

Module 1: Introductions and Overview

Purpose

This module includes introductions of the instructor and participants, an overview of what you can expect during the training, and a discussion of terms that will be used during the training.

Lessons

1. Introductions and Expectations
2. Overview of the Training
3. Creating a Common Language

Learning Objective

By the end of this module, you will be able to determine when to use the terms *sexual assault*, *sexual violence*, *rape*, *sexual abuse*, *victim*, and *survivor* during the training.

Participant Worksheets

No worksheets are required.

1. Introductions and Expectations

Participants have the opportunity to introduce themselves by answering the following questions:

- What is your name?
- What, if any, experience do you have working with sexual assault victims/survivors?
- What is your motivation for doing this work?
- One thing you really want to learn in this training is _____.

2. Overview of the Training

The goal of this training is to provide advocates/counselors who work with victims/survivors of sexual assault with the skills necessary to provide competent, effective crisis intervention services.

The skills taught in this training are techniques that can be used to support recovery from sexual assault. The training focuses heavily on skills for first responders and will not deal with advanced counseling techniques. Specific techniques, such as eye movement desensitization and reprocessing (EMDR) or hypnosis, will be referenced but not explored in depth. Such techniques require more advanced training and experience and are beyond the scope of this basic training. We will, however, take a quick look at the neurobiology of trauma as it relates to sexual assault.

This training will draw on the experience and viewpoints of you, the participants. It will be dynamic and interactive and result in skills that participants will use as advocates/counselors who work with sexual assault victims/survivors.

Your Participant Manual is organized into modules; in addition to being information resources, it contains learning objectives for each module, instructions for participating in activities, and some space for notes. The manual is yours to keep.

The information in this training is based on a complete review of the scientific literature on sexual assault; the advice, recommendations, and vast experience of experts in the area of sexual assault counseling; and information provided by more than 30 sexual assault service programs across the United States that shared the information they rely upon for local advocate training.

3. Creating a Common Language

Sexual assault service providers deal with both male and female sexual assault victims. In most cases, gender-neutral plural pronouns such as “they” and “them” are used throughout this training to refer to victims.

However, because most victims of sexual assault are female, female pronouns are occasionally used. Similarly, most advocates/counselors are women, so female pronouns are sometimes used to refer to those filling the advocate role. In the module dealing with male sexual assault, we will of course address all victims/survivors as males.

There are many different definitions of sex-related crimes. These definitions vary across states as well as federal agencies. Briefly review key differences in the definitions of sexual assault, sexual violence, rape, and sexual abuse.

Sexual Assault

From the National Institute of Justice (www.nij.gov/topics/crime/rape-sexual-violence/Pages/welcome.aspx): *Sexual assault* covers a wide range of unwanted behaviors—up to but not including penetration—that are attempted or completed against a victim’s will or when a victim cannot consent because of age, disability, or the influence of alcohol or drugs. Sexual assault may involve actual or threatened physical force, use of weapons, coercion, intimidation, or pressure and may include:

- Intentional touching of the victim’s genitals, anus, groin, or breasts.
- Voyeurism.
- Exposure to exhibitionism.
- Undesired exposure to pornography.
- Public display of images that were taken in a private context or when the victim was unaware.

Thus, sexual assault is a broad term that includes a range of acts. In this training, we will typically use the term *sexual assault* as defined by the U.S. Department of Justice, but we will sometimes use terms such as *rape* and *sexual violence*. To find out more about how sexual assault is defined legally in states across the United States, see *Laws in Your State*, a web-generated report published by the Rape, Abuse, and Incest National Network (<https://apps.rainn.org/policy/>).

Sexual Violence

From the Centers for Disease Control and Prevention (CDC): “*Sexual violence* is defined as a sexual act committed against someone without that person’s freely given consent” (www.cdc.gov/violenceprevention/sexualviolence/definitions.html). The CDC’s definition divides sexual violence into the following types:

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Sexual Violence Type	Definition
Completed or attempted forced penetration of a victim.	Includes completed or attempted unwanted vaginal (for women), oral, or anal insertion through use of physical force or threats to bring physical harm toward or against the victim. Examples include pinning the victim's arms, using one's body weight to prevent movement or escape, use of a weapon or threats of weapon use, and assaulting the victim.
Completed or attempted alcohol/drug-facilitated penetration of a victim.	Includes completed or attempted unwanted vaginal (for women), oral, or anal insertion when the victim was unable to consent because he or she was too intoxicated (e.g., incapacitation, lack of consciousness, or lack of awareness) through voluntary or involuntary use of alcohol or drugs.
Completed or attempted forced acts in which a victim is made to penetrate a perpetrator or someone else.	Includes situations when the victim was made, or there was an attempt to make the victim, sexually penetrate a perpetrator or someone else without the victim's consent because the victim was physically forced or threatened with physical harm. Examples include pinning the victim's arms, using one's body weight to prevent movement or escape, use of a weapon or threats of weapon use, and assaulting the victim.
Completed or attempted alcohol or drug-facilitated acts in which a victim is made to penetrate a perpetrator or someone else.	Includes situations when the victim was made, or there was an attempt to make the victim, sexually penetrate a perpetrator or someone else without the victim's consent because he or she was too intoxicated (e.g., incapacitation, lack of consciousness, or lack of awareness) through voluntary or involuntary use of alcohol or drugs.
Nonphysically forced penetration that occurs after a person is pressured verbally, or through intimidation or misuse of authority,	Examples include being worn down by someone who repeatedly asked for sex or showed they were unhappy; feeling pressured by being lied to, or being told promises that

