

# Sexual Exploitation

## Day 4: Assault Strategies

Grades 9 and 10, Lesson #12

### Time Needed

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One class period

### Student Learning Objectives

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To be able to...

1. List 3 ways, in addition to good communication, to reduce the risk of sexual assault.
2. List 3 things a survivor or the friend of a survivor can do, after an assault, to help with recovery.
3. Recognize the value of getting medical care after a sexual assault, reporting the crime, and seeking professional counseling.

### Agenda

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1. Explain the lesson's purpose.
2. Use the first two pages of *Sexual Exploitation Reference Sheet 3* to focus on self-protection and emotional response to assault.
3. Use *Helping-a-friend Cards*, role play, and focused writing to dispel common myths and other destructive beliefs.
4. Finish the *Reference Sheet* and discuss reporting and recovery issues.
5. Hand out the *Sexual Exploitation Resource List* and have volunteers take turns reading it aloud.
6. Summarize the last few lessons and end with a message of faith in your students' ability to prevent/cope with all exploitation.

**Materials Needed**

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**Classroom Materials (one class set, which you can re-use in subsequent class periods):**

*Sexual Exploitation Reference Sheet 3*  
*Helping-a-friend Cards*

**Student Materials (one per student):**

*Sexual Exploitation Resource List \**

\* If you live outside King County (WA) compile a **local** second page for the *Sexual Exploitation Resource List* (see activity 5) before photocopying. We have provided a master.

## Activities

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1. Explain the lesson's purpose:

*By the end of this lesson, you will all have some ideas about:*

- a.) *how to prevent sexual exploitation (including sexual assault),*
- b.) *what to do if you ever get sexually assaulted, and*
- c.) *how to help someone you care about if they get sexually assaulted.*

2. Hand out *Sexual Exploitation Reference Sheet 3*. Have volunteers read the first two sides of it aloud.

At the end of the section entitled, "LOOK OUT FOR YOURSELF...", ask the class:

*"Why do you think many teens take these kinds of risks?"*

Some of the reason is ignorance: they don't realize those behaviors are risky or they believe it won't happen to them. Another reason is that some people have a high need for risk in their lives. One important point to raise with students, therefore, is that not all risks are as dangerous as these. For example, people with a high need for risk may be able to meet their need by engaging in high-risk sports (football, mountain-climbing, etc.) or by doing emotionally risky things, such as trying out for the debate team or applying for a job. These risks carry less potential for regret than some of the risks addressed on the *Reference Sheet*.

In the section entitled, "AFTER A SEXUAL ASSAULT . . .", item 1 addresses feelings. You may want to elaborate on the issue. Explain that feelings, by definition, cannot be wrong. They can be rooted in mistaken "facts" (myths), but any feelings a person may feel are OK to feel. No one can tell a survivor how she or he should feel. Feelings are personal. It may be hard for the survivor to verbalize them, especially if he is male. (Many males have been socialized not to discuss feelings, except perhaps anger.)

At the end of that page, the *Reference Sheet* asks,

*"Suppose your friend (or a family member) came to you after having been sexually assaulted? What could you say or do to help?"*

Begin with things you could **do**. If the class doesn't think of all of the following, you may want to add them:

You (the student) could...

*Listen ... if the person wants to talk about it ... but don't insist that she or he must talk.*

*Believe... People rarely lie about being sexually assaulted. It is important to believe that your friend is telling the truth, even when sometimes the person who assaulted them is another friend of yours or someone who you may know.*

*Hold the person ... if he or she wants you to ... but understand that touch may feel very scary. (Try not to feel rejected if the person doesn't want touch or doesn't want certain kinds of touch.)*

*Reassure your friend that the sexual assault was **NOT** their fault. No matter what the situation, they did not provoke or cause the assault to happen. It was the attacker's fault.*

*Make sure she or he knows that help is available, and that running away or using drugs (including alcohol) will not make the pain go away, except temporarily.*

*Offer to go with the person to see a counselor, advocate, doctor, or the police -- if she or he chooses. It's OK to encourage the person, gently, to get help, but don't tell the person what to do; it's up to them.*

*Protect the person's confidentiality (privacy) by letting her or him be the only one to decide who will be told.*

*Show patience. It can take months for a person to recover emotionally, or even longer. It isn't helpful to suggest that he or she, "just get on with life." However, counseling may help.*

3. Now move to the issue of what you could **say** to help a friend. Here's how: Have everybody get out a sheet of notebook paper. Ask the class to imagine that you (the teacher) are a friend of theirs who has recently been a survivor of sexual assault.

