



COMPASS  
**RAPE CRISIS**  
*and counseling center*

### **CHANGE THE CONVERSATION**

Spreading facts to change the stereotypes about rape and sexual violence

### **JOIN THE CONVERSATION**

Leadership stepping up to put an end to sexual violence

### **HAVE THE CONVERSATION**

Empowering victims of sexual violence to heal through open discussion



COMPASS  
**SOJOURNER HOUSE**  
*domestic violence program*



Sojourner House is the domestic violence shelter in Mahoning County, shelters over 100 families each year that are survivors of domestic violence providing a safe, violent-free environment to heal and chart a new course. Services are free of charge.

**COMPASS**  
*Family and Community Services*

# WHAT IS SEXUAL VIOLENCE?

Sexual violence is whenever sexuality is used as a weapon to gain power or control over someone.

TRAFFICKING

HARASSMENT

UNWANTED  
CONTACT

CHILD SEXUAL  
ABUSE

INCEST

DOMESTIC  
VIOLENCE

STALKING

RAPE

# WHAT IS SEXUAL ASSAULT?

Sexual Assault is any forced or coerced sexual activity such as unwanted contact, committed against a person's will or without consent. Rape is a sexual assault that includes but is not limited to forced vaginal, anal, and oral penetration. Rape and sexual assault are crimes of violence with sex used as a weapon that can be committed by strangers, teens, friends, relatives, men, women, dates, partners, lovers, and spouses.

## WHAT IS CONSENT?

Consent is a verbal, physical and emotional agreement that is clear, mutual and ongoing.

- Consent can only exist when there is equal power and no pressure between partners.
- Consent for some things does not mean consent for all things.
- Consent is not possible if someone is impaired.
- Consent can be taken back at any time.

## WHAT IS COERCION?

Coercion is used in an attempt to pressure a person to do something they might not want to do.

- Flattery, guilt trips, intimidation or threats are used to manipulate a person's choices.
- Even if someone gives in to coercion, it is NOT consent.
- It is coercion when someone understands the answer is "no" but they just don't care.

# WHAT IS RAPE CULTURE?

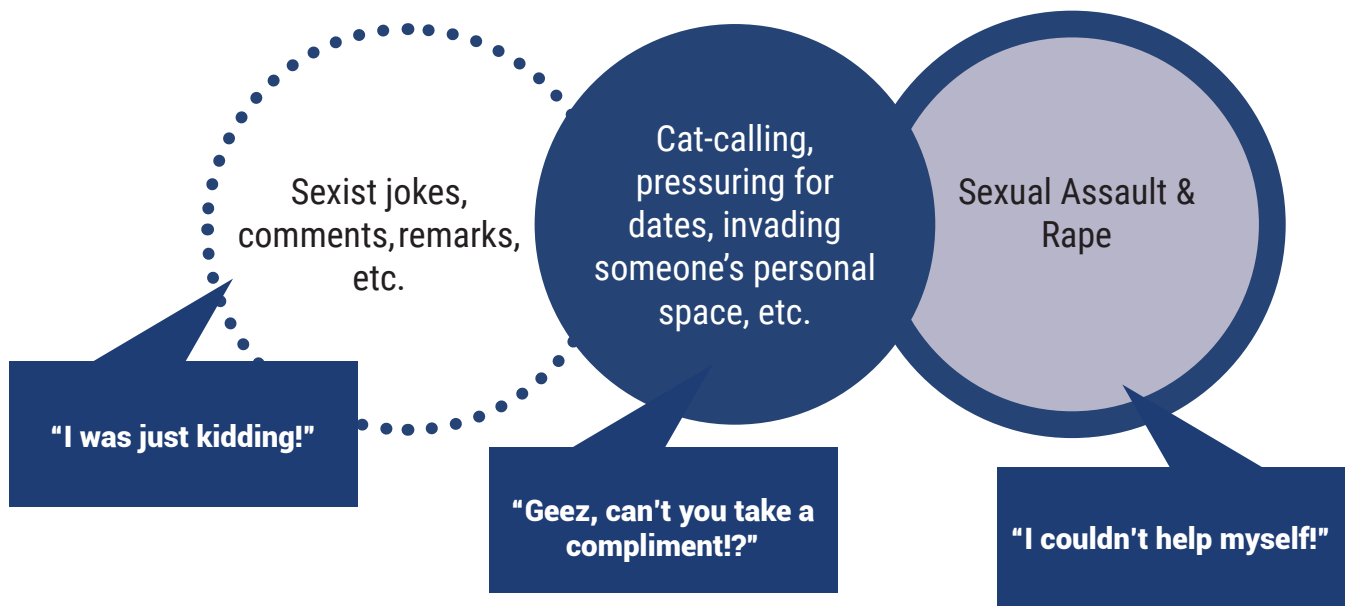
When we talk about rape culture, we're talking about cultural practices that we commonly engage in together as a society, that excuse or otherwise tolerate sexual violence.

