

**PREVENTING VIOLENCE AGAINST WOMEN**  
**CALIFORNIA MARITIME ACADEMY**

February 26, 2015



# GROUND RULES!

- Active Listening
- Respect
- Participate!!



# WHAT IS SAFEQUEST SOLANO?

- SafeQuest Solano is a nonprofit organization that helps people, and their families, who have been affected by domestic violence or sexual assault
- Today we are here to talk about violence prevention

# VIOLENCE: WHAT IS IT?

- Any force, energy, or action that injures, harms, or destroys
- Is violence purely physical?



# SEAN AND AMY

Sean and Amy are a couple who have been living together for 3 years. Sean has a job that takes him away for months at a time. When Sean is away, he calls and messages Amy constantly and gets upset if she does not have time to talk.

The other day, one of Amy's guy friends spent the night and slept on her couch while Sean was away. When Amy called and told Sean, Sean got very upset and hung up on her.

An hour later, Sean sent Amy a very long email saying that Amy made him very upset and that she purposefully disrespected him by bringing another man into the home. At the end of the email, Sean signed it with, "I love you but you make me really angry when you disrespect me." Sean continued to call and message Amy throughout the day about how she always disrespects him and therefore must not love him.



# SEAN AND AMY

➤ Is this violence?

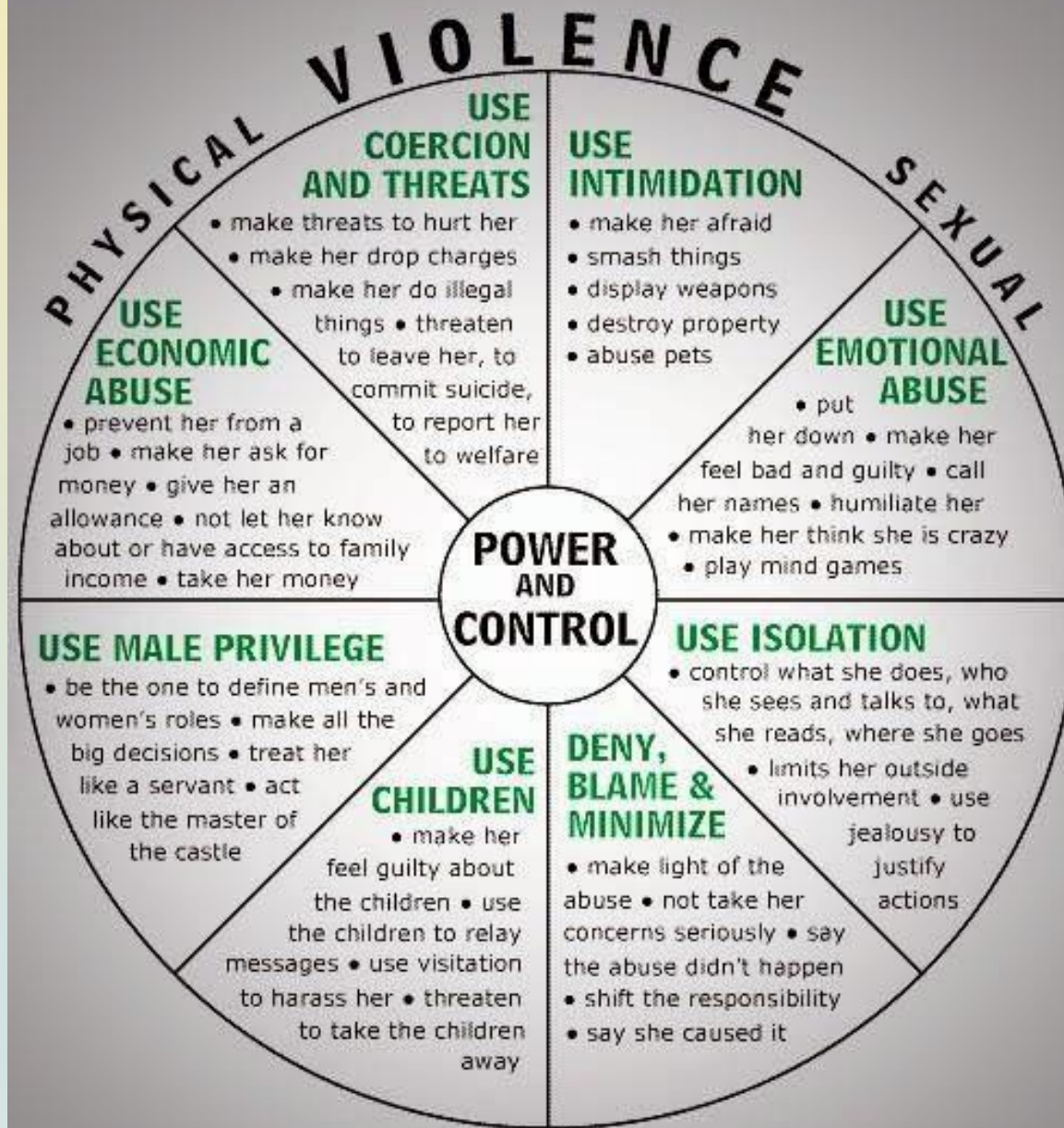
# SEAN AND AMY

➤ Could this scenario lead to violence?

