

# Understanding Sexual Violence

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Building healthy relationships, families and communities free from sexual, domestic and interpersonal violence.

# about POV

- Peace Over Violence is a non-profit, feminist, multicultural, volunteer organization dedicated to building healthy relationships, families, and communities free from sexual, domestic and interpersonal violence.
- To achieve this mission our agency manages five departments: Emergency, Intervention, Prevention, Education, and Advocacy.
- Services are offered in English, Spanish, and American Sign Language.

# POV services

# Emergency

- 24 hours Rape & Battering Hotline
   (626)793-3388 W. San Gabriel Valley
   (310) 392-8381 Los Angeles
- Off limits Sexual Harassment Hotline (844) 633-5464
- Sexual Assault Respond Team (SART)
- Domestic Abuse Response Team (DART)

# POV services

# Intervention

- Case management
- Trauma-informed counseling
- Legal services
- Support groups
- Specialized services for: Latinx, deaf, disable, elder, LGBTQ, and teens.

# POV services

# Prevention

- Empowerment Self Defense for women, children, and youth
- High Risk Youth Services
- Personal security awareness training
- School Over Violence
- Students Together Organizing Peace (STOP)
- Youth Over Violence

# POV services

# Education

- Community Education & Organizing
- Be Strong Curriculum
- In Touch with Teens Curriculum
- Legal Clinics
- Parenting for Healthy Relationships

# POV services

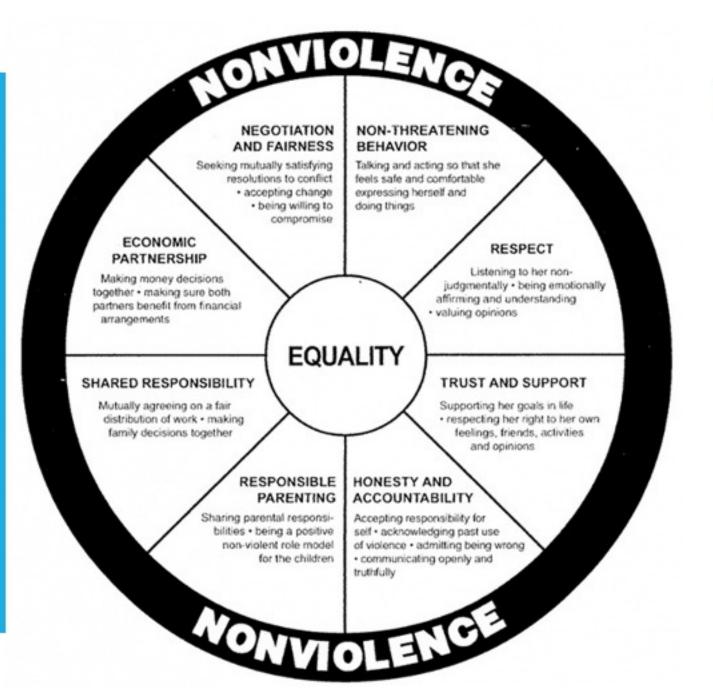
# Advocacy

- Hospital, Court, and Law Enforcement Accompaniment
- Legal Advocacy Project (LAP)
- Media & Policy Advocacy
- Denim Day
- Consultation for film, TV, Radio, and print media

DESCRIPTION OF THE STREET OF T pushing, shoving, Putting her down or making her feel bad about herself, calling her names, making her think she's crazy, mind games, USING slapping, choking, k ISOLATION Controlling what she does, who she sees & talks to, keeping a job, making her ask for things. what she reads, where she goes, money, giving her an allowance, taking limiting her outside involvement, using throwing her down her money, not letting her know about or lealousy to justify actions. have access to family POWER USING AND , pulling hair USING INTIMIDATION MALE PRIVILEGE CONTROL Making her afraid by using looks, actions, Treating her like a servant. Making all the gestures, loud voice, destroying her "big" decisions, acting like the property, abusing pets, "master of the castle," being displaying weapons. the one to define men's USING beating, t & women's role. SEXUAL CHILDREN ABUSE Making her feel guilty Punching, about the children, using the Making her to do sexual children to give messages, using MINIMIZING. things against her will, visitation to harass her, threatening physically attacking the **DENYING &** to take the children away. r Ishile Or hode on e buish sexual parts of her BLAMING Making light of the abuse and not taking her concerns about it seriously, saving the abuse didn't happen, shifting responsibility for abusive behavior, saying she caused it. PHYSICAL and SEXUAL ABUSE

**Power & Control Wheel** 

A healthy functional intimate relationship is based on equality and respect, not power and control. Think about how you treat (and want to be treated by) someone you care about. Compare the characteristics of an unhealthy, dysfunctional intimate relationship with those of a healthy, functional intimate relationship.



