



LACAAW  
LOS ANGELES COMMISSION  
ON ASSAULTS  
AGAINST WOMEN  
IS



# PEACE OVER VIOLENCE RAPE PREVENTION ACTION KIT

THIS RAPE PREVENTION ACTION KIT IS PART OF AN ANTI-RAPE CAMPAIGN COORDINATED BY PEACE OVER VIOLENCE (FORMERLY THE LOS ANGELES COMMISSION ON ASSAULTS AGAINST WOMEN) TO HELP SUPPORT SURVIVORS AND END ALL FORMS OF SEXUAL VIOLENCE.

# HOW TO USE THIS KIT

RAPE PREVENTION IS ABOUT CHANGING ATTITUDES AND BEHAVIOR. THIS KIT WILL HELP YOU IN CHALLENGING AND REFRAMING YOURS AND OTHERS' BELIEFS ABOUT RAPE AND SEXUAL ASSAULT.

- Take the quiz to see where you stand on taking action against rape and sexual assault, then pass the second copy to a friend.
- Read the enclosed information cards—then post them on your refrigerator, stick them up by your desk at work and photocopy and pass them around to your friends.
- Use the stickers to heighten awareness about rape—stick them up where people can see them!
- Order additional kits and pass them on to everyone you know.

NO MATTER WHAT YOU CHOOSE TO DO, DO SOMETHING. TOGETHER WE CAN END SEXUAL VIOLENCE. TO THIS END, WE HAVE ADOPTED THIS PHILOSOPHY:

*Violence is preventable. If we can learn it, we can unlearn it. Violence is not healthy for people and other living things. If we can see it, we can stop it. Silence is violence. If we can talk about it, we can change it.*

# WHAT IS SEXUAL VIOLENCE? WHAT IS RAPE?

**SEXUAL VIOLENCE** includes all acts of sexual violation such as rape, forced sodomy, forced oral copulation, acts committed with foreign objects, and any other unwanted sexual activity. Sexual assault or rape can happen to anyone. People of any age, ethnicity, religion, sexual orientation or physical ability can experience sexual assault.

**RAPE** can be defined as forced sexual intercourse. In a legal proceeding or prosecution rape refers to vaginal penetration against one's will. Rape is a widespread problem that negatively affects individuals, relationships, families and communities.

**SEXUAL ASSAULT OR RAPE** occurs when a person is forced, coerced or manipulated into participating in a sexual act to which she or he has not freely consented.

## CONSENT IS ...

- willing participation
- based on choice.
- active not passive.
- based on equal power.
- only possible when neither party is incapacitated due to drug or alcohol consumption.

## CONSENT IS NOT...

- giving in because of fear.
- agreeing to sex because of fear or threats
- going along in order to gain approval.
- the absence of a "no"
- capitulation.

**RESPECTFUL SEXUALITY** is about how we honor ourselves and how we treat others. It is about having knowledge of all the risks and ramifications of engaging in sexual behavior and choosing a path that respects both parties involved. Consent and communication is essential to respectful sexuality.

# COMMON MISCONCEPTIONS ABOUT RAPE & SEXUAL ASSAULT

## MISCONCEPTION

Most rapes occur in a dark alley by a stranger.

## REALITY

Most sexual assault survivors know the perpetrator. About 70% of female rape or sexual assault survivors state the offender was an intimate, other relative, a friend or an acquaintance (Bureau of Justice Statistics 2005). This includes classmates, coworkers, dates, neighbors, caretakers, family members, husbands and boyfriends.

## MISCONCEPTION

Rape is just 'rough' or 'bad' sex. What's the big deal?

## REALITY

Almost half of all survivors of rape are fearful of serious injury or death during a rape. Rape is a violent assault that is acted out sexually which affects an individual's sense of safety and control. Rape survivors are nine times more likely than victims of other crimes to attempt suicide.

## MISCONCEPTION

Women ask to be raped by the way they dress or act.