Begin by asking for a volunteer who thinks he or she can help you...you need someone to talk to. Starting with **Helping-a-friend Card A**, \* read the survivor's statement aloud as if you were speaking, in private, to your volunteer friend/helper. After he or she responds, thank him/her and ask everybody to write what **they** would say to you on their notebook paper, calling it Situation A. Allow them two minutes. Then read our suggested response (on the Card itself) aloud.

Repeat the process with **Helping-a-friend Card B**, and so on. The steps for each Card are:

- a.) You read the survivor's statement aloud.
- b.) A volunteer friend/helper responds to you.
- c.) Everyone writes a response.
- d.) You read our suggested response aloud.

It may be helpful, with **Helping-a-friend Card D**, to mention that, in assaults on male victims, the amount of force used during the rape tends to rise with the age of the victim. Teen and adult male victims, therefore, are often faced with a group of offenders or one offender armed with a weapon.

\* The Helping-a-friend Cards were adapted, with permission, from *About the Sexual Assault of Males: Something Nobody Talks About*, Rosemary Russell, Pierce County Rape Relief (Tacoma, WA), 1984.

With *Helping-a-friend Card E*, you might mention that a survivor who is gay might be afraid to report for fear people wouldn't believe that it was rape specifically because of his sexual orientation. That's like the survivor on *Card C* who figured nobody would believe it was rape if she or he had had sex (consenting sex) before. Just because you consented to eat roast beef once, doesn't mean you would always be hungry, or, if you were hungry, that you would always want roast beef. And just because you might fantasize about killing your little brother or sister doesn't mean you'd ever want to really do it. Feelings and behavior are two different things.

Conclude this activity by emphasizing that it helps to tell your friend that it's OK to feel whatever he or she is feeling. It helps, too, if you can get your friend to rethink myths (like "It's my fault." or "Everyone will think I wanted to be raped.").

Make sure students understand that it is not helpful to your friend (family member etc.) to offer to confront or beat up the offender. It may be dangerous, it will not generate a confession, it may (if you get physical) get you in trouble with the law, and it will not undo what has happened!

4. Have volunteers read the rest of the Reference Sheet aloud, stopping to discuss each of the questions it raises.
5. Hand out the *Sexual Exploitation Resource List*. If there is time, this should also be read aloud ... or at least described.

NOTE: If you live outside King County, Washington, you will have compiled your own local *Sexual Exploitation Resource List* ... for which we have provided a blank "master."

6. Summarize this and the last few lessons:

*Some sexual exploitation could be avoided if couples could just communicate better. Good communication involves two things: assertiveness and really listening to the other person.*

*There are ways to reduce the likelihood of a sexual assault, in addition to good communication.*

*There are no guarantees; sexual assault can happen even if you try your best to stay safe. When it does, it is never the victim's fault. It is always the attacker's fault.*

*After an assault, it may help to talk with someone you trust (a friend or trained counselor, perhaps), to see a doctor, and to report it.*

End with a message of faith in your students' ability to prevent and/or cope with all exploitation.

# Sexual Exploitation Reference Sheet 3

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Using good communication skills ... being **ASSERTIVE** and **REALLY LISTENING** ... can often prevent sexual exploitation between friends and acquaintances. But you need to know how to protect yourself, too, when good communication isn't enough. We asked some teens who **have** been sexually assaulted what advice they had for you. They suggested these ideas:

## LOOK OUT FOR YOURSELF...

1. Get to know somebody for at least a couple of weeks before you give out personal information, such as your phone number.
2. When you first start going out with somebody, go with a group. Then, for a while longer, go to public places ... like malls, dances, skating rinks, restaurants, etc.
3. Keep in mind that most rapes happen "under the influence" of alcohol or other drugs. Stay sober and straight and don't fool yourself into the "*just a little won't hurt*" game.
4. Find some other way to get places besides hitchhiking.
5. Make sure an adult will be around at parties.
6. Always have a way out ... your own car, bus money, **enough money to call your parents or someone else** in the family.

