



**liftUPlift**  
**Sexual Violence**  
**Intervention**  
**Training**

**What *You* Can Do**

# Training Objectives

- **Learn what sexual violence is** and who it impacts. Understand myths vs. realities vs. the law.
- **Learn to recognize warning signs** of sexual assault and abuse. What puts children and other populations at risk?
- **Learn what you can do** as community member, parent, peer or survivor to prevent sexual violence.
- **Learn how to spread awareness** and train more Allies in your community.

# The Trial of Mr. Smith

<https://vimeo.com/93133460>

**Myth:**  
The term  
*sexual violence*  
only means  
rape.

Date Rape

Sexual Assault

Intimate Partner Violence

Hate Crime

Child Abuse

Exhibitionism

**Fact: Sexual violence is a complex, multifaceted problem.**

Child Pornography

Exploitation

Trafficking

Rape

Incest

Stalking

Internet Crime

Sexual Harassment

Statutory Rape

Voyeurism

# Myth:

Sexual violence  
isn't a problem  
in *my*  
community.

# Sexual violence affects *all* communities.

## Offense Against Child

- Offender Home
- Offender Other

## Rape

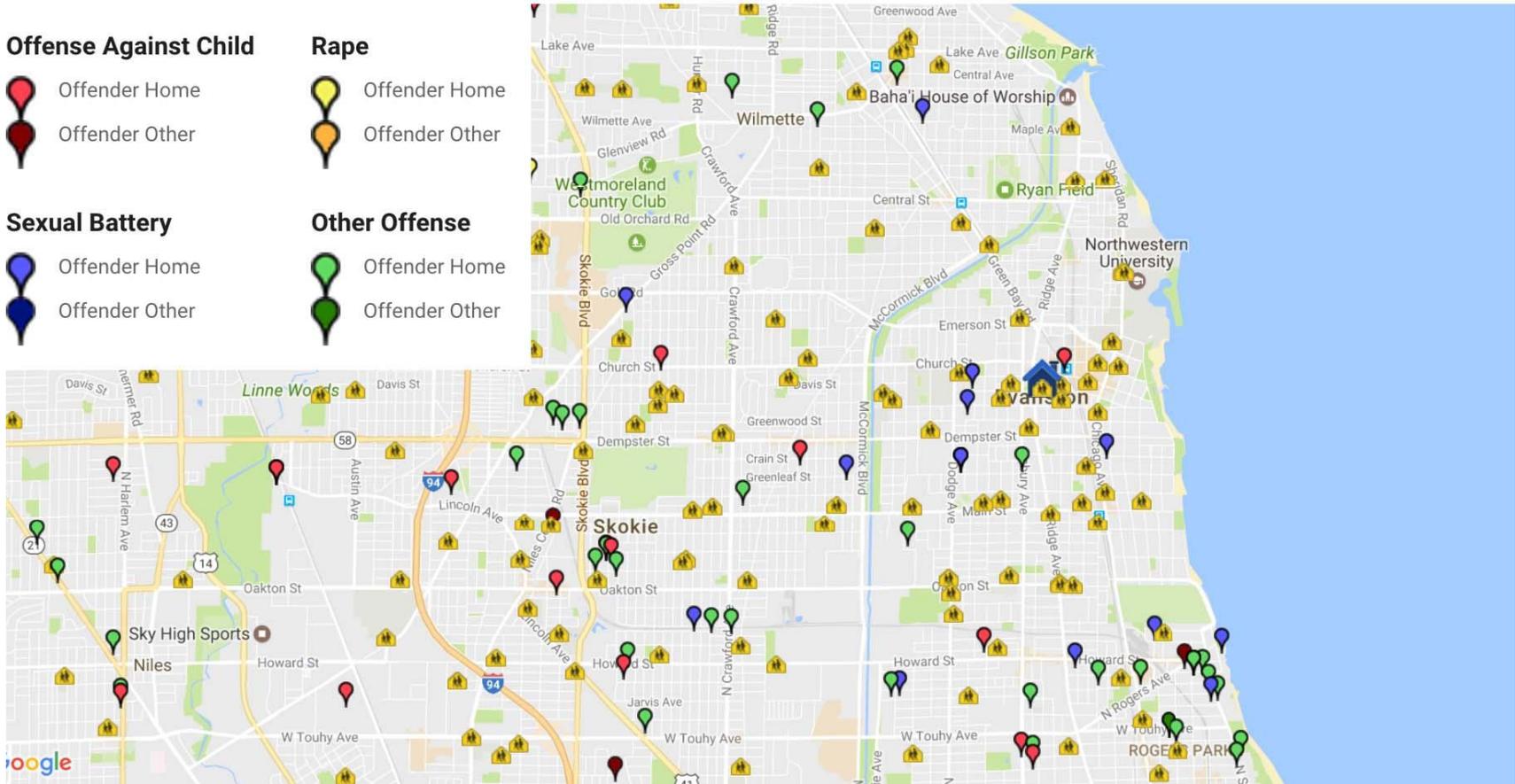
- Offender Home
- Offender Other

## Sexual Battery

- Offender Home
- Offender Other

## Other Offense

- Offender Home
