

PART 1

Team A

Welcome to “How to Help a Sexual Assault Survivor: What Men Can Do.” We are members of “One in Four.” Our name, “One in Four” comes from the fact that, at the time of our founding, *one in four* college women had survived rape or attempted rape since their fourteenth birthday. According to RAINN, the Rape, Abuse, and Incest National Network, that number has dropped to one in six. We keep our name to remember how far we’ve come, but it’s important to remember that we still have very far to go. We seek to *inform* other men how to help survivors recover from a rape experience. We are affiliated with the national organization One in Four, which was founded here at UVa, and now has over 30 chapters at colleges across the country doing similar work to end sexual violence.

To start off, we want to make it clear that we are not here to blame you for rape, or preach to you about it. We are here because many survivors go to their male friends after they have been sexually assaulted, and we want you to be prepared in case someone comes to you for help or support. We are also here to give you the tools you need to be an active bystander, and to challenge destructive behaviors as you see them.

So we’re not here to lecture about not raping people. We assume you don’t go out on weekend nights trying to assault people. Instead, we are here with a positive message. We want to teach you how to help a survivor recover from a rape experience. We want you to know how you can really make a difference.

Team B

Disclaimer

Obviously, rape is an intense subject. There are parts of this conversation that may disturb you, so if you have to step out of the room, that’s fine. We hope that you’ll rejoin us though, and we’ll stick around at the end if you wanna talk one on one.

Before we begin, we want to make clear some of the language we’ll be using. According to the National Crime Victimization Survey, over 90% of the time, rape survivors are female and 99% of offenders are male. If we refer to survivors as female and offenders as male, this is why. However, according to the Rape, Abuse, & Incest National Network, one in thirty-three men have experienced rape in their lifetime. It is important to remember that members of either sex can be sexually assaulted, and that both male and female survivors face many obstacles in their recovery.

If you are a rape survivor, or are a friend or relative of a survivor, you may be particularly upset by this program, especially the visualization exercise in the next section. As I said, we’ll stick around after the program if you want to talk one on one. We also have contact information for support organizations like CAPS and the Women’s Center, which we will discuss later in the program.

Team A

Overview

We are going to do five basic things in this program

First, we will define rape and sexual assault

Next, we will lead you through a visualization exercise to help you think about the deeply personal nature of sexual violence. We will debrief this activity, talk about ways that you

can engage the issue as a bystander, and [whoever is giving part 2 story of self] will share a personal story with you.

We will then talk about how to help a sexual assault survivor

After that we will talk about ways that we can change the culture to one that prioritizes rape prevention. This takes two forms: our own sexual behavior and the way we interact with peers and the community at large

Finally, we will take any questions you have at the end.

Team B

Definition Poster

To start off, we'll go over a couple definitions

The first definition we'd like to go over is for sexual assault. The definition we use for sexual assault is a broad one, and includes many different types of behavior. As you can see:

Sexual Assault- Sexual intercourse without consent, forcible sodomy, sexual penetration with an object, intentionally touching an unwilling person's intimate parts, or forcing an unwilling person to touch another's intimate parts. These acts occur by force, threat, surprise, intimidation, or by taking advantage of someone's helplessness or inability to consent.

So basically this definition includes vaginal, oral, or anal penetration and any form of invasive touching that the other person doesn't agree to or cannot agree to.

Rape is a more specific type of sexual assault. The US Department of Justice defines rape as:

Rape- Sexual intercourse by force or against that person's will, or where the victim is incapable of giving consent given the person's age or temporary or permanent mental or physical incapacity.

So you can see that rape would be having intercourse with someone when they don't agree to it, can't agree to it, or are forced into it. Basically, this includes cases when someone is passed out, unconscious, asleep, too intoxicated by alcohol or other drugs, or has some sort of temporary or permanent handicap which prevents them from being able to understand or communicate during a sexual encounter. All rapes also fit the broader definition of sexual assault, but not every case of sexual assault meets the definition of rape.

