

# Sexual Assault Awareness Month

Toolkit presented by the Jewish Coalition Against Domestic Abuse



## What is Sexual Assault Awareness Month?

Sexual Assault Awareness Month (SAAM) is an annual campaign to raise awareness about the realities of sexual assault in our community. It is a time to take the opportunity to educate community members on sexual violence and how they can help prevent it. Sexual violence is an issue on many fronts. It presents a major public health crisis, and highlights the need for societal change in what is often referred to as “rape culture.”

## Why is SAAM Important to JCADA?

Sexual violence is an unfortunate reality for many of the clients served by JCADA. Whether they have experienced childhood sexual trauma, a past sexual assault, or sexual abuse that is reoccurring in the current relationship, there is no escaping the reality that **1 out of every 6 women and 1 out of every 14 men will experience sexual violence in their lifetime\***. As an organization dedicated to breaking the cycle of power-based violence in our community, sexual violence is a pervasive problem that JCADA is looking to address through our direct services, and through our community education and prevention programs.

## How Can You or Your Organization Get Involved?

We encourage everyone to get involved in SAAM in whatever capacity is appropriate for them! It could be as small as changing your Facebook profile picture or as big as scheduling a JCADA community education training at your organization, ensuring you and the people you work with are educated on the complexities of power-based violence. However you decide to get involved this April, the key is to get involved! The more we talk about sexual violence, the more we erode away the societal norm that says sexual violence is unacceptable in any form in 2018. Host a lunch and learn. Post on social media or in your news bulletin. Take a moment to educate a friend or family member when they make an inappropriate joke. The more we work together, the more amplified our voices are! Not sure how to start? This toolkit provides sample language and images you are welcome to use throughout the month of April in your SAAM activities.

# What is Sexual Violence?

Sexual violence is a broad term that includes rape, incest, child sexual abuse, intimate partner violence, sexual exploitation, human trafficking, unwanted sexual contact, sexual harassment, exposure, and voyeurism. In short, sexual violence can be described as any unwanted intimate touching by anyone, even if that person is your partner. In fact, the three most common perpetrators of sexual violence are acquaintances, family members, and trusted adults. A person may be sexually assaulted by a stranger, but those incidents are much less common. Sexual violence also includes the non-consensual sharing of private or intimate photos, often referred to as “revenge porn.”

Sexual violence occurs when a person forces, manipulates, or coerces another person into sexual activity; this happens any time a person does not or cannot freely give affirmative consent or revokes consent. The absence of a no does not mean yes. Reasons someone may not be able to consent include, but are not limited to, threat of harm, fear, illness, disability, or the influence of alcohol or drugs.

# What is Consent?

Consent by definition is the *permission* for something to happen or *an agreement* to do something. In the context of sexual contact, consent is an agreement between participants to engage in sexual activity. There are many ways to give consent, and while it doesn't have to be verbal, verbally agreeing to different sexual activities can help both you and your partner respect each other's boundaries, thus having a better sexual experience.

Now, many of you may be thinking, “That sounds great, but what does consent mean in reality?” In practice, consent is about communication and it should happen every time. Giving consent for one activity at one time does not mean giving consent for increased or recurring sexual activity. You can also change your mind at any time.

Sometimes it can be difficult to talk about consent. Talking about sex can be awkward in general. But communication is crucial in order to avoid any uncomfortable situations for either partner.



# Some Statistics\*

- 1 in 5 women and 1 in 16 men are sexually assaulted while in college.
- More than 90% of sexual assault victims on college campuses do not report the assault.
- 1 in 5 women and 1 in 71 men will be raped at some point in their lives.
- In 8 out of 10 cases of rape, the victim knows the person who sexually assaulted them.
- Rape is the most under-reported crime; 63% of sexual assaults are not reported to police and only 12% of child sexual abuse is reported to the authorities.
- 1 in 4 girls and 1 in 6 boys will be sexually abused before they turn 18 years old.
- 325,000 children are at risk of becoming victims of commercial sexual exploitation each year.
- Nearly 1 in 10 women has been raped by an intimate partner in her lifetime.
- Approximately 1 in 45 men has been made to penetrate an intimate partner during his lifetime.
- Each rape costs approximately \$151,423.
- Annually, rape costs the US more than any other crime (\$127 billion).

\*National Sexual Violence Resource Center ([NSVRC](#))

# How JCADA Helps Victims and Survivors

JCADA serves any victim or survivor of power-based violence who is 14 years of age and older currently living in the Greater Washington area. Victims and survivors of sexual violence are eligible for JCADA's 100% free support services, which are provided without regard to race, national origin, ability, background, faith, gender or sexual orientation.



JCADA's support services are divided into three areas: clinical support, legal support, and victim advocacy. Clinical services include: confidential helpline support; safety planning; crisis counseling; education and therapeutic support groups; individual counseling and therapy; and alternative therapy programs (e.g. yoga, art therapy, poetry workshops, etc.).

JCADA's legal services fall into two categories: direct representation and Legal Access. JCADA represents clients in protective orders, peace orders, and crime victims' rights representation cases.

These services are free of charge and can be accessed in addition to or separately from JCADA's clinical services.

