

COLLECTIVE ACTION FOR EQUITY

It Impacts Us All: SEXUAL ASSAULT 101

A Facilitation Guide for National Use and California Rape Crisis Centers

INTRODUCTION

This workshop provides a general overview of sexual violence and how it impacts communities and survivors. Participants will learn the basics about sexual violence, the continuum of sexual violence, the impact of rape culture, and consent. The workshop will present the facts and realities of sexual violence and provide statistics around the prevalence of sexual violence. Participants will also be linked to local rape crisis centers and other national resources for those seeking support for survivors of sexual violence. Finally, participants will learn the significance of their participation in joining the efforts to end sexual assault.

Originally presented: September 15, 2020

Time: 1-hour

Audience: Community partners

Format: This presentation was designed as a web conference but can be adapted for in-person format.

Tools Utilized:

- Microsoft Powerpoint: link to slides [HERE](#)
- Chat questions
- Break out session/rooms
- Video

OBJECTIVES

PARTICIPANTS WILL BE ABLE TO:

1

Define sexual assault and the continuum of sexual violence.

2

Clarify the reality vs. perceptions of sexual violence.

3

Practice how to support survivors of sexual violence through referrals and resources.

4

Identify roles that everyone can play in preventing and addressing sexual assault.

SLIDE GUIDANCE



Welcome to It Impacts Us All: SEXUAL ASSAULT 101

SLIDE 2: (Mandatory)

This is your opportunity to welcome your audience and start the presentation. If you are going to record the web conference this is where you will start the recording and let you know they have the option to leave if they chose to not be recorded.

Welcome to today's web conference,
It Impacts Us All: Sexual Assault 101.



ValorUS Acknowledgement

SLIDE 3: (Mandatory)

This slide must be kept and read in your presentation.

The material in this presentation was created by ValorUS (VALOR) for the use of all California Rape Crisis Centers for purpose of training their community and community partners.

- VALOR is a national organization committed to advancing equity and ending sexual violence. Through leadership, prevention, and advocacy, we are fearlessly pursuing a world free from violence where the dignity of every person is valued and respected.
- VALOR's mission is preventing and ending sexual violence by advancing equity and eradicating oppression.
- You can find them on their website at Valor.us and on social media as listed on this slide.

Introductions and Housekeeping

SLIDE 4: (Optional)

Do a quick run-through of web conference/Zoom use (if you feel this is necessary).

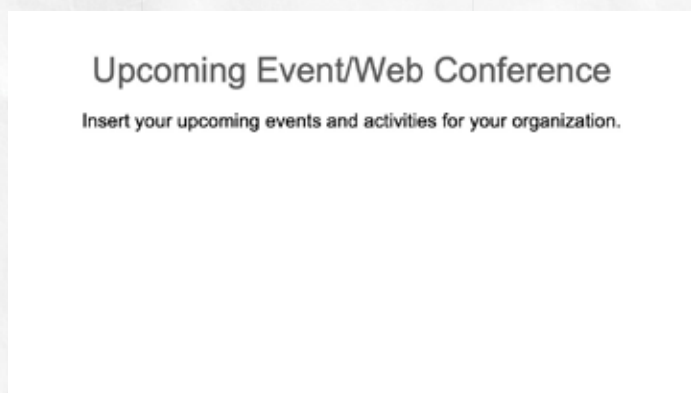
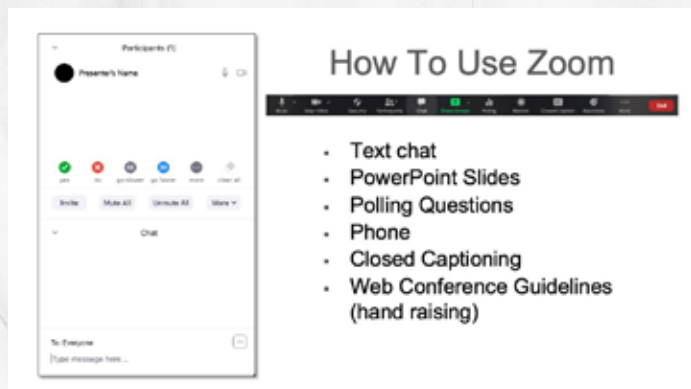
We have the text chat- please feel free to write your questions or reactions as well as responses to some text chat questions, we may have. If you have joined now, please introduce yourself, your pronouns, organization, and what's the weather like in your neighborhood?

