

April

2024

SEXUAL ASSAULT AWARENESS MONTH

"I am only one, but I am one. I cannot do everything, but I can do something. And I will not let what I cannot do interfere with what I can do."

■ Edward Everett Hale




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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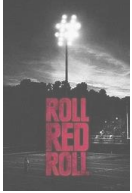
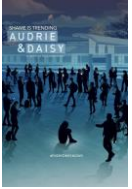





PHOTO VOICE PROJÉT - Calling all level photographers!

- Submit a photo in JPG or PNG format that expresses your experience or perspective on sexual violence
- Add a caption – phrase, poem, paragraph, quote, etc. Indicate whether you would like your name or initials included, or remain anonymous
- A video gallery will be shared on the OneEighty website and Facebook page on April 15th
- Send your submission to Gayle at byrneg@one-eighty.org or drop off your photo at the OneEighty front desk at 104 Spink Street



	<p style="text-align: right;">1</p> <p>Virtual Sexual Assault Support Group</p> <p>If you have experienced sexual violence and would like to connect with others for education, support, and community - please contact advocates@one-eighty.org for more information</p> <div style="border: 1px solid black; border-radius: 15px; padding: 5px; width: fit-content; margin-top: 10px;"> <p>Meetings are held 2nd & 4th Weds. evenings from 6 – 7:30 pm April - June</p> </div>	<p style="text-align: right;">2</p> <p>Day of Action & Wear Teal Day</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> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> </div>	<p style="text-align: right;">3</p> <p>Read the U.S. Presidential and Wayne and Holmes Counties Commissioners' 2024 Sexual Assault Awareness Month (SAAM) Proclamations:</p> <p>White House Proclamation</p> <p>www.one-eighty.org</p>	<p style="text-align: right;">4</p> <p>Enhance your knowledge of sexual assault through reading. Attached is a list of fiction and non-fiction book titles on the topic: Book List.docx</p> <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> </div>	<p style="text-align: right;">5</p> <p>Teal, the color for SAAM</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>#ShapeOhioTogether #TheTimelsNow</p> <p>Stop by OneEighty this month to pick up a teal ribbon, bookmark or magnet: 104 Spink St. Wooster, OH</p>	<p style="text-align: right;">6</p> <p>Sexual assault is one of the most under-reported crimes, at 77% unreported 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>
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>7</p> <p>Start by Believing</p> <p>Start by Believing stops this cycle by improving our personal and professional reactions</p> <p>It all starts with you</p> <p>Make your personal commitment to Start by Believing at https://startbybelieving.org/pledge/</p> <p>PLEDGE NOW</p>	<p>8</p> <p>RAINN (Rape, Abuse & Incest National Network) operates the National Sexual Assault Hotline with support 24/7 to survivors and their loved ones. Whether you're looking for support, advice, or a referral, contact RAINN at 800-656-HOPE or chat online with a trained support specialist</p> <p>https://www.rainn.org</p> <p>RAINN</p>	<p>9</p> <p>By the Numbers:</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>10</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." S. Kelley Harrell</p>	<p>11</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>Two Minutes Will Change the Way You Think About Consent from Campus Clarity:</p> <p>https://www.youtube.com/watch?v=laMtr-rUEmY</p> 	<p>12</p> <p>The Gay, Lesbian and Straight Education Network (GLSEN) Day of Silence is a national student-led demonstration where LGBTQ students and allies all around the country—and the world—take a vow of silence to protest the harmful effects of harassment and discrimination of LGBTQ+ people in schools</p> <p>Learn more: www.dayofsilence.org</p> 	<p>13</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"> -- Substance use -- Verbal pressure -- Emotional pressure -- Social pressure
<p>14</p> <p>Every 68 seconds, someone in the U.S. is sexually assaulted, so it's likely that you or someone you know has experienced sexual violence. This issue affects more than 10 million Americans each year. Learn important tips about how to best support survivors:</p> <p>https://www.pcar.org/sites/default/files/resource-pdfs/friends_and_family_guide_final.pdf</p>	<p>15</p> <p>View the documentary The Hunting Ground on Amazon prime video to learn about sexual assault on college campuses</p> 	<p>16</p> <p>Write a message of support to sexual assault survivors and post it on your social media. Consider phrases like <i>Support Survivors, Hope & Healing, Your Story Matters.</i> #SAAM2023</p>  	<p>17</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>https://rainn.org/statistics/victims-sexual-violence</p>	<p>18</p> <p>Request a speaker to present live or virtually on sexual assault prevention at your place of worship, community group, or workplace. Contact Gayle Byrne/ Response Coordinator and Victim Advocate to schedule: 330-804-3308</p> 	<p>19</p> <p>There are often misconceptions about how/where sexual assaults occur. Where were survivors when the attack occurred?</p> <ul style="list-style-type: none"> 48% sleeping or performing another task at home 29% were traveling to and from work/school, or traveling to shop/run errands 12% were working 7% were attending school 5% were doing an unknown or other activity <p>www.rainn.org</p>	<p>20</p> <p>Advocacy Day</p> <p>Join advocates, survivors, and interested members of the public LIVE at the Ohio Statehouse to express the importance of sexual violence advocacy and prevention to members of the Ohio legislature. Do your part to positively shape the future</p> <p>https://oaesv.org/calendar/oaesv-advocacy-day-2023/</p>

