



*April is Sexual Assault Awareness Month*

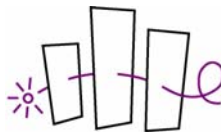
*SAAM 2007*

*Sample Outreach Materials*

**“Going upstream” is a metaphor for prevention...**

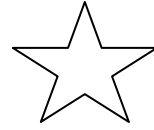
*A man who was fishing saw a child in the river and jumped in to save her. Soon after, another child came down the river, then another, and another. Soon the people of the village were devoting their time to pulling drowning children from the river. Then one woman walked away. “Where are you going? We need your help!”, the villagers asked. Walking upstream, she replied, “I am going to find out why these children are falling in the river and stop it!”* Sexual Violence Prevention Beginning the Dialog, Centers for Disease Control and Prevention

**Brought to you by:**



Peer Solutions

**Uniting Schools, Families and Communities with a Message of Respect**



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*1 in 10 people in the United States have been sexually assaulted, 10 in 10 people can do something to help.*

*It takes everyone to end sexual violence.*

*We are all Peers, We are all the Solution.*

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<sup>1</sup> <http://www.ncjrs.gov/pdffiles/172837.pdf> 3/2007

# Announcements

## Monday, 4-2-07

- 1) April is Sexual Assault Awareness Month. Please note flyers around campus and wear blue/teal in support of individuals victimized by violence. *Brought to you by STAND & SERVE*
- 2) One of the best ways to end sexual violence is to stop it before it happens. Be the change you wish to see in the world. Model Respect. *Brought to you by STAND & SERVE*

## Tuesday, 4-3-07

- 1) People that hurt others need help. Only the person committing the act of violence can prevent it. Look for resources on flyers. *Brought to you by STAND & SERVE*
- 2) You are invited to stop by the STAND & SERVE table at lunch today for presents and resources. *Brought to you by STAND & SERVE*

## Wednesday, 4-4-07

- 1) Most students tell a friend when they have been hurt. When safe, please help your friend get help. Look for posted resources. Want to make a difference in the world? Everyone is welcome to join STAND & SERVE, staff included. *Brought to you by STAND & SERVE*
- 2) All students deserve to be happy and safe. If you or someone you know is having a problem. When you feel safe, please say or do something. There are people that can help and truly care. *Brought to you by STAND & SERVE*

## Thursday, 4-5-07

- 1) April 5<sup>th</sup> is A Day to end Sexual Violence, If someone tells you that they have been hurt please believe and help them! *Brought to you by STAND & SERVE*
- 2) Abuse is never the fault of the person that has been victimized. No matter what they **did** or **did not** do, they were **not** the person who chose to commit that act. *Brought to you by STAND & SERVE*

## Friday, 4-6-07

- 1) If you hear or see something that is not ok, when safe, do or say something. *Demonstrate respect as the norm.* *Brought to you by STAND & SERVE*



## *Attention School Staff:*

### *Did you know April is Sexual Assault Awareness Month?*

- ⦿ Tempe and Phoenix rape rates are above the national average.<sup>2</sup>
- ⦿ 97% of children who bully others were also victimized themselves,<sup>3</sup> and half of all adult sex offenders initiate their sexually abusive behavior during adolescence (10-19),<sup>4</sup>
- ⦿ A history of indirect or direct victimization is one of the most important risk factors for subsequent violence, in part, according to Dr. Victor LaCerva, because 90% of behavior is learned from modeling.<sup>5</sup>
- ⦿ Adolescents exposed to a culture of violence are found to be at significantly elevated risk for a broad range of serious concerns including: *suicide, depression, anxiety, eating disorders, homelessness, delinquency, criminality, aggression, substance abuse, gang/gun/school violence, poor school performance and sexual risk behavior including teen pregnancy.*<sup>6</sup>

**STAND & SERVE** would like to invite you to help us show support and raise awareness for the prevention sexual violence. A goal of STAND & SERVE is to stop sexual violence before it happens. We are all harmed by sexual violence.