SLIDE 5: (Optional)

If your organization has events/trainings/activities that you would like to high like use this slide.

SLIDE 6: (Optional)

Insert photo(s) of relevant staff and presenters. Remember to include position, agency (if necessary), and pronouns. Introduce yourself and hand it over to the presenter if different.



Learning Objectives

- Define sexual assault and the continuum of sexual violence.
- Understand the truths and perceptions of sexual violence.
- Understand how to support survivors of sexual violence through referrals and resources.

Icebreaker

What is your
superpower
and why?

Trauma-Informed Care Warning

This content may impact you and could trigger feelings of concern, emotions, and/or physical response:

- Step away if you need
- Turn down sound
- Reach out for support

Objectives

SLIDE 7

Review the objective/learning outcomes for this web conference.

Participants will be able to:

- Define sexual assault and the continuum of sexual violence.
- Understand the reality and perceptions of sexual violence.
- Understand how to support survivors of sexual violence through referrals and resources.

Icebreaker

SLIDE 8

It is always nice, to begin with, a fun icebreaker. One has been provided but please be encouraged to create one that fits your gradational needs.

What is your superpower? And why?

Trauma-Informed Care Warning

SLIDE 9

This content may impact you and could trigger feelings of concern, emotions, and/or physical response. **(Important note: before the event make sure to have qualified staff and/or resources available if needed).**

Please take care of yourself:

- Step away if you need
- Turn down sound
- Reach out for support

What is Sexual Assault?



Sexual assault is any type of unwanted sexual contact or behavior that occurs without the consent of the person. Sexual assault occurs when a person is forced, coerced, or manipulated into any unwanted sexual activity.

What is Sexual Assault?

SLIDE 10

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Types of Sexual Violence and Assault

SLIDE 11

There are many different types of sexual violence and assault. It can be verbal sexual harassment, rape or forced sexual activity, unwanted touching, and exposure to sexual images. Take the time to have a discussion about the different types of sexual violence and assault. You can use the chat (if virtual) or have your participants raise their hand to verbalized what sexual violence is in addition to rape.

Types of Sexual Violence and Assault



Continuum of Harm

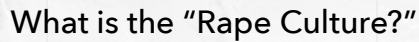
SLIDE 12

Advocates often think about sexual violence as being along a continuum of harm. This image shows that continuum and how words can slide into actions and then physical violence--but this is all violence. From words to rape - this continuum of harm impacts individuals and communities.

Sexual Violence Continuum of Harm



SLIDE 13



This pyramid shows how explicit acts of sexual violence are supported by a larger number of removals of autonomy, degradation, and normalization.

- These experiences of oppression feed and in ways condone the explicit use of sexual violence in our community.
- Rape culture is the cultural norms that condone, legitimize and glorify sexual violence. This is often linked to violence inflicted by men against women as part of the accepted behavior in society.

SLIDE 14

What can you do to eradicate the continuum of harm and rape culture? You can use the chat for the participant to share their thoughts or raise their hand to verbally share.

Prevalence of Sexual Violence



Impact of Sexual Violence

- Individual impact (physical, psychological, etc.)
- Community impact
- Societal (financial consequences, etc.) – Estimated lifetime cost of rape in California is \$163,800 of an adult, and \$227,700 of a child. The national average is \$122,461 per victim.

Prevalence of Sexual Violence

SLIDE 15

- 1 in 3 women experience physical sexual violence in their lifetime
- 1 in 4 men experience physical sexual violence in their lifetime
- Disempowered populations experience even higher rates (queer, disabled, incarcerated, people of color, etc.)

Data from CDC NISVS:

[cdc.gov/violenceprevention/sexualviolence/fastfact.html](https://www.cdc.gov/violenceprevention/sexualviolence/fastfact.html).