Rape culture is evident in situations in which sexual assault, rape, and violence are ignored, trivialized, normalized, and made into jokes.

Rape culture is evident when perpetrators, victims, and society at large minimize violence in relationships.

**It's a culture where survivors don't feel safe to speak out.**

## Where do YOU draw the line?



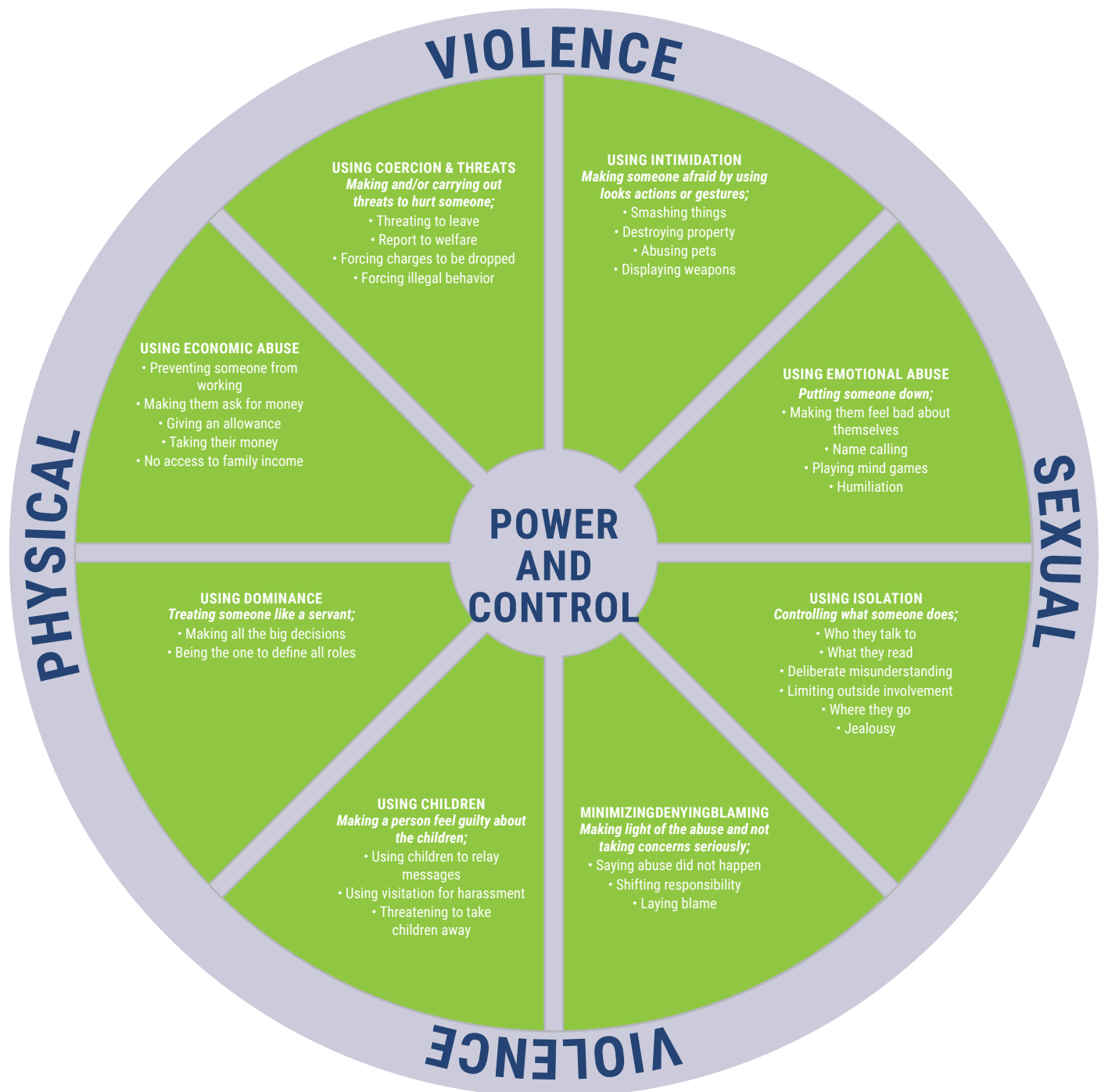
## WHAT IS VICTIM BLAMING?

