



Sexual Violence: Lessons Learned and Proposal for Prevention

VAWC Colloquium
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Work Experience

Prevention Coordinator

- Middlesex County Center for Empowerment
- Primary prevention:
 - Sexual Violence Prevention Coalition
 - One-time presentations
 - Media literacy programming
 - Focus on promoting gender equity



Individual and Societal Effects

For survivors:

- Social
 - distrust of others, strained relationships, isolated or ostracized
- Psychological
 - low self-esteem, self-blame, shock, denial, poor concentration, fear, depression, anxiety, PTSD, eating disorders, suicidality
- Physical
 - genital injuries, STIs, gastrointestinal disorders, chronic pain
- Health Risk Behaviors
 - use of substances, unhealthy diet-related behaviors, high-risk sexual behaviors, delinquency and criminal activity

For society:

- Loss of productivity
 - decreased educational and work performance
- Cost to the healthcare and legal systems
 - to serve survivors and pursue perpetrators
 - re-victimization, as well as connection between SV and other forms of violence and crimes



Lessons Learned

Challenging work

- ignored issue, resistance to discussion, vicarious trauma
- personal growth, rewarding

Programming is not comprehensive enough

- trauma is complex, violence is complex

Proposal for Prevention

Programming offered through schools in every grade

- Challenge a culture of violence
 - Prevent perpetration while creating support for survivors



Proposal for Prevention

- To include:
 - Development of: empathy, emotional intelligence, communication skills, bystander intervention skills, media literacy skills
 - Age-appropriate education on: boundaries, touching, healthy and unhealthy relationships, consent, laws
 - Discussions about: equity, gender, oppression, intersectionality, violence



Proposal for Prevention

- To include:
 - Counseling services and other supportive programming
 - increase school and community connectedness
 - Staff and other school personnel
 - “It takes a village....”



Education breeds confidence.
Confidence breeds hope.
Hope breeds peace.

Confucius

quote fancy

Thank you