# **Module 1: Sexual Violence 101**

**Goal:** To gain an understanding of sexual violence and the services offered by Pennsylvania's sexual violence centers.

Time: 30 minutes (10 minute PowerPoint, two 10-minute activities)

# Schedule:

- ▶ Activity: Learning About Sexual Violence
- ▶ Module 1 PowerPoint Presentation
  - o The Pennsylvania Coalition Against Rape
  - Sexual Violence Centers
  - Definition of Sexual Violence
  - Facts About Sexual Violence
- Activity: "About Rape" Quiz

# **Activities:**

- ▶ Learning About Sexual Violence Activities
  - See activity page for instructions
  - o Choose one of three
- "Test Your Knowledge About Rape" Quiz
  - Pass out the quiz to all participants at the conclusion of the PowerPoint Presentation
  - Refer participants to "About Rape" handout after reviewing the quiz answers

# **Handouts:**

- ▶ PowerPoint Presentation
- About Rape

# Sexual Violence 101

**PowerPoint Presentation** 

# What is PCAR?

The Pennsylvania Coalition Against Rape (PCAR) is a statewide nonprofit agency that is dedicated to providing education and outreach to the public on behalf of all victims of sexual assault.

Since 1975, PCAR has been at the forefront of the anti-sexual violence movement with the help of its statewide network of 52 sexual violence centers, which serve every county in Pennsylvania.

# **Talking Points:**

PCAR works in four major areas, responding to a broad constituency of sexual assault service providers and professionals at the local, state and national level.

- ▶ Public Awareness—Advertising/public relations materials (music videos, music CDs, media events, magazines, newsletters, public service announcements, brochures) aimed at keeping sexual violence at the forefront of public consciousness.
- ▶ Public Policy—Working on a national and state level to shape legislative agendas and laws to prevent and punish sexual violence.
- ▶ Training—PCAR consistently develops and sponsors a wide variety of trainings for sexual violence service providers and allied professionals.
- ▶Technical assistance—To sexual violence centers and allied professionals, PCAR offers a variety of technical assistance, expertise and resources.
  - PCAR library
  - •National Sexual Violence Resource Center ( NSVRC)—Located in Enola, PA, the NSVRC is PCAR project funded by the Center for Disease Control. The NSVRC, the first federally funded resource center on sexual violence, has a library of books, journals and research on of topics surrounding sexual violence.

# **Pennsylvania's Sexual Violence Centers**

52 sexual violence centers serving all 67 counties

- Court, medical and legal accompaniment
- Crisis intervention
- Long- and short-term counseling for groups and individuals
- Assistance with filing for Victims Compensation
- Hotline accessible 24 hours a day/7 days a week
- Prevention education
- Multi-disciplinary victim assistance teams





- •Each center offers varied services. If possible, this section should be augmented by a review of the local rape crisis center.
- •Bullet 1: Sexual violence advocates go to the hospital and/or police station to offer support/information when a rape victim seeks services. If a victim chooses to report to law enforcement and the case goes to trial, advocates will provide accompaniment.
- •Bullet 2: Assistance or referrals to other county services in crisis situations.
- •Bullet 3: Point out that all counseling and advocacy services are free of charge.
- •Bullet 4: Victims/survivors of sexual violence can receive monetary compensation and services through the Pennsylvania Commission on Crime and Delinquency.
- •Bullet 5: Educational programs are provided in community schools and the general public.
- •Bullet 6: Centers coordinate/serve on teams to improve police, hospital and legal responses to victims.
- •Dependent on time, discussion points could include: history of the local sexual violence center; mission statement and philosophy of the agency; description of center services; and funding sources.

# Sexual Violence

occurs anytime a perpetrator does anything of a sexual nature (verbal or physical) without the expressed consent of the victim or victims. The continuum of sexual violence includes the following acts or attempted acts: rape with murder, rape, incest, child sexual abuse, ritual abuse, non-stranger rape, statutory rape, marital or partner rape, sexual exploitation, unwanted sexual contact, sexual harassment, exposure, voyeurism, stalking, trafficking and genital mutilation.

- •The term "sexual violence" is more inclusive than "rape" or "sexual assault"—the act of forceful penetration or penetration without consent.
- •Terms like "sexual assault" and "rape" have legal definitions, and are thus limiting. "Sexual violence" does not have a legal definition.
- •The Pennsylvania Older Adult Protective Service Act outlaws "sexual abuse," and is the term used in this curriculum.

# SEXUAL VIOLENCE STATISTICS

- 1 of every 6 American women and 1 of every 33 American men has been the victim of an attempted or completed rape
- Once a woman is raped, she is 7 times more likely to be raped again than a woman who was never raped
- Nearly 7 in 10 rape and sexual assault victims know their attacker
- Acquaintance rape and date rape are more common than left-handedness, heart attacks or alcoholism
- Rape and sexual assault are the least reported violent crime.

