Trans Youth Sexual Assault Survivors: Skills for Advocates

A webinar for WCSAP

06.22.16 munson, Cook-Daniels, Taylor
Welcome & Housekeeping

- Take care of yourself
- Power Points
Agenda

- Quick: Who is FORGE / Trans 101
- Data trans youth
- Developmental trauma & ACE study
- ACE + trans-specific variables
- Confidentiality and privacy
- Autonomy and agency
- Resources and what you can do
Who is FORGE?

22 yo

Direct service / TTA
- 25%
- 75%

www.forge-forward.org
Two Foundational Principles

1. Trauma - Informed
2. Empowerment - based
Small staff, large vision

michael munson
Executive Director

Loree Cook-Daniels
Policy & Programming

Katie Taylor
Community Engagement
Social Media

FORGE.trans @FORGEforward @FORGE_forward
Quick!
Trans 101
Need some trans 101 review?

Serving Trans Survivors: A 101 for Advocates

Free webinar

February 4 @ 3:30 pm - 5:00 pm CT
How many people are trans?

0.3% (Williams Institute) → > 1% (Lynn Conway (and others))
Conceptualization of gender

- **Generation Z** (Age 1–21)

- **Generation Y** (Age 21–41)

- **Gen X** (Age 35–55)
Youth: Evolving language
# Duality: Access to transition

<table>
<thead>
<tr>
<th>Increased access</th>
<th>Limited access</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Parental support</td>
<td>□ Lack of parental support</td>
</tr>
<tr>
<td>□ Puberty blockers</td>
<td>□ Homeless</td>
</tr>
<tr>
<td>□ Health insurance policy changes</td>
<td>□ No independent financial resources</td>
</tr>
<tr>
<td>□ School support</td>
<td>□ Transportation or autonomy</td>
</tr>
<tr>
<td>- Title IX backing</td>
<td>□ Non-binary identity</td>
</tr>
<tr>
<td>- School awareness &amp; acceptance</td>
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When all is dark we feel scared but the secret of all darkness is... that it can't exist without light. The light will always shine even if it's just a flicker. So stay strong be you and remember light can be found in the darkest of times... If you remember to turn on the Light.
Data: Trans youth specific

(mostly!)
“Stories are just data with a soul.”

Brene Brown, Ph.D.
Transsexual assault rates

50-66% Transgender

Multiple sources
Trans IPV & dating rates

25-50% Transgender

Source: Multiple sources (Meta: Williams Institute)
Stalking rates

- General US = 5-17%

Source: Stalking Resource Center, FORGE 2011
School-based stats

- Harassed: 78%
- Physically Assaulted: 35%
- Sexually Assaulted: 12%
- Expelled: 6%
- Left school due to violence: 15%

Source: NTDS 2011
Suicide Attempts

General US population: 4.60%

All respondents: 41%

Sexually assaulted: 64%

Sexually assaulted by teachers: 69%

Physically assaulted by teachers: 76%

Seeking help: Rape Crisis Line
ROLE PLAY #1: Rape Crisis Call

Clarifying name and pronoun

- Grandma Violet
- Granddaughter La’Rae
- 7 years old
ROLE PLAY #1: Rape Crisis Call

Clarifying name and pronoun

Advocate:
“Would it be OK if I asked you a couple of questions?”
ROLE PLAY #1: Rape Crisis Call

Clarifying name and pronoun

Grandma

“I’m so so sorry! I am so upset right now, I just can’t think straight.”
ROLE PLAY #1: Rape Crisis Call

Clarifying name and pronoun

Grandma

“I’m really concerned that he may have touched her. I don’t know what to do.”
ROLE PLAY #1: Rape Crisis Call

What did we hear?

1. Active listening
2. Sensitive questions
3. Discovery
4. Loved ones calling
Developmental Trauma
Adverse Childhood Experiences (ACE)

- Began with weight losers dropping out of weight loss program
# Adverse Childhood Experiences (ACE)

<table>
<thead>
<tr>
<th>Child abuse:</th>
<th>Household:</th>
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</thead>
<tbody>
<tr>
<td>1. Emotional</td>
<td>1. Substance abuse</td>
</tr>
<tr>
<td>2. Physical</td>
<td>2. Mental illness</td>
</tr>
<tr>
<td>3. Sexual</td>
<td>3. Mother abuse</td>
</tr>
<tr>
<td>Child neglect:</td>
<td>4. Separation/divorce</td>
</tr>
<tr>
<td>1. Physical</td>
<td>5. Parent in jail</td>
</tr>
<tr>
<td>2. Emotional</td>
<td></td>
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</table>
One example: ACE score & risk
ACE Study

- Adverse Childhood Experiences
- Social, Emotional, & Cognitive Impairment
- Adoption of Health-risk Behaviors
- Disease, Disability and social problems
- Early Death
- Death

Birth
Childhood Trauma - 2 consequences

1. Long-term neurological changes
   - Brain sensitized
   - Fear more easily tapped into
Childhood Trauma - 2 consequences

2. Fewer skills developed that help with
   - Coping
   - Social Development
Conclusion:

“Adverse childhood experiences are the main determinant of the health and social well-being of the nation.”

