Information on Assault:
What is Rape?

What is sexual assault?
• Any sexual act committed or attempted against a person’s will.
• Forced sexual contact by dates, spouses, family members, acquaintances or strangers.
• An act motivated by a need for power and control, not a desire for sex.

What is the Difference Between A Sexual Assault and Rape?

Rape is a type of sexual assault that includes vaginal or anal penetration with a perpetrator’s body part, such as a penis or fingers, and/or the use of inanimate objects. Other types of sexual assault include sexual harassment, child sexual abuse (with or without penetration), and unwanted exposure to pornography.

Anyone can become a victim of sexual assault, regardless of gender, age, race, religion or social class.

Myths About Rape

There are many misconceptions about rape. What it really is, who gets raped and who is a rapist are a few of these misconceptions. These notions can harm us all. Belief in these myths makes it difficult to offer positive, non-judgmental support that the survivor needs.

Rape is a crime of violence that impacts all our lives. When we are educated about the facts, we can begin to understand that we are not the ones who are to blame, as survivors of sexual assault.

MYTH: Men rape because their sexual need and desire suddenly overwhelms them.
FACT: Rape is a crime of violence and power used by one person to dominate and humiliate another. It is not sexually motivated. 70% of all rapes are planned in advance. The myth that a man is suddenly overcome by uncontrollable sexual desire, and that this is "natural" masculine behavior, has served to excuse men who rape.

MYTH: All rapes are committed by a few crazy men.
FACT: Rapists are "normal" men in all social groups and classes, ranging from the unemployed to corporate presidents. All men in our society are exposed to attitudes that encourage rape. Men who choose to rape are responsible for their actions. It is also important to note that women can, and do, sexually offend.
MYTH: The rapist is usually a total stranger.
FACT: In over 80% of rapes, the rapist and the assaulted person know each other on a first name basis. People have been raped by their teachers, neighbors, fathers, uncles, and other relatives and acquaintances.

MYTH: Women want/ask to be raped.
FACT: No one enjoys being sexually assaulted; it is painful and humiliating. Rape has been falsely glamorized in movies and literature, but the reality of rape involves emotional and physical brutality and a person's loss of power. The myth that women want to be raped has been perpetuated by a society that does not want to take responsibility for sexual violence.

MYTH: Most rapes involve black men raping white women.
FACT: The majority of rapes happen within one's own race. When there is crossover between the races, more white men rape women of color than the reverse.

MYTH: Rapists go to prison when prosecuted.
FACT: Of reported rapes, less than 4% of the rapists nationwide are convicted and sent to prison. The vast majority of men in prison for rape are men of color.

MYTH: Only young, attractive women are raped.
FACT: Everyone is vulnerable to rape, regardless of age, physical appearance, race, economic background or gender. One out of three women and one out of ten men will be raped within their lifetime. One out of four boys and girls will be sexually assaulted before their 18th birthday. Rapes of a two-hour-old baby and 96-year old woman have been reported.

MYTH: A woman cannot be raped by her husband.
FACT: Spousal rape is a crime in the state of California. (Any form of sexual behavior to which a woman does not consent is rape, regardless of her relationship to the man.)

MYTH: Women often "cry rape."
FACT: The FBI estimates an average of 5 to 10% false reporting rate for all felony crimes. For the crime of rape, they estimate only a 3% false reporting rate.

MYTH: Self-defense means one must physically fight off an attacker.
FACT: Self-defense takes many forms. It can be running away, yelling, avoiding a situation, fighting back physically, and/ or being mentally prepared to defend oneself. Sometimes doing exactly what you are told in order to stay alive is the best defense.

MYTH: Self-defense takes years of training.
FACT: People defend themselves in large and small ways every day. Self-defense is mostly an assertive attitude. Physical and verbal techniques can be learned by attending workshops.

**Acquaintance Rape**

**Advocating Awareness**

**General Information**

Studies show that over 84% of people who are raped know their assailant. Recent incidents of "acquaintance rape" have focused new attention on an old issue: women suffering the frightening experience of forced sex with someone they know. If every woman who has ever experienced acquaintance rape acknowledged it to herself, the numbers would be shocking.

In the past, a woman who was raped by someone she knew may have had difficulty classifying the experience as rape. The fact is, it is indeed "rape."

**Who Does It?**
In a recent study, one out of 12 men admitted to fulfilling the definition of rape or attempted rape, but not one identified himself as a rapist.

**Who Is the Victim?**
Acquaintance rape occurs all over the country, in all socioeconomic groups and to women of all ages. However, more than 90% of these women do not report the rape.