- ⦿ Please post the attached teal yarn in your office/classroom/golf cart/workroom to show support for Sexual Assault Awareness Month.
- ⦿ Please join us for any or all of the events posted including school/community wide STAND & SERVE meetings/activities.
- ⦿ Looks for flyers, lunch time activities, school announcements

*It takes everyone to end sexual violence,  
We are all Peers, We are all the Solution.*

If you or someone you know is having a problem harming others and/or self, when you have judged it safe, please seek help. If you get a feeling that something is not right, it probably isn't. Trust your intuition. Say Something. Please believe and support individuals that have been victimized. Practice respect, empathy and non-judgment. See resources posted for more information.

<sup>2</sup> <http://tempe.areaconnect.com/crime/compare.htm?c1=Tempe&s1=AZ&c2=Phoenix&s2=AZ> 11/06

<sup>3</sup> Official Journal of the American Academy of Pediatrics, Vol. 118 No. 2 August 2006, pp.e235-e242

<sup>4</sup> Ibid. 1

<sup>5</sup> La Cerva, V. (1996). *Pathways to peace*. Heal Foundation Press.

<sup>6</sup> American Journal of Public Health, February 2003, Vol 92, No 12

# SEXUAL ASSAULT AWARENESS MONTH PROCLAMATION SAMPLE 07 draft

*Whereas*, Sexual Assault Awareness Month is intended to draw attention to the fact that sexual violence remains an unacceptable problems that affect every person in Arizona regardless of age, culture, race, ethnicity, economic, sexual, gender or other identity; and

*Whereas*, 1 in 3 females and 1 in 5 males will be sexually abused before the age of 18<sup>7</sup>, 54% of female and 75% of male sexual assault survivors are under the age of 18<sup>8</sup>, 97% of children who bully others were also victimized themselves<sup>9</sup> and half of all adult sex offenders initiate their sexually abusive behavior during adolescence<sup>10</sup>; and

*Whereas*, sexual violence is never the fault of the person victimized, it is important to recognize the strength, courage and challenges survivors, family and friends face as they struggle to cope with the reality of sexual violence; and

*Whereas*, individuals victimized by sexual violence at any age often exhibit long-term health issues ranging from substance abuse to suicide, and persons that perpetuate violence may continue or escalate violent activities if not addressed<sup>11</sup>; and

*Whereas*, it takes everyone to end sexual violence, we must work together to stop sexual violence before it occurs by addressing the root causes including oppression, silence and lack of prevention and intervention services, interrupting the cycle and equipping youth with knowledge, skills and assets to keep them safe now and into adulthood; and

*Whereas*, it is important to applaud the efforts of others including state coalitions, community agencies, family advocacy centers, crisis centers and volunteers working to increase public ownership of these significant problems and solutions by offering quality prevention and intervention services and countless hours of positive youth development, empathy, support and advocacy to individuals, families and communities; and

*Whereas*, the Governor's Office is committed to eradicating Sexual Violence and Child Abuse in Arizona, to cultivating a network of support for prevention and intervention services for those that witness, perpetuate or are victimized and to

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<sup>7</sup> Vogeltanz, Nancy D.; Wilsnack, Sharon C.; Harris, T. Robert; Wilsnack, Richard W.; Wonderlich, Stephen A.; Kristjanson, Arlinda F. Child Abuse & Neglect. 1999 Jun Vol. 23(6) 579-592

<sup>8</sup> Tjaden P, Thoennes N. Full report of the prevalence, incidence, and consequences of violence against women: finding form the national violence against women survey. Washington: Nation Institute of Justice; 20000. report NCJ 183781

<sup>9</sup> Official Journal of the American Academy of Pediatrics, Vol. 118 No. 2 August 2006, pp.e235-e242

<sup>10</sup> The Nature and Predictors of Sexual Victimization and Offending Among Adolescents, c. Maxwell, A. Robinson and L. Post, Journal of Youth and Adolescence., pp465-477 Vol 32, No 6 December 2003

<sup>11</sup> Singer, M.I., Miller, D.B., Guo, S., Slovak, K & Frieson, T., The Mental Health Consequences of Children's Exposure to Violence. Case Western Reserve University, 1998 Richie, B., Tsenin, K., Spatz, C. Research on Women and Girls in the Justice System Series.: National Institute of Justice, 2000. La Cerva, Kilpatrick, D., Acierno, R., Saunders, B., Resnick, H., Best, C., Schnurr, P. Journal of Consulting and Clinical Psychology 2000. Pathways to peace 96, American Journal of Public Health, 03, CDC.Gov, www.tpronline.org 11/06

promoting positive social change and a safe environment for all women, children and men; therefore be it