ACE + Trans
ACE: trans youth additions

1. Bullying and harassment
2. Parental denial of identity
3. Parental expulsion from home
4. Police misconduct or harassment
5. Microaggressions
6. Minority stress
7. Legislated discrimination or policies
8. Culture-wide transphobia
ACE + Bullying

- School
- Home
- Neighborhood
- Streets
- Extracurricular activities
ACE + Denial of identity

Refuse to be your child's first bully.
ACE + Expulsion from home

TOP THREE REASONS FOR LGBT HOMELESSNESS:
— REPORTED BY LGBT YOUNG PEOPLE (AKT 2014)

- Parental rejection: 69%
- Abuse within the family (physical, emotional, sexual): 69%
- Aggression / violence in the family: 62%
ACE + Police misconduct
Microaggressions are brief and commonplace daily verbal, behavioral, or environmental indignities — whether intentional or unintentional — that communicate derogatory or negative slights and insults (or even some hostility) toward a group of people. These words and actions establish, reflect, and reinforce the dominant paradigm, erasing the experiences and realities of a minority.
ACE + Minority Stress

- Minority stress is the result of observable incidents, vigilance for future incidents and a person’s decision that the incident is related to that person’s minority status. As a result, they internalize this process as stress.
ACE + legislated discrimination

- No safe bathroom
- Interrupting the learning experience
- Afraid to be themselves anywhere
ACE+ Culture-wide discrimination

![Image with hand writing] Wipe Out Transphobia

![Image with drawing] Fix Society

PLEASE
Confidentiality and privacy
ROLE PLAY #2: Who knows?

- 13 year old
- School guidance counselor
- SA Advocate
ROLE PLAY #2: Who knows?

Student

“I’m trans. You know, transgender. Are you down with that?”
ROLE PLAY #2: Who knows?

Student

“My parents probably have a clue – like, duh, it’s kind of obvious – but I don’t know what they’d do if I told them.”
Advocate

“I’m open to listening if you want to share more, but I know you asked me to come here today because someone touched you without your consent.”
ROLE PLAY #2: Who knows?

What are the main points?

- Self-disclosure
- Fear about who knows
- Trusts people more with info about assault than trans identity
- Non-disclosure is NOT deception
Autonomy and Agency
ROLE PLAY #3: Who’s story?

- 16 year old
- Female-to-male
- Parents note statutory rape
ROLE PLAY #3: Who’s story?

Youth

“I WASN’T assaulted.”
Advocate

“No one will force you to do anything against your will, anything you don’t want to do.”
ROLE PLAY #3: Who’s story?

Advocate

“Part of what happens is that your story of what happened to you is recorded, so that gives you an opportunity to tell your side of what happened.”
ROLE PLAY #3: Who’s story?

Youth

“Well, I’m taking testosterone, so I can’t get pregnant.”
ROLE PLAY #3: Who’s story?

Youth

“That sounds good. I’d like you to be there with me.”
ROLE PLAY #3: Who’s story?

What are the main points?

- 1-on-1 conversation
- Body autonomy and agency
- Compromise
- Education
- Medical care
Resources
Trans-specific IPV/SV webinars

forge-forward.org/trainings-events/recorded-webinars/
Upcoming webinars of interest

- Sheltering Trans Men
- Sheltering Trans Women
- Sheltering Non-Binary Individuals
- Respected and Whole: Confronting Bias with a Trauma-Informed Lens
RESPONDING TO TRANSGENDER VICTIMS of Sexual Assault

Transgender victims of sexual assault, like all crime victims, want and deserve to be treated with dignity and respect, heard, believed, served, and supported.

This user-friendly guide offers practical tools to promote understanding and support of transgender victims, whether you are a sexual assault advocate, emergency medical personnel, law enforcement officer, medical or mental health care provider, or support group facilitator.

People who are transgender or gender non-conforming often have to describe what it means to identify as transgender to receive sensitive care and services. Read “Transgender 101” first for a basic understanding of what it means to be transgender.

Visit www.ovc.gov/pubs/forge/index.html to learn how you can be a source of support and care for individuals in this high-risk population.
Publications
forge-forward.org/publications-resources/anti-violence-publications/

Safety Planning: A Guide for Transgender and Gender Non-Conforming Individuals Who Are Experiencing Intimate Partner Violence

Click on the link below to download and/or print the standalone PDF version of this safety planning tool:

About This Document
There are many sections to this safety planning document in order to provide a more comprehensive tool. It may feel long and overwhelming. Consider reading only a few sections at a time. Remember also that any step you take to improve your safety is important; you do not need to take them all.
8 Tips for Addressing Violence Against Transgender and Gender Non-Binary People

Loree Cook-Daniels
Policy and Program Director

Michael Munson
Executive Director

April 2016

www.forge-forward.org
Let’s Talk About It!

