

## Module 4: Sexual Abuse

*[Facilitator note: Be aware that some of the issues covered in this workshop may bring up strong feelings for residents. Please create a plan to best support them.]*

### Slide 1: Staying Safe

- Hi, as you know I'm NAME. I am presenting part four of a five part series about Staying Safe from Abuse. Our goal is to make FACILITY a safe space for everybody. Today the topic is: sexual abuse.

### Slide 2: Community Agreements

- What we are going to talk about might be sensitive for some of you and could bring up uncomfortable memories or feelings. Whenever we get together in a group, it's important to agree on some rules ahead of time, so that we all know what to expect from others and what's expected from each of us. We are going to start by going over a set of community agreements.
  - **Respect:** You will hear ideas that may be different or new to you, and opinions with which you may disagree. As you participate and interact, try to take in new information without judgment and to keep an open mind. Make sure that your words and body language reflect a respectful attitude toward others. Learn by listening to others.
  - **I statements:** Speak from your own personal experiences and try not to judge the experiences of others. Use I-statements such as "I feel..." or "In my experience..." Avoid saying things like "You should" or "You all think that ..." or other statements that might sound like you're blaming someone or telling them how to feel or think.
  - **Ask Questions:** Much of the information that we will cover will be new to many of you. Feel free to ask any questions that come up for you—either during the activity or privately afterwards—without fear that they are too "silly." Make sure to phrase all questions in respectful and nonjudgmental ways.
  - **Confidentiality:** Please make sure that everything said in the room stays in the room. When sharing personal stories, make sure to avoid using the names of other people. *[Facilitator note: mention mandated reporting limitations specific to your facility]*
  - **Step Up/Step Back:** if you have been speaking a lot, step back and allow others to share the floor. Learn by listening to others. If you haven't been talking at all, challenge yourself and share.
  - **One Mic, One Person:** Just one person speaks at a time. No side talk.
  - **Remember to take care of yourself:** If something becomes too overwhelming, feel free to *[Facilitator note: insert support plan here]*.

- **Reporting:** If you would like to report something that happened to you or someone else, please *[Facilitator note: insert support plan here]*.
- **Ask:** Does anybody have any questions? Now we're going to get started with some definitions.

### Slide 3: Zero Tolerance

- Zero tolerance means: FACILITY does not tolerate any behavior that makes a resident feel unsafe here.
- Anyone who reports abuse will be protected
- Anyone who is abusive will be held accountable

### Slide 4: Types of Bullying

- To review last time, we talked about the six types of bullying. One of these types was sexual bullying otherwise known as sexual harassment. Often times sexual harassment leads to sexual abuse. However, sometimes a person may sexually abuse another person without bullying them first.

### Slide 5: Vocabulary

- **Victim blaming:** This is when we blame the victim of a crime for what happened, instead of holding the person who committed the crime responsible. Victim blaming is a way that we sometimes try to protect ourselves. We all like to believe that we can control what happens to us. We like to believe that bad things can't happen to us if we make all the right choices, or if we avoid doing the same thing that someone who was victimized did. But we can't control what other people do. Victim blaming is particularly common when it comes to sexual abuse.
  - **Ask:** Can you think of examples of victim blaming?
  - (Possible answers: she deserved it because she shouldn't have gone to his house; she was asking for it, dressed like that; he must have really wanted it because he didn't fight back; he's in juvi—do the crime do the time; he's gay of course he wanted it)
- **Consent:** We are going to define this in the next slide.
- **Sexual Abuse:** We are going to cover sexual abuse after consent.

### Slide 6: What is Consent?

- **Ask:** What does the word consent mean to you?

- Yes, it is giving permission. It is when a person voluntarily, willingly, and freely agrees to do something.
- If you ask me to play basketball and I say, “sure,” I am giving you my consent. If you tell me to play basketball or else you are going to beat me up, then I am being forced to do something against my will. Agreeing to do something to avoid something bad is not the same as consent.
- I know that example is obvious, but when we talk about something that is sexual, people make it complicated. If you ask somebody to kiss you and they say yes, then you are asking for their consent. If you tell someone that if they don’t kiss you then you’re going to break up with them, then you are trying to limit their ability to consent. You are trying to take away their ability to say no.

### **Slide 7: A Few Things About Consent**

- You have the right to decide when you do it, where you do it, how to do it, and with whom you do it with
- You have the right to change your mind at any point. And that means the sexual activity has to stop.
- Trying to turn someone's “no” into an “okay, I guess so” is called coercion. Coercion is when someone tries to pressure a person to do something by using force or threats. Coercing someone is not the same as getting consent.
- **Ask:** Can someone give an example of coercion?