- •Bullet 1: Figure the statistic for the number of participants in the training, especially the females. Do not single out individuals, but identify numbers. For example, with 20 women in the room, more than two statistically-speaking are victims. Point out that the statistic refers to rape—legally defined as sexual intercourse by force, threat or the victim's inability to grant consent. Thus, other sexual crimes—sexual harassment, exposure, voyeurism and unwanted sexual contact—are not included and would likely raise the number of men and women who have experienced sexual violence. Recognize that while this exercise illustrates the statistic, it is also a sensitive subject.
- •Bullet 2: Due to widely recognized rape-related mental and physical ailments, a victim may be affected for many years after the assault, especially if s/he does not seek treatment. These effects may make the victim more vulnerable to future assaults.
- •Bullet 3 and 4: The notion that most rapes are committed by strangers is a misconception
- •Bullet 5: In 1999, only 28.3% of total rape/sexual assaults were reported to police.

# Some Facts about Sexual Violence

- Rape or attempted rape is
  - An act of violence **not sex**
  - An act of power **not sex**
  - Experienced by the victim as a threat to life
- Both men & women who have been raped may express that it was not rape
- The victim is not to be blamed and should be believed



- •It is important to remember that attempted rape has the same psychological consequences as completed rape.
- •Bullet 1: Sexual violence is about using sexual acts to control, humiliate and harm another person; sexual desire does not cause someone to want to force sex upon another person. When a victim is being assaulted, s/he has no control. This loss of control places the victim at the mercy of the perpetrator: if the rapist chooses to rape the victim, s/he could choose to kill the victim.
- •Bullet 2: Self-blame, shame and guilt may cause a victim to deny that s/he was raped. Also, many victims believe the myth that only strangers commit rape. By denying the rape, the vicitm may repress the emotional trauma temporarily.
- •Bullet 3: No matter what a victim does—dresses provocatively, is openly gay, sells sex, uses drugs—s/he did not deserve sexual violence. Bad judgment does not excuse sexual violence. NO ONE deserves to be sexually abused.

"It is very tempting to take the side of the perpetrator.

All the perpetrator asks is that the bystander do nothing. He appeals to the universal desire to see, hear and speak no evil.

The victim, on the contrary, asks the bystander to share the burden of pain.

The victim demands action, engagement and remembering."



Judith Herman, M.D Trauma & Recovery

# **Talking Points:**

•Final thought on sexual violence for the audience. Simply read quote and allow for reflection.

# Module 1

# Activities

# Sexual Violence 101

# Learning about Sexual Assault: Activities for Training

# Paper Activity

10 Minutes
Any number of participants
Supplies: a piece of paper for each group



Give each group (as few as two group members is fine) an unfolded piece of paper. Instruct each group leader to change the shape of the paper. Responses have been to fold the paper, ball it up, rip it, etc. After this has been done, instruct the leader to pass the paper to the person on his/her left (or the other group member) and instruct he/she to return the paper to its original form, displaying an unfolded paper.

**Point:** Sexual violence alters a person's life and world view. Like many of life's experiences, it changes a person similarly to the paper that can not return to its original shape after being folded, crumpled or ripped. Point out that different actions (crumpling, folding ripping, etc.) made it easier or harder to return the paper to some semblance of its original form. This illustrates that each victim will react and heal differently, due to numerous factors, including the nature of the sexual violence, the perpetrator's identity, disclosure and reactions to the disclosure, the victim's support system and reaction to the assault, counseling, previous conditions (medical and physical), post traumatic stress disorder, etc.

# **Boundaries**

10 minutes Minimum participants: 4 No supplies needed



Ask each participant to find a partner. If there is an uneven number, teams of three are okay. Explain that the activity is to assess personal boundaries. If a participant is uncomfortable with the act suggested, he/she should simply take a seat.

Ask participants incrementally to:

- shake hands
- pat one another on the back
- give each other a bear hug
- whisper "Hello" in one another's ear
- kiss one another on the cheek
- kiss one another on the lips

Provide commentary on what participants are doing throughout the exercise. "Three of you sat down for that one...," etc. When everyone is seated, provide explanation.

**Point:** Everyone has different boundaries that you must respect as you expect others to respect your boundaries. Ask participants how it would feel to have someone attempt to cross his/her boundaries. Explain that rape victims are not able to "sit down" when their boundaries are forcefully violated, when a perpetrator pressures/coerces them into being pushed beyond their boundaries or when drugs and/or alcohol are involved and consent can not be given.

Note: The last act of kissing on the lips is for spoken impact. If trainers feel participants may kiss on the lips, skip that act.

# Silent Birthday Line-Up

10 minutes Minimum participants: 5 No supplies needed



Explain to participants that they will be lining up in order of their date of birth—from January 1<sup>st</sup> to December 31st. Tell them that they must do this silently. When the line is completed, ask the participants to state their birth date down the line.

**Point:** Language is a powerful part of our jobs. When dealing with older victims, it is important to consider language. Generational differences in morals, beliefs and stereotypes may affect language usage and attached meaning. Phrase your questions simply, and ask for details respectfully to try to discover possible language barriers. Ask if your client is comfortable with your word choices.