# **Equality Wheel**

Partners are able to maintain beliefs and sense of self as well as offer time and attention to the relationship. Partners have some independence and privacy and care about each other's quality of life. Working on a relationship always begins with working on ourselves; taking responsibility for our attitudes and behaviors (being accountable).

# CYCLE OF VIOLENCE

## Batterer ACUTE EXPLOSION

- \*Hitting
- \*Choking
- \*Humiliating
- \*Imprisonment
- \*Rape
- \*Using Weapons
- \*Verbal Abuse
- \*Destroys Property

#### Victim

- \*Protects Self
- \*Police called by victim/ neighbor/child
- \*Tries to calm batterer
- \*Tries to reason
- \*Fights back
- \*Leaves

#### HONEYMOON

#### Batterer

- "I'm sorry"/Begs forgiveness
- \*Promises to get help/ counseling/go to church
- \*Enlists Family's Support
- ""I'll never do it again"
- \*Wants to make love
- \*Declares love
- \*Cries

#### Victim

- \*Agrees to stay
- \*Returns or takes back batterer
- \*Attempts to stop legal proceedings
- 'Sets up counseling for batterer
- \*Feels happy/hopeful

#### Victim

- \*Nurturing
- \*Stays away from Family/Friends

TENSION BUILDING

Batterer

\*Nitpicking

\*Put-downs \*Yelling

\*Drinking/Drugs

\*Withdraws Affection

\*Threatening

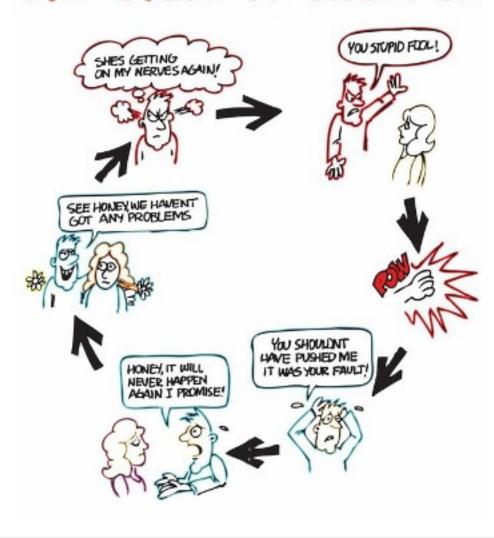
\*Criticizes

\*Sullen

\*Moody

- \*Keeps children quiet
- \*Agrees
- \*Tries to reason
- \*Cooks partner's favorite dinner
- \*Feeling of walking on eggshells
- "Attempts to soothe partner

# THE CYCLE OF VIOLENCE



# sexual harassment

- it is unwanted sexual attention or advances that are unwelcome and unpleasant to the recipient.
- it creates an abusive working environment.
- it is the explicit or implicit attempts to make work or promotions conditional to sexual favors.
- it includes sexist and demeaning gender-based comments.
- it also includes unwelcome touching, hugging, kissing, stroking.





# typical misconceptions

- victims are to blame for the way they dress or act
- there is no rape in dating/cohabitating/marriage
- it is not rape if the perpetrator is an old flame
- not fighting back or running away means consent
- victims are to blame for overlooking the perpetrator's intentions

**Denim Day's story** 

## what sexual violence does

- one in five women in the U.S. are raped or sexually assaulted at some point in their lives.
- the impact of this type of violence goes far beyond physical injuries.
- it leaves victims scared, shattered, ashamed, and feeling alone.
- it imprints unpleasant memories in the minds and bodies of victims.
- it changes the way one sees oneself, others, and the world around.
- it affects life experiences and relationships.
- it causes trauma.

