



Sexual Violence Center, Spring 2011

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Active bystanders are key to prevention of sexual violence

The Sexual Violence Center (SVC) has adopted the **Green Dot** strategy, a tested prevention model, to encourage everyone's involvement in the prevention of sexual violence. The Green Dot strategy approaches every single person as an active bystander to violence prevention. They have two choices: **do something, or do nothing.**



The Green Dot strategy is based on the belief that in order to create a cultural shift away from the normal acceptance of violence, people need to learn and engage in a new behavior or set of behaviors. These new behaviors will make violence less sustainable within any given community. These "new behaviors" are referred to as "green dots," and work to stamp out red dots before they occur thereby creating safer more responsive communities.

SVC is training active bystanders who are community members that will stand up against sexual violence by integrating proactive and reactive Green Dot behaviors into their everyday lives.

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Medical advocacy improves outcomes

"Rape (or sexual violence) survivors who received advocacy were significantly more likely to have police reports taken and were less likely to be treated negatively by police officers. These (victims) also reported that they experienced less distress after their contact with the legal system." - The National Center for Victims of Crime, 2009



HCMC Downtown Minneapolis

Victims often seek medical treatment in emergency rooms after sexual assaults. SVC wants to make sure every victim has an advocate. Our medical advocates are trained volunteers and staff that provide emotional support at the hospital during the medical exam and the filing of a police report. The advocate also provides information for follow-up care, additional support, resources, and services.

SVC currently has 15-20 active advocates trained to do medical advocacy, but is always in need of more support, both in volunteers and funding. Currently SVC is underfunded in the area of medical advocacy, even though the results of having an advocate work alongside medical and law enforcement agencies has shown positive outcomes for

victim recovery and reporting rates. SVC responds to requests for medical advocacy in ten area hospitals located in Hennepin, Scott and Carver counties. In 2010, SVC was able to respond to 241 requests. SVC would like to be able to respond to each and every request. Our advocates receive over 40 hours of sexual violence advocacy training, as mandated by the state, as well as a three and a half hour medical advocacy specific course. Advocates also receive ongoing supervision and staff support.

For more information on supporting this work, or if you are interested in volunteering as an advocate please contact Megan Close, Direct Services Coordinator at (612)871-5100 ext.14 or email mclose@sexualviolencecenter.org.



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Filling the need for legal advocacy

SVC offers legal advocacy services to help victims petition for a Order For Protection (OFP) or Harassment Restraining Order (HRO), file a police report, and/or accompany them to court. The legal process can be difficult to navigate alone. The need for these services is increasing in all three counties we serve-Hennepin, Scott and Carver. Legal advocates work with clients throughout the investigation or court proceedings related to their case. The clients victim rights are carefully reviewed with them at the beginning of the legal process they seek. The role of a legal advocate is to support the victims' choices.



When filing for an OFP or HRO petition SVC works with clients to:

- document detailed information of dates, locations and events.
- develop a safety plan for when the court order is served on the offender.

If the offender chooses to fight the OFP or HRO, SVC works with the client to:

- familiarize them with what will happen during the court proceedings.
- understand that both parties have the right to cross examine those giving testimony.
- obtain notarized copies of evidence, which may include police reports and medical records.

SVC also has Safe at Home applicant assistants on staff. Safe at Home is an address confidentiality program for survivors of domestic violence, stalking, sexual assault or anyone else who fears for their personal safety.

To receive support from an SVC advocate, call the 24 hour crisis-line at 612-871-5111.

All legal advocates have completed the state mandated 40 hour training as well as an additional mini-training solely for legal advocacy.

Get to the root of the problem: Six ways to fight oppression

Imagine that sexual violence is a tree. If we cut the tree down, it will still grow. Instead of cutting it down we must focus on the roots of the tree to eradicate sexual violence. At the root of sexual violence is oppression. To work on oppression seems like a very daunting and sometimes scary task. Here are a few simple ways to help end oppression.

1 Educate yourself so you fully understand oppression. Look it up, read about it, and talk to others about it. Don't expect anyone to give you a Cliff Notes version of information regarding a certain group or culture. It's important to do the leg work yourself.

2 Monitor your language and actions. Are you using oppressive language such as "You're such a retard!" or the N-word? Do you dominate or take over in conversations' with friends, family or co-workers? Ask others to call you on your slip-ups.

3 Challenge someone's oppressive language or actions. You can say, "I'm offended by your use of the word gay to describe something you dislike. Please pick another word."

4 Get people together to talk about oppression. Start a book club or an anti-oppression work group. Address issues common in your community or workplace.

5 Don't make assumptions about another group or culture. Check out your information; then ask questions. Ask what culture someone is from; do they identify as Native, Native American, Indian, or Mdewakanton?

6 Think of the privilege you have. Privilege is when you have 'rights' that you don't even think about, but may be limited or harder to obtain or uphold for others.



SVC PURPOSE

To meet the needs of individuals affected by sexual violence and foster changes in attitudes that will lead to eradicating sexual violence in our community.

SVC MISSION

To eradicate sexual violence and abuse by:

- Challenging the systems and individuals that promote privilege, oppression and domination
- Educating those that will join us as advocates and catalysts for change
- Supporting those who have been victimized, empowering them to not only survive but thrive, finding power and movement in our collective voices.

SVC PROGRAMS

Direct Services Program
(Victims and Concerned Persons
12 years and older)

- 24-hour Crisis Hotline
- 24-hour Hospital Advocacy
- One-to-One Counseling
- Support Groups
- Legal Clinic and Advocacy
(All direct services are offered free of charge.)