Particularly in the case of rape, many people think that the most common type of rape happens when a stranger jumps out of hiding, grabs you, and rapes you. While rape by a stranger does happen, we want you to remember this:

Seven out of ten times, when a woman is raped, it is by someone she knows. It could be an acquaintance, a friend, or a date. But seven out of ten times, it is someone she knows. And the average length of time she has known him is one year. Not a night or a week, or even a few months. One year. For men, this statistic is reversed, and 74% of rapes are committed by strangers.

Team A

Intro Part 2

Now [guys on part two] are going to take you through an exercise to help think about the intensely personal nature of sexual violence. As we said before, this exercise is very powerful, but has the potential to be triggering. If you need to leave the room, we understand, and we hope that you can rejoin us.

PART 2

Team A

If you could all please close your eyes

****it is important to deliver this part slowly, pausing for emphasis as each new part of the scenario is revealed****

Picture a woman you love. She could be your sister, your girlfriend, a close friend, even your mom or your grandmother.

It's a normal night. It could be a party or it could just be her returning from the library.

A man approaches. It seems normal at first. A small conversation is had and the woman attempts to go on her way. The man stops her. She attempts to leave again, but he again restrains her. She fights back but is overpowered and he assaults her.

Now imagine that a third person is present. This bystander could intervene and stop what just happened but does not. The bystander chooses not to act, and instead pretend like he/she saw nothing.

The man leaves the woman after assaulting her without so much as a word. The woman remains and begins to cry. Somebody finds her and calls for help. She's taken to the hospital, where she has to repeat the story over and over again to the many doctors and nurses that come in and out of her room and her clothes are taken as evidence.

The next day she tries to go about her daily life. But people whisper when she walks by, pointing to her. That night she asks her friend what everybody has been whispering about. The friend says, "everybody knows what supposedly happened last night, but everyone seems to think that you were asking for it given the way you were dressed. Also, aren't you and that guy friends? Are you just making this up because you regret having sex with him?"

Please Open your eyes

[pause]

Please Open your eyes

[pause]

Team B

****Prompt answers from the audience, help them along as little as possible. The conclusions will be more powerful if they come to them themselves****

How did you guys feel during that exercise?

What are some words you would use to describe your feelings?

What about the bystander? What are some words you would use to describe him?

Why do you guys think we talked you through this exercise?

How many of you wanted the bystander to do or say something?

Team A

Most everyone wants the bystander to act, because we saw someone we loved in danger and hope that anyone in a position to help her would do so. Remember that every person who is sexually assaulted is as precious to someone as the person you pictured is to you. The problem, though, is a phenomenon we have probably all heard of, known as the "Bystander

Effect.” This is a sociological phenomenon kind of like the tragedy of the commons, where people observe emergencies or questionable situations and don’t take any action because there are other people around and you assume that if something was really wrong someone would do something about it.

We each feel apprehension when called upon to intervene as well. What if I’m wrong? What if this isn’t my business? I don’t know these people, maybe this is just how they are? I don’t want to cock block my friend, or any guy... We don’t want to rush in half-cocked and make fools of ourselves. But that’s not what we’re asking you to do.

We learned from Dorothy Edwards, a woman who presents on the issue of bystander intervention, that for every man who commits sexual assault, there are about 39 men who will never do so. This means that, in every sketchy situation you see, the potential perpetrator is outnumbered almost forty-to-one. Knowing this, we ask you to have the courage to do *Whatever you feel comfortable doing* to disrupt a situation that you feel looks suspicious. This could be anything, like running up to him and exclaiming “dude, your car’s being towed!” or asking her friends to check on her. Something like this will give a pause, create a space in which, if either party is not comfortable, they can reevaluate and collect themselves or find an out if they want to.

When it comes to feeling embarrassed, remember that in many of these situations, alcohol is a major factor. This means that your antics will probably not be noticed or remembered by most people anyway. But they may create a moment of interruption in which a dangerous trajectory is broken off, protecting both parties from a potentially devastating crime.

Team B

Now that we’ve talked about how personal and pervasive this crime is, I want to share with you guys a story from my own life.

