

"What's Power Got To Do With It?"
Sexual Assault, Domestic Violence and Stalking

- 1) **(5 minutes) Introduction: Hi I am a peer educator for the Campus Advocacy Network and I will be presenting this work shop called "What's Power Got to Do With It?"**

Raise your hands if you have heard of the Campus Advocacy Network before.

- a) Anyone know what they do?
 - i) They provide support and advocacy for students, faculty or staff who are dealing with sexual assault, domestic violence, and stalking. What does that mean?—CAN is a place people can get support and find out options.
 - ii) CAN is also the place where you can anonymously and confidentially report that you have been victim of a crime even if you do not want to take any further action.
 - iii) We will be using graphic language and talking about some intense stuff so If at any time during this workshop you need to take a break, things get intense or you just have to pee that's o.k.

- 2) **(15 Minutes) We would like to start with an ice breaker (Draw a line down the chalk board or flip chart and write the responses from the group). Tell me names we have for women who have sex. When the group seems to have exhausted their names move on to names for men who have sex.**

- a) What are the differences between these two lists?
 - i) The words for women are negative and words for men are seen as positive.
 - ii) Women described as objects, have less power, all the words are demeaning, relate to prostitution, body parts, equipment, trash, dirt, etc.
 - iii) Words for men have power, even the few negative ones, most of which have a double meaning with positive connotations. Words like "pimp" and "player" or "stud" imply that men who have sex are and should be in control of women.
 - iv) If the words "man whore," "male slut," "mangina," "mimbo," "himbo," or any other phrase that has a word signifying maleness to modify a word seen as exclusively female. They also implies homophobia.
 - v) What words are missing? Mother, father, boyfriend, girlfriend, spouse, partner, yourself if you want to.

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- vi) Why do you think there are more negative words for women than for men? Even in 2003 women are still expected to be the gate keepers for sexual activities so good women don't have sex and women who have sex are bad and we have a whole host of ideas about "bad" women—that rape only happens to bad/sexually promiscuous women, you can't rape a bad/sexually active woman, even more to the point --it is o.k. to harm/rape/abuse "bad" women.
- 3) You might be saying to yourself "What's the big deal, these attitudes don't really mean anything or what harm can come from thinking this way"**
- a) These attitudes objectify women and de-humanize them. Objectification is the same process that is used in racism and hate crimes and any genocide that has happened globally—e.g. Pol Pot in Cambodia, Hitler against the Jews in Germany or the recent incidents at Abu Gahraib.
 - b) In a study on a college campus, 49% of men say that they believe that other men would rape if they could get away with it so this is clearly part of our culture.
 - c) These attitudes also hurt men because they say that men always want sex and can't be raped making it impossible for them to get support or seek services. Nationally 10-15% of rape victims are men.
- 4) So why are we talking about this?**
- a) In 2002 a survey was done that assessed student's experiences with violence in the past year. The survey found that:
 - i) 949 UIC men experienced verbal threats for sex against their will, sexual touching against their will, attempted sexual (oral, vaginal or rectum/anus) and penetration against their will)—is that surprising? Who is committing these assaults against men? Women or Men? It is actually men. Most sexual assaults are perpetrated by men.
 - ii) 2,326 UIC women experienced verbal threats for sex against their will, sexual touching against their will, attempted sexual (oral, vaginal or rectum/anus) and penetration against their will).

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5) (10 minutes) Understanding Sexual Assault/Abuse

- a) So let's talk about sexual assault, how it happens, why it happens and what it is?
- i) What is the stereotypical rape/ sexual assault scenario?
 1. (Write on board) stranger
 2. Woman walking alone.
 3. Desperate for sex.
 - ii) Statistics tell us that most women (70-80%) are assaulted by someone they know. Most often in a home, the survivor's or the perpetrator's. These are what is commonly known as acquaintance or date rapes.
 - iii) According to one study on a college campus like ours, of acquaintance rapes, 43% are committed by a steady dating partner or spouse.
 - iv) Stereotypically, women are the victims of sexual assault, and statistically this is true. We know that women are the overwhelming majority of victims of sexual assault, and men are overwhelmingly the perpetrator. However, boys and men are victims of sexual assault as well.
- b) Is sexual assault about sex? We know that many rapists use objects, they don't always ejaculate and some are even in committed relationships.
- c) It is about taking power and control over someone and hurting them in a sexual way. Forced sex is the weapon used to hurt someone.
- d) So what is sexual assault? (ask audience and write up keywords on board). These are all good responses. There are two main components to sexual assault:
- i) Inability to give consent
 - ii) penetration, no matter how slight, of the mouth, anus and vagina by fingers, hands, objects or penis.
 - iii) sexual abuse differs from sexual assault because it does not involve penetration.
- e) A person is considered unable to give consent if:
- i) there is force or threat of force used to gain consent
 - ii) the victim is unable to understand the nature of the act (mentally disabled) or give knowing consent (asleep, drugged, unconscious).

