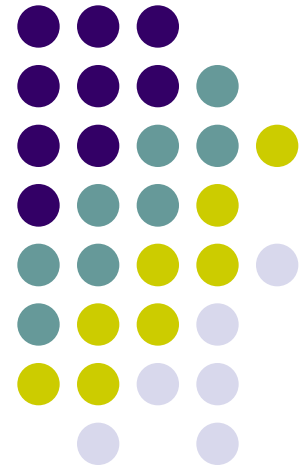


Sexual Assault Prevention and Intervention Strategies when working with an adolescent population

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Objectives



- To introduce BARCC and its services,
- To increase awareness of sexual violence within a teen population,
- To focus on preventing perpetration as well as victimization,
- To identify prevention strategies to help keep teens safe,
- To understand Rape Trauma Syndrome and how it effects natural development in adolescents.
- Identify intervention strategies to access safety,
- Understand the importance of self care when working with disclosures of sexual trauma,
- Identify action steps for schools to increase awareness of this issue within their communities.

Boston Area Rape Crisis Center (BARCC)



- Who uses BARCC's services:
 - Anyone who has been directly or indirectly effected by sexual violence
- Adolescent population served;
 - Boys and girls ages 12-19 years old
- Free services;
 - 24 hour confidential hotline
 - Individual short term (1-12 weeks) therapy
 - Group counseling and workshops for survivors and significant others including parents, spouses, partners and extended family members
 - Medical advocacy and accompaniment
 - Legal advocacy
 - Community Awareness and Prevention Services (CAPS)
 - Consultation and first responder training to educators, legal teams, clinicians and medical community
- Empowerment Model



Myths and Facts

- What is a myth?
- Why is it important to know the myths about rape?
- Who Rapes?
- Who Gets Raped?
- When and where does rape happen?
- Why does rape happen?



Myth

- “It’s the victim’s fault for not knowing better.”
 - Alcohol
 - Keeping ourselves safe
 - Alone at night
 - Miscommunication
 - Others?

Fact



- The rapist is responsible for the crime.
 - Alcohol and consent
 - Safety beyond our control
 - David Lisak data and the undetected rapist

Facts



- Who gets raped?
 - While 9 out of 10 rape survivors are women, men and boys are also victimized by this crime. 1 in 3 girls and 1 in 7 boys will be survivors of sexual abuse before the age of 18 (National Crime Victimization Survey, Bureau of Justice Statistics, US Dept. of Justice)
 - 1 in 4 women and 1 in 6 men will experience a sexual assault during their lifetime (National Institute of Justice, 2000)
 - According to the US Dept. of Justice, an estimated 91% of the victims of rape and sexual assault are female and 9% are male. (1997)
 - Teens ages 16-19 are 4x more likely than any other pop. to be victims of rape, attempted rape or sex. Assault (NCVS 2000). Women between the ages of 16 and 24 are at the greatest risk of being raped (MOVA, National Crime Vict. Survey, US Dept. of Justice).
 - 44% of rape victims are under the age of 18 and 15% are under the age of 12 (Sex Offenses and Offenders, Bur. Of Justice Stats, US Dept. of Justice).

Myth



- Rape is about sex.
 - Why can't they get sex?
 - When is the line crossed of no return?
 - Sexual gratification is the goal.

Fact



- Rape is about power and control
 - Most rapists have access to sex
 - There is never a point of no return. As soon as one partner wants to stop, its over.
 - Sexual gratification is generally trumped by the feelings of domination over another person.

Facts



- Who Rapes?
 - Women also rape, but men commit the majority of rapes. Nearly 99% of the offenders described in single victim incidents are male (US Dept. of Justice).
 - People that the survivor knows commit over 75% of rapes (US Dept. of Justice 1997) On college campuses alone, 90% of survivors knew their offenders (Natl. Institute of Justice, Bureau of Just., 2002). 93% of juvenile sexual assault victims knew their attacker (Sex Offenses and Offenders, Bureau of Justice Statistics, US Dept. of Justice, 2000).
 - 90% of men who rape other men identify as heterosexual. 98% of males who raped boys reported that they were heterosexual (National Victim Center)
 - 90% of rapes occur by someone of the same racial or ethnic background (US Dept. of Justice, 1994)

Myth



- People lie about being raped.
 - Who gains from a rape report?
 - What's in it for her?
 - Is it a way to relieve a guilty conscious?

