL ACTIVITY OR CONTACT THAT YOU DO NOT

CONSENT TO. SEXUAL ASSAULT CAN HAPPEN THROUGH PHYSICAL FORCE OR THREATS OF FORCE OR IF THE ATTACKER GAVE THE VICTIM DRUGS OR ALCOHOL AS PART OF THE ASSAULT. SEXUAL ASSAULT INCLUDES RAPE AND SEXUAL COERCION. IN THE UNITED STATES, ONE IN THREE WOMEN HAS EXPERIENCED SOME TYPE OF SEXUAL VIOLENCE. IF YOU HAVE BEEN SEXUALLY ASSAULTED, IT IS NOT YOUR FAULT, REGARDLESS OF THE CIRCUMSTANCES.

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WHAT DOES SEXUAL ASSAULT INCLUDES



- Any Type Of Sexual Contact With Someone Who Cannot Consent, Such As Someone Who Is Underage (As Defined By State Laws), Has An Intellectual Disability, Or Is Passed Out (Such As From Drugs Or Alcohol) Or Unable To Respond (Such As From Sleeping)
- Any Type Of Sexual Contact With Someone Who Does Not Consent
- Rape
- Attempted Rape
- Sexual Coercion
- Sexual Contact With A Child
- Fondling Or Unwanted Touching Above Or Under Clothes
- Sexual Assault Can Also Be Verbal, Visual, Or Non-contact. It Is Anything That Forces A Person To Join In Unwanted Sexual Activities Or Attention. Other Examples Can Include:4

WHAT DOES SEXUAL ASSAULT INCLUDES

- Voyeurism, Or Peeping (When Someone Watches Private Sexual Acts Without Consent)
- Exhibitionism (When Someone Exposes Himself Or Herself In Public)
- Sexual Harassment Or Threats
- Forcing Someone To Pose For Sexual Pictures
- Sending Someone Unwanted Texts Or "Sexts" (Texting Sexual Photos Or Messages)



WHAT DOES CONSENT MEANS?

- OFFICE ON WOMEN'S HEALTH womenshealth.gov
- Consent Is A Clear "Yes" To Sexual Activity. Not Saying "No" Does Not Mean You Have Given Consent. Sexual Contact Without Consent Is Sexual Assault Or Rape.
 - Your Consent Means:
 - You Know And Understand What Is Going On (You Are Not Unconscious, Blacked Out, Asleep, Underage, Or Have An Intellectual Disability).
 - You Know What You Want To Do.
 - You Are Able To Say What You Want To Do Or Don't Want To Do.
 - You Are Aware That You Are Giving Consent (And Are Not Impaired By Alcohol Or Drugs).
 - Sometimes You *Cannot* Give Legal Consent To Sexual Activity Or Contact For Example, If You Are:
 - Threatened, Forced, Coerced, Or Manipulated Into Agreeing
 - Not Physically Able To (You Are Drunk, High, Drugged, Passed Out, Or Asleep)
 - Not Mentally Able To (Due To Illness Or Disability)
- Under The Age Of Legal Consent, Which Varies By State(link is Example)



REMEMBER:

- Consent Is An Ongoing Process, Not A One-time Question. If You Consent To Sexual Activity, You Can Change Your Mind And Choose To Stop At Any Time, Even After Sexual Activity Has Started.
- Past Consent Does Not Mean Future Consent. Giving Consent In The *Past* To Sexual Activity Does Not Mean Your Past Consent Applies *Now* Or In The *Future*.
- Saying "Yes" To A Sexual Activity Is Not Consent For All Types Of Sexual Activity. If You Consent To Sexual Activity, It Is Only For Types Of Sexual Activities That You Are Comfortable With At That Time With That Partner. For Example, Giving Consent For Kissing Does Not Mean You Are Giving Consent For Someone To Remove Your Clothes.

WHAT IS NOT CONSIDERED CONSENT IN SEXUAL ACTIVITIES?

- SILENCE. JUST BECAUSE SOMEONE DOES NOT SAY "NO" DOESN'T MEAN SHE IS SAYING "YES."
- HAVING CONSENTED BEFORE. JUST BECAUSE SOMEONE SAID
 "YES" IN THE PAST DOES NOT MEAN SHE IS SAYING "YES" NOW.
 CONSENT MUST BE PART OF EVERY SEXUAL ACTIVITY, EVERY
 TIME.
- BEING IN A RELATIONSHIP. BEING MARRIED, DATING, OR
 HAVING SEXUAL CONTACT WITH SOMEONE BEFORE DOES NOT
 MEAN THAT THERE IS CONSENT NOW.
- BEING DRUNK OR HIGH. READ MORE ABOUT ALCOHOL, DRUGS, AND SEXUAL ASSAULT.
- NOT FIGHTING BACK. NOT PUTTING UP A PHYSICAL FIGHT DOES NOT MEAN THAT THERE IS CONSENT.
- SEXY CLOTHING, DANCING, OR FLIRTING. WHAT A WOMAN OR GIRL WEARS OR HOW SHE BEHAVES DOES NOT SHOW CONSENT FOR SEXUAL ACTIVITY. ONLY A VERBAL "YES" MEANS "YES" TO SEXUAL ACTIVITY.

womenshealth.gov



WHO COMMITS SEXUAL ASSAULT?