### **Slide 8: A Few More Things About Consent**

- Sexual activity while you’re here at FACILITY is against the rules and you can be disciplined for it—even if you agree to it.
- BUT we always want you to be safe, so if you decide to have sex or be in a relationship with someone and you want it to stop, but they won’t let you, it counts as abuse. Period.
- Something can be abusive, even if started as consensual
- You can get help, even if you broke a rule
- You’re safety is the most important thing
- Remember, anyone who reports abuse will be protected and anyone who is abusive will be held accountable.

### Slide 9: Who Cannot Consent?

- The following groups of people cannot consent:
  - Someone intoxicated (drunk or high)
  - Someone asleep or sleepy
  - Someone who has a severe mental disability (so that they don't understand what they are consenting to and the consequences thereof)
  - Minors cannot give consent to an adult
  - Someone who is under the power of authority of another person: for example, a student can't give consent to a teacher, a resident can't give consent to a staff, an inmate can't give consent to a corrections officer

### Slide 10: Consent or Not?

- I am going to read the prompt. With an ASL (American Sign Language) C or N, tell the group if you think the scenario is consensual or not consensual. *[FN: please see slide to see ASL signs]*
  - Robin laces Lauren's weed with meth. When Lauren is high out of her mind, Robin feels her up.
    - (Not consensual, because Lauren is so high she doesn't understand what is going on and cannot consent to being felt up)
  - Probation Officer Warren tells Tom that she will show him a good time, then puts her hand on Tom's crotch.
    - (Not consensual, because Tom is a minor resident so he cannot consent to sexual activity with Officer Warren, an adult staff member)
  - Eliza and Fernando are in a relationship. Fernando wants to go all the way again. Eliza doesn't really want to today, but Fernando tells her if she doesn't then he's going to find someone better who will.
    - (Not consensual, because Fernando is coercing Eliza. He is trying to persuade her to have sex with him by threatening that he will get with another girl)
  - Kat is a 16 year old resident who is Facebook friends with Mike, a 20 year old staff. Mike did not tell his supervisor that they knew each other from his old high school. One of the other kids showed you a post that Kat wrote on Mike's wall. It read, "Can't wait 'til this weekend for my home visit. It'll be just like last week in the staff bathroom, but better because we won't have to rush. See you soon babe."
    - (Not consensual, Kat is a minor resident so she cannot consent to have sex with Mike, an adult staff)
  - Jaden and Omar are bunkmates. Jaden took his sleeping meds which makes him very sleepy. Omar had sex with him while he was asleep. Jaden woke up with a sore bottom and realized what happened.
    - (Not consensual, Jaden could not consent to sex with Omar while he was asleep)

### **Slide 11: What is Sexual Abuse?**

- If a staff person does anything sexual to a resident, it is sexual abuse. A resident can never consent to sexual activity with a staff.
- If a resident does any of these actions without the consent of the other resident, it is sexual abuse.
- Here are some examples of the types of activities that are sexual abuse if they are committed by a staff against a resident, or by a resident against another resident without consent.
  - Touching a resident's private parts
  - Putting private parts inside a resident's body
  - Kissing or sexually touching a resident
  - Showing private parts to a resident

### **Slide 12: What is Sexual Abuse?**

- Staring in a sexual way at a resident who is using the toilet, changing, or showering
- Taking pictures of a resident's naked body
- Threatening, tricking, or bullying a resident into sexual activity
- Forcing a resident to have sex

### **Slide 13: Who Can Commit Sexual Abuse?**

- Anyone can commit sexual abuse.

### **Slide 14: Yarn Exercise**

- This exercise demonstrates barriers how hard it can be to report sexual abuse and how survivors of sexual abuse in detention are re-victimized when they can't get help from the people who are supposed to protect and help them.
  - Supplies needed:
    - Title/quote slips (12-15)
    - 12-15 pieces of string (at least 2 feet long)
- Designate volunteers (actual number will depend on which version of the exercise you're using).
- Have the group form circle

- Ask for someone to be the “rapist” and someone to be the “survivor”. Give them both their corresponding slips of paper. Place the “survivor” in the middle of the circle
- Give each participant a piece of paper with a quote.
- Give everyone a piece of string that connects to the “survivor”, so the “survivor” is holding the end of each piece of string.
- Instruct the “survivor” to read his/her line to the first person standing to the left of the rapist.
- Ask that person to respond by reading his/her title and line, and then dropping the string after saying the line.
- Return to the “survivor” to repeat his/her line to each person in turn around the circle, ensuring that the “rapist” is the last person to read his/her line.
- After the “rapist” reads his/her line, make sure the “rapist” and the “survivor” continues to hold their ends of the last piece of the string.
- Thank and dismiss your participants. Collect materials.
- *Group Discussion questions:*
  - **Ask** the survivor what it was like for him/her? What feelings did the exercise bring up?
  - **Ask** the group what all of the responses have in common.
  - **Ask** for examples of what anyone in the group could have said that would have been different. (i.e. “I’m so sorry that happened to you”). Emphasize that it’s actually quite simple to give a supportive response to a survivor of sexual abuse behind bars.
  - **Ask** the group how many times they think a survivor would ask for help before giving up, if this is the kind of responses they got? Why?
  - **Ask** the group if they believe these responses are realistic. Many will think these seem exaggerated, so be sure to point out that these are based in actual statements made to rape survivors in detention.