Story of Self

The story of self is a brief, one to two minute story. It has three distinct parts

- 1) Your awakening-when did you become someone who cares about sexual violence?
- 2) Your experience- how did you channel your desire to act? How did it feel when you couldn’t?
- 3) Your engagement- how did you find one in four? what about the group makes you feel like your work is purposeful?

This should be an opportunity for you to give a testimonial to the issue and your work in it. Speak from the heart and try to capture the emotions surrounding your decision to engage with this issue and how it has changed you and your perspective.

Part 3

Team A

Now that you’ve learned what rape is, and we’ve talked about the powerfully personal and emotional nature of this crime, we’ve come to the crux of our program. We are going to talk about how to help a sexual assault survivor who comes to you asking for your help. These

suggestions are particularly relevant when a survivor has just been assaulted, but many also hold true months and years after the experience. Obviously, no one reacts the same way to being sexually assaulted, and different people find different things helpful in their recovery. We will focus on the reactions that most survivors have and what tends to be most helpful to them.

Medical and Safety Needs

Medical- It is important that survivors go to the hospital for medical attention. There they can receive STI testing, pregnancy counseling, and treatment of injuries. This is especially important as rape can leave severe internal injuries that the survivor cannot feel. If she goes to the hospital within 72 hours of the assault, she can also collect evidence to be used later if she decides to prosecute. Remember, though, that all you can really do is suggest that she go to the hospital and offer to take her there. The hospital process can be very intimidating, with survivors expected to recount details of a terrifying event to strangers in an unfamiliar place. This intensifies the feeling of loss of control, and makes many survivors hesitant to go through this very important step in the recovery process. In recent years, Sexual Assault Nurse Examiners, or SANE nurses, have been specially trained to alleviate these feelings of discomfort and disorientation. This has improved the process, but, again, if your friend doesn't want to go to the hospital, the best thing you can do is make yourself available and not force the issue.

Safety- Remember that she still may be in danger or feel unsafe. If you can, make sure she has a safe place to stay. Offer to sleep on her couch, or find a friend for her to stay with. This allows her to find an anchor point from which to start regaining a sense of control.

Team B

End the Cycle of Violence

I don't know about you, but if a friend told me she had been raped, I would want to find the guy who did it and beat the shit out of him ****also powerful if posed as a question***. A lot of guys feel this way, but we want to encourage you not to do that. If you think about it, the survivor has just gone through a terrible situation where she had to try to calm down one violent and angry man, and the last thing she needs is to feel like she has to calm me down too. This takes the focus off of what she is telling me, and suddenly it's about my rage instead of the experience she just survived. It puts her in the position of having to protect her attacker in order to protect me, which is completely unfair. And thinks about it... UVA isn't *that* big a place. If I beat this guy up, people will find out about it, and people will talk. They'll wonder what made me so angry, and rumors may fly as people speculate, stripping her of control over her story. Furthermore, telling her I'm going to beat him up might cause her to worry that he may retaliate against me, or against her.

Instead of more violence, let her know, calmly, that you are sorry that this happened to her and you will do anything you can to help her.

Team A

Listen

If you take only one thing away from this part of the presentation, it should be this:

Talk less, listen more.

I'll say it again. Talk less, listen more.

Survivors get asked prying questions all the time. What were you wearing? Had you been

drinking? Hadn't you slept with him before? Remember that seventy percent of the time, when a woman is raped, it's by someone she knows. This means that most survivors are coming out of a situation that may have started out fairly ordinary and turned into something monstrous. Working through the shock of this violation of trust, as well as the horror of physical violation, is incredibly complicated and takes time. It's not our job to suggest why it happened or speculate as to how it could have been prevented. If your friend is confiding in you, it means she trusts you, and wants you to listen to what she says without judgment. Also, while you are listening to her, she may want to be hugged or held, but some survivors don't want to be touched at all. Just ask what the appropriate level of contact is and follow her lead.

Team B

Believe Her

As we get into the next suggestion, I have another statistic I'd like you to think about. According to the National Crime Victimization Survey, only 5% of rapes are reported to the police. This means that rape is, by far, the most underreported crime in America. Why? Why are so many rape survivors not telling the police what has happened?