Facts



- Many people never tell anyone that they were raped.
 - National Crime stats report a lower incidence of false reporting of rape than other crimes.
 - Many survivors recant their stories for other reasons.
 - Most crimes are not prosecuted, and if they are, very low conviction rate.
 - Process is long and arduous, often re-traumatizing for the survivor.
 - Survivors know the difference between a bad decision and crime.

Facts



- Keeping silent about violence.
 - 80% of rapes happen in the home (MOVA, Nat'l Victims Center, Bureau of Justice Stats).
 - Of sexually abused children grades 5-12, over 40% of the boys and 29% of the girls told no one, not even a sibling or a friend (Commonwealth Fund Survey of the Health of Adolescents, 1998)

Prevention Strategies



- Whose responsibility is it to prevent perpetration and victimization?
 - Everybody in a power role. Every administrator, neighbor, parent, mentor, counselor, teacher, nurse, care giver, coach, clergy etc.
 - Communities
 - Adolescents
- How do we do it?
 - Create safe, judgment-free environments in which to ask questions and share knowledge related to sexual education and violence awareness.
 - Address society's constructed stereotypes, racism, sexism, gender discrimination
 - Teach the importance and impact of language's use and misuse.
 - Teach, use and give permission to biologically, anatomically correct language.
 - Understand the dynamics of power and how it impacts the natural course of development in teens.
 - Discuss human development, what are their brains, bodies and emotions doing.
 - Incorporate role playing, media, music, journaling, participatory games, videos, literature, art.
 - Inform others the legal definition of rape, sexual assault, sexual harassment, statutory rape and consent.
 - Advocate in your home communities

Prevention Strategies



- Get political and advocate for policy change-local officials, governors office, state house updates.
- Teach teens to trust their instincts, listen to themselves, and how to make healthy decisions in the face of peer pressure.
- Develop respectful relationships with teens and set and keep boundaries to the relationship.
- Ask questions.
- Identify safe people teens can confide in, talk to and be real with.
- Build self esteem through talents, ie, sports, art, dance, music, writing
- Challenge challenge traditional gender role expectations. ie. Girls babysit/girls as care givers and boys play football/girls as aggressive boys
- Buddy systems in school, walking the neighborhood, riding around town, being left alone in a family, at parties, etc.
- How to identify a potentially dangerous situation/creating out options.
- Harm reduction online, drinking, drugs, running away, and other high risk behavior.
- Offer them resources and teen friendly resources on the issues.

Sexual violence and natural development



- Independence vs. approval
- Acceptance vs. individuality
- Brain development
 - Underdeveloped emotional capacity
 - Impulsivity
- Lack of vocabulary/inability to articulate
- Teen culture-access to porn, web, overexposed, media
- Religious, spiritual, racial and cultural beliefs and practices