**Precautions Regarding Acquaintance Rape**

- Be wary when your relationship seems to be operating along classic stereotypes of dominant male and submissive female.
- Be wary when anyone tries to control your behavior in any way.
- Make a practice of carrying money when you go out. This gives you the option of leaving whenever a situation becomes uncomfortable.
- Don't go somewhere so private that there is nowhere to get help.
- Be clear in communicating what you feel, beyond just saying "no."
- Avoid giving ambiguous messages.
- When dating someone for the first time, consider becoming acquainted in a group.
- It is important to be clear with yourself when beginning a relationship. Decide beforehand, in your own mind, how far you want to take a date or a relationship. This makes it easier to communicate your wishes effectively.
• If it is clear in your mind that you don't intend to have sex with someone you are dating, discuss that at the outset. Communicating your intentions openly can diffuse a potentially dangerous situation.

**For males:** Be clear in communicating what you want or expect in a situation. If the person you are becoming intimate with at anytime wants you to stop, you are responsible to control yourself and your actions.

Rape is always a traumatic event, but there is something especially traumatic about being raped by someone you previously liked and trusted. According to the Association of American Colleges, the small percentages of men who do commit acquaintance rape do a disproportionate amount of harm. A survivor of acquaintance rape may have an even more difficult recovery as s/he must address the violation of trust and security, as well as the fear, guilt and shame which is a natural consequence of sexual assault.

Rape is not just a "personal issue," but a public one. Acquaintance rape involves much more than just one man and one woman, it is a problem affecting all men and women because it deals with the basic issue of the ways in which men and women relate to each other. As both men and women become more aware of what acquaintance rape is and how it occurs, its occurrence can gradually diminish.

If you are a victim of acquaintance rape, if you have mutual friends, share what has happened with them. Remaining silent about someone's coercive behavior only serves to protect him.

**Rape Trauma Syndrome**

Survivors of rape and other forms of sexual assault have similar emotional responses. These emotional patterns are known as Rape Trauma Syndrome. Understanding Rape Trauma Syndrome may help the survivor and their loved ones through the recovery process.

**Phase One**

Typical responses during the period immediately following an assault are shock, anxiety and agitation. The victim may respond with crying and hysteria, but more often she may become preternaturally calm. This calm is deceptive and she probably will not be thinking or acting rationally. The outward calm is a symptom of shock. She isn't unconcerned, just stunned. Most victims also exhibit profound shame, embarrassment, humiliation and fear. Frequently these emotions exhibit themselves through sleeplessness, experiencing vivid flashbacks, gastrointestinal ailments, and talking about what she could have done differently that would have helped her/him to avoid the sexual assault.
This first phase usually ends when she resolves her general anxiety and returns to what appears to be her normal lifestyle. This may be a matter of days or weeks, depending on the circumstances.

**Phase Two**

Frequently a victim outwardly appears to have made a satisfactory adjustment at the beginning of this phase. The immediately upsetting issues are settled. It's time to carry on with her life. But the problems are usually only suppressed. Her problems are too powerful to deal with and, at the same time, reestablish a "normal" life of work and recreation. So, in order to regain some normalcy and reassure those around her, she outwardly and inwardly denies her strongest feelings. A victim may frequently remark during this period, that "I have to forget it," or "It wasn't so bad, he didn't actually hurt me." The victim may have no desire for outside help. Her emotional well-being depends on believing that she has coped with the matter.

Some victims never get out of this stage; they keep the incident repressed for years. While we know that a survivor benefits from working on her issues, we recommend against anyone attempting to break-down whatever solution she has chosen. We can suggest to a survivor that she examine any lifestyle changes made following an assault. If these changes are destructive in any way, the situation should probably be confronted rather than ignored.

**Phase Three**

Although this phase begins with what appears as a set-back, it also signals a time to begin moving forward toward recovery. This phase usually begins when the victim becomes depressed and spends a great deal of time painfully reliving the incident. She often returns to the safety of home and rejects attempts to return to work or associate with family or friends. As her awareness of the assault increases so does her depression and withdrawal until she is forced to begin to resolve her feelings of fear, anger or guilt. Depression is normal for most survivors and isn't a sign of weakness or insanity. Family and friends must resist the impulse to counsel her to return to her old self and forget the assault. A better suggestion is one that includes a qualified support person with training in sexual assault. It is a difficult time, but it is expected and it is the beginning of a meaningful healing process.

