

SEXUAL ASSAULT AWARENESS & PREVENTION MONTH TOOLKIT

TABLE OF CONTENTS

Calendar.....2

Plan your own activities.....3-4

Social Media templates.....5-6

Syllabus.....7-15

Writing to your law makers.....16

How to support survivors.....17-20

Across the nation, April is recognized as Sexual Assault Awareness Month (SAAM). Here at Ampersand, we recognize it as Sexual Assault Awareness and Prevention Month (SAAPM). Prevention is a key part of our vision, freedom from sexual violence, & we've put together this toolkit for folks in our region (or anywhere, really) to use as you're planning your month.



AMPERSAND
Sexual Violence Resource Center
of the Bluegrass

#ENDRAPECULTURE

#SAAPM2022



APRIL 2022

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH

SUN	MON	TUE	WED	THU	FRI	SAT
				MARCH 31: SAAPM KICK-OFF	1	2
3	4 GREEN DOT WEEK	5	6	7	8	9
10	11 WHY WEAR TEAL WEEK	12	13	14	15 NORTH LIME TEAL DONUT DAY	16
17 VOLUNTEER APPRECIATION WEEK	18 RIBBON CUTTING FOR MOBILE UNIT	19 CHALK THE WALK WEEK	20	21	22 #WAKEUPLEX	23
24	25 TRANSFORMING HARM WEEK	26	27 DENIM DAY	28	29	30 COMMUNITY YOGA BY BLUEGRASS SURVIVORS' COUNCIL

PLAN YOUR OWN ACTIVITIES

Whether you're on campus, in a workplace, or out in the community, there are a number of ways you can engage the people around you in Sexual Assault Awareness & Prevention Month activities.

DINNER PARTY

- Invite a small group of folks to your house, or book a local restaurant with a private room.
- Pick a topic that your attendees will mutually find interest in. Will you be discussing a specific policy? Brainstorming ways to address rape culture in your community? Workshopping an issue at your school/workplace?
- Take photos (with the permission of your guests!) to share on social media.
- Follow up with your guests! Share a list of action steps based on your conversation. Schedule follow up meetings. Share resources that can help with moving forward.

SOCIAL MEDIA CAMPAIGN

- This activity is great when you want to flex your marketing skills!
- Decide what the campaign will look like. Ask friends & followers to:
 - Take a specific type of photo (google "instagram photo challenge" for inspiration).
 - Answer a short prompt (in the style of #WhyIDidn'tReport).
 - Share an infographic (Canva is a free online software you can use to make infographics, & it's super easy to use!)
 - Message us on Instagram or Facebook if you need a hand!
- Build hype ahead of time by announcing the date and time, giving sneak peaks, etc.
- When you start a Facebook/Instagram live video, friends are notified.

MOVIE SCREENING

- Find a theater in your area that would be willing to screen a film (or try your student center if you're in college!) NOTE: You must have licensing to publicly screen films. Check with your theater to find out about costs.
- Choose a documentary-style film, or highlight one that has positive depictions of relationships.
- Get the word out by sharing on social media, sending information to groups who might be interested, & asking the theater to put up a flier or share on their social media. Let Ampersand know your plans!
- Host a debriefing event after the film to start a conversation about sexual violence, and let us know how it went!

LETTER WRITING EVENT

- This low-key event can be successful whether it's just with you, a small group of friends, or a larger community.
- Do your research on local policy issues & find politicians in your region to whom you can write letters.
- See the attached template for ideas on what to write.
- Provide paper/cards, envelopes, & writing utensils, or ask guests to bring their own.
- Take photos (with the permission of your guests!) to share on social media.

WORKPLACE/GROUP AWARENESS DAY

- Pick a date and/or time for the campaign.
- Plan for colleagues to dress down, wear a certain color, a button, etc.
- Share information at a staff meeting or have a guest speaker.
- Share marketing materials from your local rape crisis center with your colleagues (their website is a good place to start!)