## THEN, IF THINGS START TO GET SCARY...

1. Pay attention to your feelings. If a situation starts to feel creepy, don't stick around to find out. Get out, if you can.
2. Remember to act assertive ... speak up, stand tall, look directly at the person, try to look as serious, angry and big as you can. (Crying or begging only gives the attacker the reaction he or she wants. Studies show that turning your fear into anger may be more helpful.)
3. Some people have avoided a rape by talking in an aggressive (angry, powerful) way. You might say something like, "**Hey, get your hands off me, you jerk!**" In a sexual assault situation, being rude is OK if that's what keeps you safe. Name-calling,

however, can back-fire and enrage a rapist even more. So it's your decision what feels right in the moment.

4. Look to other people for help, "Hey, John, Amy, give me a hand, will you?" ... "Mister, help me out!"
5. If other people are around, you may need to get outrageous to attract attention: yell "**Rape,**" break something, etc.
6. If you have learned any self-defense skills, you may decide to use them. Some survivors say they felt it was too risky to fight back, that getting violent might have cost them their lives. They chose to let the rape happen in order to save their lives. Others have fought back and gotten away. It has to be your own decision ... what **you** feel best about doing. Nobody can tell you, ahead of time, what you should do.

### AFTER A SEXUAL ASSAULT...

1. You may be feeling scared, ashamed, out of control, depressed or numb, dirty, isolated (very alone) ... or a combination of these and other feelings.
2. You may find that you want to talk with someone about what happened ... talking about it can make you feel less alone. Can you talk to a close friend? A parent or guardian? Someone else in your family?

\*\*\*\*\* Suppose **your** friend (or a family member) came \*\*\*\*\*  
to **you** after having been sexually assaulted?  
What could you say or do to help?



Reference Sheet, continued...

### MORE ABOUT WHAT TO DO AFTER AN ASSAULT...

3. Sometimes a friend or family member isn't too helpful; they may be so upset at your having been assaulted that they can't listen to you. Sometimes it helps to talk (in addition or instead) with someone who knows a lot about sexual assault ... a professional who can listen *without* getting too emotional. You'll be getting a *Resource List* with places to call.
4. You may decide to go to a doctor or an emergency room. We advise it. *(This is very important if you think you may decide to report the rape to the police ... the doctor or other health care provider can collect evidence. So if you think you may want to report, it's best not to bathe, shower, douche, wash or change your clothes until after you see a doctor. If a weapon was used or if you are a lot younger than the offender, the doctor will have to report to the police. Otherwise, reporting is up to you.)* The doctor can also make sure you are all right (no injuries, diseases, pregnancy). If you're female, you may want Emergency Contraception to reduce the chances you'll become pregnant from the rape. Your needs are the *most* important thing right now.
5. You may decide to report the crime to the police. We recommend it ... maybe you can protect yourself *and other folks* by reporting. Reporting may also give you back more of a sense of control over your life, whether or not anything happens to the offender ... but we know it can be hard and we think you should know what to expect and what your rights are.

\*\*\*\*\* Why do you suppose people **don't** always \*\*\*\*\*  
report sexual assaults ?