- SEXUAL ASSAULT IS MOST OFTEN COMMITTED BY SOMEONE THE VICTIM KNOWS.¹ THIS MAY BE A FRIEND, AN ACQUAINTANCE, AN EX, A RELATIVE, A DATE, OR A PARTNER. LESS OFTEN, A STRANGER COMMITS SEXUAL ASSAULT.
- WOMEN AND MEN COMMIT SEXUAL ASSAULT, BUT MORE THAN 90% OF PEOPLE WHO COMMIT SEXUAL VIOLENCE AGAINST WOMEN ARE MEN.1



WHAT IS THE AVERAGE AGE A WOMAN IS SEXUALLY ASSAULTED?

• FOUR OF EVERY FIVE WOMEN WHO ARE RAPED ARE RAPED BEFORE AGE 25. ABOUT 40% OF WOMEN WHO HAVE BEEN RAPED, OR TWO IN EVERY FIVE, WERE ASSAULTED BEFORE AGE 18.1



CAN I BE SEXUALLY ASSAULTED BY MY PARTNER OR SPOUSE?

- YES. SEXUAL ASSAULT IS ANY SEXUAL ACTIVITY YOU DO NOT CONSENT TO — NO MATTER WHOM IT IS WITH.
- SEXUAL ASSAULT BY AN INTIMATE PARTNER (SOMEONE YOU HAVE A SEXUAL OR ROMANTIC RELATIONSHIP WITH) IS COMMON. NEARLY HALF OF FEMALE RAPE VICTIMS WERE RAPED BY A CURRENT OR FORMER PARTNER.1



WHAT DO I DO IF I'VE BEEN SEXUALLY ASSAULTED?

• IF YOU ARE IN DANGER OR NEED MEDICAL CARE, CALL 911. IF YOU CAN, GET AWAY FROM THE PERSON WHO ASSAULTED YOU AND GET TO A SAFE PLACE AS FAST AS YOU CAN. YOU CAN CALL THE NATIONAL SEXUAL ASSAULT HOTLINE(LINK IS EXTERNAL) AT 800-656-HOPE (4673) TO CONNECT WITH A SEXUAL ASSAULT SERVICE PROVIDER IN YOUR AREA WHO CAN DIRECT YOU TO LOCAL RESOURCES.



- For More Information About Sexual Assault, Call The OWH Helpline At 1-800-994-9662 Or Check Out The Following Resources From Other Organizations:
- <u>Not Alone(link Is External)</u> Information From The Center For Changing Our Campus Culture.
- Reporting To Law Enforcement(link Is External) Information From The Rape, Abuse & Incest National Network (Rainn).
- <u>Understanding Sexual Violence</u> (Pdf, 382 Kb) Fact Sheet From The Centers For Disease Control And Prevention.
- <u>Victims Connect Resource Center(link Is External)</u> Program Of The National Center For Victims Of Crime.





SOURCES

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Main Source: https://www.womenshealth.gov/relationships-and-safety/sexual-assault-and-rape/sexual-assault



- - 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.





ROLE PLAYING

Role Play Is Used To Assist Advocates With Practicing Active Listening, Crisis Intervention, Information Sharing, And Other Basic Skills. It Can Be Used As An Effective Learning Tool By Reflecting The Types Of Calls, Clients, Issues And Challenges Faced By Sexual Assault Advocates Within The Agency And The Community. The Advocate May Write Down Questions As They Come Up. They Can Be Addressed During Supervision.

THESE ARE GENERAL GUIDELINES FOR ROLE-PLAY.

- There Is No Wrong Way To Approach A Role-play.
- Role Plays Are Intended To Be Used As Practice Only.
- The Role-play May Feel Awkward And Artificial That's Okay; It Will Still Provide Useful Discussion.



The Following Case Scenarios Are Fictional Examples. Real Situations Are Complex And Require Full Consideration Of Individual Circumstances. Remember Too, That In A Real Situation You Shouldn't Take A Given Action Until You're Sure It's Something The Victim Wants You To Do.



A Hotline Caller Is Extremely Agitated And Says Her Husband Raped Her This Morning Prior To Leaving For Work. She Says She Doesn't Know What To Do. You Can Tell Through Conversation That She Is Very Panicky. Everything You Suggest Just Seems To Provoke More Anxiety And Fears. What Can You Do?



FACT:

 No Matter What You May Try To Suggest, It Will Not Help Someone Who Is Overwhelmed With Panic Or Anxiety.
 Assuming There's No Imminent Danger, A Panicky Victim Of Trauma Must First Be Calmed Before Any Kind Of Problem Solving Can Be Effective.