The work of Phase Three includes resolving her feelings about her world, herself, and her assailant. She can no longer deny that her world isn't safe; and she develops steps for herself to feel safer. She examines her feelings of responsibility and guilt for the assault; and realizes she had no responsibility and exercised whatever real options she had to stop it. Finally, she begins to place responsibility for the assault on the rapist, and she frequently expresses outrage at the person who has caused her/his pain and humiliation. Such outrage, for someone not used to expressing anger, can itself be frightening both for the
survivor and her/his family. But like the other tasks in Phase Three, it is expected. The powerful healing process is facilitated by expressing those feelings suppressed in Phase Two.

At the conclusion of Phase Three, she'll probably feel better than she has in a long time. It has been a time of immense growth and hard work for her/him and those around her/him. It has been worth the effort.

It is estimated that it takes one to two years or longer to work through this process.

INFORMATION FOR PARENTS ABOUT CHILD SEXUAL ABUSE

Many parents do not discuss sexual abuse with their children. Some may think they will frighten or alarm them. Others may feel so unprepared or uncomfortable they just don't do it. However, it is extremely important for parents to be familiar with this critical issue and discuss it with their children. Parents can help by:

- Educating themselves about issue
- Providing regular times for talking with children.
- Obtaining videos, books, coloring books and other information.
- Providing appropriate language models; penis, vagina, etc.

The fact is that before the age of 18, one out of four young people will be sexually abused.

Some of the most common questions asked about child sexual abuse are:

WHAT IS CHILD-TEEN ABUSE?

Any sexual activity between an adult and a young person or a forced or tricked activity upon a younger person by someone older or in a position of authority.

WHAT IS THE BEST WAY TO TALK TO MY CHILD?

First let her know she has the right to say NO to unwanted touches. Let her know if she is unsure or confused about a touch, request, order or suggestion, she can come to you to discuss it.

WHAT SHOULD I DO IF MY CHILD TELLS ME SHE HAS BEEN SEXUALLY ABUSED?

Above all, try to remain calm. They need your strength. ALWAYS believe your child. Children rarely lie about this. Lying is usually an indicator of other problems which should not be ignored.
Do not punish your child. Child abuse is NEVER a child's fault.

Let your child know you're glad she told you. Reassure her/him you will do everything you can in order to stop the abuse.

Get someone to help you with your feelings. BAWAR Hotlines: 845-7273.

To report, call your local police department or Child Protective Services.

CHILD SEXUAL ABUSE INDICATORS

Sexual abuse results in a broad range of physical, behavioral and social symptoms. These symptoms often surface in a child's daily functioning. Although a single indicator is not conclusive evidence that sexual abuse is occurring in a family, when two or more occur they serve as an important tool for detecting abuse and deserve immediate attention.

Use the indicators with other information and intuitions you have about human behavior. It is important to consider the possibility of child sexual abuse when they appear. If you do suspect abuse, ask the child specifically (but in a relaxed manner) if it has occurred.

DISCLOSURE

The single most important indicator is disclosure to a friend, classmate, teacher, friend's mother, or other trusted adult. The disclosure may be direct or indirect ("I know someone..., What would you do if...?, I heard something about somebody...") Children should be believed and the disclosure investigated.

PHYSICAL SYMPTOMS

- Venereal disease both genital and oral (especially in young children).
- Physical trauma or irritation to genital/anal areas (pain, itching, swelling, bruising,
- bleeding, lacerations, abrasions)
- Pain with urination/defecation
- Stomach aches or other psychosomatic ailments
- Genital discharge or infection
- Difficulty in walking or sitting
- Torn, stained, bloody underclothing
- Pregnancy (where child is extremely reluctant to give information about the father)

SEXUAL BEHAVIORS
Aversion to sex - excessive concern about homosexuality, especially with boys
Unusual knowledge and interest in sex beyond developmental level
Precocious "sexual play"
Compulsive masturbation
Excessive curiosity about sexual matters
Unusual interest in genital area (self and others)
Bizarre, sophisticated or unusual sexual behavior or knowledge
Unusually seductive with classmates, teachers, and other adults

BEHAVIORAL INDICATORS

Poor hygiene or excessive bathing
Age inappropriate behavior - Pseudo maturity or acting much younger
Poor peer relations
Runaways
Delinquent/aggressive behavior
Drug/alcohol abuse
Frequent absences from school
Refusal to dress for physical education
Unwilling to participate in sports/social activities
Fear of showers/restrooms
Fearful of going home
Sudden fear of other things (going outside, participating in familiar activities)
Fear of being alone with men or boys
Ashamed/self conscious of body and hides self
Eating disorders
Self mutilation
Prostitution
Sudden acquisition of money, new clothes, presents with no reasonable explanation
Suicide attempt and/or self destructive behavior
Crying without provocation
Setting fires