Victim blaming refers to a practice of questioning what a victim could have done differently in order to prevent a crime from happening, thus implying the fault of the crime lies with the victim rather than the perpetrator.

Many people who have been the victim of a crime experience some degree of self-blame and shame. Victim blaming can perpetuate those feelings of shame and also decrease the likelihood of a victim seeking help and support, due to fear of being further shamed or judged.

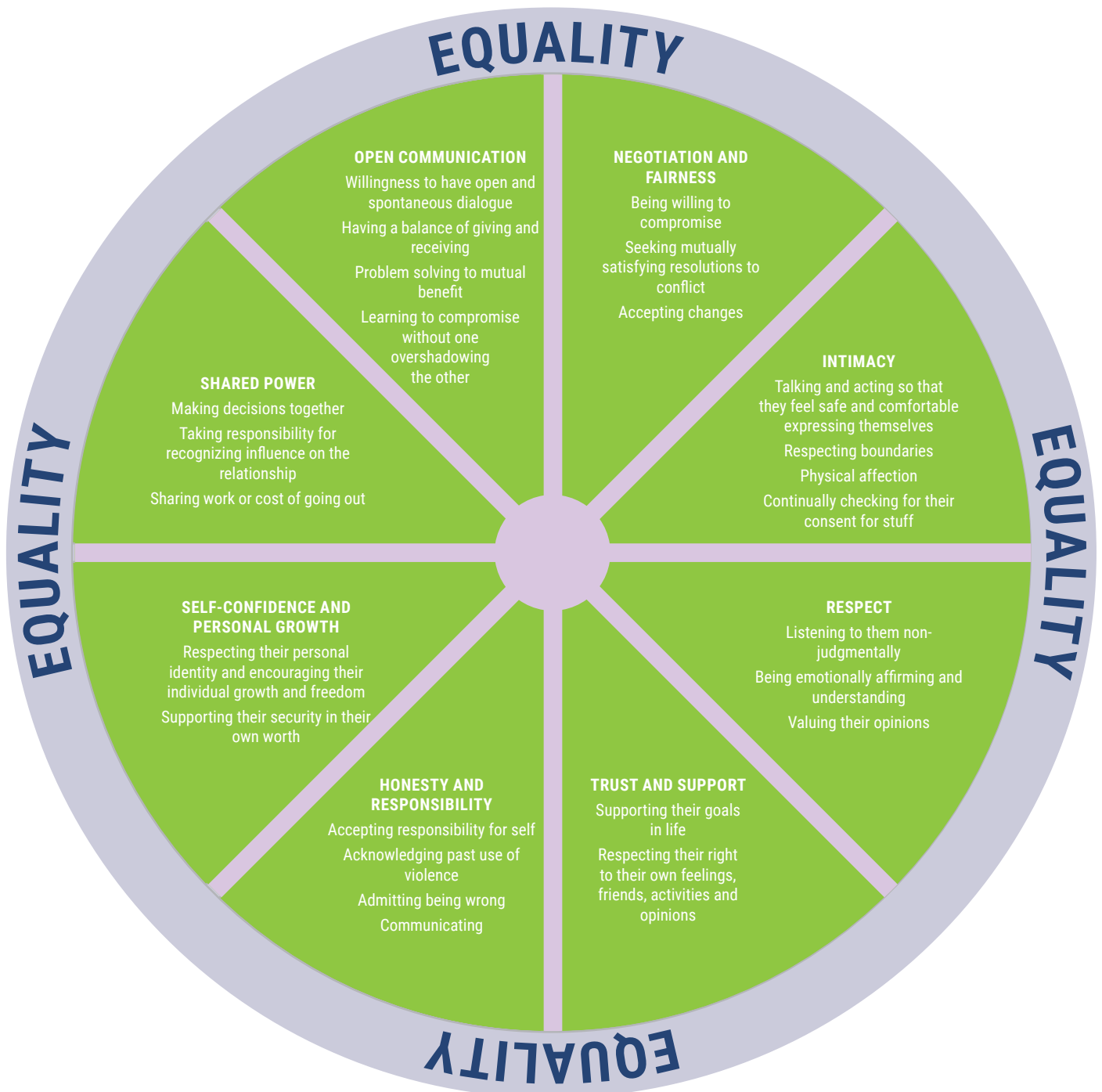
# WHAT IS DOMESTIC VIOLENCE?