A Transgender Survivor’s Guide to Accessing Therapy
A Self Help Guide to Healing and Understanding

Michael Munson
Executive Director

Loree Cook-Daniels
Policy and Program Director

SEPTEMBER 2015
A GUIDE FOR
Partners and Loved Ones of Transgender Sexual Violence Survivors

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Loree Cook-Daniels
Policy and Program Director

SPRING 2016

www.forge-forward.org
A GUIDE FOR

Facilitators of Transgender Community Groups:
Supporting Sexual Violence Survivors

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Executive Director

Loree Cook-Daniels
Policy and Program Director

SPRING 2016

www.forge-forward.org
What you can do

(organization / professionally)
Training

Helping therapists and victim service providers better serve transgender and gender non-conforming survivors

FREE WEBINARS

• ONLINE ARCHIVE •
available @ www.forge-forward.org

- Transgender sexual violence
- Safety planning
- Power and control tactics specific to trans people
- Policies improving trans peoples’ lives
- Forensic exams
- Stalking
- Strategies for improving trans-police relations
- The intersections of sex work and violence
- Anti-trans violence in prison
- VAWA non-discrimination conditions
- Sex segregated services
- Transgender Day of Remembrance
- Community Care: mobilizing after a high profile crime
- Creating a trans-welcoming environment
- Transgender, disability & trauma
- Working with rural trans survivors
- Trans-specific barriers to accessing health care
- Transgender sexuality and trauma
- Trauma and transgender older adults
- Therapists working with transgender survivors

TECHNICAL ASSISTANCE

• HOW WE CAN SUPPORT YOU •
and your transgender clients

- One-on-one technical assistance
- Training webinars – live and archived on-demand
- Conference workshops
- Customized trainings
- Transgender cultural competency materials and tools
- Fact sheets and other printable resources
- Survivor education publications
- Therapist and support group referrals for survivors
- Direct support services for survivors
- Transgender policy updates

STAY CONNECTED!

FORGE.trans
@FORGEforward
@FORGE_forward

OVER 50 HOURS OF FREE VIDEO TRAINING

www.forge-forward.org
Taking a stand

Those who are pushing anti-transgender proposals have claimed that these proposals are necessary for public safety and to prevent sexual violence against women and children. As rape crisis centers, shelters, and other service providers who work each and every day to meet the needs of all survivors and reduce sexual assault and domestic violence throughout society, we speak from experience and expertise when we state that these claims are false.

250+ sexual assault & domestic violence groups condemn legislation targeting transgender people #ProtectEveryone
So, tell me, which girl shouldn’t be allowed in?

#beautifulgirls #transgenderisnotscary
Connect with LGBT Orgs
Inclusive literature

It’s never too late

to heal from abuse or assault.

the ESPAVO project
Know your rights! (Share!)

Know Your Rights!

Trans Survivors of Domestic and Sexual Violence

If you have experienced domestic violence, sexual assault, dating violence, or stalking, you are entitled to many free services from an extensive set of federally-funded programs (emergency shelters, rape crisis centers, support groups, legal advocacy, etc.) under the Violence Against Women Act (VAWA). VAWA now explicitly protects transgender and lesbian, gay, and bisexual (LGB) survivors and provides ways to get help if you are discriminated against.

YOU HAVE A RIGHT TO VAWA-FUNDED SERVICES.

Any agency (police, prosecutors, rape crisis centers, domestic violence shelters, legal aid, hotlines, support groups, etc.) that receives VAWA money has to treat transgender people respectfully and provide equal or similar services by law.

- What does that mean?
  Trans, gender non-conforming, and gender non-binary people CANNOT be turned away from or be discriminated against by these agencies because of their sex, gender identity, gender expression or sexual orientation.

- Here are a few examples of how this new law helps transgender survivors of violence:
  - The agency cannot say it only serves women; it must serve anyone.
  - The agency cannot say it only serves men; it must serve anyone.
  - The agency cannot say it only serves people who identify as male; it must serve everyone.

YOU HAVE A RIGHT TO COMPARABLE SERVICES.

Under VAWA’s nondiscrimination conditions, agencies can have sex-segregated or sex-specific services only if that segregation is “necessary to the essential operation of a program.” If an agency that only provides sex-segregated services cannot serve you in the same way it serves others (for example, you are a trans man and they only have a female-only support group), the agency MUST provide you “comparable services.” Simply referring you to another agency that serves people of your sex, gender identity, gender expression, or sexual orientation is NOT enough if they accept VAWA funds.

- Here is an example of comparable services for trans survivors:
  - The agency that only serves women would need to create a comparable service that serves trans women.
  - The agency that only serves men would need to create a comparable service that serves trans men.
  - The agency that only serves people who identify as male would need to create a comparable service that serves all trans people.

SUMMER 2015
Harm reduction

- Recognize behaviors are likely coping strategies
- Help clients reduce harm
- Intersectionality & priorities
- Focus on mutual goals
Support
Micro-INCLUSIONS: What you can do (individually)
Micro-INCLUSIONS

Micro-inclusions are a small step to include someone.

On a bigger scale, micro-inclusions are symbolic actions that force us to recall the humanity of others.
“The Department of Justice and indeed the entire Obama administration want you to know that we see you, we stand with you, and we will do everything we can to protect you going forward.”
Buttons
Introduce yourself

Ask me about my pronouns

www.forge-forward.org
Body language
Eye contact
Touch
Be KIND
Thank you!

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