

RAISING YOUNG MEN AND WOMEN IN A CULTURE OF SEXUAL ASSAULT

AND BREAKING THE CYCLE!

April 2017 is sexual assault awareness month

SEXUAL ASSAULT IN AMERICA

Do you know a victim of sexual assault and/or harassment?

- 1 in 6 American women have been raped or are the victim of an attempted rape
- 1 in 33 men have been raped or are the victim of an attempted rape
- 1 in 4 women will be sexually assaulted in their lifetime
- 1 in 6 men will be the victim of a sexual assault
- Up to 40% of women will experience a non-contact, unwanted sexual advance

You know someone, you just don't know it!

CHILDREN AND YOUTH ARE VULNERABLE

- Learning about themselves
- Learning how to appropriately interact with others on an intimate level
- Learning what is expected of them from family, from society, etc.

Parents are in the best situation
to help children!

EDUCATION BEGINS WITH PARENTS

What did you learn about sexuality growing up?

How did that impact you?

Do you want your kids to have similar or different messages?

HOW DO KIDS LEARN ABOUT SEXUALITY AND BOUNDARIES IN RELATIONSHIPS?

- YOU
- Family
- Local community
- Faith communities
- Schools
- Peer groups
- News
- Media: books, online, TV, movies

AND YES, EVEN ADVERTISING



WHAT SHOULD THEY BE LEARNING?

- Teach children from the get-go about boundaries
 - Theirs
 - Others'
- To be human is to have sexual needs
- Our needs should be met in positive, healthy ways
- Our needs do not take priority over others: we must respect boundaries
 - While a disproportionate number of offenders are men, women and men are perpetrators
 - Women and men are both survivors
- Sexual abuse and assault is not about sex, per se
 - It is about power and control
 - The power and control come from a differential in
 - Age
 - Position
 - Power
- Teach by example!

WHAT SHOULD THEY BE LEARNING?

Start conversations about safety when your kids are young

- Teach children the names of their body parts. Some parts of the body are private.
- It's OK to say "no."
- Talk about secrets.
- Reassure them that they won't get in trouble.
- Show them what it looks like to do the right thing.
- When they come to you, make time for them.

WHEN/HOW SHOULD THEY BE LEARNING?

- Gradually
- Age-Appropriate
- With an awareness of your morals and beliefs
- In ways that include you! Schools, churches, Scouts, etc. should include you in the curriculum/program that they offer children and youth

PREVENTION

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- Be informed about nature and occasions of sexual assault
 - 8/10 rape cases, victim knew his or her attacker
 - Over 40% of women first raped/assaulted at age 17 or younger
 - Sexual minority students 3x more likely to be forced into sexual activity
- Be aware of your children's social media use and contacts
- Awareness skills: meeting in public places, providing way out, etc.
- Ask your student's school about prevention and resources

PREVENTION: BE INVOLVED!

- Show interest in their day-to-day lives.
- Get to know the people in your child's life.
- Choose caregivers carefully.
- Talk about the media.
- Know the warning signs.

SOME WARNING SIGNS OF ABUSE

- Unusual weight gain or weight loss
- Unhealthy eating patterns, like a loss of appetite or excessive eating
- Signs of physical abuse, such as bruises
- Sexually transmitted infections (STIs) or other genital infections
- Signs of depression, such as persistent sadness, lack of energy, changes in sleep or appetite, withdrawing from normal activities, or feeling “down”
- Anxiety or worry
- Falling grades
- Changes in self-care, such as paying less attention to hygiene, appearance, or fashion than they usually do
- Self-harming behavior
- Expressing thoughts about suicide or suicide behavior
- Drinking or drug use

SOME WARNING SIGNS OF ABUSIVE RELATIONSHIP

Look for signs that a teen's boyfriend, girlfriend, or partner has done or said the following:

- Tries to get them to engage in sexual activity that they aren't ready for
- Sexually assaults them or coerces them into unwanted sexual activity
- Refuses to use contraception or protection against STIs during sexual activity
- Hits them or physically harms them in any way
- Doesn't want them spending time with friends or family
- Makes threats or controls their actions
- Uses drugs or alcohol to create situations where their judgement is impaired or compromises their ability to say "yes" or "no"

PREVENTION (FROM NSVRS REPORT)

- Intervening to Lessen Harms and Prevent Future Risk
- Promoting Social Norms that Protect against Violence
- Teaching Skills to Prevent Violence
- Providing Opportunities to Empower and Support Disadvantage Populations
- Creating Protective Environments
- Supporting Victims/Survivors to Lessen Harms

COMMUNICATION

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- Keep an open dialogue: do you ask your children about relationships?
 - Empower them to say no
 - Shame is toxic: victims are not to blame
- Keep your children's confidence (unless their safety is at risk)
- Co-watch and co-read: e.g. Netflix series "13 Reasons"
 - Children often exposed to unhealthy sexual activity before healthy exploration
- Use news stories as a chance to ask and share
- Provide resources (including people) for their awareness

RESOURCES

- RAINN- Rape, Abuse, & Incest National Network (www.rain.org)
- National Sexual Violence Resource Center (www.nsvrs.org)
- Culture of Respect
- National Sexual Assault Hotline (1-800-656-4673 or 1-800-656-HOPE)
- Family Center of Grosse Pointe and Harper Woods- (www.familycenterweb.org)
- Turning Pointe in Mt. Clemens