- Offender Other



**Myth:**

Most  
perpetrators  
are “strangers”  
to the victim.

# Most perps are acquaintances

- 2/3 sexual assaults are committed by someone the survivor knows. (9/10 on college campuses)
- More than a third of rapists are a family member or friend of the victim.
- Most children are abused by someone they know and trust. In up to 50% of reported cases, the abuser is an adolescent.

# Myth:

Sexual assault is  
often a drunken  
mistake.

# Alcohol is the most common rape drug

- **Acquaintance rapists often ply their victims with alcohol**, sometimes until their victims pass out, and then they sexually assault them.
- **Men and women both understand social cues**, including nonverbal indications that someone doesn't want to have sex.
- **Perpetrators often rely on the misconception that sexual assault is a drunken mistake**, miscommunication, or misunderstanding.

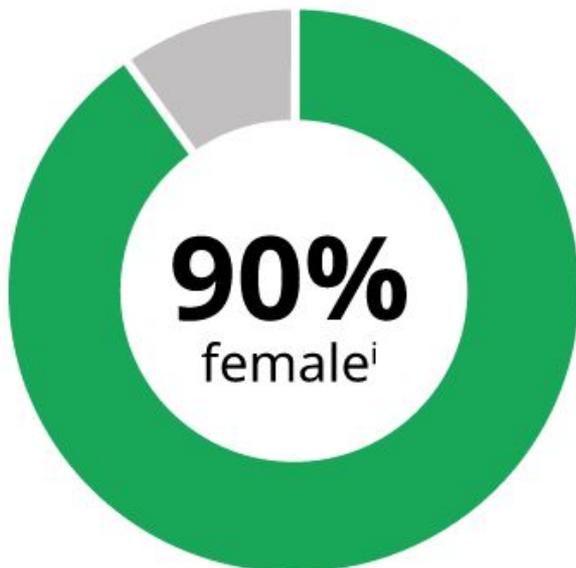
**Myth:**  
**Rape is about  
sex.**

# Rape is about control and harm

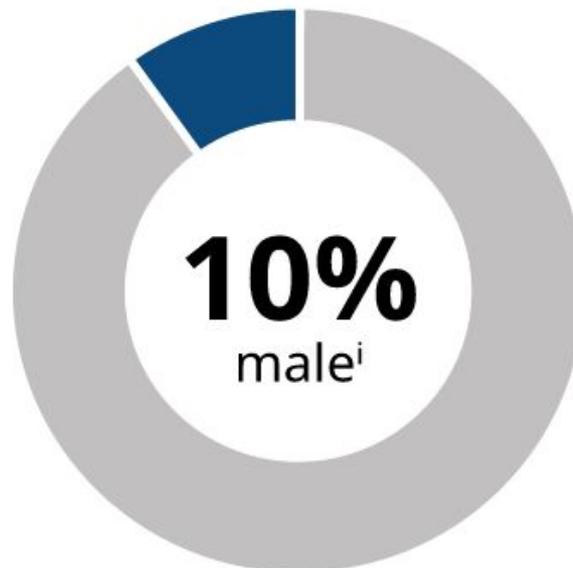
- Sexual assault is an act of violence, not sex.
- Sexual assault happens because perpetrators put their desires over the survivor's agency to consent.
- The majority of rapes are planned in advance.