End with the story of an elder woman in Pennsylvania who had been sexually assaulted by a man. He had forced her to perform oral sex on him, something the woman had never done before. The woman told the police she had been raped, and was taken to the hospital for a sexual assault forensic exam. The woman was so ashamed of performing oral sex that she told no one the assault had been oral. As can be expected, the exam showed no signs of assault, and the police became suspicious of the woman's claim. Eventually, the woman's sexual assault case was dropped. Only in counseling, months later, after questioning about the assault and how it happened, did the woman break down and disclose that she had been orally assaulted.

### TEST YOUR KNOWLEDGE ABOUT RAPE

## 1. The age group most at risk for rape is

- a. under 18
- b. 18—30
- c. 30—60

# 2. The rape crisis movement in the United States started

- a. as part of the women's suffrage movement
- b. in response to rapes that occurred during World War II
- c. as part of the third wave of the feminist movement during the 1960's and 1970's

# 3. Rape is a

- a. crime of passion
- b. property crime
- c. felony

# 4. In Pennsylvania, conversations between a rape victim and a sexual assault counselor

- a. can be used during a court trial
- b. are protected by law
- c. can be legally shared with police

### 5. Rape crisis programs in Pennsylvania provide

- a. 24 hour hotlines
- b. transportation to the hospital
- c. emergency shelter

## 6. An individual is most likely to be raped by

- a. someone in a parking lot
- b. someone s/he knows
- c. someone breaking into his/her house

# 7. Victims of rape most frequently

- a. call the police
- b. go to the emergency room
- c. tell no one

# TEST YOUR KNOWLEDGE ABOUT RAPE Answer Key

- 1. **The correct answer is A.** The Center for Disease Control and Prevention and the National Institute of Justice released the result of the National Violence Against Women Survey in November 1998 that declared rape to be a "tragedy of youth." More than half (54%) of the female rape victims identified in their joint research were under the age of 18 when they were raped for the first time. Almost a quarter of these victims were under the age of 26 when they were first raped. One third were between the ages of 12 and 17. Answer B is the age range of women at greatest risk for "date or acquaintance rape."
- 2. **The correct answer is C.** The anti-rape movement in the United States began as an outgrowth of feminism and the anti-war movement associated with the Vietnam War. The first speak-out, a public forum for rape survivors to describe the terror of rape, was sponsored by New York Radical Feminists in 1971. For Answer A you can remind participants that the suffrage movement advocated for the right of women to birth control.
- 3. **The correct answer is C.** In Pennsylvania, rape is a felony of the first degree. There are 3 levels of felonies. A first degree felony is the most serious. *Answer* A *allows you to address a prevalent myth surrounding rape.* Everyone (perhaps with the exception of the criminally insane) has the ability to control passion. If one could stop in the middle of sexual intercourse because a police officer walked into the room, one has the ability to control his or her passion.

Answer B allows you to introduce the historical perspective of rape as a crime of property.

Rape comes from the Latin word *rapere* meaning "to steal." For most of recorded history, rape was a property crime. The "victim" under this system was the man, the master (father, husband, owner) of the female. The crime resulted in "damaged goods." The female no longer had the same monetary value in terms of dowry, sale or alliance making. Justice was truly blind to the trauma and consequences to the woman. Justice was about payment for property damage. The best a rape victim could hope for was that her family would continue to shelter her and that she would not be cast out of the house, or worse -- killed.

### 4. The correct answer is B.

This provides you with an opportunity to introduce confidentiality and the struggle to gain the right to privileged communications.

In 1980, Anne Pride, director of Pittsburgh Action Against Rape, was held in contempt of court for refusing to give a client's records to the defense attorney in a rape trial. A mistrial was declared and the case was decided by the Pennsylvania Supreme Court. While it was a limited victory, the ruling by the

Supreme Court marked the first judicial recognition in Pennsylvania of the confidentiality of sexual assault counselor/client communication. As a result, the Pennsylvania legislature passed the first law in the nation to provide total confidentiality in communications between victims and rape crisis counselors. There were several challenges to the law, but in every case the constitutionality of the law was upheld. This law would later be expanded to protect conversation within a support group.

- 5. **The correct answer is A.** You can use this as an opportunity to review the various types of services provided to rape victims by your agency. The list could include, crisis counseling, accompaniment, support groups, etc. Letter C allows you to distinguish between the services provided by sexual assault and domestic violence centers. This can be confusing if both services are provided by the same organization. Most sexual assault programs in Pennsylvania DO NOT provide transportation.
- 6. **The correct answer is B.** When rape became a "women's issue" in the 1970s, the basic concern was about rape by strangers. Since then, it has become apparent that this was just the tip of the iceberg. For every woman who is raped by a stranger, four women are raped by someone they know: a date, coworker, former lover, or family member.
- 7. **The correct answer is C.** Most victims are ashamed of what has happened to them. Many blame themselves. In cases where illegal drugs were used or underage drinking occurred, the victim rarely reports the crime to police or goes to the ER out of fear of the consequences of admitting to illegal activity.

**Point:** This activity is to enhance the participant's understanding of sexual violence and the anti-sexual violence movement.

# Module 1

# Handouts

# Sexual Violence 101

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