Domestic Violence is a pattern of assault and coercive behaviors used to establish power and control over how the other partner thinks, feels or behaves.

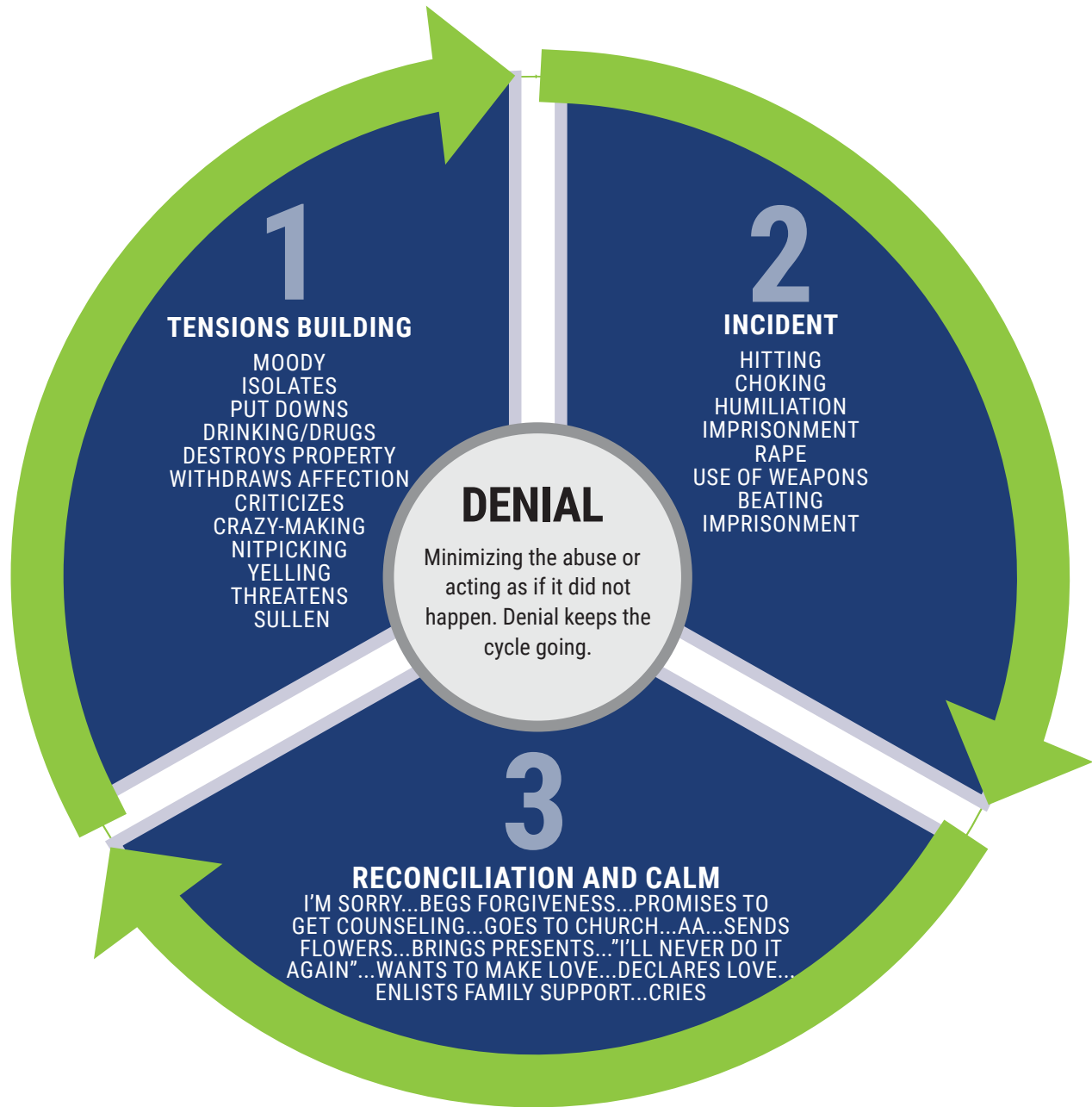


# WHAT DO EQUAL RELATIONSHIPS LOOK LIKE?

Recognize the behaviors. When we see power and control behaviors, we want to promote equality behaviors in their place.



# CYCLE OF ABUSE



## VICTIM RESPONSE TO TENSION:

Attempts to calm him/her - Nurturing - Silent/talkative - Stays away from family friends -  
General feeling of walking on eggshells - Keeps kids quiet - Agrees - Withdraws - Cooks his/her favorite dinner

## VICTIM RESPONSE TO INCIDENT:

Protects herself anyway she can - Police called by her/him, kids, neighbor - Tries to calm batterer -  
Tries to reason with batterer - Leaves - Fight back

## VICTIM RESPONSE TO RECONCILIATION:

Agrees to stay, returns, or takes batterer back - Attempts to stop legal proceedings -  
Sets up counseling appointments for batterer - Feels happy, hopeful

# CHILDREN WHO WITNESS VIOLENCE

## FEELINGS CHILDREN MIGHT HAVE ABOUT DOMESTIC VIOLENCE:



## THOUGHTS, ATTITUDES, & BELIEFS A CHILD MIGHT DEVELOP WHEN EXPOSED TO DOMESTIC VIOLENCE:

- Violence gets you what you want
- Victims are to blame for the violence
- There aren't any consequences when people hurt others
- People who say they love you may also hurt you
- People don't deserve to be treated with respect
- You have two choices—be the victim or be the aggressor
- Unhealthy, unequal relationships are normal

# WHO ARE BYSTANDERS?

A bystander, or a witness, is someone who sees a situation but may or may not know what to do, may think others will act, or may be afraid to do something. They are someone who is present and thus potentially in a position to discourage, prevent, or interrupt an incident.

