

Taking Action Against Sexual Violence



April is Sexual Assault Awareness Month!



Trigger warning



Today we are going to be talking about consent and sexual violence.

If anyone has experienced sexual assault, rape, or other sexually non-consensual activities, or has family or friends that have gone through this experience, this might be an emotional topic for you.

If you get upset please take a break if needed.

Today, we will...

- Review important words
- Talk about consent
- Learn about sexual violence (SV)
- Types of SV
 - Find out about risk
 - How to protect ourselves
 - What to do if we experience SV
- Maybe play a few games (because even webinars should be a little fun...)



Click here to open the Chat feature

Important words to know

Sexual violence (or sexual assault) occurs when someone forces or manipulates (makes them feel bad or guilty or like they cannot say “no”) someone else into unwanted sexual activity without their consent, whether verbal or physical.

This can include inappropriate touching, coerced nudity, sexual harassment (sexual words or pictures), as well as rape.

Sexual abuse is similar to sexual assault, but it happens over and over again.

Consent is an agreement between people to engage in sexual activity. Both people have to want to participate, and they have to let each other know they do want to.



...any questions so far? Type them in the chat!

LET'S TALK

SEX





CONSENT

VICTIMS ARE NEVER AT FAULT FOR THE ASSAULT OR ABUSE!!!



Consent should be clear and given freely.

1. **Know** what it is that you are about to do (a kiss, a touch, sex).
2. **Decide** if you want to do it – with that partner, at that time, at that place.
3. **Understand** how you feel about doing it.
4. **Talk** with your partner about your feelings and decisions.
5. **Decide** with your partner what methods to use to prevent unwanted pregnancies and STI's.
6. **Know** the local law regarding age of consent. (In NJ, people under the age of 16 cannot consent!)
7. **Identify** when a situation may be harmful.
8. **Recognize** warning signs of abuse or being controlled.

What happened	How I felt	Was it getting consent?
They asked “please” over and over.	Guilty, like I had to say “yes.”	No , that was coercion. It was not given freely.
They pulled me into a room with them.	Helpless, but I could not fight.	No , that was assault.
They said they would not help me with my care anymore.	Scared, I need their help every day.	No , that was a threat.
They sent me a picture of them naked.	Shocked, I did not want to see that.	No , that was harassment.
They said they wouldn’t love me if I didn’t do what they want.	Lost, I don’t want to lose them	No , that was manipulation.
They invited me to a movie, and I said “yes.”	Excited, I want to get to know them!	Yes , you gave consent!
They tried to kiss me, and I smiled and kissed them back.	Happy; I like this person!	Yes , you gave enthusiastic consent!

We want an ENTHUSIASTIC “yes!”



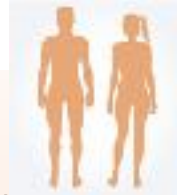
This goes for female, male, non-binary, gender non-conforming, intersex, members of the LGBTQ+ community, teenagers over the age of 16, adults, straight people... **EVERYONE**



SEXUAL VIOLENCE

What does sexual violence look like?

Sometimes, sexual violence is physical.



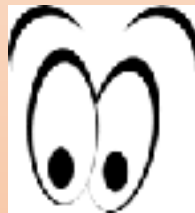
Rape, attempted rape, unwanted touching. Your body will feel it.

Sometimes, it is verbal.



Unwanted sexual conversations, coerced dating, coerced nudity. You will hear it.

Sometimes, it is visual.



Online pornography, online sexual chat, showing nudity without consent. You will see it.

But all the time, you will know it is SV because you will feel uncomfortable.

**Safe (good)
touches feel
caring, like
something you
want.**

**Unsafe (or bad)
touches hurt your
body or feelings.**



“But sexual assault, sexual abuse, sexual harassment – these all are instances of feeling entitled to something that does not belong to you, instances of taking advantage, instances of using your power to hurt someone else.”

- Hannah Soyer, survivor

If you did not give
consent,
then they have done
something **wrong**.
Your body, your rules.



CONTROL

What is “forced intimacy?”



