# DARTNERS IN SOCIAL CHANGE

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SEXUAL ASSAULT AWARENESS WEEK DISPLAY PRESENTED BY YAKIMA SEXUAL ASSAULT UNIT

Ien's Roles in the Anti-Rape Movement: One Man's Perspective Self-Defense as a Sexual Violence Prevention Strategy: An interesting conundrum Community Photo Campaign - SAAW

**END SEXUAL VIOLENCE IN OUR COMMUNITIES** 

# **Director's Desk**



LYDIA GUY PREVENTION SERVICES DIRECTOR

he theme of the 2004 Annual Conference was Synergy: *Cohesive Community Collaborations*. Synergy can be defined as a combined or cooperative force. Creating synergistic collaborations allows us to address a wider range of issues, and incoporate the expertise of a variety of disciplines. Presenters from Home Alive, Toys in Babeland and The Oakland Men's Project focused on issues of self-defense, sex positivism and men's roles respectively. Each of these issues has been considered controversial in the field of sexual violence prevention at one time or another. The articles in this issue are not synopses of the workshops but instead complementary information. Hopefully, you will find the articles in this issue informative as well as thought provoking.

If you have *any* suggestions, comments or questions feel free to give me a call!

Lydia Guy, Prevention Services Director





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WCSAP INFO

## SELF-DEFENSE AS A SEXUAL VIOLENCE PREVENTION STRATEGY: AN INTERESTING CONUNDRUM

BY LYDIA GUY

Ending sexual violence is the ultimate goal of anti-sexual violence work. Doing this work requires us to develop effective intervention and prevention strategies. Utilizing the simplest construct, prevention strategies can be separated into two categories **perpetrator prevention:** *changing individual behavior and social norms that contribute to the perpetration of sexual violence,* and **victim prevention:** *changing individual behavior and social norms in order to decrease the likelihood of an individual to experience sexual victimization.* We know ending sexual violence requires perpetrators to stop committing acts of sexual violence and that they are ultimately responsible for their behavior. Victim/survivors **may** be able to reduce their risk of experiencing sexual violence, develop protective factors and empower themselves through risk reduction strategies but are still susceptible to victimization. The conundrum is to develop victim prevention strategies which embody the fundamental belief that perpetrators are responsible while fostering the empowerment of survivors.

Self-defense strategies have been a part of the anti-rape movement since its inception. However, there is an increasing separation between traditional sexual assault service delivery organizations and organizations which provide self defense training as an alternative strategy. There are at least three obvious reasons for this divide. Most of the strategies defined as best practice are "talk" oriented. Traditional sexual assault providers tend to focus on intervention as opposed to prevention strategies. The same providers tend to choose prevention strategies, primarily focused on education, information and awareness-raising. The predisposition to avoid self-defense as a sexual assault prevention strategy is generally not due to profound philosophical differences regarding self-defense but rather the challenge of managing public perceptions.

Public opinion tends to blame victims for their own sexual victimization (she shouldn't have worn that... walked there... drunk that...went with him...etc). Using this simplistic analysis, victims are blamed for not keeping themselves "safe". Given that self-defense strategies are not fool proof, they offer a fertile ground for victim blaming, using the rationale that the sexual assault happened because the victim did not perform her self-defense strategy appropriately. Mainstream sexual assault service organizations address all of these victim-blaming myths in their standard service provision, including those around self-defense, but rarely have made self-defense training a programmatic focus. In order to provide the most well rounded approach to sexual assault prevention, community sexual assault programs should consider the benefits of partnering with agencies which include self-defense as a viable risk reduction strategy.

The National Crime Prevention Council identifies self-defense as a viable strategy for reducing women's risk to sexual violence. They identify the following as a key component of any self-defense-course. "The course should educate women about risk reduction techniques, instill self-dependency through empowerment; help women understand the responsibility of making smart and safe decisions and the proper use of self-defense; and increase the women's knowledge of their own physical power".<sup>1</sup> Partnering with an agency which provides self-defense training from this point of view will allow community sexual assault programs to remain consistent with the philosophical stance of holding perpetrators accountable and facilitating the empowerment of victim/ survivors.

