

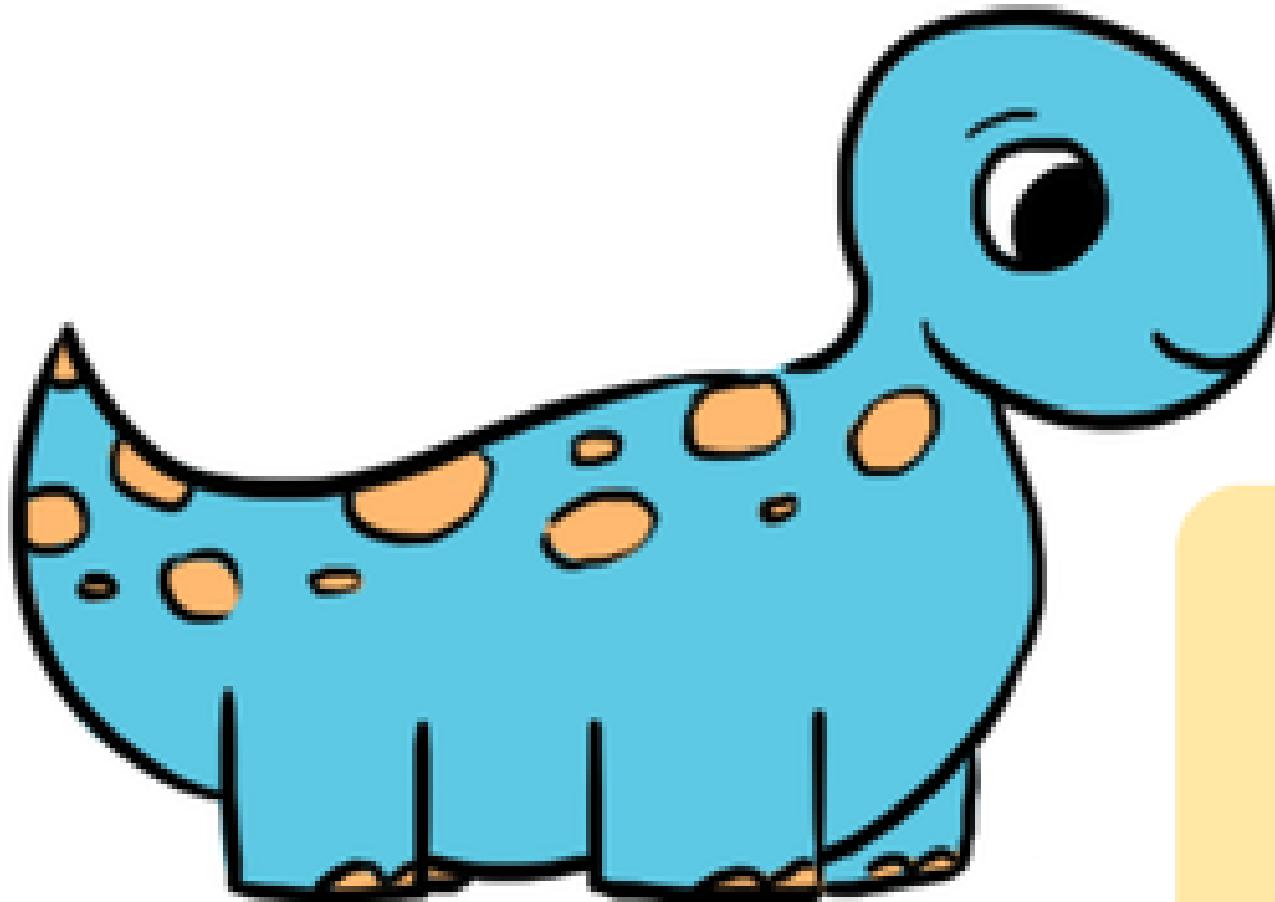
Objective: Students will examine the realities about sexual assault in order to recognize warning signs and establish safe intervention and prevention ideas.

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## Warm Up:

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- 1. Explain the four components of consent. What should you do if you are unsure that you have consent?**
- 2. What is the most effective way to say "No" to someone you know and respect?**



EMM ROY

SELF-CARE IS NOT  
LAZY OR SELFISH.  
SELF-CARE IS HEALTHY.  
SELF-CARE IS IMPORTANT.  
SELF-CARE IS NECESSARY.

# CONSENT is:

## 1. Active

Just because a partner didn't say "no" doesn't mean they have given consent. Ask, because only "YES" means "YES."

## 2. Equal Power

based on Equal Power



If someone is underage, drunk, asleep or in another vulnerable position, they cannot consent.

## 3. Choice

We must make sure our partners feel free to say "yes" or "no" without pressure. If we aren't willing to take "no" for an answer, consent cannot happen.

## 4. Process

Consent requires ongoing conversations with lots of trust. Just because someone says yes to making out doesn't mean they want to do anything else. You can change your mind at any time.



WHAT IS ERIN'S LAW  
[ERIN'S LAW](#)

Why do we need to  
talk about sexual  
violence?



Unwanted sexual advancement

Harassment

Assault

Exploitation  
(sharing photos without consent)

Stalking (online or in person)

Sexual Intimidation

Relationship violence

# What is Sexual Violence?



What is Sexual Assault?