## The 4 Ds

### **DIRECT**

Check in yourself.

### **DISTRACT**

Create a diversion to diffuse the situation.

### **DELEGATE**

Get someone else to intervene.

### **DELAY**

Go back later and talk about their behavior.

# WHAT ARE SOME OF THE OBSTACLES THAT KEEP PEOPLE FROM ACTING?

## PERSONAL

## RELATIONSHIP

## GENERAL

A bystander should only intervene in a way that feels safe and appropriate for him or her.

# SAFETY PLANNING

## Everyone Has a Right to Be Safe!

No one deserves to be abused, intimidated, or threatened. If you are being hurt by someone you love, consider making plans to help keep yourself and your children safe. Here are some suggestions that have helped other people in situations like yours.

### ASSESSING RISK IN RELATIONSHIPS WITH ABUSERS:

- There is no way to determine which abusers will choose to use severe violence or commit homicides, however, we do know that **access to weapons, prior threats to kill if you leave, and separation are markers for increased risk.**
- An abuser's violence may escalate when their partner attempts to leave or change the relationship.
- Often, the best predictor of life-threatening violence is the partner's perception of danger— it's important to **listen to your instincts.**

### GENERAL SAFETY PLAN:

Safety planning is about brainstorming ways to stay safe that may also help reduce the risk of harm. It can include planning for a future crisis, considering your options, and making decisions about your activities. Finding ways to stay and feel safer can be an important step towards healing and empowerment, and these plans and actions should not increase the risk of being hurt.