A lot of it has to do with this suggestion—a lot of survivors just don't feel like they're going to be believed. Being able to talk about their rape, to counselors, friends, to the police, and being believed is an extremely important factor in a survivor's recovery. In fact, believing your friend is probably the single most powerful thing you can do to help with recovery.

This may sound trivial, but think about how people usually respond when someone claims they've been raped. A lot of us respond with skepticism, assuming it's a he-said/she-said situation, where half the time she's telling the truth and half the time she's trying to cover up for an embarrassing hook up. The reality is that rape is falsely reported a lot less often than we think it is. A 2007 study by the Department of Justice found that only 2-4% of rape reports are unsubstantiated. This doesn't mean they didn't happen, only that there isn't enough evidence on which to build a prosecution case. 2-4%. Let's take that at its highest point, 4%. That means that 96% of the time, when someone says they've been raped, that's exactly what happened.

We get that you don't need a bunch of statistics to believe your friend, but it's important to know how harmful a skeptical response can be to the recovery process. It doesn't make sense for someone to go through the hassle of hospitalization, legal proceedings, and the stigmas around accusing someone of rape unless that is actually what happened. Given that, it's important that we create a culture that believes survivors when they come forward.

It is also important to emphasize that what happened to her was not her fault. In order to feel more in control, they may criticize their own actions—“why did I drink so much?” “why did I go upstairs with him?” The fact is, what happened is not her fault, no action or mistake makes someone deserving of rape. Emphasizing that you believe them and that it's not their fault go hand in hand in helping her regain control.

Team A

Help Her Regain Control

This may not be obvious, but it is very important: encourage your friend to make small decisions, especially if she is coming to you just after she has been raped. While you are

talking with her, give her the opportunity to decide the basics- should we talk at my place or your place? Do you wanna eat out or eat here? Don't overdo it or patronize her, but know that making these small decisions helps her regain confidence to make bigger decisions, like whether to go to the hospital or press charges, down the road.

Also, accept these decisions and go along with them, this will help accelerate her regaining control. And be patient, this part of the process may take longer than you might think.

Most importantly, if a survivor shares her story with you, that story is for your ears alone. Rape strips control of almost everything from a survivor in an instant, and one of the few things she the way people think about this issue.

Communicate During Encounters.

In an intimate situation, we encourage you to communicate openly about the experience you guys are sharing. This means asking, listening, and responding appropriately. This establishes a norm of trust and respect, and helps who does control is who hears about it. If we fail to keep her story confidential, then by telling other people we take away even more control, and hinder the recovery process.

Team B

Realize Limitations

Survivors often remain in the early stages of rape trauma syndrome for three months. A year is common for a more complete recovery, even with counseling. Some survivors may need several years, especially if they can't confide in someone or think that they are not believed. We know that you guys aren't professional psychologists, and we're not asking you to be. Psychological healing is as important as physical healing, so suggest that your friend seek professional help. And don't be afraid to seek out help yourself. The pressure of being the only one who knows someone has been raped can be really intense, and we don't expect you to bear that burden alone. Psychologists are sworn to confidentiality, and can help you work through the emotions of being part of a support network. They can also give you advice on how best to help your friend, and generally pick up with professional understanding where friendly love and compassion leave off.

PART 4- Other ways men can help end rape

Team A

We've reached the final part of our program. Before we take questions from you, we'd like to talk to you about how you can be an example of a culture that condemns rape and violence. First I'm going to talk about ways that we can reflect this in our own sex lives, and then [guy doing part B] will talk about ways that we can adjust the way we speak and interact to change our partner feel more comfortable.

Cooperation Does Not Equal Consent

Just because a person is going along with something in a sexual situation doesn't mean they have agreed to it. The Code of the Commonwealth of Virginia defines consent as the presence of a clear affirmative, not the absence of a no. The distinction is important because it means that for consent to be present it must be explicitly given. Now how do you go about getting consent? We're not asking for carbon copies in your bedside table. It could be as simple as "should I get a condom?" or "is this ok?" These are questions that make your intentions clear and create a space for her to answer honestly, which creates open communication and ensures that

everyone is safe.

