

& the Impacts of Trauma

Understanding
the
complexities
of sexual
harassment,
violence, +
misconduct

### Introduction

#### Confidential Campus Advocate: Crisis Support Services of Nevada

- Works with the Northern Nevada college communities: UNR, TMCC, and WNC
- Has supported and advocated for 200+ student survivors of GBV



### Today's Agenda

- Introduction to gender-based violence, sexual harassment + violence, and consent
- 3 Statistics and reporting

2 Symptoms and impacts of trauma

Gaps in services and resources (on and off campus)

#### Gender-Based Violence

GBV includes physical, sexual, verbal, emotional, and psychological abuse, threats, coercion, and economic or educational deprivation

- Violence that is directed at an individual based on their biological sex OR gender identity
- ANYONE may experience and be impacted by GBV, although women and minorities are the most at risk and disproportionately harmed
- Can impact a survivor through serious physical, mental, economic, and social repercussions

What does this look/feel like?



Physical VIOLENCE Sexual

Using Coercion & Threats

Making and/or carrying out threats to do something to harm you\*threatening to leave or commit suicide\* driving recklessly to frighten you\*threatening others who are important to you\*

#### **Using Intimidation**

Making you afraid by using looks, gestures, actions\*smashing things \*abusing pets\*displaying weapons \*using looks, actions, gestures to reinforce control\*standing in front of the door or exit

**Using Economic Abuse** 

Preventing you from getting or keeping a job\*making you ask for money\*interfering with work or education\*taking your credit cards without permission\*not working and requiring you to provide support \* keeping your name off joint assets Using Emotional Abuse

Putting you down\*making you feel bad about yourself\*calling you names\*playing mind games \*making you feel guilty \*humiliating you \*questioning your identity\*reinforcing internalized phobias and isms

**Using Privilege** 

Treating you like a servant \* making all the "big" decisions \* being the one to define the roles or duties in the relationship \* using privilege or ability discredit you, cut off access to resources or use the system against you \* knowing "what's best" for you

Power &

Control

Using Isolation

Controlling what you do, who you see or talk to \*limiting your outside activities \*making you account for your whereabouts \* saying no one will believe you \* not letting you go anywhere alone

**Using Children** 

Making you fell guilty about the children \*using children to relay messages \*threatening to take the children \*telling you that you have no parental rights \*threatening to tell your ex or the authorities to take your children Denying, Minimizing, Blaming

Making light of abuse\*saying
it didn't happen\*shifting
responsibility\*saying it's your
fault, you deserved it\*
accusing you of "mutual
abuse"\*saying it's just
fighting, not abuse\*accusing
you of "making" them abuse
you

Sical VIOLENCE SEXUA

#### Sexual Harassment + Violence

Sexual harassment includes unwelcome sexual advances, requests for sexual favors, and other verbal or physical harassment of a sexual nature.

Sexual violence is an all-encompassing, non-legal term that refers to crimes like sexual assault, rape, and sexual abuse.

- Experiences of non-consensual sexual activity; often through use of force, manipulation, and/or incapacitation
- ANYONE may experience and be impacted by SH+V, although vulnerable populations such as members of the LGBTQ+ community, students with disabilities, sorority and fraternity members, racial and ethnic minority students are at a higher risk

What does this look/feel like?

### CONSENT IS LIKE FRIES

#### FREELY GIVEN

- BOTH PARTNERS HAVE THE FREEDOM TO SAY YES/NO.

CONSENT DOESN'T INVOLVE ANY TYPE OF PRESSURE,

FORCE, OR MANIPULATION

#### REVERSIBLE

-ANYONE CAN CHANGE THEIR MIND AT ANY TIME,
EVEN IF YOU'RE IN THE MIDDLE OF THE AFFECTION

#### INFORMED

-BOTH PARTNERS NEED TO KNOW WHAT EXACTLY
THEY'RE CONSENTING TO EVERY SINGLE TIME

#### ETHUSIASTIC

-BOTH PARTNERS SHOULD BE EXCITED &VERY MUCH INTERESTED IN WHAT IS HAPPENING. IF THEY'RE NOT STOP IMMEDIATELY

#### SPECIFIC

-EACH INDIVIDUAL AFFECTION REQUIRES CONSENT EACH TIME.