Social and Systems Change

- Active Bystander Training
- Training for Professionals
- Social Media Projects
- Advocacy Training for Volunteers and Interns
- Sexual Assault Multidisciplinary Action Response Teams

Get Involved with SVC!

Sexual Assault Advocacy Training

SVC is always looking for dedicated volunteers to provide advocacy, support and information to those affected by sexual violence. If you are interested in joining our team as an advocate, please contact our Volunteer Manager at 612.871.5100 ext.18.

Internship Opportunities!

If you or someone you know is interested in joining us at the Sexual Violence Center as an intern, please contact us to find out about our internship opportunities!

Join the Board of Directors!

Visit us online to find our board application materials and learn more about SVC's board leadership!

Stay Informed

Find us on Facebook, Twitter, YouTube and our Wordpress Blog to learn more about the issues!

"Few will have the greatness to bend history itself; but each of us can work to change a small portion of events, and in the total of all those acts will be written the history of this generation."

-Robert F. Kennedy

Start Talking: Drug-facilitated sexual assault

Sexual assaults have long been linked to the use of substances, primarily alcohol, that may decrease inhibitions and the ability to function. This type of assault is commonly referred to as a drug-facilitated sexual assault, and involves the use of an anesthesia-type drug to render a victim physically unable to function or helpless. The victim is then incapable of giving or withholding consent, even though they may have taken such a drug willingly. These drugs often render victims unconscious—an effect that is quickened and intensified when the drugs are taken with alcohol. Victims may remain unconscious during all or parts of the sexual assault and, after waking up, may experience anterograde amnesia—the inability to recall events that occurred while under the influence of the drug. Because of the sedative properties, victims often have no memory of an assault, only an awareness or sense that they were violated.

In addition to alcohol, the drugs most often used in sexual assaults are:

- GHB
- Rohypnol (Roofie)
- Ketamine (Ket)
- Soma
- Some prescription drugs, other sedative hypnotics, and some over-the-counter medications



Is drug facilitated sexual assault illegal? YES. Most of the drugs typically used to facilitate sexual assaults—GHB, ketamine, and Rohypnol—are designated as controlled substances under the Controlled Substances Act of 1970. The Drug-Induced Rape Prevention and Punishment Act of 1996 (Public Law 104-305) modified the Federal statute 21 U.S.C. § 841 to provide penalties of up to 20 years imprisonment and fines for persons who intend to commit a crime of violence (including rape) by distributing a controlled substance to another individual without that individual's knowledge.

Active bystanders, cont...

Strategies for being a Proactive Green Dot:

- Discuss with friends a situation portrayed in the media (a movie, TV show, news story, billboard, YouTube etc.) and explain why it upsets you.
- Talk about the importance of people of all genders getting involved in sexual violence prevention efforts.
- Integrate information about any form of power-based personal violence into a class assignment (i.e., paper, speech or presentation).
- Write a paragraph about your connection to power-based personal violence and post it on your Facebook page.
- Integrate the Green Dot message into your work - clergy can give a sermon, medical professionals can talk to their patients and hang posters in their office.
- Tell a friend about how this issue is important to you and ask for their help.

Be a Reactive Green Dot:

- I see a couple at a bar, the woman is highly intoxicated and the man is forcibly moving her towards the door. I ask the bouncer to check and see if the woman knows the man.
- I offer to watch my friends' drinks if they leave the table.
- I see a friend take an intoxicated person up the stairs, I stop and ask what is going on or create a distraction to interrupt the situation (i.e., hey, your car is getting towed).
- I see two people talking at a bar. One is sitting very close to the other and I can see that person getting very uncomfortable. I ask that person if they are ok.
- If a person is being shoved or yelled at, I will help or find someone who can.



Green Dot opportunities are infinite. You don't have to do them all, but just one can make a difference. Look for the green dots where your skill, interest, passion and opportunity come together; that is where you can have the biggest impact. Remember, *no one has to do everything, but everyone has to do something.*



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Visit our blog at sexualviolencecenter.wordpress.com to learn more about topics surrounding sexual violence!

Activism Systems Change
Victim Services **Prevention**
Advocacy

Start Talking. *Change Will Follow.*



SVC kicks off **SEXUAL ASSAULT AWARENESS MONTH (SAAM)** as the Non-Profit of the Night @ **Timberwolves vs. Miami Heat**, April 1st, 2011!

✓ **Save**
the dates!

- ✓ Our **ANNUAL CANDLELIGHT VIGIL** is our community's chance to honor victims and survivors of sexual violence, April 14th from 7:30 to 8:30 @ City Square Park Gazebo in Chaska. Call Kathy at 952.448.5425 or email: krobinson@sexualviolencecenter.org
- ✓ The SVC **WINE TASTING FUNDRAISER** "A Taste of Wine With Change in Mind" is held in scenic Chaska @ Dolce Vita Wine Shop on June 16th from 5:30pm to 8:30pm. Call Kathy at 952.448.5425 or email: krobinson@sexualviolencecenter.org
- ✓ Join us at our annual **SILENT AUCTION** July 21st from 5:30pm to 8:00pm @ Solera to bid on exciting items while enjoying sangrias, tapas and music by La Malamanya. Call 612.871.5100 x11 or email: mseeger@sexualviolencecenter.org, to reserve your ticket!

Check out our newly redesigned website for more information! www.sexualviolencecenter.org