Impact of Sexual Violence

SLIDE 16

- Individual impact (short term, long term; physical, psychological, etc.)
- Community impact
- Societal (financial consequences, gender norms, criminal legal emphasis, etc.) – Estimated lifetime cost of rape in California is \$163,800 for an adult and \$227,700 for a child. The national average is \$122,461 per victim.

California Data from *The Cost & Consequences Of Sexual Violence in California*: valor.us/publications/the-cost-consequences-of-sexual-violence-in-california.

National Data from CDC:

[cdc.gov/violenceprevention/sexualviolence/fastfact.html](https://www.cdc.gov/violenceprevention/sexualviolence/fastfact.html).

Just the Facts

Fact: Anyone can experience sexual violence – no matter their profession, gender, gender identity, sexual orientation, race, ethnicity, class, age, or ability.

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SLIDE 17

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SLIDE 18

Fact: Consent is a freely given, clearly stated “yes.” Silence is not consent. Being drunk or drugged and unable to understand or speak is not consent. Being passed out or unconscious is not consent.

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SLIDE 19

Fact: Previous sexual conduct, including previous consent to sex, is not consent for sex right now. If she kissed you yesterday, that doesn’t mean she wants to kiss you today.

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Just the Facts

Fact: Rape is never the victim's fault. It is a crime of violence and control that stems from the perpetrator's determination to exercise power over another. Neither a person's clothing or behavior are invitations for unwanted sexual activity. Forcing someone to engage in non-consensual sexual activity is rape, regardless of the way that person dresses or acts.

Just the Facts

SLIDE 20

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SLIDE 21

Fact: A person under the influence of drugs or alcohol can't consent to sexual activity. If consent isn't given, it is rape.

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SLIDE 22

Fact: Most rapes are committed by someone the victim knows. For both completed and attempted rapes, about 8 in 10 offenders were known to the victim. Rape can be committed within any type of relationship, including in marriage, in dating relationships, or by a classmate, acquaintances, or co-workers.

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Breakout Session 1

How does sexual violence affect us all?
How does it affect your life and our community?
Why we should all care about it?

Consent Is:

- Given Freely – Saying yes without manipulation or pressure.
- Enthusiastic – Only do stuff you WANT to do, not things that you feel you're expected to do.
- Specific to an Action – Saying yes to one act (i.e. kissing or making out) does not mean you have said yes to other acts (i.e. oral sex or anything else).
- Informed – Having been given all the information. For example, if someone says they'll use a condom and then they don't, there isn't full consent.
- Reversible – Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.

Consent



Breakout Session 1

SLIDE 23

Give your participant about 10-15 mins to discuss these 3 questions in small groups then bring them back for a larger discussion and to share their thoughts.

- How does sexual violence affect us all?
- How does it affect your life and our community?
- Why we should all care about it?

Note: After the group discussion talk about how...

- Rape culture hurts everybody and a continuum of harm affects all of us.
- And how it could happen to anybody.

Consent

SLIDE 24

Consent is the affirmative agreement to sexual activity. It must be freely given and can be withdrawn at any time.

SLIDE 25

Play Tea Video: You can click the image on the slide or use this link: youtube.com/watch?v=fGoWLWS4-kU.

Note: Allow time for the group to discuss their thoughts and any feelings that may have come up during the video.

Breakout Session 2

What is it you can do to get involved in ending sexual violence?
How can it be integrated into your daily work? Community work?

Breakout Session 2

SLIDE 26

Give your participant about 10-15 mins to discuss these 3 questions in small groups then bring them back for a larger discussion and to share their thoughts.

- “What is it you can do to get involved in ending sexual violence?”
- How can it be integrated into your daily work? Community work?

Four L's of Response



Learn

Learn about sexual violence, prevalence, and impact.



Link

Link the survivor to community resources.



Listen

Listen to the survivor, don't judge, be someone that is supportive and believes them.



Lead

Be a leader among your own community by starting conversations about how to prevent violence in your own circle.