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<p>21</p> <p>Learn about the 4 Options to Act that a bystander who witnesses a potential intimate partner violent attack may use to prevent the attack:</p> <ul style="list-style-type: none"> * Direct * Distract * Delegate * Delay <p>https://www.nsarc.org/bystander-intervention-tips-and-strategies</p>	<p>22</p> <p>Con · sent:</p> <p>Freely and actively given, mutually understandable words and actions that indicate willingness to engage in an agreed upon sexual activity</p> 	<p>23</p> <p>View Roll Red Roll, on Amazon Prime, a documentary about the Steubenville, OH football team that illustrates the danger in the perpetuation of rape culture</p>  <p>OR</p> <p>Watch Audrie and Daisy, on Netflix, about two teen girls assaulted by boys they called friends</p> 	<p>24</p> <p>Denim Day</p> <p>For 21+ years, supporters have engaged in wearing jeans as a form of protect against an all-too-common issue of victim blaming, after “a rape conviction was overturned because the justices felt that since the victim wore tight jeans, she must have helped the person who raped her remove them, thereby implying consent.”</p> <p>Make a social statement by wearing jeans with a purpose today as a visible protest against victim blaming</p>	<p>25</p> <p>View the TED talk How we talk about sexual assault online by Lone Wells:</p> <p>https://www.ted.com/talks/lone_wells_how_we_talk_about_sexual_assault_online</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:</p> <ul style="list-style-type: none"> - 54% of victims are between ages 18-34 - 15% of victims are between ages 12-17 - 90% of adult rape victims are female <p>Learn more:</p> <p>https://rainn.org/statistics/victims-sexual-violence</p>	<p>27</p> <p>Visit the Wayne County Domestic Violence/Sexual Assault Coalition booth at the Wayne County Home & Garden Show this weekend to learn about local survivor resources:</p>  <p>https://www.woosterchamber.com/wayne-county-home-garden-show</p>	
<p>28</p> <p>What does support for survivors of sexual violence sound like?</p> <ul style="list-style-type: none"> o “I believe you” o “It’s not your fault” o “I’m here for you” o “What can I do to support you?” o “I care about you” o “Want me to go with you to the hospital or police station?” 	<p>29</p> <p>Men and boys are also affected by sexual violence:</p> <p>Approximately 1 in 33 (3%) American men has experienced an attempted or completed rape in their lifetime</p> <p>1 in 10 rape victims is male</p> <p>https://www.rainn.org/statistics/victims-sexual-violence</p>	<p>30</p> <p>View the TED talk, Why women stay silent after sexual assault by Ines Hercovich:</p> <p>https://www.ted.com/talks/ines_hercovich_why_women_stay_silent_after_sexual_assault</p>	<p><i>If you have experienced sexual assault, please consider visiting either the Aultman Orrville Hospital or Wooster Community Hospital Emergency Room for a forensic medical exam, conducted by a specially trained nurse. This exam should be completed within 96hrs of the assault.</i></p>  			<p><i>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</i></p>  <p>Helping people change direction.</p>	