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- iii) the victim is under 18 and the accused is a family member
 - iv) the victim is at least 13 but under 18 and the accused was 17 years or older and held a position of trust, authority, or supervision in relation to the victim
 - f) What about drugs and alcohol? Well legally, you can't get consent if someone is intoxicated or altered. Are we saying that people don't have or enjoy drunken consensual sex? Raise your Hands. How many of you have been to a party where there is drinking going on? (you might add a joke, now I know none of you were participating in underage drinking). How many of you have seen someone who is obviously intoxicated and can barely stand up? How many of you have seen someone hitting on that person? That is what we are talking about.
 - g) So how do you know you have consent from someone? (ask the audience to list different ways people decide that someone else wants to have sex with them ex. a look, touching, coming home with you etc).
 - i) all of these things are normal cues we all use to indicate interest etc.
 - ii) but the only way to know for sure that someone is consenting to sex is if they say "yes".
 - iii) Consent is "a freely given agreement to the act of sexual penetration or sexual conduct in question. Lack of verbal or physical resistance or submission by the victim resulting from the use of force or threat of force shall not constitute consent. The manner of dress of a victim at the time of the offense shall not constitute consent."
 - h) Consent is such a pivotal part of the definition for sexual assault, Illinois sexual assault law was amended to include that anyone has the right to rescind consent to sex even if he or she had previously given consent.
 - j) As mentioned earlier, sexual assaults often occur in the context of a dating relationship. Sexual violence is often one tool used by an abusive partner. Let's spend some time talking more about domestic or dating violence.
- 6) (10 minutes) Understanding Domestic Violence: How do we identify it, so we can do something about it!**
- a) How many of you know or have friends you think are in an abusive relationship?
 - b) What kinds of things have to happen before you would consider a relationship abusive? (Write audience answers on board).
 - c) According to Illinois law, domestic violence is:

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- i) Any one of these actions:
 - (1) Physical abuse, including sexual
 - (2) harassment, including psychological abuse
 - *Harassment is a behavior that is unnecessary and would cause a reasonable person emotional distress (ie. creating a disturbance at school or work, repeated telephoning, repeated following in a public place etc.)
 - (3) threats
 - (4) intimidation
 - (5) exploitation
 - (6) willful deprivation

- ii) inflicted by any of these people (regardless of gender):
 - (1) family member
 - (2) significant other (past or present)
 - (3) someone with whom a child is shared
 - (4) household member (ie roommate)
 - (5) or caretaker

- d) Great—you all have a good sense of some forms that domestic violence can take and what the law says. There are a few things to keep in mind when thinking about dating or domestic violence.
 - i) Abuse is always on purpose and never an accident.

 - ii) Like sexual assault, abusive behavior is also about power and control and the abuser seeks to gain control by degrading another person, depriving the person of the freedom to make choices and through emotional, physical and mental harm.

 - iii) Abusers don't usually start out as abusive and are not abusive all the time. They are people we might know, people we might think of as loving parents, good students, talented performers and loyal friends.

 - iv) There are many reasons that people stay with abusive partners, ranging from love, to economics to fear of being killed. The more challenging question to ask is, why does the abuser think it's OK to hurt someone s/he claims to love?

- e) Does domestic violence happen on campus?
 - iii) From a survey, we can estimate that 1,801 men on our campus described their relationship as emotionally, physically, or sexually abusive in the past year

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- iv) 2,825 women described their relationship as emotionally, physically, or sexually abusive in the past year.
- f) Another tool that abusers use to intimidate or control their partner is stalking. Many of you have probably heard of stalking but there are some things that we at CAN want to make sure you know.

(10 minutes) Stalking:

- c) How many of you know someone who was stalked by an ex boyfriend or girlfriend? How many of you know someone who was stalked by a stranger? Generate a board list--What methods did the stalkers use to follow or harass their victim? The list should include following, leaving messages on the telephone, sending letters, using e-mail etc.
 - d) Stalking & cyber stalking (high tech version where the computer and fax machines are used) are growing problems on college campuses. In their lifetime an average of 1 in 12 women and 1 in 50 men will be stalked.
 - e) Illinois stalking law says that the basic elements of stalking are:
 - i) at any time transmits a threat of immediate or future bodily harm, sexual assault, confinement or restraint and the threat is directed towards that person or a family member of that person; or
 - ii) places that person in reasonable apprehension of immediate or future bodily harm, sexual assault, confinement or restraint; or
 - iii) places that person in reasonable apprehension that a family member will receive immediate or future bodily harm, sexual assault, confinement, or restraint. ”
 - iv) must happen on at least two occasions.
 - d) We've touched on a lot of scary topics today. You may be wondering what you can do to help someone that you know who might be in any of these situations. Here are a few things we think are important to keep in mind.
- 7) **(5 minutes) Helping a Friend** So how would you help a friend or someone who has been through these things? Tell them three things:
- a) **IT WAS NOT YOUR FAULT!**
 - i) Survivors often blame themselves. The **MOST IMPORTANT** thing to say to a survivor is that it is not her/his fault!!!
 - ii) Reinforce that what happened was not deserved; it was wrong.

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- iii) The only person you can blame for violent crimes are the perpetrators of violent crimes.

- b) I BELIEVE YOU
 - i) The survivor may think others will be skeptical of the story or They may have trouble trusting people at this point, so saying I BELIEVE is so important.