SOCIAL MEDIA TEMPLATES

Figuring out what to write on your website, Instagram, or Facebook page can be hard - so we wrote a few templates for you to use! The portions **in bold** need your personalized touch, but you can change any part of these templates, or just use them as an example. If you have specific questions about Ampersand, or if you want to collaborate with us on your event or fundraiser, head over to [www.ampersandky.org/contact-us!](http://www.ampersandky.org/contact-us)

HOSTING AN EVENT

April is Sexual Assault Awareness & Prevention Month, & I want to help contribute to the end of rape culture. I'm planning an event for **(DATE)** and I'd love to see you there! **(DESCRIPTION OF YOUR EVENT - include information about whether there's a cost, whether children are invited, etc)**. Any money raised during this event will be donated to Ampersand Sexual Violence Resource Center (or include any organization you would like to donate to).

HOSTING AN EVENT

Ampersand Sexual Violence Resource Center supports individuals in 17 counties throughout the Bluegrass, including **(YOUR COUNTY)**. I support this organization because **(YOUR REASON)**.
Join me on **(DATE)** for **(EVENT)**.

#ENDRAPECULTURE

#SAAPM2022

GENERAL AWARENESS

1 in 6 women & 1 in 33 men experience attempted or completed rape in their lifetimes, and these numbers only rise for people of color, folks in the LGBTQ community, folks who are disabled, and other marginalized groups of people. Rape happens in our community, & I invite you to join me in identifying the ways that rape culture shows up in our community.

GIVING

April is Sexual Assault Awareness & Prevention Month, & I've just made a donation to Ampersand Sexual Violence Resource Center. I support this organization because **(YOUR REASON)**. If you would like to join me in giving, please visit www.ampersandky.org/give.

GIVING

1 in 6 women & 1 in 33 men experience attempted or completed rape in their lifetimes, and these numbers only rise for people of color, folks in the LGBTQ community, folks who are disabled, and other marginalized groups of people. Ampersand supports individuals in 17 counties throughout the Bluegrass, including **(YOUR COUNTY)**. If you would like to join me in giving, please visit www.ampersandky.org/give.

SYLLABUS

For folks who want to recognize Sexual Assault Awareness Month by learning more about sexual violence, diving into new perspectives, or spending some time thinking through rape culture, there are TONS of books, articles, webinars, movies, and other forms of media that you can access. We've put together a list of just a few options for you below. Be sure to check out our book club pick, "Ask: Building Consent Culture" edited by Kitty Stryker.

BOOKS: NONFICTION

Ask: Building Consent Culture edited by Kitty Stryker

Synopsis: "Kitty Stryker assembles a retinue of writers, journalists, and activists to examine how a cultural politic centered on consent can empower us outside the bedroom, whether it's at the doctor's office, interacting with law enforcement, or calling out financial abuse within radical communities. More than a collection of essays, Ask is a testimony and guide on the role that negated consent plays in our lives, examining how we can take those first steps to reclaim it from institutionalized power."

The Will to Change: Men, Masculinity, and Love by bell hooks

Synopsis: "Everyone needs to love and be loved -- even men. But to know love, men must be able to look at the ways that patriarchal culture keeps them from knowing themselves, from being in touch with their feelings, from loving. In The Will to Change, bell hooks gets to the heart of the matter and shows men how to express the emotions that are a fundamental part of who they are -- whatever their age, marital status, ethnicity, or sexual orientation."

synopses were taken from Goodreads

Asking for It: The Alarming Rise of Rape Culture - and What We Can Do About it by Kate Harding

Synopsis: "Combining in-depth research with practical knowledge, *Asking for It* makes the case that twenty-first century America – where it's estimated that out of every 100 rapes only 5 result in felony convictions—supports rapists more effectively than victims. Harding offers ideas and suggestions for addressing how we as a culture can take rape much more seriously without compromising the rights of the accused."