*Resolved*, that individual and collective efforts in this area reflect our vision of a state where individuals have a path to justice and where local and state communities work toward eliminating all forms of sexual violence; and be it further

*Resolved*, that I, Janet Napolitano, Governor of Arizona, do hereby proclaim April as

## **SEXUAL ASSAULT AWARENESS MONTH**

in the State of Arizona, and I urge all citizens and communities to join me in this observance.

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Arizona

Governor

# *April is Sexual Assault Awareness Month*

## *Let's talk about it, A Day at the Capital*

**April 19th, 2007 2:00-4:00 PM**

1. Introductions
2. Peer Solutions & STAND & SERVE mini overview
3. S&S Member/Peer Educator
4. Nature of the Problem
5. Discussion Questions
  - ⌘ Do you think Sexual Violence is a Problem in Arizona? Why/Why not?
  - ⌘ Why do you think Sexual Violence Exists? Why is it a problem?
  - ⌘ Why do you think someone might have a problem hurting others?
  - ⌘ What can we all do to end Sexual Violence including child abuse and dating violence?
6. Resource Review & Other Questions
7. Labyrinth on the Capital Lawn

*"Going upstream" is a metaphor for prevention...*

A man who was fishing saw a child in the river and jumped in to save her. Soon after, another child came down the river, then another, and another. Soon the people of the village were devoting their time to pulling drowning children from the river. Then one woman walked away. "Where are you going? We need your help!", the villagers asked. Walking upstream, she replied, "I am going to find out why these children are falling in the river and stop it!" *Prevention is the best form of Social Change*

*We are all Peers, We are all the Solution!*

If we are to have real peace, we must begin with the children. M.K. Gandhi  
Today's Children, Tomorrows Parents. Child Abuse Prevention Arizona  
90% of behavior is learned through modeling. V. LaCerva MD  
We must be the change we wish to see. M.K. Gandhi

***A Special Thank You to Kyrsten Sinema, Tom Prezelski & Janelle Pedregon***

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# SAAM Labyrinth

*A peaceful solution for the prevention of Sexual Violence*

*Do you know what a labyrinth is?*

**What it is:** An ancient symbol for growth (spiral) and wholeness (circle). Its pathway is symbolic of your life's journey. It has only one path which leads to the center and back out again. A labyrinth engages the intuitive, creative "right brain." It is designed to help you focus. Your only choice is to enter. Peer Solutions uses the labyrinth for SAAM to present a peaceful approach to ending sexual violence. It is a journey we all take together with a positive outcome. It takes everyone to end sexual violence. The labyrinth offers a collective focus cultivating positive social change. We are all Peers, We are all the Solution.

**What it isn't: It is NOT a Maze.** A maze has many paths, entrances/exits and dead ends. A maze engages the linear and logical "left brain." A maze is designed to disorient and confuse you. A labyrinth is not a maze.

**History:** the labyrinth has been around for thousands of years. In Greek Myth - Theseus and the Minotaur. Ariadne helped him get out of the labyrinth safely. It is found in a great variety of cultures: Egypt, China, Peru, Ireland, and Greece. In Arizona: both the Hopi and Pima use the symbol in their creative arts and culture. Labyrinths were also used by European pilgrims during the middle ages.

**Classic Uses:** Prayer, meditation, rituals, initiations - rites of passage, seasonal celebrations. **Uses Today:** same ones plus more. It can lower blood pressure and slow heart rate - it relieves STRESS; often found in hospitals, healing centers; used with children with attention deficit disorders to balance the right and left sides of the brain; in prisons - offers reassurance to prisoners that there IS a way out. It is also being used with schools as a stress reliever for students.