 - ii) In order to break the silence around violence, we must foster a climate where survivors feel safe telling their stories and speaking out. Saying I believe is the first step in creating this climate.

- c) YOU HAVE OPTIONS
 - i) One option you can tell someone right now is to contact the Campus Advocacy Network. They have staff who will work with a survivor to find ways to deal with the violence. They have access to resources and services on and off campus.

 - ii) You may know of other resources in your community such as spiritual leaders, trusted mentors or peers who can help support the survivor.

 - iii) Remember, that these options are available to you as well. It can be hard to be a support for a person who is trying to recover from violence. You deserve support as well.

- d) Avoid Victim Blaming Statements
 - i) Try not to ask why questions (why did you go up there, why did you wear that, why didn't you watch your drink).

 - ii) No one chooses to be raped, abused or stalked, it is the perpetrator who chooses to hurt someone.

 - iii) Don't make excuses for the perpetrator. We must be willing to hold perpetrators accountable for their actions, if we want to end violence.

- 8) (1 minute) Taking Action**
 - a) If you see something happening that's Not OK... do something, don't think that someone else will take care of it.

 - b) Don't respond violently, use your words to communicate that what is being said or done is not o.k.

 - c) Tell the person that you would not like to be treated that way

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- d) Get help from friends, family, or campus resources if you do not know what to do or don't feel comfortable intervening on your own.
- e) Get involved as a peer educator on campus

9) (1 minute) Where to find help/resources.

- a) There are places where you or your friends can get help for these crimes! The places listed on this Resources brochure all offer free or sliding scale services for students on or off campus here in Chicago. Hotlines are listed so that you can call to talk at anytime or to find help in area near you. Highlight the following places on campus for help:

- ❖ **Campus Advocacy Network: 1- 312-413-8206**
- ❖ **Campus Counseling Center: 1-312-996-3490**
- ❖ **UIC Police : 312-996-2830 (996 - HELP)**
- ❖ **Chicago Rape Crisis Hotline: 888-293-2080 (24 hours)**
- ❖ **City of Chicago DV Helpline: 877-863-6338 (877-TO END DV)**

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PRESENTER RESOURCE PAGE

Statistics:

YOU MUST MEMORIZE ALL STATISTICS AND INSERT AT LEAST TWO INTO YOUR PRESENTATION.

Hint: Plan ahead. Choose and Insert two appropriate statistics into each section now so you will have them memorized.

- ❖ In a study of college students, 13.3 percent of 442 women reported having been forced to have sex in a dating situation. *Johnson, Ida M.; Sigler, Robert T. (2000). "Forced Sexual Intercourse Among Intimates." Journal of Family Violence, 15(1): 95-10*
- ❖ Nearly one-third of American women (31 percent) report being physically or sexually abused by a husband or boyfriend at some point in their lives. –*Commonwealth Fund survey, 1998*
- ❖ One in five female high school students reports being physically or sexually abused by a dating partner. – *Massachusetts Youth Risk Behavior Survey (YRBS), August 2001*
- ❖ Approximately 1 out of every 3 high school and college students has experienced sexual, physical, verbal, or emotional violence in dating relationships. *Mitchell, Anita. (1996). "Teen Dating Violence." Protecting Sexually Active Youth, Vol. 4(1), March, 1996.*
- ❖ It is estimated that 503,485 women are stalked by an intimate partner each year in the United States. – *National Institute of Justice, July 2000*
- ❖ Male victims represent five percent of reported sexual assaults 11. American Academy of Pediatrics, Committee on Adolescence. Sexual assault and the adolescent. *Pediatrics. 1994;94(5):761-765.*
- ❖ At least 20% of adult women, 15% of college women and 12% of adolescent women have experienced some form of sexual abuse or sexual assault during their lifetimes. Koss M.P., Hidden rape: sexual aggression and victimization in a national sample of students in higher education. In: Burgess A.W., ed Rape and Sexual Assault. New York, NY: Garland Publishing: 1988;2:3-25.
- ❖ Men accounted for approximately 15 percent of the victims (103,220 total). *Bureau of Justice Statistics Crime Data Brief, Intimate Partner Violence, 1993-2001, February 2003*
- ❖ An estimated 1,006,970 women and an estimated 370,990 men are stalked annually in the United States. *U.S. Department of Justice, Bureau of Justice Statistics National Crime Victimization Survey (NCVS)*
- ❖ 74 percent of stalking victims are between 18 and 39 years old. *U.S. Department of Justice, Bureau of Justice Statistics National Crime Victimization Survey (NCVS)*
- ❖ The prevalence of domestic violence among gay and lesbian couples is approximately 25 - 33%. Barnes, It's Just a Quarrel', *American Bar Association Journal*, February 1998, p. 25.

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- ❖ College students are at high risk. People of college age, especially 18-19 year olds in the first semester of college are at the highest risk to be victims or perpetrators of sexual assault.
- ❖ Most assaults are committed by someone the survivor knows:
 - * 82.7% of sexual assaults are acquaintance
 - * 43% of those are between dating partners