The Freeze

Sometimes, if things are moving too fast or communication is lacking, a woman may freeze or tense up. Some guys misinterpret this as her needing to be “loosened up,” when really it could be that she is uncomfortable with what’s happening but isn’t sure how to communicate it verbally. In cases like this, just pump the brakes and create a pause. This could again be as simple as, “is this ok?” “would you like a glass of water?” anything that removes some of the pressure from the situation and allows your partner to clearly express her desires.

Stop, Ask, Clarify

If you’re ever in doubt in a situation like this, we encourage you to stop, ask, and clarify. Far from being awkward, a lot of the girls we’ve talked to, in this line of work and beyond, have said that good communication during sex makes it much better. And this makes sense, right? If a woman wants to have sex with you, asking her permission is not likely to change her mind.

Team B

Help Change Social Norms

Some of the things we say in our everyday language play into a system of thinking that places women beneath men in most regards. A lot of these suggestions may seem to err on the side of too politically correct, but think of it this way. For those people whose thought process around sex already takes place on the fringe of what is socially acceptable, norms in our language that promote misogyny or minimize rape just reinforce their dangerous thoughts and make them easier to turn into dangerous behaviors. These are a few subtle ways that we can change expectations about how people speak that demonstrate different expectations for how they think.

Rape Jokes

We’ve all heard it, hell, most of us have probably said it. You’re walking out of a big exam, turn to your buddy and say “man, that test raped me.” No, it didn’t. Equating the experience of taking a test with rape trivializes the trauma of that episode. Not only that, but consider our name, One in Four. That means that, of all the women around you in that crowd, about 25% of them are survivors, for whom that joke is at best a minimization of their pain, and at worst a trigger that catapults them back to the rape itself. We encourage you to use other words to express that sentiment, and to challenge others to do the same.

Challenge Sexist Behaviors

Sometimes you may be playing sports, or video games, and one guy is playing really badly, so you say “hey man, you’re playing like a bitch” or “hey man, stop being such a pussy.” This kind of language equate women with weakness, less worthy of respect or esteem. Again, saying things like this doesn’t make us bad people. It just makes it easier for bad people to do bad things because it reduces dissonance between what they hear is acceptable and what they want to do.

Condemn the Abuse of Women

Maybe you’re waiting at a bus stop, and a girl walks by and your friend remarks “oh, she’s asking for it.” Or maybe you’re at brunch, at Bodos or OHill, and someone is telling a story of their exploits the night before. He’s saying things like “yeah, she was pretty much passed out, but I gave it to her good.” Things like that not only perpetuate the idea of women as objects,

they just sound ugly. If you hear something like that, I guarantee you're not the only person who feels uncomfortable. As with the bystander effect we talked about in part two, we encourage you to be the one who says "that's not ok." Other guys will respect you for taking a stand, and it's the only way to let people know you expect better.

Educate Yourself, Support Others

Thank you so much for coming out tonight to learn more about this issue. We urge you to continue the process by talking to women and other men about this issue, taking advantage of opportunities like this and things you may read. I know after I joined the group I began seeing rape in the headlines everywhere, from Steubenville to India to Michael Gibson's emails. We urge you to support other men who wish to educate themselves as well, and hope you will encourage others to invite us to talk to their groups.

Does anyone have any questions?

Team A

Our goal has been to inspire you to help end rape and the suffering it causes. We hope you will join us as part of the solution. I want to leave you with one final statistic before we leave. The US National Crime Victimization Survey from 2006-2010, an average of 207,754 Americans are raped every year. That works out to about one rape every two minutes. We've been here about 40 minutes. That means, since we started this conversation, 20 people have been raped. That's twenty daughters, twenty girlfriends, twenty best friends have been sexually assaulted.

Team B

But we have made progress. Had the 1993 rate held steady, 6.8 million Americans would have been assaulted in the last 13 years. Thanks to the decline, the actual number was about 4.2 million. In other words, if not for historic gains of the last decade, an additional 2.5 million Americans would have become survivors of sexual violence. This is a fight being fought in discussions like this and in conversations between people all across America. We encourage you to join us, and be part of this fight until the number is all the way down to zero.

Thank you