- Be familiar with safe places
- Be aware of your surroundings in public
- Keep your cell phone charged and with you
- Keep house doors locked when you are home or driving
- Be aware of computer safety
- Be aware of potential for drug-facilitated assaults
- Install outdoor lighting
- Close blinds at night
- Devise a code word for children, friends, and/or family that means "get help"
- Trust your instincts and judgment

**REMEMBER:**  
**YOU ARE THE EXPERT OF YOUR SITUATION!**  
**USE THESE TIPS ONLY IF YOU FEEL SAFE DOING SO.**

# IF SOMEONE YOU KNOW IS A SURVIVOR

## THERE IS NO "RIGHT" REACTION TO HEARING THAT SOMEONE YOU CARE ABOUT HAS SURVIVED AN ACT OF VIOLENCE.

You may experience some of the following emotions:

- Anger
- Anxiety
- Confusion
- Disbelief
- Guilt
- Sadness
- Powerlessness

## TRY TO UNDERSTAND WHAT THE SURVIVOR MAY BE EXPERIENCING.

- Flashbacks
- Guilt/shame
- Anger
- Self-blame
- Anxiety
- Disturbed sleep
- Low self-esteem
- Denial
- Retaliation fantasies
- Powerlessness
- Depression
- 94% experience PTSD
- 33% contemplate suicide
- 10x more likely to abuse drugs

## HOW YOU CAN HELP :

- Believe them
- Respect and trust their choices
- Give positive feedback
- Remind them of their strengths and abilities
- Don't make choices for them

## IF THEY ARE IN A RELATIONSHIP WITH THE ABUSER

- Trust their knowledge of the relationship.
- Don't criticize the abuser because it may imply criticism of the survivor if they choose them as partner. The survivor may also see the perpetrator's positive qualities and still love them.

## BE PATIENT AND KNOW YOUR LIMITS.

- A victim may try to leave an abusive relationship several times before making a final break, and this process can take years. It may be difficult to maintain your patience, but remember that **leaving is a process that takes time**.
- Develop personal boundaries for yourself so that you can be supportive, but not overwhelmed by their needs. **Take time to engage in self-care** and get support for yourself.

# WHAT ABOUT MALE SURVIVORS?

Men and boys who have been sexually assaulted may experience the same effects of sexual assault as other survivors, and they may face other challenges that are more unique to their experience. Men who were sexually abused as boys or teens may respond differently than men who were sexually assaulted as an adult.

## **THE FOLLOWING LIST INCLUDES SOME OF THE COMMON EXPERIENCES SHARED BY MEN AND BOYS WHO HAVE SURVIVED SEXUAL ASSAULT.**

It is not a complete list, but it may help you to know that other people are having similar experiences:

- Anxiety, depression, fearfulness, or post-traumatic stress disorder
- Avoiding people or places that are related to the assault or abuse
- Concerns or questions about sexual orientation
- Feel like “less of a man” or that you no longer have control over your own body
- Sense of blame or shame over not being able to stop the assault or abuse

## **WHO ARE THE PERPETRATORS OF SEXUAL ASSAULT AGAINST MEN AND BOYS?**

Perpetrators can be any gender identity, sexual orientation, or age, and they can have any relationship to the victim. Like all perpetrators, they might use physical force or psychological and emotional coercion tactics.

## **HOW DOES BEING ASSAULTED AFFECT SEXUAL ORIENTATION?**

Sexual assault is in no way related to the sexual orientation of the perpetrator or the survivor, and a person’s sexual orientation cannot be caused by sexual abuse or assault. Some men and boys have questions about their sexuality after surviving an assault or abuse—and that’s understandable. This can be especially true if the survivor experienced an erection or ejaculation during the assault. Physiological responses are involuntary, meaning the survivor has no control over them.









Other programs & services of



- Counseling Services**
- Drug & Alcohol Addiction Services**
- Sojourner House Domestic Violence Program**
- The Rape Crisis and Counseling Center**
- Daybreak Youth Crisis Center**
- Guardianship for Seniors**
- Workforce Development**
- Residential Treatment**
- Crisis Stabilization**
- Community Treatment Team**
- Permanent Supportive Housing**

## COMPASS Family & Community Services is:

- A 501(c)(3) non-profit agency
- An Equal Opportunity Employer & Provider of Services
- Accessible to deaf & hearing impaired
- A contract agency of: The Mahoning County Mental Health & Recovery Board and The Trumbull County Mental Health & Recovery Board
- Licensed & Certified by: The Ohio Department of Mental Health and Addiction Services
- A United Way Funded Agency
- Accredited by the Commission on Accreditation of Rehabilitation Facilities
- Proudly serves the LGBTQ community

To get involved visit [COMPASSFamily.org](http://COMPASSFamily.org) | 535 Marmion Ave., Youngstown, Ohio 44502 | 330-782-5664



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