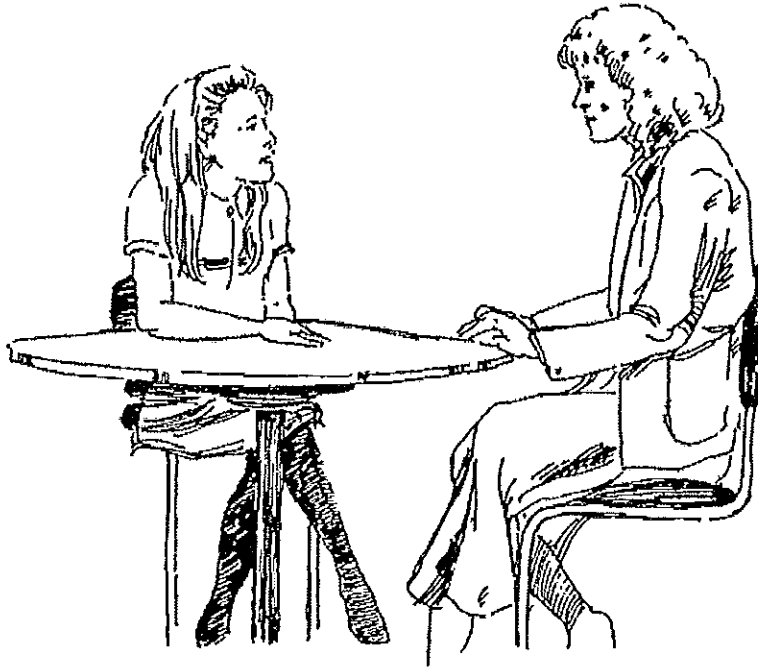
### ABOUT REPORTING -- WHAT TO EXPECT AND WHAT YOUR RIGHTS ARE:

If you go to the doctor, you have a right to refuse any part of the exam. Do the best you can. People (doctor, police, lawyers) are going to ask you some very personal questions. It doesn't mean they are blaming you. (There are, of course, still some ignorant doctors, police and lawyers. Many, though, are sensitive folks who **have** to ask you tough questions; it's part of their jobs.)

Who pays for the doctor? It differs from state to state, but the Public Health Department can probably test for sexually transmitted diseases and pregnancy at low or no cost. If the offender is convicted, there also may be state "victim assistance" money to help pay your medical costs ... perhaps even counseling.



The law says you have a right to have a friend or an **advocate** with you when you see the doctor, the police and the lawyers. An **advocate** is a support person from a rape crisis program, such as the Harborview Medical Center for Sexual Assault, Harborview Children's Response Center, or Abused Deaf Women's Advocacy Services. \*



Even if the prosecutor (the State's lawyer) decides there isn't enough evidence to have a "criminal trial," you can choose to sue the offender in what's called a "civil trial."

\*\*\*\*\* What do you think is the most important thing \*\*\*\*\*  
to remember about preventing sexual assault ?

\*\*\*\*\* What do you think is the most important thing \*\*\*\*\*  
to remember if you ever *do* get sexually assaulted?

\* This is the law in Washington State and some other states.

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# Sexual Exploitation Resource List

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## Brochures:

You can get many brochures and pamphlets free online from King County Sexual Assault Resource Center (KCSARC) at [www.kcsarc.org/pubs.htm](http://www.kcsarc.org/pubs.htm). In King County you can also call KCSARC at 1-888-99-VOICE. Some of their brochures include:

- *10 Tips to Reduce the Risk of Sexual Assault*
- *Creating Healthy Relationships*
- *Deciding What to Do When a Friend Needs Help*
- *Dating and Sexual Violence in Teens*
- *Teen Dating Violence Fact Sheet*
- *Recognizing and Stopping Sexual Harassment*
- *Respect*
- *Tips for Internet Safety & Information about Internet Victimization*
- *Sometimes Joking Isn't Funny...It's Sexual Harassment*
- *Thinking About Relationships*

KCSARC also has brochures in Spanish, Cambodian, Laotian, Russian, and Vietnamese.

## Books:

Some of these may be available free at the Public Library. Others may be available free in your high school library.