**Myth:**  
**Rape can only  
happen to  
women.**

## 9 OF EVERY 10 VICTIMS OF RAPE ARE FEMALE



**17.7 million American women since 1998<sup>i</sup>**



**2.78 million men in the U.S since 1998<sup>ii</sup>**

False reporting

Other examples?

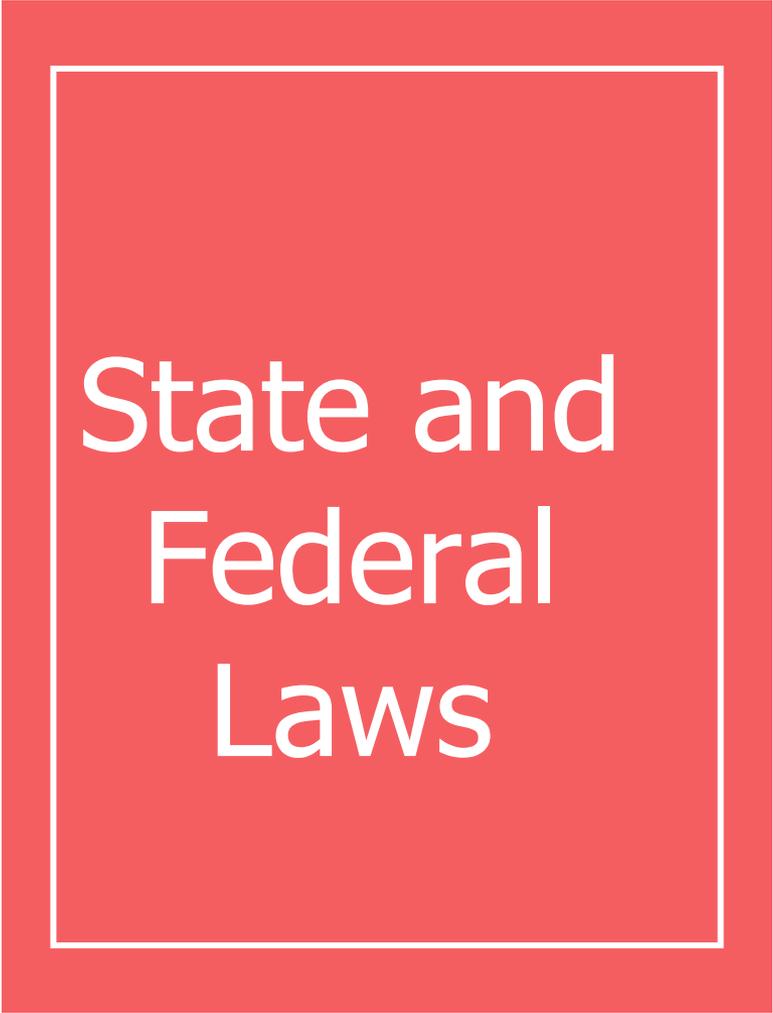
**Other Myths?**

Other examples?

He/She asked for it...

# Facts:

- **1 in 3 women worldwide** have experienced either physical and/or sexual intimate partner violence at some point in their lives. [[UN Women](#)]
- **Sexual assault is the most under-reported violent crime.** False reporting occurs at a lower rate than all other violent crimes.
- **You more than likely know a survivor of sexual assault**

A large red square with a white border, centered on a white background. Inside the square, the text "State and Federal Laws" is written in white, bold, sans-serif font, arranged in three lines.

# State and Federal Laws

# Rape - Federal Definition

- First degree felony of nonconsensual sexual intercourse with someone
  - By force or threat of force
  - Who is unconscious
  - Who has been drugged or substantially impaired for the purpose of preventing resistance
  - Who has a mental disability and is rendered incapable of giving consent
  - Who is under the age of 13

# Consent is...

- Parties are fully conscious
- Parties are mutually participating
- Parties are equally free to act, free of coercion or physical restraint
- Parties have positively and clearly communicated their intent