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Sexual Assault Advocate/Counselor Training

to consent or submit to being penetrated.	were untrue; having someone threaten to end a relationship or spread rumors; and sexual pressure by use of influence or authority.
Unwanted sexual contact.	Examples include intentional touching, either directly or through the clothing, of the genitalia, anus, groin, breast, inner thigh, or buttocks of any person without his or her consent, or of a person who is unable to consent or refuse. Unwanted sexual contact can be perpetrated against a person or by making a person touch the perpetrator. Unwanted sexual contact could be referred to as “sexual harassment” in some contexts, such as a school or workplace.
Noncontact unwanted sexual experiences.	Does not include physical contact of a sexual nature between the perpetrator and the victim. This occurs against a person without his or her consent, or against a person who is unable to consent or refuse. Some acts of noncontact unwanted sexual experiences occur without the victim’s knowledge. This type of sexual violence can occur in many different settings, such as a school, the workplace, in public, or through technology. Examples include unwanted exposure to pornography or verbal sexual harassment (e.g., making sexual comments).

Source: CDC (www.cdc.gov/violenceprevention/sexualviolence/definitions.html).

Rape

In 2013, the FBI revised their definition of *rape* to: “Penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim” (<https://ucr.fbi.gov/crime-in-the-u.s/2013/crime-in-the-u.s.-2013/violent-crime/rape>).

Sexual Abuse

The American Psychological Association defines sexual abuse as “unwanted sexual activity, with perpetrators using force, making threats or taking advantage of victims not able to give consent” (www.apa.org/topics/sexual-abuse/).

It is difficult for anyone other than individuals themselves to determine when the shift from *victim* to *survivor* occurs. Some people feel they are survivors from the moment they escape from the assailant(s). They may prefer the term *survivor* even in the emergency department.

Other individuals use *survivors* to mean people who have made significant progress toward regaining control of their lives and recovering from the experience. These individuals may resent being called survivors too soon, preferring instead that advocates recognize that they were victimized because, in the early stages, they feel like victims, not survivors.

At the request of individuals who do not feel they immediately move to survivor status, the term *victim* of sexual assault rather than *survivor* will be used when discussing the emergency department response and early impact. When discussing the later periods of recovery, *survivor* will be used to recognize that, even if the shift has not yet been made from feelings of victim status to feelings of having survived, this is indeed the goal for individuals with whom advocates will work.

Sexual Assault
Advocate/Counselor Training

Welcome



Module 1
Introductions and Overview



Learning Objective

Determine when to use the terms *sexual assault*, *sexual violence*, *rape*, *sexual abuse*, *victim*, and *survivor* during the training.

1-3



Introductions

- What is your name?
- What, if any, experience do you have working with sexual assault victims/survivors?
- What is your motivation for doing this work?
- One thing you really want to learn in this training is _____.



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Training Goal

To provide advocates/counselors who work with victims/survivors of sexual assault with the skills necessary to provide competent, effective crisis intervention services.



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Housekeeping

- Restrooms.
- Breaks.
- Cell phones off or on vibrate.
- Participant Manual.



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1-6

Ground Rules and Parking Lot

- Arrive on time and attend the entire training.
- Be respectful of other participants and the instructor(s).
- Participate in each activity to the best of your abilities.
- Ask questions, pose scenarios, and make suggestions that will help you learn.
- Turn cell phones off or to vibrate.

1-7



Use of the Personal Pronouns

- Gender-neutral plural pronouns will be used as much as possible—"they" or "them."
- Female pronouns occasionally will be used to refer to the victim, as the majority of victims are female.

1-8



Definitions

- There are many different definitions of sex-related crimes.
- These definitions vary across states as well as federal agencies.
- Sexual assault is a broad term that includes a range of acts.
- In this training, we will typically use the term *sexual assault*, but will sometimes use terms such as *rape* and *sexual violence*.

1-9



Victim vs. Survivor

Individuals determine when the shift from victim to survivor occurs. In this training:

- *Victim* of sexual assault will be used when discussing the emergency department response and early impact.
- *Survivor* will be used in later periods of recovery to recognize that this is indeed the goal for individuals with whom advocates will work.

1-10

Review of Learning Objective

Determine when to use the terms *sexual assault*, *sexual violence*, *rape*, *sexual abuse*, *victim*, and *survivor* during the training.

1-11

End of Module 1

Questions? Comments?



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1-12