The following guidelines were developed by the Ad Hoc Committee on Self Defense of the National Coalition Against Sexual Assault (NCASA)<sup>2</sup>:

#### NCASA Guidelines for Choosing a Self-Defense Course<sup>3</sup>

#### **Overall guidelines:**

Ideally, a good self-defense program should reflect these philosophical points in its outlook:

- 1. Women do not ask for, cause, invite or deserve to be assaulted. Women and men sometimes exercise poor judgment about safety behavior, but that does not make them responsible for the attack. Attackers are responsible for their attacks and their use of violence to overpower, control and abuse another human being.
- 2. Whatever a woman's decision in a given self-defense situation, whatever the action she does or does not take, she is not at fault. A woman's decision to survive the best way she can must be respected. Self-defense classes should not be used as judgment against a victim/survivor.
- 3. Good self-defense programs do not "tell" an individual what she "should" or "should not" do. A program should offer options, techniques and a way of analyzing situations. A program may point out what USUALLY works best in MOST situations, but each situation is unique and the final decision rests with the person actually confronted with the situation.
- 4. Empowerment is the goal of a good self-defense program. The individual's right to make decisions about her participation must be respected. Pressure should not be applied in any way to get a woman to participate in an activity if she's hesitant or unwilling.

#### Washington Self-Defense Resources

Feminist Karate Union 1426 South Jackson Seattle, WA 98104 (206) 782-5662 http://www.feministkarateunion.org/ Home Alive 1122 E Pike #1127 Seattle, WA 98122 (206) 323 –HOME http://homealive.org/

F.I.S.T. Feminist in Self-Defense Training PO Box 1883 Olympia, WA 98501 (253) 438-0288 http://www.jump.net/~judith/FIST.html

Sound Defense 1933 San Juan Avenue Port Townsend, WA 98368 (360) 385-7591

1 National Crime Prevention Council, 2000, http://www.ncpc.org/ncpc/ncpc/?pg=2088-9028

<sup>2</sup> The National Coalition against Sexual Assault was a feminist organization which provided leadership to the movement to end sexual violence through advocacy, education, and public policy. Its vision was to eliminate sexual assault and all forms of oppression. Its activities included advocacy, working with the media to educate the public, developing educational resources for local communities, and monitoring public policy. It is no longer in existence.

<sup>3</sup> NCASA Guidelines for Choosing a Self-Defense Course, NCASA Self-Defense Ad Hoc Committee

# A (SEX) POSITVE ATTITUDE

#### **BY MEGHAN MILINSKI**

In the introduction to her book, <u>The Survivor's Guide to Sex</u>, Staci Haines confronts the dilemma of working towards sex positivism, sex as a healthy and enjoyable expression: "in a culture where sex is simultaneously vilified and used to sell everything you can think of, confusion and negativity about sex is rampant."<sup>1</sup> This distorted view prevents many people from talking about sex; and what's worse, many are left in the dark when it comes to their own sexuality. In order to do good prevention work, we need to understand the importance of sex positivism and recognize the role it plays in sexual assault prevention, but also the important healing role it can play for victims/survivors of sexual abuse.

Positive sexuality is comprised of: knowledge, safety, respect, and communication<sup>2</sup>. Sex positivism as prevention work begins with an understanding of sexuality...both personal preference and societal norms. "In order to prevent harm to yourself and others, it is vital to have positive attitudes toward sexuality and to be well educated about how the human body and mind works in regards to sexuality."<sup>3</sup> Personal exploration allows us to become comfortable with our bodies and sexual desires. This openness can lead to a better understanding of how confusing and oppressive societal "norms" truly are. As mentioned above, our collective view of sex has largely been defined by negative and contradictory images. On a daily basis, we are confronted by the incongruous pairing of sexuality with violence, insecurity, and shame. By recognizing the societal factors that distort sexuality, we can better combat them.