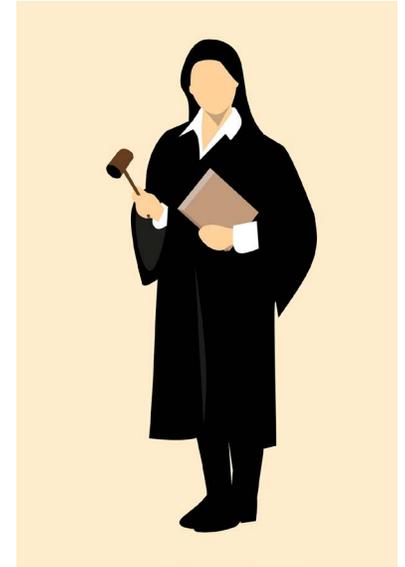
Finally, through our victim advocacy program, JCADA can assist clients with many other needs that fall outside of traditional legal or clinical support. This includes: assistance using language interpretation services;



assistance applying for public assistance programs that address housing, medical, or transportation concerns; court accompaniment; assistance preparing victim impact statements; case management; financial planning; and assistance with basic needs (e.g. referrals to food banks or other charities).

JCADA's staff works tirelessly to ensure that all of our clients feel safe and secure in our office. JCADA does its best to provide the culturally and faith-sensitive services our clients need and deserve. When JCADA is unable to provide resources directly to a client, due to lack of

resources or expertise, they are referred to one of the many partner organizations we have developed in the community. We never want someone to feel as though their situation is "too hard" to be solved, as everyone deserve to feel empowered and live safely.



***If you or someone you know is suffering from the effects of power-based violence, please call our free and confidential helpline:***

**1-877-88-JCADA(52232)**

# Sample Language

## Facebook

**Post 1:** Did you know that the DMV area experiences higher rates of sexual violence than the national average? Sexual Assault Awareness Month is a time to start conversations around sexual violence that is happening right now in our community. #UseYourVoice to help stop the cycle of violence today! #SAAM #itsnotlove

**Post 2:** Our reaction to sexual violence matters. Always start by believing and #UseYourVoice to keep victim blaming in check. In fact, rape is the most underreported violent crime. Sexual assault will continue to be an issue in our community until victims and survivors feel comfortable sharing their stories. #SAAM #itsnotlove

**Post 3:** Sexual Assault Awareness Month is a great time to talk about #RespectingBoundaries! Consent is an excited yes, NOT the absence of no. Use this month as a time to talk more openly about how to ask for consent with your friends and loved ones, because your consent is needed each and every

time....plus it makes the experience better for all involved! #SAAM #itsnotlove

**Post 4:** According to a 2010 study, 1 in 2 women have experienced sexual violence other than rape in their lifetime. The only way to stop this cycle of violence against women is to #UseYourVoice and speak out against sexual violence. It is never okay to force yourself onto another person. What they are wearing or how much they had to drink is not an excuse for sexual violence. Remember, no one “asks for it.” #SAAM #itsnotlove

**Post 5:** Only 22.6% of men who experienced childhood sexual abuse disclosed at the time of the abuse. Let's use Sexual Assault Awareness Month to create more open and honest conversations about how sexual violence can and does happen to men. No one should ever feel ashamed or embarrassed to talk about what happened to them, as it is NOT their fault. #SAAM #itsnotlove

## Tweets

- #UseYourVoice this #SAAM to talk openly about how sexual violence affects our community! #itsnotlove
- #SAAM is a time we remember to always start by believing. Our reaction to sexual violence MATTERS & can make the difference between whether or not someone chooses to move forward & seek resources.
- #ItsNotLove when your partner uses sex or sexual activities as a way to control you in a relationship. This #SAAM let's remember that just because someone is your partner, affirmative #consent is still needed each & every time!
- Did you know the DMV experiences higher rates of sexual violence compared to the national avg.? #SexualAssault happens in our community & we have the power to stop it! #UseYourVoice to speak out this #SAAM
- It's never about the length of their skirt, how low cut their shirt was, or how much they had to drink. #SexualAssault is NEVER okay. #StopVictimBlaming this #SAAM by speaking out when you hear these comments.
- #SexualViolence can happen to anyone, regardless of age, race, religion, national origin, background, or sexual orientation. Use this #SAAM to learn the facts about sexual violence.
- How we talk about #sexualviolence matters! Remember to #startbybelieving, #stopvictimblaming, and #speakout against sexual assault this #SAAM. Your voice is powerful and necessary in this convo!

# Images

Since social media is one of the best ways we can spread the word about Sexual Assault Awareness Month, JCADA also has several images available for download that you can use to show your participation in Sexual Assault Awareness Month activities! Check out previews of the images below.

Don't forget to use the official Sexual Assault Awareness Month hashtag, #SAAM, and JCADA's #itsnotlove, when posting on social media.

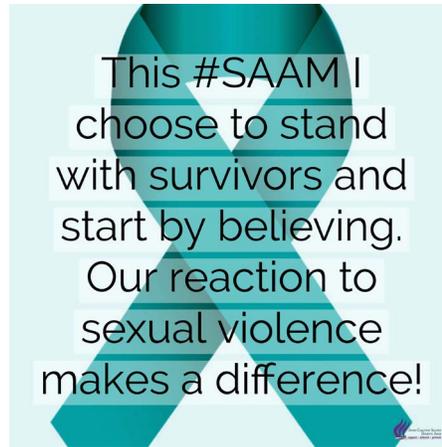
## Facebook & Twitter Banners



## Ribbon



## Instagram



## Facebook Profile Picture