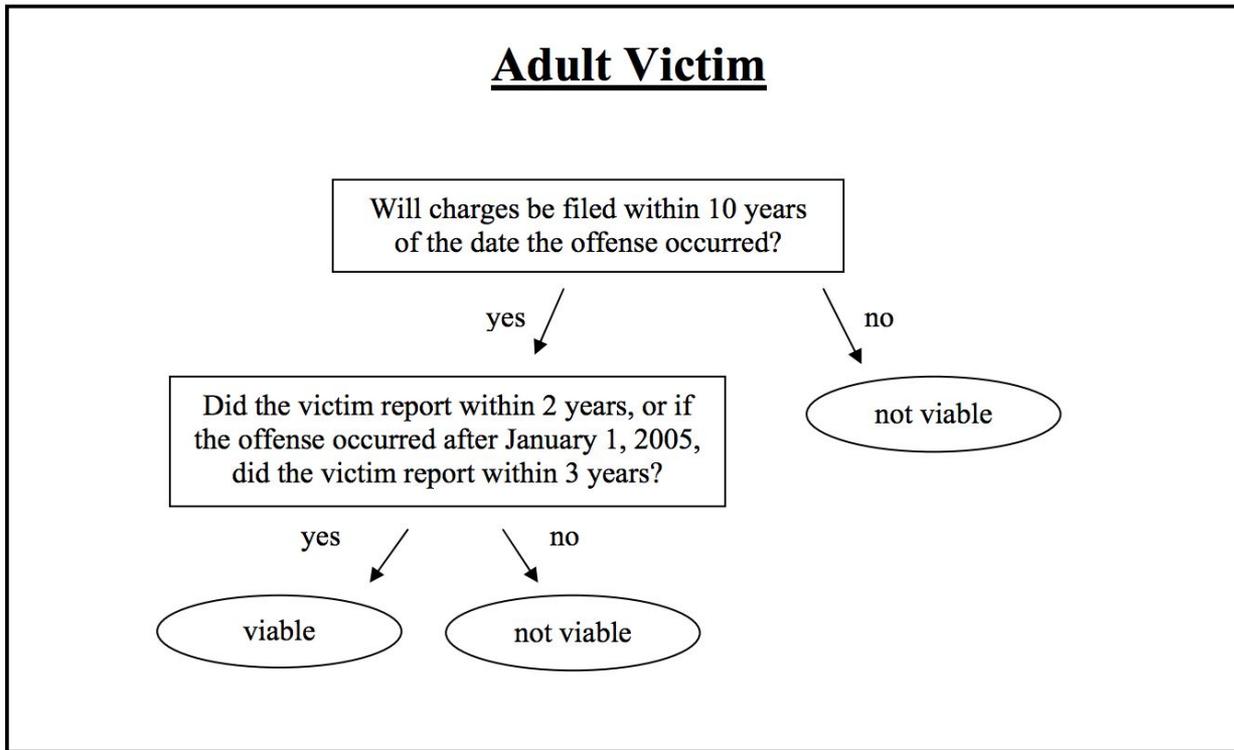
# Sexual assault

- **Sexual assault** is any type of sexual contact or behavior that occurs without the explicit consent of the recipient, including forced sexual intercourse, fondling, and attempted rape.
- Second degree felony of sexual intercourse without consent
  - touching of intimate parts of another person
  - subjecting a person to physical sexual contact

# Statutory Rape

- When an adult has sexual intercourse with a minor (someone below the “age of consent”)
- Laws vary by state, especially with regard to age of consent
- In Illinois, the age of consent is **17**

# Statute of Limitations - IL



Sexual assault or aggravated sexual assault or abuse of a minor - 20 yrs after victim turns 18

What can  
you do to  
prevent  
sexual  
violence?

# Minimizing Risk

- Trust your instincts.
- Be extra cautious making decisions about sex when drunk or high.
- Communicate clearly and be assertive
- Go out with a friend/group and **look out for each other**. Let someone know where you're going and when you'll be back.

# “Who Are You” Campaign



# Early Warning Signs

- Plying with alcohol
- Stalking
- Groping and unwanted touching
- Harassment
- Sexist or demeaning language toward women

# Bystander Intervention

- People make decisions based on the reactions they get from others.
- What makes Intervention different than other approaches to SV prevention?
  - Discourages victim blaming
  - Offers the chance to change social norms
  - Shifts responsibility to men and women

# SPEAK UP

- Be the first to speak. You are not alone.
- Don't look the other way, silence = condoning
- Condemn negative language/behaviors
- Back each other up when you do speak out
- Ask specific people for help. Be clear about how to help you. "You in the blue sweater. Call the police."