Creating a safe space for yourself and others (*particularly survivors*) begins by identifying and communication your boundaries. It is difficult to teach effective boundary setting without practicing it ourselves. We may know that we feel comfortable when hugged by a close friend, but that same comforting feeling turns to tension when touched in the same manner by an acquaintance or stranger. Knowing what you like and dislike helps create the vocabulary needed to express your desires as well as your boundaries. Knowing and communicating your boundaries, as well as respecting the boundaries of others, creates the safe space for positive sexuality to emerge. The benefits of a sex positive attitude do not stop there! "Learning to talk about sex will increase your satisfaction with your sex life more than any other technique."<sup>4</sup>

As providers of information, education, and emotional support to victims/survivors of sexual assault we understand how the healing process for each person is not text book. Each victim/survivor must decide what path they feel most comfortable forging when, and if, they are ready for the healing process. However, we must understand the negative effects that sexual abuse can have on the victim/survivor, effects that could be overlooked or pushed aside in an effort to forget and move on. "Sexual abuse is not simply an event that happened, ended, and now is over. It can have an impact on every aspect of a survivor's life – attitudes, self image, relationships and sexuality."<sup>5</sup>

<sup>&</sup>lt;sup>1</sup> The Survivor's Guide to Sex, Haines, 1999, p. 18

<sup>&</sup>lt;sup>2</sup> Solo, 2004, http://www.solotouch.com/about.php?file=purpose

<sup>&</sup>lt;sup>3</sup> Solo, 2004, http://www.solotouch.com/about.php?file=purpose

<sup>&</sup>lt;sup>4</sup> The Survivor's Guide to Sex, Haines, 1999, p. 123

<sup>&</sup>lt;sup>5</sup> The Sexual Healing Journey, Maltz, 1991, p. 60

## MEN'S ROLES IN THE ANTI-RAPE MOVEMENT: ONE MAN'S PERSPECTIVE

#### BY RYAN WARNER

All over Washington State men are working to end sexual violence in their communities. According to a February 2004 informal survey on men's participation in community sexual assault programs, there are 127 men volunteering at 32 rape crisis centers, this includes 25 men on staff, and 88 men serving as representatives on boards of directors. Respondents to this study described a variety of roles men play within their agencies. These roles included prevention educators, advocates for male victims of sexual assault, crisis line volunteers, and fundraisers. This small, yet indicative, sample reveals the fact that there are many men working to end on sexual violence. However, there is still work to be done.

In her infamous speech of 1983, to a gathering of male activists, feminist scholar Andrea Dworkin demanded a 24 hour truce on rape; she challenged men to confront the sexist, derogatory, and degrading actions of their brethren. Although this speech is over two decades old, it still remains pertinent in defining the role of men in the anti-rape movement. Dworkin defined the fundamental role of men as stopping the raping of women. Many people who have read the speech by Andrea Dworkin have reacted with anger, and described Dworkin's words towards men as divisive. Dworkin makes this request to men because it is men who rape women. This is not to say that men are not also victims of sexual assault, but predominantly men are the perpetrators of violence against women. The power and control that men possess in society has generated a war against women; and Dworkin demands that men stand up, take accountability for that power, and organize against it.

In the past, men have gotten together in numerous forums and functions. We have gathered together and talked, read books, and gotten in touch with our inner manhood. Yet, men still continue to profit from a fashion industry based on impossible gender models, and men continue to wage wars worldwide that take the lives of thousands of innocent people, and men continue to rape women. Dworkin demands that men come out of circles of protected patriarchy and speak up against sexism, rape, and violence against women. What Dworkin makes clear in her speech is that it is not enough for men to sit in circles of comfort and discuss the evils of sexism; men must work proactively to prevent sexual violence in their communities. We must confront and challenge other men on their personal behavior, as well as confronting the institutions that support sexism and the oppression and degradation of women. Institutions of power in this country are largely controlled by men and therefore must be dismantled by men.

During recent conversations about this essay, I heard women say that the essay is too harsh towards men, its tone demonizes men. In my opinion, this response demonstrates the acculturated tendency of women to act as the nurturers to men. As a man, I can tell you what we need is not to be coddled, but to be called on the carpet, and be expected to treat people with equality, dignity, and respect. As long as men believe that it is their God-given right to rape women, and refuse to combat sexism, the words of Andrea Dworkin will remain true and rape will continue to exist.