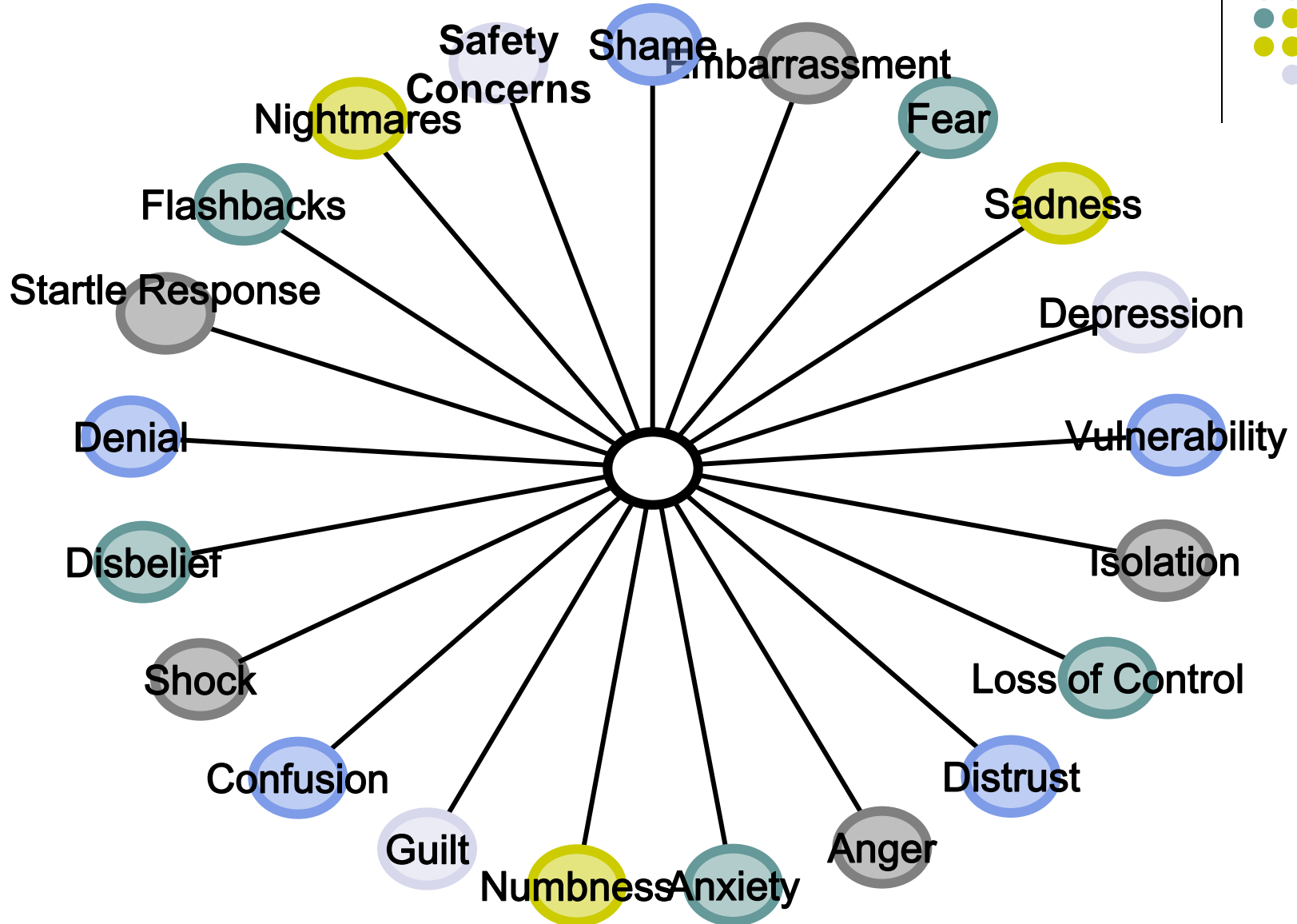
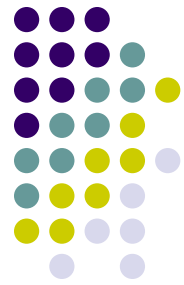
Rape Trauma Syndrome/RTS



- A normal reaction to an abnormal event
- Used to describe a specific type of trauma experienced with its own unique trauma impact: it is a framework for understanding people's responses to rape.

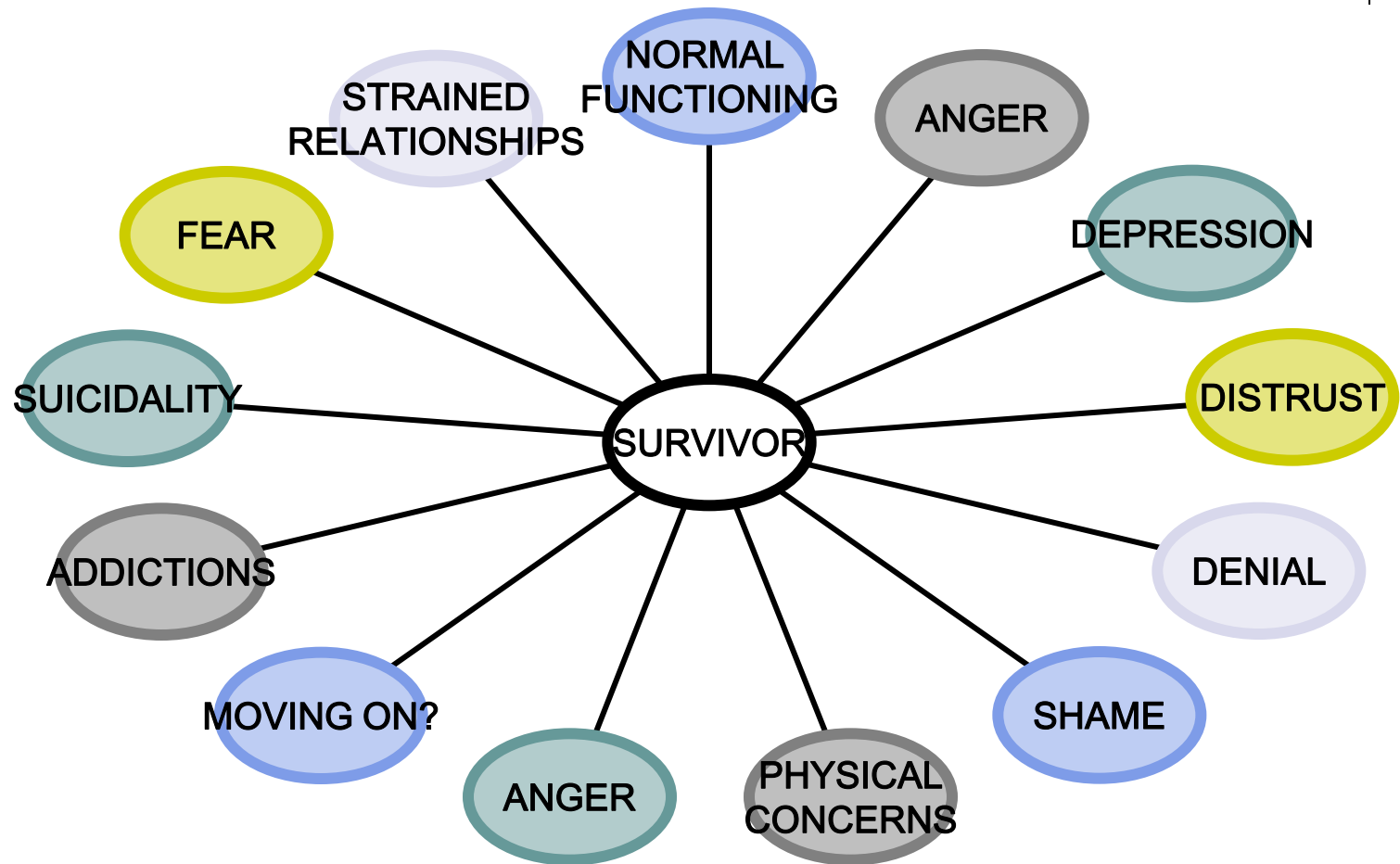
Rape Trauma Syndrome (RTS)