## REALITY

This attitude holds survivors of sexual assault accountable for the violence perpetrated against them. No one asks or deserves to be raped. Rape does not happen in response to provocative clothing or behavior, rape happens because the perpetrator decides that his desires are more important than the victim's right to self-determination. A life free from sexual violence is a basic human right that should be accorded to all members of our society.

## MISCONCEPTION

It's okay for a man to force a woman to have sex with him if she gets him turned-on.

## REALITY

This attitude suggests that men are not capable of controlling their sexual behavior. It further suggests that women must ultimately bear the responsibility for men's violent behavior. This is simply not true; people are able to control themselves when they choose to do so. If a person chooses to act out violently against another, that person must be held accountable.

## MISCONCEPTION

Women only cry rape to get back at men they are mad at or because they don't want to admit having sex.

## REALITY

False rape charges are not frequently made As a matter of fact, it is estimated that only 38.5% of rape/sexual assault victims reported their victimization to the police (National Crime Victimization Survey, 2003)

# COMMITMENT TO ENDING SEXUAL VIOLENCE

HAVE YOU TAKEN ANY ACTION ON THE ITEMS LISTED BELOW?

YES	NO	
_____	_____	1. Have I tried to enhance my own awareness and understanding of rape?
_____	_____	2. Have I committed to supporting victims and survivors of sexual assault?
_____	_____	3. Have I openly disagreed with my friends and those around me on:
_____	_____	▪ A comment that blames rape victims for an assault?
_____	_____	▪ A joke that makes light of sexual assault?
_____	_____	▪ A myth about rape which I know is not true?
_____	_____	4. Can I identify television programs, newscasts or advertising that reinforce myths about sexual violence?
_____	_____	5. Have I initiated anti-rape or anti-sexism discussions among my family, friends, co-workers, etc.?
_____	_____	6. Do I affiliate or work with organizations that actively confront sexual violence?
_____	_____	7. Am I satisfied with my own level of activity in combating sexual violence?

Tally up how many “Yes” and “No” responses you have. We know that big changes begin with individuals: are you on the road to advocating change in our society as part of the solution? Maybe you haven’t yet realized how powerful an individual can be in affecting big changes.

There are no ‘right’ or ‘wrong’ answers to this quiz. Take a moment to check your answers: do you think you have done enough to advocate against rape and sexual assault? What more could you do?

# 16 WAYS YOU CAN BEGIN TO STOP RAPE TODAY

- Donate your time as a volunteer to your local rape crisis organization.
- Donate money to your local rape crisis organization.
- Recognize that women neither ask for nor deserve to be raped ever.
- Don't blame rape survivors for the violence perpetrated against them.
- Speak up when someone makes a comment that blames survivors.
- Know that silence does not equal consent.
- Think critically about how the media depicts sexuality.
- Don't use alcohol and/or drugs to get someone to have sex with you.
- Know the definition of consent and do not have sex consent.
- **Men:** Become an ally to the women in your life—do not participate in sexist behavior by objectifying or stereotyping women.
- **Women:** Take a women's self-defense class.
- Teach your children, friends, parents and peers about the myths and realities of sexual assault.
- Find out what your local K-12 school board's policy is on anti-rape and violence prevention education and get involved. If it is not proactive, change it!
- Lobby your local, state and federal legislators for funding for anti-sexual assault programs.
- Let teachers know you want to have rape prevention programs in your classes.
- If you have been a victim of sexual assault either by a stranger, acquaintance or an intimate, know there is help out there. Seek it.

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Peace Over Violence (formerly the Los Angeles Commission on Assaults Against Women) is a non-profit, feminist, multicultural organization whose goal is the elimination of violence against women and children. We work together with many communities through training and education to achieve this goal.

We offer 24-hour crisis intervention services and advocate accompaniment services to hospitals and courts for survivors of sexual assault and domestic violence. Peace Over Violence provides all our services (including prevention education and self-defense classes) for Spanish-speaking, Deaf, disabled, and/or teen survivors or their loved ones.