# DEFINITIONS

- **Domestic Violence:** a range of behaviors used to establish power and exert control by one intimate partner over the other





Adapted from  
 Domestic Abuse Intervention Project  
 206 West Fourth Street  
 Duluth, MN 55806

# VERBAL/EMOTIONAL CONTINUUM



# MICHELLE AND JACOB

Michelle is at a frat party with her friends. Michelle has been talking to Jacob, who is a brother at the fraternity. They have been talking for a couple of weeks now, and last week at a frat party they made-out in his room.

Michelle has been drinking at the party. Jacob approaches Michelle and they go up to his room to make-out. Jacob and Michelle have sex. When they were done, Jacob wanted to go back out to the party.

Michelle didn't want to go back out to the party because she could hear that there were people standing outside of his door and it made her uncomfortable. Michelle asked Jacob if they could stay in the room until they left. Jacob wanted to go back out to the party, so he told her that if she really wanted to stay in his room then they would have to have sex again.

Michelle felt very uncomfortable, and did not want to leave the room while people were out there. Jacob, again, said that those were her options. Michelle and Jacob then had sex again.

# MICHELLE AND JACOB

➤ Is this violence?

# DEFINITIONS

- **Assault:** When your behavior towards a specific person is aimed to cause that person to be afraid, even if no contact is made.
- **Battery:** When you intentionally and unjustifiably use force, make unpermitted contact with a person, or physically harm that person

# DEFINITIONS

- **Sexual Assault:** Touching someone in a sexual manner that is offensive to the person being touched
- **Sexual Harassment:** Repeated and unwanted sexual advances, requests for favors and other verbal or physical contact of a sexual nature which makes the person uncomfortable or intimidated

# DEFINITIONS

- Rape: if you force or coerce a person to have sexual intercourse, oral or anal sex, against their will or by using force, threatening to hurt that person or a third person

# THE FACTS

- ❖ 1 in 2 women have experienced some sort of sexual violence in their lives
- ❖ 1 in 4 women were sexually abused before the age of 18

- ❖ 1 in 3 women experience violence from their partners in their lifetimes
- ❖ 1 in 3 teens experience sexual or physical abuse or threats from a significant other
- ❖ 1 in 5 women are survivors of rape



# BYSTANDER EFFECT

- A social psychological phenomenon that refers to cases in which individuals do not offer any means of help to a victim when other people are present
- The probability of help is inversely related to the number of bystanders



# BYSTANDER EFFECT

➤ So, how can you beat the bystander effect?

# BECOME AN ENGAGED BYSTANDER!

- Someone who intervenes when they see or hear behaviors that promote, condone or encourage domestic or sexual violence
- What does this mean?



# ENGAGED BYSTANDER

- This does NOT mean putting yourself in danger, safety is always key
- Some ways in which you can safely intervene:
  - By disrupting the social norms that perpetuate domestic and sexual violence
  - If you see or hear something that does not feel right, speak up!
  - Trust your gut – if a situation doesn't feel safe to you, call the police!

# KIM

You are out at lunch with your friend Kim. Kim has been in a relationship with her boyfriend for about a year now. Kim starts opening up to you about her relationship with her boyfriend.

She tells you that her boyfriend can get physical when he gets angry. She says that usually when he gets angry with her he slams his fist in the wall.

A few days ago when they were arguing, she said that he slammed her into the wall and she hit her head. He apologized afterwards and said that he wouldn't do it again, but that it was hard to control his emotions when she makes him mad. Kim says she believes him and that it was her fault for making him so angry.

➤ What can you say to Kim?

# KIM

- What are some things you could do or say to Kim?
  - Tell her that what is happening to her isn't right and it is not her fault
  - Offer to help her look for local resources
  - Ask her if there is anyone else she can talk to for support

**THANK YOU!**

**SafeQuest Solano**

**Street Address:** 1049 Union Avenue, Fairfield, CA

**Confidential 24/7 Crisis Line:** 866-487-7233

Domestic Violence and Sexual Assault Services  
including assistance with restraining orders,  
court accompaniments, and  
victim advocacy during medical forensic exams