

# April

2022

## SEXUAL ASSAULT AWARENESS MONTH


### Con · sent:

*Freely and actively given, mutually understandable words and actions that indicate willingness to engage in an agreed upon sexual activity*



Helping people change direction.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1</p> <p><b>Teal, the color for SAAM</b></p> <p>Pay tribute to the color of sexual violence prevention with a photo or illustration of something teal in a social media post today</p> 	<p>2</p> <p>Enhance your knowledge of sexual assault through reading. Attached is a list of fiction and non-fiction book titles on the topic:</p>  <p>Book Llst.docx</p>



### SAVE THE DATE!

**Thursday, 4/28 @ 7:00PM**

**Know My Name: A Memoir**, by Chanel Miller








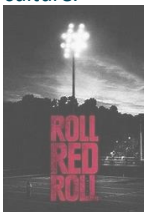
VIRTUAL  
**zoom**

**Please pre-register:**  
<https://us02web.zoom.us/j/91019826421>

IN PERSON  
Wayne County  
Public Library

Wooster Main  
Community  
Meeting Room

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<p>3</p> <p><b>Clothesline Project</b></p> <p>Visit the emotional art display at the Wayne County Public Library – Wooster Main where survivors share their journeys from violence toward healing</p>  <p><a href="http://www.theclotheslineproject.org">http://www.theclotheslineproject.org</a></p>	<p>4</p> <p>Every <b>68 seconds</b>, someone in the U.S. is sexually assaulted, which means it's likely that you or someone you know has experienced sexual violence. Learn more about the scope of this issue that affects more than <b>10 million Americans each year</b> and important tips about how to best support survivors:</p> <p><b>Healing from Sexual Violence: How Friends and Family Can Help</b> by National Sexual Violence Resource Center</p> <p><a href="http://www.rainn.org/statistics">www.rainn.org/statistics</a></p>	<p>5</p> <p><b>Wear Teal Day</b></p> <p>Chances are someone in your life is a survivor of sexual abuse, harassment, or assault, even if they have never shared their story with you. Show your support for survivors by wearing teal - the color of sexual violence prevention –</p>  <p>and post a selfie on Twitter or Instagram using #SAAM2022.</p>	<p>6</p>  <p>On this day, we gather to end the silence and change the way we respond to sexual assault. Start by Believing stops this cycle by improving our personal and professional reactions. It all starts with you.</p> <p>Make your personal commitment to Start by Believing</p> <p><b>PLEDGE NOW</b></p> <p><a href="https://www.startbybelieving.org/pledge/">https://www.startbybelieving.org/pledge/</a></p>	<p>7</p> <p>Read the U.S. Presidential and Wayne and Holmes Counties Commissioners' <b>2022 Sexual Assault Awareness Month (SAAM) Proclamations:</b></p> <p><a href="https://www.whitehouse.gov">https://www.whitehouse.gov</a></p> <p><a href="http://www.one-eighty.org">www.one-eighty.org</a></p>	<p>8</p> <p><b>Day of Silence</b></p> <p>In the US, this day is the Gay, Lesbian and Straight Education Network's (GLSEN) annual day of action to spread awareness about the effects of the bullying and harassment of lesbian, gay, bisexual, transgender, queer, and questioning students. Students take a day-long vow of silence to symbolize the silencing of LGBTQ students. Learn more:</p>  <p><a href="http://www.dayofsilence.org">www.dayofsilence.org</a></p>	<p>9</p> <p>View the documentary <b>The Hunting Ground</b> on Amazon prime video to learn about sexual assault on college campuses</p> 
<p>10</p> <p>Write a message of support to survivors of sexual assault and post on your social media. Consider phrases like <i>Support Survivors, Hope &amp; Healing, Your Story Matters.</i> #SAAM2022</p>  	<p>11</p> <p>Sexual coercion is the use of force, threat of force, deception or when a person is beaten, threatened, isolated, or intimidated.</p> <p>Examples of coercive tactics that don't necessarily use force include</p> <ul style="list-style-type: none"> <li>-- Substance use</li> <li>-- Verbal pressure</li> <li>-- Emotional pressure</li> <li>-- Social pressure</li> </ul>	<p>12</p> <p>There are often misconceptions about how/where sexual assaults occur.</p> <p>Where were survivors when the attack occurred?</p> <ul style="list-style-type: none"> <li><b>48%</b> sleeping or performing another task at home</li> <li><b>29%</b> were traveling to and from work/school, or traveling to shop/run errands</li> <li><b>12%</b> were working</li> <li><b>7%</b> were attending school</li> <li><b>5%</b> were doing an unknown or other activity</li> </ul> <p><a href="https://www.rainn.org/statistics/scope-problem">https://www.rainn.org/statistics/scope-problem</a></p>	<p>13</p> <p>"To be rendered powerless does not destroy your humanity. Your resilience is your humanity. The only people who lose their humanity are those who believe they have the right to render another human being powerless. They are the weak. To yield and not break, that is incredible strength."</p> <p>■ Hannah Gadsby</p>  <p>"We don't heal in isolation, but in community."</p> <p>■ S. Kelley Harrell</p>	<p>14</p> <p><b>RAINN (Rape, Abuse &amp; Incest National Network)</b> operates the National Sexual Assault Hotline where volunteers offer support 24/7 to survivors and their loved ones. Whether you're looking for support, advice, or a referral, you can contact RAINN at 800-656-HOPE or chat online with a trained support specialist.</p> <p><a href="https://www.rainn.org">https://www.rainn.org</a></p> <p><b>RAINN</b></p>	<p>15</p> <p>View the <b>TED</b> talk, <b>Why women stay silent after sexual assault</b> by Ines Hercovich:</p> <p><a href="https://www.ted.com/talks/ines_hercovich_why_women_stay_silent_after_sexual_assault">https://www.ted.com/talks/ines_hercovich_why_women_stay_silent_after_sexual_assault</a></p> 	<p>16</p> <p>Sexual violence can have long-term effects on victims: suicidal or depressive thoughts, PTSD, suicide contemplation (33%) or attempt (13%), increased likelihood of drug use than the general population, problems with friends and family, increased problems at work, sexually transmitted diseases, etc.</p> <p><a href="http://rainn.org">rainn.org</a></p>