CONTINUED ON PAGE 15

# **COMMUNITY PHOTO CAMPAIGN**



YAKIMA SEXUAL ASSAULT UNIT SAAW @ BORDER'S BOOKS



Yakima Sexual Assault Unit SAAW Clothesline Project



WSU HEALTH & WELLNESS SERVICES SAAW "BODY OF VIOLENCE" DISPLAY



YAKIMA SEXUAL ASSAULT UNIT SAAW @ BORDER'S BOOKS

### SEXUAL ASSAULT AWARENESS WEEK APRIL 2004



WASHINGTON STATE UNIVERSITY HEALTH & WELLNESS SERVICES SAAW



#### WSU HEALTH & WELLNESS SERVICES SAAW DISPLAY



# Loftquist in Review

### Prescribed Structure Vs. Developmental Process

Using community development strategies in a social service setting can be challenging. One of those challenges is the tension between prescribed structures and developmental processes. Community development is all about "development". That's why it's called community development. Sexual Assault Service Delivery Systems and agency infrastructures are the prescribed structures in which all community sexual assault programs exist. They are by definition prescribed structures. Prescribed structures are the fundamental elements on which an organization is based. They include items such as mission statements, service delivery protocols, funding mandates, contractual guidelines, laws, policies, organizational by-laws, and professional requirements. To use community development strategies effectively in this setting it is necessary to cultivate the skill of balancing the requirements of your structure without limiting the creativity of your community.

Sometimes we tend to go to one extreme or the other. We may allow our definition of prescribed structure to over influence the process and create an initiative that is not truly community driven (i.e. a community process which merely validates our existing plan). Sometimes, although less common, we may allow the developmental process to overinfluence, resulting in an initiative with a goal or methodology antithetical to views of our agency or funding sources. The trick is to ascertain the boundaries of the prescribed structure and push those limits.

Quite often when we take a closer look at a structure, we find there are not as many prescribed elements as we initially believed. We may be able to change some elements of our prescribed structures. Prescribed structures, which are the result of traditions and organizational culture (*"we've always done it that way"*), are within our sphere of influence. While other prescribed structures (*such as laws and contractual obligations*) may be less amenable to change. It is by continually evaluating our structures and expanding our borders that we experience the benefits of both a developmental process and a prescribed structure.



#### **Prescribed Structure**

VS.

#### Developmental Process

#### Driving Forces

- Funding mandates and guidelines
- National affiliations
- Laws, policies, charters, by-laws, rules
- Professional education
- Traditions
- Perpetuations of organizational cultures

#### Driving Forces

- Concern about a crisis
- Desire to promote change
- Desire for more local ownership
- Recognition of new realities
- Strong leadership

#### **Benefits**

- Stability
- Continuity
- Consistency
- Maintenance of Standards

#### Benefits

- Creativity
- Flexibility
- Adaptability
- Participative involvement of people
- A sense of ownership
- Responsiveness to changing conditions
- Increased local control

#### Cautionary Note

Prescribed structure is characterized by caution and certainty. A problem may be that today's prescriptions tend to be based on yesterday's assessment of yesterday's realities.

#### Cautionary Note

Developmental process is characterized by risk and uncertainty. A problem is that today's assessments may overlook yesterday's experiences and accomplishments.<sup>1</sup>

# WHAT'S GOING ON?

#### THE SUPPORT CENTER

On April 14, 2004 The Support Center in Okanogan County held a well attended "Take Back the Night" candlelight vigil. The vigil was held at the bandstand in Omak's Civic League Park with the purpose of raising community awareness about sexual assault and abuse. The theme of the vigil was "Working Together to Change Attitudes and Behaviors Regarding Sexual Assault/Abuse". Speakers included: Okanogan County Sheriff, Frank Rogers; Okanogan Family Planning Director, Lenore Whitecar; Professor R.C. Hoover; Support Center Board of Directors President, Sheila Harrison; Board Secretary, Victoria Hoover; Executive Director, Margo Amelong; Director of Services, Glenda Freel; and Sexual Assault Advocate, Stacie Nicholson. Music was provided by vocalist Tina Schmidt and a group of Hispanic male dancers performed a traditional Mexican dance. Prior to the vigil, Support Center staff members appeared on KOMW/KNCW's Radio Open Line talk show.

Healthy Relationships groups facilitated by Support Center Sexual Assault Advocates started last fall for teenage sexual assault victims and survivors in six different school districts within Okanogan County and one in Douglas County. Teen groups serve a dual purpose: first to help victims deal with their sexual assault issues and second to teach them about and involve them in sexual assault prevention. One teenage group has now committed themselves to "Social Change" with continued support from the sexual assault advocate/ facilitator. The Support Center is also going to be working with a group of United Methodist Women in Grand Coulee who are very interested, and who we hope will take on the task of "Social Change" in their community. The outlook for "Social Change" is brighter now than it was a year or two ago. We just need to continue chipping away at those attitudes and behaviors.