# SEXUAL VIOLENCE: NOT ON MY CAMPUS



# what trauma is

Trauma is a neurobiological and emotional response to a frightening, upsetting experience. Since the onset of trauma and its psychological repercussions fall across a broad spectrum, a variety of categories of trauma have been established to study, understand, and treat them. It includes:

- post-traumatic stress disorder (PTSD)
- complex trauma
- developmental trauma
- trauma bonding

# RAPE CULTURE ENDS WITH ME





# what trauma does

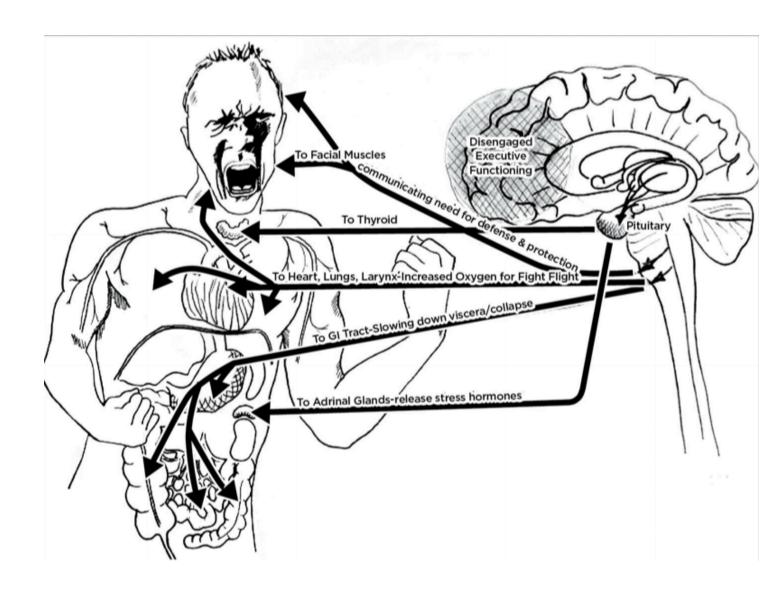
Trauma impacts the outlook, beliefs, emotions, and behaviors of a person who has experienced a traumatic event or has a history of trauma. It causes (a) sense of powerlessness, (b) disconnection from self, (C) self-devaluation, and (d) emotional dysregulation.

Some of the long-lasting effects of trauma include anger, irritability, mood swings, confusion, frustration with the inability to cope, fragmented memory, intrusive thoughts, depression, anxiety, fear, isolation due to feelings of shame and guilt, sense of hopelessness, numbness.

## how trauma affects us

Trauma affects the entire human organism – body, mind, brain, and spirit. In PTSD, for example, the body continues to defend against a threat that belongs to the past. Healing from PTSD means being able to terminate this continued stress mobilization and restore the entire organism to safety.

Healing from PTSD is difficult, however, when the limbic system or emotional brain is compromised also by developmental trauma.



How Trauma Affects Us graphic (p. 53) from van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York: Penguin Books.



# what to do

- surround yourself with positive, supporting connections
- find someone you trust to be your anchor
- join a support group
- challenge any negative perception of self and the need for isolation
- seek the right therapist to help you with (a) coping with feelings of shame, guilt and sense of loss (b) dealing with flashbacks and intrusive thoughts, (c) reconnecting with your body and emotions, (d) practicing self-care

# how to help

- reach out, help them fight their self-imposed isolation
- be patient, let them open up at their own pace
- just listen, be an empathic, non-judgmental presence
- do not offer advice
- let them know that it was not their fault
- remind them of their strengths and qualities
- help them connect with the right resources



### resources

- RAINN Rape, Abuse & Incest National Network hotlines | 1.800.656.4673, hotline.rainn.org/online, rainn.org/es
- NSVRC National Sexual Violence Resource Center | nsvrc.org
- National Street Harassment Hotline | 1.855.897.5910
- National Center for Victims of Crime | victimsofcrime.org
- NOVA National organization for Victim Assistance | trynova.org, helpline 1.800.879.6682
- National Sex Offender Public Website | nsopw.gov
- POV Peace Over Violence | peaceoverviolence.org/hotlines
   213.626.3393 (Central Los Angeles), 310.392.8381 (South Los Angeles)
   626.793.3385 (West San Gabriel Valley) 310.281.2822 (Domestic Violence Shelter Assistance)
   844.633.5644 (Off Limits Sexual Harassment)

# questions?

## contact

metro headquarters
1015 wilshire boulevard, suite 200
los angeles, california 90017

213.955.9090 office 213.955.9093 fax 213.785.2684 video 213.785.2749 video

west san gabriel valley center 892 north fair oaks avenue, suite D pasadena, california 91103

626.584.6191 office 626.584.6193 fax 626.584.6118 video

online

peaceoverviolence.org info@peaceoverviolence.org

If you or someone know is seeking services, needs information and/or will like to speak to a counselor advocate please contact our 24-hour crisis line.

24-hour hotlines 626.793.3385 310.392.8381 213.626.3393

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