Immediate Crisis Stage



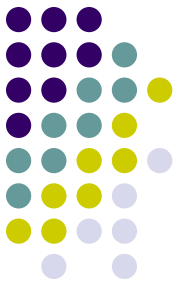
Outward Adjustment Phase: 3-6 months

Gain control over not being a rape victim. Rape is pushed somewhere else so they can resume life.



Retriggering/Resolution Stage: 1 year

Initial symptoms can reoccur, but usually not as intense, regaining sense of self





Intervention Strategies

- Goal: Intervene and make connections to safety
- S.E.E.K
 - Safety
 - Empowerment
 - Empathy
 - Knowledge

Safety



- Privacy
- Confidentiality
- Immediate physical concerns
- Immediate emotional concerns

Empowerment



- Make sure the survivor understands your agency's/school's guideline's around confidentiality and reporting.
- Let the survivor decide what to talk about
- Use empowering language.
- Help them to understand what they might experience emotionally
- Help them to understand what their options are and where to find more information.
- Be respectful of their decisions.
- Point out the survivor's strengths and courage.

Empathy



- Put yourself in their shoes
- Validate their experience and actively listen.
- Communicate that survivors are *never* to blame for an assault. Avoid using “standard responses,” such as, “It’s not your fault” unless it directly applies. Use responses that feel genuine to you.



Knowledge

- **Know your role**
 - Immediate response
 - Believe and empower
- **Be prepared**
 - Have key questions and comments in mind
 - Have access to information
- **Utilize what is available**
 - Create easy transitions
 - Use anticipatory guidance

Options...



- Medical Options
 - Hospital: SANE, evidence collection, std/pregnancy prophylaxis, toxicology screening, medical exam, medical advocates
 - Appropriate health center
 - Primary care physician
- Legal Options
 - Reporting Options
 - Restraining Orders
- Emotional Support
 - Hotline
 - Counseling
 - Supports/further disclosures
 - Psycho-education



Taking Care

- Secondary Trauma
 - Why it happens
 - Why it is important to address
- Self Care
 - What is it?
 - Why do it?
 - How to do it

Schools taking action



- What can schools do to increase awareness and help end sexual violence?
 - Accept that sexual violence happens in every corner of the world and abandon a “not in my town” mentality.
 - Replace fear and denial with education and options
 - Create alliances with other youth serving organizations to help increase awareness in community. Reevaluate existing alliances and impact on adolescents.
 - Raise the bar on the use of language
 - Work with families to dialogue about difficulties of parenting, specific needs of families, build networks and refer parents to alliances
 - Create a private and confidential hotline for teens to get referrals, ask questions or anonymously report abuse



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