



August Newsletter 2011
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Sexual Violence: Risk Reduction Strategies

The SAPR office likes to provide information you can use. The information in this article is intended to keep you mindful of ways to reduce your risk of sexual assault. As we approach a new school year, the information provided is good to share with college students and parents.

Sexual violence is a serious problem that can have lasting, harmful effects on victims and their family, friends, and communities. The goal of sexual violence risk reduction strategies is simple-to stop sexual assault from happening in the first place. However, the solutions are just as complex as the problem.

Risk Reduction efforts should ultimately decrease the number of individuals who perpetrate sexual violence and the number of individuals who are sexual violence victims. Many prevention approaches aim to reduce risk factors and promote protective factors for sexual violence. In addition, comprehensive prevention strategies should address factors at each of the levels that influence sexual violence -the individual, relationship, community, and society.

The most common risk reduction strategies currently focus on the victim, the perpetrator, or bystanders. Strategies that aim to equip the victim with knowledge, awareness, or self-defense skills are referred to as risk reduction techniques. Strategies targeting the perpetrator attempt to change risk and protective factors for sexual violence in order to reduce the likelihood that an individual will engage in sexually violent behavior. The goal of bystander prevention strategies is to change social norms supporting sexual violence and empower men and women to intervene with peers to prevent an assault from occurring. Other prevention strategies may target social norms, policies, or laws in communities to reduce the perpetration of sexual violence across the population.

Some risk reduction strategies are:

- **Create Safety**—as an educated individual you will know how to reduce your risk of victimization and how to recognize dangerous situations, take action and intervene. Always remember your safety comes first.
- **Consent 101**- Consent is based on choice. Think about what you want before you get into sexual situations and communicate clearly.
- **Drugs 101**– Alcohol is often involved in sexual violence. In reported cases of acquaintance rape, 75% of the men and 55% of women had been drinking or using other drugs, just before an assault.
- **Dating 101**– Know the facts about dating. Tell your date what you do or do not want. It's okay to walk away from a dangerous or uncomfortable situation. Trust your instincts.
- **Relationships 101**– Relationships are never perfect. Feeling angry, hurt and upset is normal, but feeling scared, humiliated or controlled isn't. You should feel loved and respected.
- **Technology 101**– Get the facts about technology. Be cautious about revealing identifying information about yourself. Learn how to protect yourself and maintain your privacy online.
- **Safety 101**- Trust your instincts and feelings. Be open and honest with your partner. Create a relationship pact to help understand and communicate relationship expectations.
- **Take Action**– Take action now with your friends and family, at work and in the community. Speak up and challenge others to promote safe and respectful environments.



Resources

SAPR Hotline 580 649-0656
Chaplain 580 481-7485
Mental Health 580 481-5376
ACMI House 580 482-3800

Security Forces 580 481-7444
OSI 580 481-7720
Command Post 580 481-6313

Helpful Websites

Sexual Assault Prevention Program
www.sapr.mil

Darkness to Light— www.d2l.org

Center for Disease Control and Prevention
www.cdc.gov/Violenceprevention/sexualviolence/index.html

Bystander Intervention Training

Male

August 4, 2011 @ 1300hrs– 1430 hrs @
Building 87 Room 125 (TRS Conference Room)

Female

August 11, 2011 @ 1300 hrs– 1430 hrs @
Building 87 Room 125 (TRS Conference Room)

**For Parents: 7 STEPS to Protecting
our Children**
More information visit: www.d2l.org

*Hurts One...Effects All... Preventing
Sexual Assault is EVERYONES
Duty!!*

Step 1. Learn the facts. Understand the risks. Realities – not trust– should influence your decisions regarding children.

Step 2. Minimize opportunity. If you eliminate or reduce one-adult/one-child situations, you'll dramatically lower the risk of sexual abuse for children.

Step 3. Talk about it. Children often keep abuse a secret, but barriers can be broken down by talking openly about it.

Step 4. Stay alert. Don't expect obvious signs when a child is being sexually abused.

Step 5. Make a plan. Learn where to go, whom to call and how to react.

Step 6. Act on suspicions. The future well-being of a child is at stake

Step 7. Get involved. Volunteer and support organizations that fight the tragedy of child sexual abuse.