- **The Survivor's Guide to Sex: How to have an Empowered Sex Life After Childhood Sexual Abuse** by Staci Haines
- **Everything You Need to Know When You Are the Male Survivor of Rape or Sexual Assault** by John LA Valle
- **In Love and In Danger: A Teen's Guide to Breaking Free of Abusive Relationships** by Barrie Levy
- **In Their Own Words: A Sexual Abuse Workbook for Teenage Girls** by Lulie Munson and Karen Riskin
- **I Happened to Me: A Teen's Guide to Overcoming Sexual Abuse** by William Lee Carter
- **Learning to Swim** by Ann Warren Turner (FICTION)
- **Learning to Trust Again: A Young Woman's Journey to Healing from Sexual Abuse** by Christa Sands and Joyce Ellis
- **The Me Nobody Knows: A Guide for Teen Survivors** by Barbara Bean and Shari Bennett

**You May Need Help With:**

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|--|---|
| A. protecting yourself   | E. figuring out how to help a friend or family member through his or her recovery from a sexual assault |
| B. deciding if you need medical help and getting it                          | F. healing, emotionally, from an assault (feeling safe, lovable, clean, etc.)                           |
| C. deciding whether to report to the police and doing it                     | G. understanding sexual exploitation  |
| D. getting through the next few days, weeks or months after a sexual assault |   |

**For 24 Hour Emergency Help**

**In Western Washington**..... 1-888-99-VOICE (888-99-86423)  
**Outside of Western Washington** .....1-800-656-HOPE (800-656-4673)  
**Every county in Washington has a Sexual Assault Resource Center.** You can find your local Resource Center at [www.wcsap.org](http://www.wcsap.org) ... click on the "Find Help" Button.  
**Los recursos en español and information in English online:** [www.rainn.org](http://www.rainn.org)  
**National Runaway Switchboard** .....1-800-621-4000

**Agencies:**

**Some areas can call 2-1-1 to find your local resources.** The letters in parentheses tell you which things (from the list above) each agency can help you most with.

**Abused Deaf Women's Advocacy Services (A,B,C,D,E,F,G)**

206-236-3134 TTY, <http://www.adwas.org>

**Asian Counseling and Referral Service (A,B,C,D,E,F,G)**

206-695-7600, [www.acrs.org](http://www.acrs.org)

**Child Protective Services (A,B,C,E),**

1-866-ENDHARM (1-866-363-4276) Voice/TTY: 1-800-737-7931, [www1.dshs.wa.gov](http://www1.dshs.wa.gov)

**Consejo Counseling and Referral Services (A,B,C,D,E,F,G)**

Phone: 206-461-4880, [www.consejo-wa.org](http://www.consejo-wa.org)

**Domestic Violence Hotline (A,B,C,D,E,G)**

1-800-799-SAFE (7233), 1-800-787-3224 (TTY)

**Harborview Children's Response Center (East King County),**

(425) 688-5130, (425) 688-5762 (TDD), <http://www.childrensresponsecenter.org/>

**Harborview Center for Sexual Assault and Traumatic Stress (A,B,C,D,E,F,G)**

(206) 521-1800, <http://depts.washington.edu/hcsats/>

**HIV/STD Information Line (A,D,E)**

206-205-7837(STDS), 1-800-678-1595, TTY: 206-296-4843

**Home Alive (A,F)**

(206) 323-HOME, [www.homealive.org](http://www.homealive.org)

**King County Sexual Assault Resource Center (A,B,C,D,E,F,G)**

(888) 99-VOICE, [www.kcsarc.org](http://www.kcsarc.org)

**The NW Network of Bi, Trans, Lesbian and Gay Survivors of Abuse (A,B,C,D,E,F,G)**

(206)568-7777 (accepts collect calls), [www.nwnetwork.org](http://www.nwnetwork.org)

**Seattle Counseling Service (A,B,C,D,E,F,G)**

(206) 323-1768, [www.seattlecounseling.org](http://www.seattlecounseling.org)

**Planned Parenthood Facts of Life Line (D,E,F,G)**

In King County (206) 328-7711. Outside King County 1-888-30-SX-ASK (307-9275)



# Helping-A-Friend Cards

## HELPING-A-FRIEND CARD A:

SUPPOSE YOUR FRIEND (WHO HAD BEEN SEXUALLY ASSAULTED) SAID,

*"If only I hadn't gone to that party. Or if I had just stayed with my friends. It's my own fault; I should never have accepted a ride with him."*

WHAT COULD YOU SAY TO YOUR FRIEND?