#### CONNECTIONS

We have had so much fun in the schools this year with our prevention program. This school year started off with a Girls Night Out in Republic and Inchelium. We have been working with Keller School, Inchelium and Republic all school year but just recently did a puppet show in the Kindergarten and First Grade at Republic. We just started a 5th and 6th grade girls prevention group after school at Republic. Our Voices Against Violence group is still going great and we have plans to have several booths at our different functions through out the county this year.

#### SKAGIT DV/SA CENTER

For the second year, we are doing a harassment free classroom project at Mount Baker Middle School in Skagit County. Last year we had the help of a male volunteer (former SDV & SAS board member) and this year a male volunteer from the ARIS program. We have visited the school 8 times this year speaking to nearly all of the students about the various forms of harassment, their rights, what the school policy is, what they can do as bystanders, strategies if they are targets, etc...We did a survey prior to any discussion and will be doing the same survey at the end to see if any changes were made.

#### **PROVIDENCE EVERETT SA CENTER**

One interesting project we recently sponsored, with two other service providers, was a Victim's Rights Walk, a walk to bring awareness and further our partnership with the Interfaith Community. We received a \$5,000.00 grant for this project and feel it helped bring awareness to many, especially the Interfaith community, of what it means in our societal system to be a victim/survivor. Now it is easier to meet with these groups and to jointly begin a social change project.

# **CSAP PREVENTION UPDATES**

#### **ORGANIZATIONAL RESEARCH SERVICES PREVENTION EVALUATION**

Several CSAPs across the state have been involved in various stages of evaluating their community development efforts. Here are some brief descriptions of what's been happening in the field:

- **Forks Abuse Program**: ORS worked with Sandra Kint of the Forks Abuse Program to develop a community survey and set of interview questions to better understand the communities' perceptions of domestic violence and sexual assault. With this data, they will hold a community meeting to develop a plan for reducing sexual and domestic violence in the community.
- **Sexual Assault Response Center's SMASH Club**: ORS worked with Sarah Hoffman to develop a logic model and evaluation plan this fall. In February, ORS visited Kennewick to interview school staff, attend a club meeting, and hold a focus group with club members. This qualitative evaluation will help SARC measure outcomes regarding changes in knowledge, attitudes, and behaviors among students and support efforts to expand the club to other local middle and high schools.
- ASPEN (Abuse Support Prevention Education Now): ORS has been working with Aaron Verba of ASPEN in Ellensburg to develop a logic model, evaluation plan, and survey instrument for a new project with Cle Ellum School District. ASPEN is developing a curriculum to decrease students' tolerance for sexual violence. In addition, ORS is working with Cheryl Cathcart, ASPEN Director, to think about tracking community partnerships and systems-level change.
- Yakima Sexual Assault Program Deaf Community Outreach: ORS met with Kim Foley, Darla Jensen, Susan Hovorka, and Diane Raaka of YSAP to begin developing a logic model and evaluation plan for a possible new community development effort with the deaf community in and around Yakima.
- **<u>Regional Prevention Trainings</u>**: ORS is available to provide technical assistance or training around community development evaluation following the regional training. Topics could include:
  - · Logic models—conceptualizing your program for internal consistency and external communication
  - · Evaluation Planning 101
  - · Needs Assessment—where and how should you focus your community development efforts
  - · Data Collection Models
    - o Writing easy-to use and easy-to-analyze surveys
    - o Conducting focus groups—when and how
    - o Key informant interviewing
    - o Using case records for easy program documentation
    - o Observational Checklists—easy, unobtrusive measurement tools
    - o Analyzing evaluation data
    - o Reporting evaluation data to funders and other stakeholders

For more information about any of these projects or to talk to someone about evaluating your community development efforts, contact:

Bill Leon (bleon@organizationalresearch.com) Sarah Stachowiak (sarahs@organizationalresearch.com) Hallie Goertz (hgoertz@organizationalresearch.com) Phone: 206-728-0474.