#### **Slide 15: How to Prevent Sexual Abuse**

- No one deserves to be sexually abused. You have the right to be free from sexual abuse. No matter what crime you may have committed, sexual abuse is not part of the penalty.

- Although you can't control other people, there are some things you can do to reduce your risk of being targeted. Keep in mind that sexual abuse is never the victim's fault – only perpetrators can prevent sexual abuse by not sexually abusing other people in the first place.
- Pay attention to your gut. If a resident or staff gives you the “heeby jeebies” stay away from them.
- Be aware of someone trying too hard to be your friend or giving you special attention. There will be people at the facility who will genuinely want to be your friend and adults who really care. Sometimes, though, there will be people who want to take advantage of you.
  - If staff member is giving you gifts/food/special privileges it is staff misconduct. They may be trying to win you over in order to take advantage of you.
  - If a resident is being extra nice or giving you gifts/food/special privileges or if they are suddenly being there for you when you're vulnerable (like after a hard phone call or bad visit), they may be trying to win you over in order to take advantage of you.
- Avoid getting into debt with other residents. When you accept food or contraband, or borrow money or clothing, people expect you to return the favor. Some people who are sexually abusive will offer you these things, pretending to be your friend, and later try to coerce you into sex.
- Stay close to your support system (friends, family, etc.).
- Avoid getting involved in the drama. Remember the big picture. Your goal is to do your time and get out of detention.
- Find staff members who seem trustworthy and who make you feel comfortable, so that you know who to go to if you need help.

#### **Slide 16: What to Do if You're Sexually Abused**

- Remember that it is NEVER your fault if you are sexually abused. You are not responsible for the abuser's behavior. You don't deserve the abuse, no matter what.

- Know it is okay to feel whatever you're feeling. Sometimes people who have been abused feel ashamed, embarrassed, sad, alone, scared, and angry. There is no right or wrong way to feel.
- Tell someone. Asking for help when you need it is a way to take care of yourself.
- File a grievance or a report if you feel safe doing so.

### Slide 17: How to Get Help

- Keep in mind that you have many resources in your corner and you can get help. The people who care about you being healthy and happy, including the staff here, will be willing to help you. Remember, though, that if staff or other adults do something that is against the rules or just doesn't seem like part of their job and they violate your boundaries, it is important to tell a different adult.
- You can file a grievance.
- Tell **any** staff at the facility: staff, nurses, counselors, probation officers, chaplains, volunteers. If you feel uncomfortable saying it in person, you can start off by writing a note and passing it to one of them.
- If you do not feel comfortable talking to a staff or your clinician, think about who else you can go to for support. Is there a family member, friend, or someone else in your life who you trust?
- Sometimes it is easier to talk about something with someone you do not know personally, but who is an expert on the issue. You have the right to get emotional support by contacting your local *[FN: Insert name and contact information of outside referral organization here]*
- *[FN: Insert any other ways to get help here ie call hotline or put note in dropbox]*
- Many of us are good at supporting friends. We encourage friends to take care of themselves and to speak up for themselves. Asking for help when you need it is really about being as good a friend to yourself as you are to other people.

### Slide 18: What Happens if I Report?

- FACILITY will take your report seriously and investigate it. Depending on the situation and the outcome of the investigation, the abuser will face a range of serious consequences and will be disciplined for their actions.



- FACILITY will take steps to make sure you are as safe as possible from further abuse. This means:
  - If a resident sexually harassed you, *[FN: Insert an example of potential outcomes, ie. they may be housed somewhere else or even transferred]* depending on the outcome of the investigation
  - If a staff sexually harassed you, *[FN: Insert an example of potential outcomes, ie they may be transferred to work at another unit]*
- FACILITY will make best efforts to protect your privacy. There are limits to FACILITY's confidentiality due to mandated reporting laws, but we will keep the information on a need to know basis.
- You will be provided with free emergency medical care.
- You will be provided with free mental health care.
- You will be able to talk with an outside counselor from *[FN: Insert contact information for local rape crisis center.]*, at no cost.

#### **Slide 19: What if I'm Not Ready to Tell?**

- We understand that reporting can be really hard and there might be many reasons you're not ready to tell who sexually abused you. You can still get free emergency medical and mental healthcare, even if you're not ready to report who committed the abuse. No matter what, you have a right to get help and support. Getting help is about taking care of yourself.