**HOW ABOUT SAYING:**  
 "Sounds like you're really dumping on yourself. Don't blame yourself. Sure, it would be a good idea not to do those things in the future, but it's his fault he assaulted you, not yours. He committed a crime! Blaming yourself is like blaming somebody for getting robbed or murdered. You can try to stay safe, but there are no guarantees."

## HELPING-A-FRIEND CARD B:

SUPPOSE YOUR FRIEND (WHO HAD BEEN SEXUALLY ASSAULTED) SAID,

*"Maybe it wasn't really rape. I didn't fight back; I was too scared. I don't have any cuts or bruises..."*

WHAT COULD YOU SAY TO YOUR FRIEND?

**HOW ABOUT SAYING:**  
 "Yes it was rape. Just because you didn't fight back it doesn't mean you consented. Lots of people are **too scared** to fight back, but giving in is not the same thing as consent ...consent means both people **choose** to touch. You don't have to have physical bruises for it to have been a crime. Your bruises are emotional."

**HELPING-A-FRIEND  
CARD C:**

SUPPOSE YOUR FRIEND (WHO HAD BEEN SEXUALLY ASSAULTED) SAID,

*“Everyone will think I wanted to be raped. I was wearing a sexy outfit. And they know I’ve had sex before, too.”*

WHAT COULD YOU SAY TO YOUR FRIEND?

HOW ABOUT SAYING: “I suppose it shouldn’t matter what everyone thinks... but I know what you mean. I’ll tell you what I think: I know you choose your clothes because they’re in style, not to try to send some secret message. And just because you **chose** to have sex before, doesn’t mean you chose it this time. That’s like saying, ‘I’ve chosen to eat before, so I must have wanted it when some bully force-fed me Brussels sprouts.’”

**HELPING-A-FRIEND  
CARD D:**

SUPPOSE YOUR FRIEND (WHO HAD BEEN SEXUALLY ASSAULTED) SAID,

*“I’m a guy. I’m supposed to be strong, y’know. Nobody will believe I couldn’t get away from him!”*

WHAT COULD YOU SAY TO YOUR FRIEND?

HOW ABOUT SAYING: “I don’t know what other people will think. But **I believe you** ...there are plenty of guys raped, strong people who are conned or taken by surprise or whatever. And by the way, you’re plenty strong, as far as I’m concerned. I respect the heck out of you for having the strength and courage to talk about it now. A lot of guys wouldn’t.”

**HELPING-A-FRIEND  
CARD E:**

SUPPOSE A MALE FRIEND (WHO HAD BEEN SEXUALLY ASSAULTED) SAID,

*"I can't report this. Everybody will think I'm gay!"*

WHAT COULD YOU SAY TO YOUR FRIEND?

HOW ABOUT SAYING: "I can't tell you whether to report it. You have to decide that for yourself. But I'll tell you this: Gay guys get raped and straight guys get raped. It has nothing to do with your sexual orientation. It doesn't **mean** you're gay... and it isn't going to **make** you gay. The guy who assaulted you probably wasn't even gay; most men who sexually assault other men or boys are straight. They may even be married or live with a woman. They like **consenting** sex with females and they have a need to **humiliate** and **overpower** males."

**HELPING-A-FRIEND  
CARD F:**

SUPPOSE YOUR FRIEND (WHO HAD BEEN SEXUALLY ASSAULTED) SAID,

*"I can't tell anyone. The guy who raped me knows that I'd been drinking. If I tell on him, he'll tell on me. My parents will kill me."*

WHAT COULD YOU SAY TO YOUR FRIEND?

HOW ABOUT SAYING: "You sound real scared. I can't tell you what your parents will do; you know them better than I do. But are you sure you're giving them enough credit? If I were your parents, I'd want to hold you and tell you I loved you. I would be very sorry it happened and I wouldn't blame you for it. I would probably be angry about your drinking too but I'd be a **whole** lot angrier at him than I would be at you. It's **him** I'd want to kill. It's you I'd want to cry with. But, as I said, you'll have to decide for yourself whether it's safe to tell your parents."