# WHAT'S GOING ON? - WCSAP NEWS



VAWNET: NATIONAL Electronic Network on Violence Against Women

VAWnet is a national on-line resource for advocates working to end domestic violence, sexual assault, and other violence in the lives of women and their children. WCSAP has been contracted to provide content for the Sexual Violence Resources, Prevention & Education section as well as moderate the Sexual violence Prevention List serve. The List serve will not only provide you with priority and emerging information that will help you with your education and prevention activities, it will also provide you with the opportunity to discuss your work with your peers and share expertise. List serve discussions will be facilitated by Lydia Guy from the Washington State Coalition of Sexual Assault Programs. Please add your voices to these discussions by subscribing as well as checking out the new content on www.vawnet.org.

To Subscribe to the SVPrevention list:

Send an email to requests@lists.pcadv.net Place the following in the subject line: Subscribe Place the following in the message area: Subscribe SVPrevention

#### NATIONAL SEXUAL VIOLENCE PREVENTION CONFERENCE

The WCSAP Prevention Resource Center funds provided funding for six people to attend the bi-annual Centers for Disease Control (CDC) Prevention Conference. Attendees included, Lydia Guy WCSAP Prevention Services Director, Jan Osborne WCSAP Board Chair and four CSAP staff members

- Griselda Ohrazda
  New Hope Domestic Violence Services
- Suzanne Wildman Domestic Violence & Sexual Assault Services of Jefferson County
- Sarah Hoffman Sexual Assault Response Center
- Nona Thompson Skagit Domestic Violence & Sexual Assault Services

#### **REGIONAL PREVENTION TRAININGS**

Regional Prevention Trainings took place in Regions 1, 2, & 3 this spring. The topic in region 1 was Developing Sexual Violence Prevention Presentation. The topic in region 2 and 3 was Youth Focused Interactive Prevention Strategies. Each training offered advocates currently working in prevention an opportunity to explore the prevention topic of their region's choice. Each Prevention Training took place at a training site in their own region. Over thirty people in total attended the trainings, facilitated by the Prevention Services Director, Lydia Guy.

#### ...Positive Attitude

CONTINUED FROM PAGE 6

We cannot force victims/survivors to deal with sexual positivism if they are not ready. However, by providing an environment where it is acceptable to discuss sex openly, we can encourage them to reclaim their sexuality. Provide resources such as the "The Survivor's Guide to Sexual Healing" and "The Sexual Healing Journey" (check out our library for more titles); host (or suggest) workshops by sex positive organizations like Toys in Babeland that strive to "promote and celebrate sexual vitality…encouraging personal empowerment"<sup>6</sup>; and most importantly, become comfortable with discussing sex as the beautiful, healthy expression that it is.

"Treating sex as dangerous is dangerous in itself. We need to be matter of fact about what it is: a fact of life."<sup>7</sup> A fact of life all of us, victims/survivors or not, should reclaim and most importantly enjoy!

<sup>6</sup> Toys in Babeland Co., 2004 www.toysinbabeland.com <sup>7</sup> The Sexual Healing Journey, Maltz, 1991 p. 10



... ONE MAN'S PERSPECTIVE

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Dworkin addresses equality by reminding us that it is both a practice and an action. You cannot have equality between men and women when equality does not exist in the broader world. That is to say, it is not enough to proclaim that you are anti-sexist unless you fight to create a world that is anti-sexist. This has a great deal of relevance to the work we do. There is no way you can work to end sexual violence without also addressing racism, homophobia, classism, and the barriers faced by people with disabilities. Rape must be addressed both at the personal and systematic levels.

Dworkin and others demand that men do their part to prevent rape. This means speaking up, not just in quiet circles of comfort but in areas where oppressive structures need to be challenged the most. This means being an ally to women doing anti-violence work; the work of men should never run counter to the work that our sisters in the movement our doing. Fundamental to preventing sexual assault is the education of our communities about sexual violence. If we expect sexual violence to cease, we must teach everyone strategies and methods of prevention.

Dworkin's appeal for a twenty-four-hour truce, during which there is no rape, is a call from the heart and indeed a very emotional demand. Much is made about men's power in the world, and in this respect men do wield a great deal of power: the power to stop rape. Men need to step up and stop sexual assault in both our homes and our communities. Men have created the rape culture, so men must be the ones to destroy it. For each day that men fail to work to end violence against women, more women and children die as a result of our inactions. Society cannot afford our inactions; men must act.



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