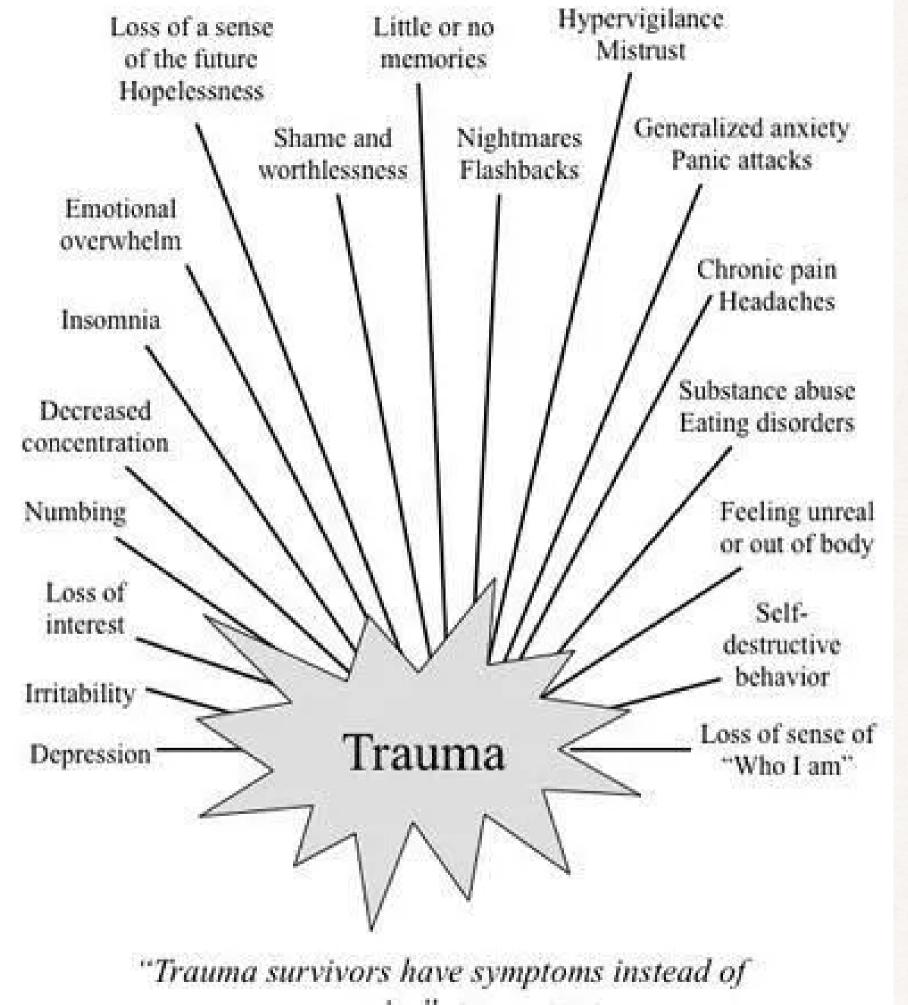
EVEN IF YOU'VE DONE IT BEFORE.

## Trauma 101

Symptoms + Impacts

SAMSHA describes trauma as an event or circumstance resulting in:

- physical harm
- emotional harm
- and/or life-threatening harm



memories" [Harvey, 1990]

#### Impacts of Trauma



College student survivors of trauma often experience the following challenges:

- Short and long term health problems (eating disorders, chronic illness- mental and physical)
- Lowered academic achievement (falling behind in classes/dropping out of school altogether)
- Loss of social connections (isolating, lack of interest in hobbies and extracurricular activities)
- Financial struggles (losing funding/aid, decreased ability to support self, basic needs not met)
- Increased risk of revictimization, developing maladaptive coping behaviors (substance use and/or self-harm), and experiencing/acting on thoughts of suicide

90% of campus assaults occur by someone the survivor knows

"Serial
perpetrators"
average of 6 rapes
each

1 in 4 women
experience sexual
violence in college

STATISTICS

80% of survivors of stalking knew the perpetrator

Only 12% of survivors
report to law
enforcement/school
officials

Estimated lifetime cost of rape is: \$122,461

More than 50% of assaults occur between August-November (RED ZONE)

# Reporting Facts

Only 2%-10% of reports of sexual assault are false. This is equal to the number of false reports of every other crime.

Victim shaming/blaming attitudes and behaviors

Fear of not being believed

Unsure if they have experienced a form of GBV

Concern for retaliation or risk for further harm/danger

Felt it was a personal matter and should be handled independently

Distrust of the legal/justice systems

#### Gaps in Services

- Continuity regarding reporting and receiving FREE supportive services
- Challenges obtaining legal support for both criminal and civil matters
- Affordable/available mental health services (trauma specialized care)
- Safe housing and shelters, relocation support on and off campus (waitlists)



#### Resources

2

Campus Police or local
Law Enforcement

Confidential Advocates

3

Title IX

Counseling Services

Disability Resource Center

National Sexual Violence Resource Center

Know Your IX

Love Is Respect

24/7 Hotlines

Local: Sexual Assault Support
Services

775-221-7600

National: RAINN 800-656-4673

## Thank

you.

Questions?