

We Are the Solution



**SEXUAL VIOLENCE AS A COMMUNITY
PROBLEM**

“Pain insists upon being attended to. God whispers to us in our pleasures, speaks in our consciences, but shouts in our pains. It is his megaphone to rouse a deaf world.” -
C.S. Lewis

Why does it matter?

An Epidemic...



- 1 in 4 women will be sexually assaulted in college
- 47% of Kentucky women will experience sexual violence
- 19% of Kentucky men will experience sexual violence
- College men are 78% more likely to be sexually assaulted than nonstudent men
- 3 out of 10 rapes go unreported

<http://www.kasap.org/images/files/GetInfo/KYFactsheet.pdf>
<https://rainn.org/statistics>

Impact



- The impact of sexual violence is significant
- In what ways might sexual violence impact individuals and communities?
 - Individuals
 - ✦ Emotional, psychological, physical, spiritual
 - Families & Communities
 - ✦ Relationships, work, school



- **Victims of sexual assault are:**
- **3 times** more likely to suffer from depression.
- **6 times** more likely to suffer from post-traumatic stress disorder.
- **13 times** more likely to abuse alcohol.
- **26 times** more likely to abuse drugs.
- **4 times** more likely to contemplate suicide.

World Health Organization. 2002.

Beyond the assault



- Many survivors describe the events following the assault as traumatic
- Re-traumatization
- Disclosure
- Interacting with systems such as law enforcement, courts, hospitals, university processes

What role will YOU play?



- As a member of this faith community?
- As a trusted employee of an institution of higher learning?
- As a mentor, colleague, professional, friend?
- What would you want someone to do if it was your loved one in need of help and support?

Your response matters...



- **Responding with support and validation can**
 - Increase likelihood that the survivor will seek additional resources
 - Decrease negative long-term effects, such as PTSD symptoms
 - Help create a culture that supports survivors, and increases the likelihood that others will disclose/report

Whatever your role...



- Show in your words and actions that you do not tolerate sexual violence
- Step in when you see concerning situations
- Convey support and belief to survivors
- Let survivors know they are not to blame
- Acknowledge your limits around confidentiality
- Connect survivors to supportive services
- Support survivors' autonomy

Bluegrass Rape Crisis Center



- 24 Hour Crisis Line: 1 800 656 4673
- Free & confidential
 - Crisis Intervention
 - Advocacy, hospital and court accompaniment
 - Long-term therapy
 - Groups
- Prevention education & professional development trainings
- Volunteer opportunities

Questions?



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