The term **Sexual Assault** refers to sexual contact or behavior that occurs **without explicit consent** of the victim.

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Some forms of Sexual Assault include:

Penetration of the victim's body, also known as rape

Attempted rape

Forcing a victim to perform sexual acts, such as oral sex or penetrating the perpetrator's body

Fondling or unwanted sexual touching

What is the difference  
between Sexual Assault  
and Sexual Abuse?

# Sexual Assault vs. Sexual Abuse

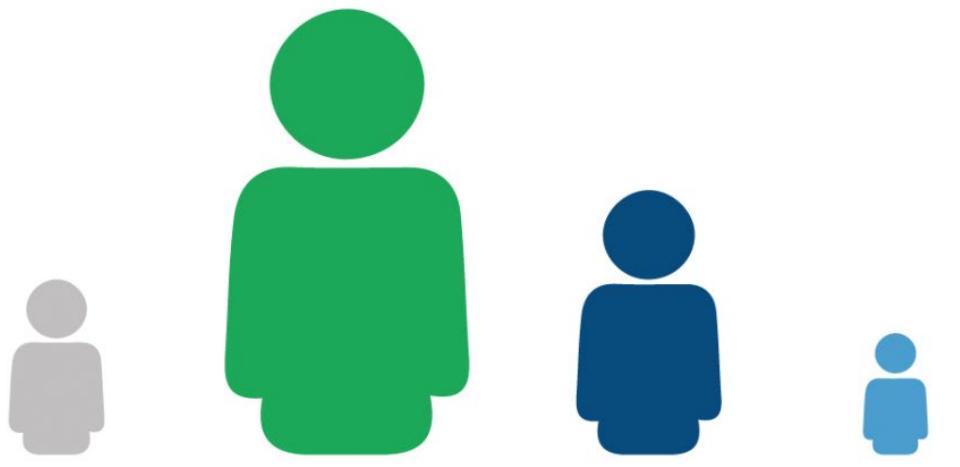
Sexual assault occurs when a person is forced, coerced, and/or manipulated into any unwanted sexual activity.

Sexual assault is an umbrella term that includes a wide range of victimizations which may or may not involve force or be illegal.

The dynamics of sexual assault are complicated.

Sexual abuse is more commonly used when talking about the sexual assault of children and youth.

## THE MAJORITY OF SEXUAL ASSAULT VICTIMS ARE UNDER 30



RAINN

National Sexual Assault Hotline | 800.656.HOPE | [online.rainn.org](http://online.rainn.org)  
Please visit [rainn.org/statistics/victims-sexual-violence](http://rainn.org/statistics/victims-sexual-violence) for full citation.<sup>2</sup>

So, How can YOU  
protect Yourself?



# How can you Protect Yourself?

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- Be aware of your surroundings
- Communicate clearly
- Create a “safe word” with family
- Remain sober
- Know your transportation options
- Setting limits prior to activity
- Share your location with a trusted friend
- Pepper spray (where legal to possess)
- Walk in groups or pairs
- Don’t get lost in your phone and miss a warning sign
- Park in a well-lit area but remain aware!



# What to do if someone is sexually assaulted:

- Preserve all physical evidence of the assault.  
**Do not shower, bathe, douche, eat, drink, wash your hands, or brush your teeth until after you have had a medical examination.**
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**Save all of the clothing you were wearing** at the time of the assault. Place each item of clothing in a separate paper bag. Do not use plastic bags. ***Do not clean or disturb anything in the area where the assault occurred.***

- Get medical care as soon as possible. Go to a hospital emergency department or a specialized forensic clinic that provides treatment for sexual assault victims.

**Having a medical exam is also a way for you to preserve physical evidence of a sexual assault.**



## National Sexual Assault Hotline

Call 1-800-656-4673

Available 24 hours/7 Days a Week

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SARC - Sexual Assault / Spouse Abuse Resource Center

410-836-8430

Harford County Sheriff's Office 410-838-6600

[www.HarfordSheriff.org](http://www.HarfordSheriff.org)

National Center for Missing and Exploited Children

[www.MissingKids.com](http://www.MissingKids.com)

1-800-The Lost

[www.FamilyWatchDog.us](http://www.FamilyWatchDog.us)



# If someone shares with you that they are a victim of Sexual Assault

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Listen and remain calm

Consider trauma

Believe them

Respect their choices

Acknowledge difficulty of relationship

Empathize

Show compassion

Be prepared for any reaction

"How can I be there for you now?"



# what's next?





# Sex Crimes: Penalties and Definitions

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MARYLAND LAW



You are going to journal about your feelings about sexual violence.

Pick the one that applies to you or journal on your own.

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1. Perhaps you feel empowered by this discussion and want to take steps to help those in need. Write about it!
2. Maybe you are feeling scared and lost that these things can happen to people. Write about those fears, try to include the positive ways to cope with those fears.
3. If you are feeling “fine” because maybe this isn’t impacting your life or anyone you love, write about what you are doing to keep yourself safe. Journal about how you can be an active bystander if you were to witness something unusual.