# What you can say to help

What you can say:

- “are you alright?”
- “do you want me to walk you home?”
- “do you want me to call the police?”
- “do you want me to talk to so-and-so for you?”
- “is that making you uncomfortable?...how can I help?”
- Other examples?

# What you can say to intervene

- “No means NO.”
- “Did she say you could touch her like that?”
- “I don’t like what you just did...”
- “I know you well enough to know you wouldn’t want to hurt somebody...”

# TAKE ACTION

- Interrupt or create a distraction
- Physically separate the potential victim and perpetrator
- Involve others - warn the victim or their friends, his friends, the host or bartender

# Direct and Indirect Tactics

Direct:

- State your objection. Take a firm stand. (“She said ‘No.’”)

Indirect:

- Alert an authority.

Other ideas?

## **The Bystander**

### Avoiding

- Believes problems will go away if ignored or thinks someone else will do something (diffusion of responsibility)
- Rationalizes inaction by saying it's "none of my business"

## **The Politician**

### Smoothing

- Recognizes a problem exists (interprets situation as a problem), but is reluctant to act; prioritizes relationships over doing what's right
- May perceive costs as greater than rewards
- Intervention is more indirect and passive

## **The Ally**

### Preventing

- Always on-call
- Does all that a Samaritan does AND watches for subtle/early warning signs
- Empathetic approach considers victim's perspective

## **The Hero**

### Competing

- Willing to intervene, but gives little or no thought to appropriate intervention methods
- Stubborn, headstrong, wants to "save the day"

## **The Samaritan**

### Responding

- Willing to intervene and considers the best approach
- Vocalizes opinion and true feelings
- Does not give in to peer pressure
- Focused on responding, not preventing. May miss early warnings or subtle signs.

# The “Ally” Intervention Style

- Prevention is the goal, so allies are always “on-call” watching out for each other.
- 10% intervention, 90% enlightening your community. Always be creating cultural change.

**“The one condition  
necessary for the triumph  
of evil is that good people  
do nothing.”**

***-Edmund Burke***

Creating  
cultural  
change

# Lesson from Alan Berkowitz



# Men Can Stop Rape

- Men have a profound influence on their peers and what is thought of as acceptable behavior.
- Good men in our society need to take a stand and send the message that sexual violence of any kind is not acceptable.
  - Confront abusive and demeaning language
  - Support gender equality
  - Condemn abuse of women

**CONSENT**  
**IS**  
**SEXY**

# How to help a survivor

- Believe them
  - Most important to recovery
  - Not their fault
- Listen. Be patient.
  - Listen more, talk less
  - Don't ask "why" questions or judge
- Don't threaten retaliation against the perpetrator. Refrain from discussing your feelings.
- Encourage them they seek medical attention
- Support their decisions. Help them regain control.

# Get involved!

- Find more resources, opportunities for allies and subscribe to “The Ally Signal” at [www.liftUPlift.org](http://www.liftUPlift.org)
- Bring this training to your workplace, church, or group!
  - [www.liftUPlift.org/training-request](http://www.liftUPlift.org/training-request)

# References

- Berkowitz, A.D. (2001). Guidelines for consent in intimate relationships. *Campus Safety and Student Development*.
- Fisher, B.S., Cullen, F.T., and Turner, M.G. (2000). The sexual victimization of college women. *US Department of Justice*.
- Office of Student Conduct, Lehigh University.
- Pennsylvania Consolidated Statutes, Crimes and Offenses (Title 18, Chapter 31- Sexual Offenses).
- Violence Against Women, Bureau of Justice Statistics (1997). *US Department of Justice*

P.S.  
Tips for  
Parents

# 18 months–5 years

- Teach your child which body parts are private.
- Know the adults and children that spend time with your child.
- Ask for advice.
- Give simple answers.

# 5–8 years

- Teach your child to respect the private parts of others.
- Talk about whom your child can tell if someone makes them feel uncomfortable.
- Listen when your child tries to tell you something.

# 8–12 years

- Stress personal safety.
- Talk about peer pressure.
- Teach your child about sexual abuse.
- Always know what your child is viewing and sharing on the Internet.

# 12–18 years

- Set aside time to talk about
  - Types of sexual violence
  - Preventing sexually transmitted infections and pregnancy
  - Effects of drugs and alcohol on sexual behavior
  - Respect for others and by others