SUGGESTIONS:

- TELL CALLER TO STOP FOR A MINUTE AND TAKE DEEP BREATH TO CALM DOWN.
- LET HER KNOW IT'S OKAY FOR HER TO FEEL AGITATED GIVEN HER SITUATION.
- TRY TO ASK QUESTIONS IN A LOGICAL ORDER.
- EVALUATE AND PRIORITIZE HER MOST URGENT NEEDS
- CALLER MAY HAVE TO BE CALMED DOWN REPEATEDLY



2. A Teenage Female Comes To Your Center And Informs You That She Was Raped By Her Boyfriend Last Night. She Is Crying Incessantly And Is Reluctant To Provide Details. You Want To Respect Her Wishes As To How To Handle The Rape But Also Want To Make Sure She Is Safe And Cared For.



Fact:

• This Is A Very Common And Difficult Situation. The Last Thing You Want To Do Is Force The Teen To Do Something *Else* Against Her Will; Especially Like Talking About The Rape When They Don't Want To Talk About It.

Suggestions:

- Acknowledge The Dilemma In Words To The Client.
- Tell Her That You Want To Respect Her Wishes As To How To Handle The Rape But At The Same Time You'd Like To Make Sure She's Safe And Cared For.
- Explore With Her Who She Would Feel Most Comfortable Talking To.
- Ask Her What She Feels She Most Needs.
- Talk To Her About Her Fears And Any Threats That May Have Been Made.
- Try To Keep Her As Much Involved In The Decisions As Possible



3. You Receive A Hotline Call From The Relative Of A Victim Who Was Raped By A Neighbor. The Victim Told Her That She'd Just Called The Detective Who Was Investigating The Rape. He Told Her That He Was Sorry But There Was Not Enough Evidence And They Will Not Be Able To Prosecute. The Victim Is Devastated And Feel There Was A Lot Of Evidence Pointing To The Rapist's Guilt. The Caller Is Asking What The Victim Should Do.



Fact:

• Although Police Handling Of Rape Cases Is Improving, It Is Still Lacking. Many Police Remain Ill-informed About How To Investigate Rape Cases So They Just Try To Get Rid Of Them. There Are Many Investigative Techniques That May Be Used And Are Presently Being Offered Via Law Enforcement Training Presented By The MS Attorney General's Office.

Suggestions:

- Ask The Relative To Have The Victim To Call The Agency.
- If The Victim Is Uncomfortable With The Agency She Can Call And Ask To Arrange A Meeting With The Officer's Immediate Supervisor.
- Victim Can Send A Letter To The Chief Of Police Or The Mayor Or Call Another Officer And Ask For Some Friendly Advice.
- The Victim That She Has Every Right To A Full Investigation Of The Rape. Sometimes Women Have To Fight Very Hard For Justice.



4. A Victim Talks With An Advocate To Discuss Options As To How She Should Handle Sexual Harassment. She States She Is Being Sexually Harassed By A Coworker. She Discusses The History Of The Relationship That Started When The Coworker Asked Her Out On A Date. After She Refused He Began Sending Her Sexy Cards. His Advances Elevated To Stalking After Her Constant Refusal To Engage With Him. She Appears Very Fearful.



Fact:

• This Is A Clear Case Of Sexual Harassment In The Workplace And The Company Is Required, Under Civil Rights Law, To Make Sure The Harassment Is Stopped. The Harasser's Actions Are Also Criminal. Stalkers Are Very Dangerous. They Rarely Stop Unless They Are Made To Stop By Authorities, And They Should Be Reported To The Police.



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REFERENCE

• WOMEN'S JUSTICE CENTER. <u>WWW.JUSTICEWOMEN.COM</u>



PROBLEM SOLVING

• Steps For Problem Solving That The Advocate Can Utilize When Assisting Clients May Present A Challenge.



Gather Facts and Define the Problem

Objective: Collect detailed facts and define the problem.

- Gather as much information as possible.
- Contact all of those involved (victim, coworkers, and so forth) to get a complete picture of the problem.
- Well defined problems lead to more specific and efficient approaches

Brainstorm

Strategies

Objective: Create several strong strategies to address the problem.

- Obtain multiple perspectives on the strategies.
- Include the victim in the brainstorming process, if he or she is willing. They can provide perspective and insight to the problem.
- Seek help from others who have dealt with this type of problem.



Analyze the Pros and Cons

Objective: List the pros and cons of each strategy to inform your decision making.

- Again, multiple perspectives will help in creating this list.
- Which strategy would provide the most benefits and the fewest negative consequences?
- Which strategy is the most efficient?



Take Action

Objective: Implement your selected strategy.

- Keep revisions and any follow-up for the strategy in mind during implementations.
- Observe and capture any data that will support the success or failure of the strategy.



Revise the Strategy,

Objective: Make changes to improve the strategy.

- Identify any obstacles to the success of the strategy.
- Gather information from when you took action to help with the revisions.
- Refer back to strategies from the brainstorming session for additional ideas.

REFERENCE

• <u>Www.Ovc.Gov</u> U. S. Justice Program, Office For Justice, Office For Victims Of Crime, 810 Seventh Street NW., Washington, DC