Four Ls of Response

SLIDE 27

Note review these slides there will be an opportunity to have a deeper discussion in the following slides.

- Learn – Learn about sexual violence and its impact
- Listen – Listen to survivors, and those working to create a world without sexual violence
- Link – Link the survivor to community resources and Link to others doing this work
- Lead – be a leader amongst your own community by starting conversations about how to prevent violence in your own circle

Learn about Sexual Violence



- Talk with experts (Rape crisis centers, VALOR)
- Read information and fact sheets
- Ask questions

Learn about Sexual Violence

SLIDE 28

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- Read information and fact sheets
- Ask questions

Listen to the Survivor



- Listen without planning out what your response is – Be Present
- Don't interrupt
- Don't add your own experiences or make it about you
- Say: It is not your fault
- Say: What do you need?
- Say: What do you want to do?

Listen to the Survivor

SLIDE 29

- Listen without planning out what your response is – Be Present.
- Don't interrupt.
- Don't add your own experiences or make it about you.
- Say: I believe you.
- Say: It is not your fault.
- Say: What do you need?
- Say: What do you want to do?

Link to Sexual Violence Resources

Local Sexual Assault Agencies,
www.valor.us/get-help/wpbdp_category/california
work on education, prevention and response to
sexual violence across the continuum of harm.



Link to Sexual Violence Resources

SLIDE 30

Provided resources in your community and add these links in the chat.

- Local Sexual Assault Agencies: [valor.us/get-help/wpbdp_category/california](http://www.valor.us/get-help/wpbdp_category/california) work on education, prevention and response to sexual violence across the continuum of harm.

Link to Resources



- Link to a local advocate who can talk about options and consequences
- www.valor.us
- Contacting law enforcement is an option - that will start a police investigation
- Forensic exam can gather evidence that might disappear after time

Link to Resources

SLIDE 31

- Link to a local advocate who can talk about options and consequences.
- VALOR has a comprehensive list on their site. Note: Make the link available in the chat. www.valor.us. Find your local rape crisis center here.
- Contacting law enforcement is an option—that could start a police investigation.
- Forensic exams can gather evidence that might disappear after time.

Lead The Way In Your Own Community



- Identify what sexual violence looks like in your community
- Talk about how to prevent violence within your own communities
- Be a resource to those who need help/guidance
- Get involved by volunteering and taking action

Lead The Way In Your Own Community

SLIDE 32

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- Be a resource to those who need help/guidance.
- Get involved by volunteering and taking action.

Text Chat Question

SLIDE 33

Ask your participant to use the chat to answer this question.

Allow time for those who wish to verbalize their response.

- Since sexual assault impacts us all, what are your next steps in addressing and preventing sexual violence in our communities?

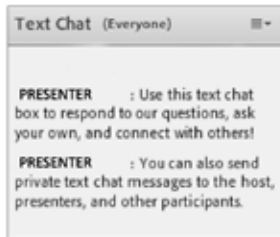
Questions

SLIDE 34

Allow time for questions and answers.

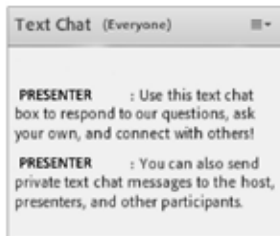
Since sexual assault impacts us all, what are your next steps in addressing and preventing sexual violence in our communities?

Use the Text Chat feature to answer the question.



Questions?

Use the Text Chat feature or the raise your hand function to ask questions.



Local Resources and Your Services

Provide your participant with resources available in your community as well as services that your organization can provide and to whom.

Local Resources and Your Services

SLIDE 35: (Optional)

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ValorUS Acknowledgement

SLIDE 36: (Mandatory)

THIS SLIDE MUST BE KEPT AND READ IN YOUR PRESENTATION.

Thank you to ValorUS for creating this material and presentation. You can find them on their website at Valor.us and on social media as listed on this slide.

Closing/Thank you

SLIDE 37

Closing remarks and provide contact information when relevant.

VALORUS

VALOR.us

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Contact Name

email address and/or phone

Thank you!!

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