At the Dark End of the Street: Black Women, Rape, and Resistance by Danielle L. McGuire

Synopsis: "In this important book, Danielle McGuire writes about the rape in 1944 of a twenty-four-year-old mother and sharecropper, Recy Taylor, who strolled toward home after an evening of singing and praying at the Rock Hill Holiness Church in Abbeville, Alabama. Seven white men, armed with knives and shotguns, ordered the young woman into their green Chevrolet, raped her, and left her for dead. The president of the local NAACP branch office sent his best investigator and organizer-Rosa Parks-to Abbeville. In taking on this case, Parks launched a movement that exposed a ritualized history of sexual assault against black women and added fire to the growing call for change."

Missoula: Rape and the Justice System in a College Town by Jon Krakauer

Synopsis: "In *Missoula*, Krakauer chronicles the searing experiences of several women in Missoula – the nights when they were raped; their fear and self-doubt in the aftermath; the way they were treated by the police, prosecutors, defense attorneys; the public vilification and private anguish; their bravery in pushing forward and what it cost them."

Queering Sexual Violence: Radical Voices from Within the Anti-Violence Movement by Jennifer Patterson

Synopsis: Moving beyond dominant narratives and the traditional “violence against women” framework, the book is multi-gendered, multi-racial and multi-layered. This thirty-seven piece collection disrupts the mainstream conversations about sexual violence and connects them to disability justice, sex worker rights, healing justice, racial justice, gender self-determination, queer & trans liberation and prison industrial complex abolition through reflections, personal narrative, and strategies for resistance and healing.”

Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others by Laura van Dernoot Lipsky

Synopsis: “A longtime trauma worker, Laura van Dernoot Lipsky offers a deep and empathetic survey of the often-unrecognized toll on those working to make the world a better place. We may feel tired, cynical, numb, or like we can never do enough. These, and other symptoms, affect us individually and collectively, sapping the energy and effectiveness we so desperately need if we are to benefit humankind, other animals, and the planet itself. Through Trauma Stewardship, we are called to meet these challenges in an intentional way--not by becoming overwhelmed but by developing a quality of mindful presence. Joining the wisdom of ancient cultural traditions with modern psychological research, Lipsky offers a variety of simple and profound practices that will allow us to remake ourselves--and ultimately the world.”

History of Violence by Edouard Louis

Synopsis: "A bestseller in France, *History of Violence* is a short nonfiction novel in the tradition of Truman Capote's *In Cold Blood*, but with the victim as its subject. Moving seamlessly and hypnotically between past and present, between Louis's voice and the voice of an imagined narrator, *History of Violence* has the exactness of a police report and the searching, unflinching curiosity of memoir at its best. It records not only the casual racism and homophobia of French society but also their subtle effects on lovers, brothers and sisters, husbands and wives. It represents a great step forward for a young writer whose acuity, skill, and depth are unmatched by any novelist of his generation, in French or English."

Violence Against Women in Kentucky: A History of U.S. and State Legislative Reform by Carol E. Jordan

Synopsis: "For more than two centuries, Kentucky women have fought for the right to vote, own property, control their wages, and be safe at home and in the workplace. Tragically, many of these women's voices have been silenced by abuse and violence. In *Violence against Women in Kentucky: A History of U.S. and State Legislative Reform*, Carol E. Jordan chronicles the stories of those who have led the legislative fight for the last four decades to protect women from domestic violence, rape, stalking, and related crimes."

Wrecked by Maria Padian (young adult)

Synopsis: "Everyone on campus has a different version of what happened that night. Haley saw Jenny return from the party, shell-shocked. Richard heard Jordan brag about the cute freshman he hooked up with. When Jenny accuses Jordan of rape, Haley and Richard are pushed to opposite sides of the school's investigation. Now conflicting versions of the story may make bringing the truth to light nearly impossible – especially when reputations, relationships, and whole futures are riding on the verdict."