**Other Uses:** *Inner Peace is the root of non-violence;* We believe that it takes everyone to end sexual violence. We use the Labyrinth during SAAM to help achieve this goal by bringing together a collective voice to end sexual violence before it happens. May also be an excellent healing tool for those that hurt others or have been hurt. The labyrinth helps you learn about yourself and find peace. It can also be used to celebrate holidays, for rituals to mark graduations, marriages, births, almost anything; to honor memories, to pray for someone's health or the planet's health, as a meditation to just clear your mind and see what comes in; a safe space to just think about things going on in your life - problems in school, at work, issues you're having with your family or friends, what you want to be when you grow up, what is the meaning of life. Walking will help you in getting clear, creating some balance, finding some inner peace. Please focus on Positive social change by stopping sexual violence before it happens. *Thank you.*

# *How to walk the SAAM Labyrinth*

*Please focus on Positive social change by stopping sexual violence before it happens.*

**Many different ways to walk:** There really are no "rules". You should walk at your own pace and respect each other's right to be on the path also. You can walk, run, skip, dance, crawl, go backwards; you can go in quickly and out slowly or in slowly and race out; let your body decide.

**Many different effects:** At the very least, you will take 10 to 15 minutes out of your noisy, hectic, crazy day to calm your nerves, quiet your mind, mend your heart. At the very most, you'll have a profound transformational experience - but you may not want to expect that.

**The Walk: Preparation:** Choose an intention. Do you want to end sexual violence, child abuse, family violence, anything else? Do you want to support a survivor of abuse, violence? Do you want to send prayers to someone, celebrate something that's happened recently, honor the memory of a person or event? Do you want to focus on a question? Do you just want to try to clear your mind? You may want to focus on a word or image that has meaning to you and whenever other thoughts come into your mind, notice them, let them go and return to your word or image. Thich Nhat Hanh, a Buddhist leader who teaches Mindfulness, focuses on the soles of his feet and tries to align his pace with his breath.

## **Possibilities:**

1. Select a positive intention you would like to do to end sexual violence no matter how achievable. Focus on this intention as you walk. In addition you may also want to focus on letting go of- a memory, a habit or pattern of thinking, a negative behavior that no longer serves you. As you walk in, think about the part it has played in your life and prepare to let it go. When you are in the center, pick up a stone symbolizing something positive you would like to have in your life at this time. This may be something you can do to end sexual violence. Walk back out and take this new quality (and stone) with you. Let it be a positive reminder.

2. Walk in with your palms open, facing down - to symbolize letting go of anything; stand in the center and turn your palms upward - to symbolize receiving new insights or information; walk out with your hands clasped to symbolize integrating the new information into your life.

**To Begin:** In the entryway, state your INTENTION (to yourself) and take the first step. Then, pay ATTENTION. Consciously observe what is going on both IN and AROUND you. Try to focus and clear mind of distractions caused by noises, another person ahead of you going very slowly, meeting someone coming in the opposite direction, or just being in a hurry. Find your pace and peace and respect others. We are all on the same path. We are all Peers, We are all the Solution.

**Please Note:** Peer Solutions is dedicated to promoting positive social change including peace and preventing/ending sexual violence before it begins. A special thank you to Brenda Ringwald for sharing this activity.

# **City Hall - April 2, 2007**

## **STAND & SERVE**

### **Monday 11:30-2:30pm**

#### **IT TAKES EVERY ONE TO END SEXUAL VIOLENCE**

**Presentation begins with entire group of S&S members saying out loud at the same time, "IT TAKES EVERYONE TO END SEXUAL VIOLENCE, WE ARE ALL PEERS, WE ARE ALL THE SOLUTION."**

**(S&S members then answer the following questions one at a time)**

**1. Hi My Name is \_\_\_\_\_ and I am a \_\_\_\_\_  
(freshman, sophomore, junior, senior) at \_\_\_\_\_ High School. I have  
been a STAND & SERVE member for \_\_\_\_\_ years and am  
currently a Peer Educator for \_\_\_\_\_. (List schools including  
Thomas J. Pappas)**

**2. I love STAND & SERVE because \_\_\_\_\_**

**3. STAND & SERVE believes that ending sexual violence in Arizona is  
possible. One thing I believe we can do to end sexual violence in  
Arizona is**

\_\_\_\_\_

**Presentation ends with entire group of S&S members saying out loud at the same time, "IT TAKES EVERYONE TO END SEXUAL VIOLENCE, WE ARE ALL PEERS, WE ARE ALL THE SOLUTION."**