

## Personal Assessment for Advocates working with Victims of Sexual Violence

This assessment is designed to help advocates evaluate their strengths and identify areas for enhancement. This is for your personal use and will not be shared with anyone unless you choose to share it. This tool is intended to help you grow, so there is no judgment here, only personal reflection and honesty.

**Consider your current level of knowledge, skill and readiness for each topic. Please mark each statement according to the following scale.**

**1-----2-----3-----4-----5**

This statement is not true

I haven't taken action yet

I don't really know about this topic

This statement is true

I take action, feel confident on this

I have a lot of knowledge on this topic

Sexual Assault Knowledge	
1. I understand the prevalence of sexual victimization and can provide current information on the general frequency and facts surrounding sexual violence.	1 2 3 4 5
2. I understand the potential impact of sexual victimization and can explain it to community members if asked.	1 2 3 4 5
3. I can discuss sex comfortably. I am knowledgeable about sexual terms in both scientific terminology and common slang.	1 2 3 4 5
4. I understand and can provide core services to victims of sexual violence:	
a. I can provide crisis intervention for victims of sexual assault	1 2 3 4 5
b. I understand the services available in my community and can provide information and referrals to victims of sexual violence or their family, partners or friends.	1 2 3 4 5
c. I am confident in my general advocacy skills for victims of sexual assault.	1 2 3 4 5
d. I understand the screening process and can make appropriate referrals to therapy or support groups dedicated to sexual assault survivors as appropriate.	1 2 3 4 5
e. I know the basic elements of victim reactions and general sexual assault victim needs.	1 2 3 4 5
f. If called upon I am capable of being the voice for sexual assault victims at the table when community agencies or stakeholders gather.	1 2 3 4 5

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5. I am able to articulate how services may differ when working with victims who experience sexual violence in the context of intimate partner violence in comparison to those that do not.	1 2 3 4 5
6. I understand what culturally relevant services look like in my community:	
a. I have an awareness of the cultural diversity and demographics of my community, including communities of color, the LGBTQ community, and immigrant/refugee communities among others.	1 2 3 4 5
b. I have an understanding of prevalence, differences, risk factors and the effects of sexual violence in underserved populations in my community.	1 2 3 4 5
c. I know what culturally specific outreach is and how to do it within or with these communities.	1 2 3 4 5
d. I feel that I have the appropriate training and skills to provide culturally relevant services.	1 2 3 4 5
<b>What do you feel your strengths are in this section?</b>	
<b>Where do you feel challenged?</b>	
<b>Action Steps for this section:</b>	

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<b>Sexual Assault Survivor Advocacy</b>	
7. I understand how multiple systems (criminal justice, advocacy and health care) operate in regards to sexual violence.	1 2 3 4 5
8. I possess the knowledge to increase all <i>medical options</i> for victims of sexual violence	1 2 3 4 5
9. I possess the knowledge to increase all <i>criminal justice options</i> for victims of sexual violence.	1 2 3 4 5
10. I possess the knowledge to increase all <i>civil legal options</i> for victims of sexual violence.	1 2 3 4 5
11. I have received specific advocacy training on sexual assault.	1 2 3 4 5
12. I exercise initiative to obtain the necessary training to aid individuals who have experienced sexual violence.	1 2 3 4 5
13. I am able to assess and ask appropriate questions regarding the impact of sexual victimization throughout the survivor's life.	1 2 3 4 5
14. When a person presents as a victim of domestic violence, I have the ability to accurately screen and effectively respond to any experience s/he may have had of sexual violence within the context of the intimate partner relationship.	1 2 3 4 5
<b>What do you feel your strengths are in this section?</b>	
<b>Where do you feel challenged?</b>	
<b>Action Steps for this section:</b>	

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<b>Systems</b>	
15. I discuss sexual violence with community partners who provide services to sexual violence survivors, such as health care, law enforcement, and educators.	1 2 3 4 5
16. I have a support system in place within my agency to assist me with any vicarious trauma I may suffer as a result of my working with victims of sexual violence.	1 2 3 4 5
17. I understand my agency's policies and procedures regarding services for sexual violence survivors.	1 2 3 4 5
<b>What do you feel your strengths are in this section?</b>	
<b>Where do you feel challenged?</b>	
<b>Action Steps for this section:</b>	

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Personal Confidence in Providing Sexual Assault Advocacy Services	
18. I have confidence in my <i>judgment</i> in working with victims of sexual violence.	1 2 3 4 5
19. I am confident in my <i>skills</i> and <i>ability</i> to provide services to victims of sexual violence.	1 2 3 4 5
20. I have gotten enough experience serving victims of sexual violence to feel comfortable and confident in my abilities.	1 2 3 4 5
21. I am willing, able and comfortable in serving any victim of sexual violence:	
<ul style="list-style-type: none"> <li>• Girl: female child less than 13 years of age</li> </ul>	1 2 3 4 5
<ul style="list-style-type: none"> <li>• Boy: male child less than 13 years of age</li> </ul>	1 2 3 4 5
<ul style="list-style-type: none"> <li>• Teen girl: female between the ages of 13 and 18</li> </ul>	1 2 3 4 5
<ul style="list-style-type: none"> <li>• Teen boy: male between the ages of 13 and 18</li> </ul>	1 2 3 4 5
<ul style="list-style-type: none"> <li>• Adult man who is a survivor of child sexual assault</li> </ul>	1 2 3 4 5
<ul style="list-style-type: none"> <li>• Transgender person</li> </ul>	1 2 3 4 5
<ul style="list-style-type: none"> <li>• Person with a disability (cognitive, physical, and/or developmental)</li> </ul>	1 2 3 4 5
<ul style="list-style-type: none"> <li>• Adult or teen using drugs/alcohol, self-injury or other such coping mechanisms to deal with sexual assault</li> </ul>	1 2 3 4 5
22. I feel capable of serving anyone who presents as a secondary victim (significant other, partner, family, friend, etc.) of sexual violence.	1 2 3 4 5

<b>What do you feel your strengths are in this section?</b>
<b>Where do you feel challenged?</b>
<b>Action Steps for this section:</b>

Take a few moments to think about the entire process, and jot a few notes while your thoughts are still fresh. Put the whole picture together as an action plan, as you consider the following questions.

Something new you learned about yourself:

Identify a strength you can draw on as you address one of your challenges:

Overall impressions from the assessment:

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