It is the concept that those with disabilities have to bare themselves both emotionally and physically, whether they wish to or not, in order to get access to basic, quality care.

What is the “culture of compliance?”



It is the idea that a person with a disability is expected to comply with someone else’s wants, needs, or demands.

People with intellectual and developmental disabilities are **seven times** more likely to experience sexual abuse.



Some of these may be the reasons why...



But you have an important voice and you can speak up about what you want, what you don't want, and what you need!

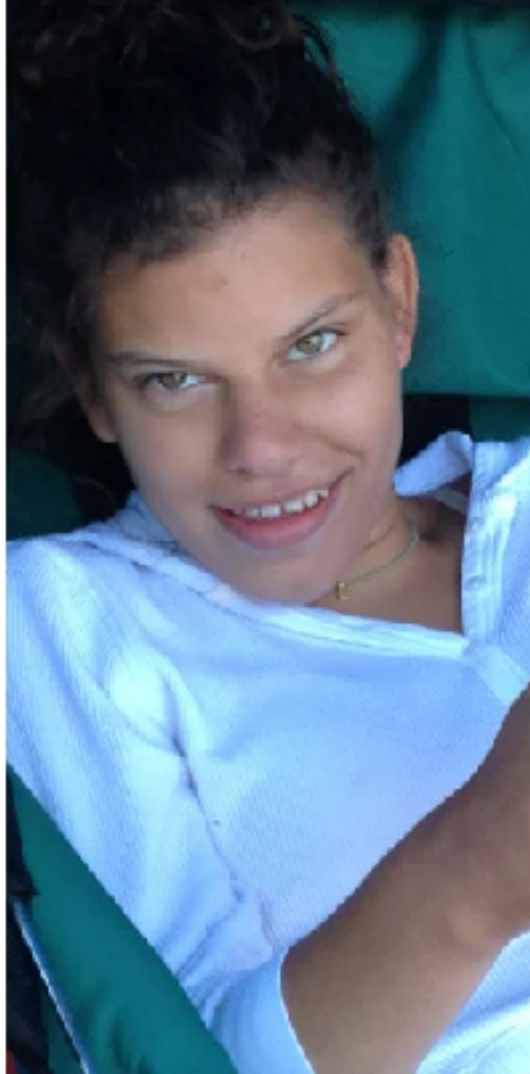
Know Your Rights!

- ★ We have a right to be safe—at home, at school, at the doctor.
 - ★ We have the right to be safe from violence and abuse.
- ★ All rape crisis centers are legally required to provide services to people with disabilities.
 - ★ We have the right to privacy, no matter where we live.
- ★ We have the right to decide what happens to our bodies.

It is the law.

How can I protect myself?

Education



Set your boundaries

Remember **consent** – speak up with power!

In case of sexual violence...

REPORT IT!

The person who committed the abuse will not be able to hurt you or anyone else again!

Who can I tell?

Call 9-1-1 in an emergency
Call your local police department
Call the National Sexual Assault
Hotline: **1-800-656-4673**
Visit a medical center

How do I get help?

Good resources include:
psychotherapy, meditation, family support,
and speaking with your life adjustment team
and those in your psychiatric community
integration program



3 TIPS TO REDUCE RISK OF SEXUAL ABUSE



You have the right to say "No" and to leave.



Trust your instincts - listen to that little voice inside you.

No!

Do not let others touch you when you do not want to be touched.

It is not your fault if you are abused.

Abuse is always the abuser's fault!

If you are ...
forced to listen to someone talk sexually to you
forced to look at or participate in sexual pictures or movies
forced to kiss someone
forced to look at or touch someone's private parts
touched in a sexual way when you don't want to be touched
forced, tricked or manipulated to have sex



No one should touch you sexually if:

They are in your family

They are staff

You don't know them

You say No

So, what have we learned?

We learned...

- What **sexual violence** is and what it looks like.
- What **consent** means and how important it is.
- Ways to give consent – enthusiastically!
- Ways to say no – and let them know you mean it!
- Ways to report sexual violence and where to get help.
annnnnnnd...
- You have the **right** to your own body!

Thank you
for being here!