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<p>17</p> <p>Sexual assault is one of the most under-reported crimes, at <b>77% unreported</b> to law enforcement because of victim fear of perpetrator retaliation, shame and social stigma, and lack of support or resources</p> <p>(DOJ from the NCVS, 2016)</p>	<p>18</p> <p>Men and boys are also affected by sexual violence. Approximately 1 in 33 (3%) American men has experienced an attempted or completed rape in their lifetime. 1 in 10 rape victims is male.</p> <p><a href="https://www.rainn.org/statistics/victims-sexual-violence">https://www.rainn.org/statistics/victims-sexual-violence</a></p> 	<p>19</p> <p>Learn about the <b>4 Options to Act</b> that a bystander who witnesses a potential intimate partner violent attack may use to prevent the attack:</p> <ul style="list-style-type: none"> <li>❖ <b>Direct</b></li> <li>❖ <b>Distract</b></li> <li>❖ <b>Delegate</b></li> <li>❖ <b>Delay</b></li> </ul> <p><a href="https://www.nsvrc.org/bystander-intervention-tips-and-strategies">https://www.nsvrc.org/bystander-intervention-tips-and-strategies</a></p>	<p>20</p> <p>What does support for survivors of sexual violence sound like?</p> <ul style="list-style-type: none"> <li>○ “I believe you”</li> <li>○ “It’s not your fault”</li> <li>○ “I’m here for you”</li> <li>○ “What can I do to support you?”</li> <li>○ “I care about you”</li> <li>○ “Do you want to me go with you to the hospital or police station?”</li> <li>○ “Would you like me to contact an advocate for you?”</li> </ul> 	<p>21</p> <p>Consent is given freely and willingly, without force or coercion, and can be withdrawn at any time. Learn more on YouTube:</p> <p>It’s as simple as tea. . . .</p> <p><a href="https://www.youtube.com/watch?v=pZwvrxVavnQ">https://www.youtube.com/watch?v=pZwvrxVavnQ</a></p>	<p>22</p> <p>The lifetime cost of rape per victim is \$120,000. (CDC, 2017)</p> <p>80-90% of rapes are committed by someone known to the victim. (NISVS, 2017)</p> <p>People with disabilities are at least 3X more likely to be sexually assaulted than those without disabilities. (Vera Institute, 2017)</p>	<p>23</p> <p>Visit the Wayne County Domestic Violence/Sexual Assault Coalition booth at the Wayne County Home &amp; Garden Show <b>this weekend</b> to learn about local survivor resources:</p>  <p><a href="https://www.woosterchamber.com/wayne-county-home-garden-show">https://www.woosterchamber.com/wayne-county-home-garden-show</a></p>
<p>24</p> <p>View the <b>TED</b> talk <b>How we talk about sexual assault online</b> by lone Wells:</p> <p><a href="https://www.ted.com/talks/lone_wells_how_we_talk_about_sexual_assault_online">https://www.ted.com/talks/lone_wells_how_we_talk_about_sexual_assault_online</a></p>	<p>25</p> <p>Write to Ohio state legislators in support of companion bills <b>House Bill 279 &amp; Senate Bill 162</b> to abolish the statute of limitations on reporting rape in Ohio, and for the removal of the spousal exemption for rape</p> 	<p>26</p> <p>Younger people are at the highest risk of sexual violence, with the majority of sexual assault victims under the age 30 - 54% of victims between ages 18 – 34 - 15% of victims between ages 12 – 17 - 90% of adult rape victims are female</p> <p>Learn more: <a href="https://rainn.org/statistics/victims-sexual-violence">https://rainn.org/statistics/victims-sexual-violence</a></p>	<p>27</p> <p><b>Denim Day</b> is an international campaign that began in response to a ruling by the Italian Supreme Court where a rape conviction was overturned in 1999. The justices felt that since the victim wore tight jeans, she must have helped the person who raped her remove them, thereby implying consent. Make a social statement by wearing jeans <b>with a purpose</b> on this day as a visible protest against the misconceptions that surround sexual violence.</p>  <p><a href="https://www.denimdayinfo.org">https://www.denimdayinfo.org</a></p>	<p>28</p>  <p>Join OneEighty staff members for a hybrid book club event either in person at the Wayne County Public Library – Wooster Main or via Zoom. <b>TONIGHT AT 7:00PM</b> to discuss <b>Know My Name: A Memoir</b>, by Chanel Miller</p> <p>Pre-register for Zoom: <a href="https://us02web.zoom.us/meeting/register/">https://us02web.zoom.us/meeting/register/</a></p>	<p>29</p> <p>consent is... <b>mutual active</b> respecting boundaries <b>comfortable retractable</b> checking willingly given</p>  <p>Consent is the difference between sex and rape.</p>	<p>30</p> <p>View <b>Roll Red Roll</b>, on Netflix, the 2012 true-crime documentary about the Steubenville, OH football team that illustrates the danger in the perpetuation of rape culture.</p> 

**If you or someone you know is a victim of sexual violence and needs assistance, please call the 24-Hour Crisis Hotline: 800.686.1122**