His Favorites by Kate Walbert

Synopsis: "Taut, propulsive and devastating, *His Favorites* reveals the interior life of a young woman determined to navigate the treachery in a new world. Told from her perspective many years later, the story coolly describes a series of shattering events and the system that failed to protect her. Walbert, who brilliantly explored a century of women's struggles for rights and recognition in her award-winning *A Short History of Women*, limns the all-too-common violations of vulnerability and aspiration in the lives of young women in this suspenseful short novel."

The Color Purple by Alice Walker

Synopsis: "Set in the deep American South between the wars, it is the tale of Celie, a young black girl born into poverty and segregation. Raped repeatedly by the man she calls 'father', she has two children taken away from her, is separated from her beloved sister Nettie and is trapped into an ugly marriage. But then she meets the glamorous Shug Avery, singer and magic-maker - a woman who has taken charge of her own destiny. Gradually, Celie discovers the power and joy of her own spirit, freeing her from her past and reuniting her with those she loves."

Speak by Laurie Halse Anderson (young adult)

Synopsis: "From the first moment of her freshman year at Merryweather High, Melinda knows this is a big fat lie, part of the nonsense of high school. She is friendless, outcast, because she busted an end-of-summer party by calling the cops, so now nobody will talk to her, let alone listen to her. As time passes, she becomes increasingly isolated and practically stops talking altogether. Only her art class offers any solace, and it is through her work on an art project that she is finally able to face what really happened at that terrible party: she was raped by an upperclassman, a guy who still attends Merryweather and is still a threat to her. Her healing process has just begun when she has another violent encounter with him. But this time Melinda fights back, refuses to be silent, and thereby achieves a measure of vindication."

An Untamed State by Roxane Gay

Synopsis: "Mireille Duval Jameson is living a fairy tale. The strong-willed youngest daughter of one of Haiti's richest sons, she has an adoring husband, a precocious infant son, by all appearances a perfect life. The fairy tale ends one day when Mireille is kidnapped in broad daylight by a gang of heavily armed men, in front of her father's Port au Prince estate. Held captive by a man who calls himself The Commander, Mireille waits for her father to pay her ransom. As it becomes clear her father intends to resist the kidnappers, Mireille must endure the torments of a man who resents everything she represents. *An Untamed State* is a novel of privilege in the face of crushing poverty, and of the lawless anger that corrupt governments produce. It is the story of a wilful woman attempting to find her way back to the person she once was, and of how redemption is found in the most unexpected of places. *An Untamed State* establishes Roxane Gay as a writer of prodigious, arresting talent."

The Power by Naomi Alderman (this one has some graphic scenes in it, but it's a fantastic theoretical exploration of power and violence)

Synopsis: "In *The Power* the world is a recognizable place: there's a rich Nigerian kid who lounges around the family pool; a foster girl whose religious parents hide their true nature; a local American politician; a tough London girl from a tricky family. But something vital has changed, causing their lives to converge with devastating effect. Teenage girls now have immense physical power - they can cause agonizing pain and even death. And, with this small twist of nature, the world changes utterly. This extraordinary novel by Naomi Alderman, a Sunday Times Young Writer of the Year and Granta Best of British writer, is not only a gripping story of how the world would change if power was in the hands of women but also exposes, with breath-taking daring, our contemporary world."

Moxie by Jennifer Mathieu (young adult)

Synopsis: "Vivian Carter is fed up. Fed up with her small-town Texas high school that thinks the football team can do no wrong. Fed up with sexist dress codes and hallway harassment. But most of all, Viv Carter is fed up with always following the rules.

Viv's mom was a punk rock Riot Grrrl in the '90s, so now Viv takes a page from her mother's past and creates a feminist zine that she distributes anonymously to her classmates. She's just blowing off steam, but other girls respond. Pretty soon Viv is forging friendships with other young women across the divides of cliques and popularity rankings, and she realizes that what she has started is nothing short of a girl revolution."

Decolonize Social Work (created by locals Ondine & Drew!)

Is social work actually the social justice profession it claims to be? What are we getting right? In what ways might we be doing more harm than good? Social work is an amazing field, but it also exists in a society driven by white supremacy culture and colonizer ideology. In this podcast, Ondine and Drew begin an ongoing conversation to explore social work and look at when it rejects those harmful social constructs, where it might need to still do better, and if social work can truly liberate us from oppression.

A Brief History of Rape by How Stuff Works

Cristen and Caroline look at the legal evolution of the crime of rape and how civil rights and women's rights reformers fought to eradicate longstanding patterns of victim-blaming.

Does Rape Culture Exist? by How Stuff Works

Cristen and Caroline examine the concept of rape culture and the sobering statistics of sexual assault in the United States today.

Slut Shaming 101 by How Stuff Works

Slut shaming is one of society's favorite forms of policing female sexuality. Cristen and Caroline explore the history, science and psychology of slut shaming, and why it's often a girl-on-girl pattern.

#911 Emasculation Nation (Rape and Intimate Partner Violence) by Best of the Left

Today we take a look at some of the causes and consequences of anti-feminism, rape and intimate partner violence.

VIDEOS

What Happened When We Tested Thousands of Abandoned Rape Kits in Detroit

What is Vicarious Trauma? Headington Institute

Transforming Vicarious Trauma

Other resources

<https://metoomvmt.org/>: Resources for survivors & advocates, built by the original founder of #metoo, Tarana Burke



WRITING TO YOUR LAW MAKERS

Dear _____,

I am a constituent living in _____ County, and I wanted to reach out to make sure you keep survivors of sexual violence in mind as you serve in your legislative role. Forty-seven percent of Kentucky women and twenty percent of Kentucky men have experienced sexual violence in their lifetimes. It is so important that we work to ensure that survivors have the support and resources that they need, and that we work to reduce the prevalence of sexual violence in our communities.

Every county in Kentucky is served by a regional rape crisis center. Rape crisis centers provide critical points of access to survivors, providing everything from a 24/7 hotline, meeting survivors at the hospital when they go to receive care, accompanying survivors to court, and providing ongoing counseling and therapy services.

Additionally, these centers often provide prevention education in their local communities, helping to create communities free from sexual violence! These centers are often understaffed and underfunded. If you haven't, please consider reaching out to your local rape crisis center to learn more about what they need. In _____ County, we are served by _____. Please see the attached map for additional information.

Thank you for your time.



AMPERSAND

Sexual Violence Resource Center
of the Bluegrass

SUPPORT SURVIVORS

YOUR RESPONSE MATTERS

Survivors are often worried about how friends & family will react to hearing about their experience. If you are supportive, it can help them move forward knowing that someone is on their team and has their back.

WHAT CAN YOU DO?

1. Tell them you believe them.

People very rarely lie about being raped or sexually assaulted. It just doesn't benefit them to do so. If someone trusts you with this information, honor that, believe them, and tell them that you do. If you can't do so, connect them with someone who can provide them with support, like our support hotline.

Know that our support line is for survivors, but also for ANYONE impacted by sexual violence, whether directly or indirectly.

2. Tell them it's not their fault.

No matter what a survivor was doing, the responsibility for their assault lies squarely with the person who chose to force or coerce them sexually. No exceptions.

3. Support their decisions.

We get it, stepping back can be hard. You probably have ideas about what the survivor should do next. But their control was already taken away by the perpetrator. You can be most helpful by supporting their decisions rather than telling what they “should” or “ought” to do.

RESOURCES & CONTACTS

Ampersand 24/7 Support Line: (859) 253-2511
www.ampersandky.org

GreenHouse 17: 1(800) 544-2022
www.greenhouse17.org

Children's Advocacy Center: (859) 225-5437
www.kykids.org

Legal Aid of the Bluegrass: (859) 431-8200
www.lablaw.org

Pride Community Services Organization: (859) 253-3233
<http://www.pcsoky.org>

Kentucky Refugee Ministries: (859) 226-5661
www.kyrm.org