FAMILY HISTORY INDICATORS

Mother is incest survivor and/or child abuse victim
Father has been sexually victimized as a child
Child has a history of victimization
Other forms of domestic violence occur
Secrecy within the family and within relationships in the family
Families with marked role reversal with mother and daughter
Blurring of role boundaries in the family
Father or Mother take the child role
Father acts as suitor for the child
Mother acts as rival to the child
Isolated families-socially and physically.
Parents attempt to isolate children
Severe reaction to sex education provided to child/children
Parents extremely over-protective of child/children
Jealously towards child/children about dating and peer relationships
Father over possessive of daughter(s)
Father shows favoritism to the daughter
Sibling jealously of chosen daughter

STRESS SYMPTOMS (Particularly in younger children)

Bed wetting
Soiling/wetting pants
Altered sleep patterns
Nightmares
Fetishes
Fears, phobias, overly compulsive behavior
School problems
Significant change in school performance (attitudes & grades)
Eating problems or altered eating patterns
Regressive behaviors
Inability to concentrate

GENERALIZED PSYCHOLOGICAL INDICATORS
Depression
Dissociation
Isolation of affect
Heightened sensitivity to rejection
Fear of going crazy
Numbed responsiveness ("spacey") to people or events.

Sexual Harassment

STEPS TO PREVENT SEXUAL HARASSMENT IN THE WORKPLACE

SEXUAL HARASSMENT

Sexual harassment in the workplace continues to be the most costly and difficult legal issue employers must face. Sexual harassment is prohibited sex discrimination pursuant to the California Fair Employment and Housing Act and the Civil Rights Act of 1976 (Title VII).

Although federal and state regulations provide a "clinical" definition, sexual harassment is difficult to define. The difficulty arises in its evaluation and application; what one employee finds to be acceptable conduct may be sexual harassment to another.
DEFINITION OF SEXUAL HARASSMENT

State regulations define sexual harassment as any unwanted sexual advances, or visual, verbal or physical conduct of a sexual nature. This definition includes many forms of offensive behavior, such as:

- Unwanted sexual advances.
- Offering employment benefits in exchange for sexual contact.
- Making or threatening reprisals after a negative response to sexual advances.
- Visual conduct: leering, making sexual gestures, displaying of sexually suggestive objects or pictures, cartoons or posters.
- Verbal conduct: making or using derogatory comments, epithets, slurs, and jokes.
- Verbal sexual advances or propositions.
- Verbal abuse of a sexual nature, graphic verbal commentaries about an individual's body, sexually degrading words used to describe an individual, suggestive or obscene letters, notes, or invitations.

Physical conduct: touching, assault, impeding or blocking movement.

Sexual harassment has taken on two different forms in the legal sense. The first, quid pro quo, is the granting or denial of an employment benefit based on sexual favors. The second is the "hostile work environment" where employees are deprived of a work environment free from sexual discriminatory intimidation, ridicule and insult. For a "hostile work environment" to constitute harassment, the harassing conduct must be sufficiently severe or pervasive to alter the conditions of employment and create an abusive environment. With quid pro quo, a single incident may constitute sexual harassment.

In addition, sexual harassment is defined in terms of the victim's perception and from the standpoint of the legal "reasonable man" test which is whether a reasonable person in like or similar circumstances would consider the conduct to be harassing. The way in which the victim is affected by the conduct is also a relevant factor.

The following types of behavior have been found to constitute the "hostile work environment" type sexual harassment.

A manager tells off-color jokes in a female employee's presence; he finds the employee's embarrassment amusing.

At a staff meeting, a male manager frequently sits next to a female employee and occasionally touches her arm and rubs her neck.
A female employee is constantly patted on the behind by a male co-worker.

A group of male employees post a nude photo from a magazine onto biographies of new women employees that the company includes in its newsletter.

**EMPLOYER LIABILITY**

Every California employer is covered by the state regulations regarding sexual harassment. Because a single act of harassment, is unlawful in itself, a victim may be entitled to damages even though no employment opportunity has been denied and there is no actual loss of payer benefits.

If harassment does occur, the employer may be liable even if management was not aware of the harassment. However, if the employer has a program to prevent harassment, the employer might avoid liability when the harasser is a rank and file employee.

Personal liability for damages could be assessed against the harasser, as well as any management representative who knew about the harassment and condoned or ratified it. According to state law, all reasonable steps to prevent harassment from occurring is the requirement of every employer. When those preventive measures are not taken, the employer could be held liable for the employee's harassment.

**PREVENTING SEXUAL HARASSMENT**

A program to prevent or eliminate sexual harassment from the workplace is, therefore, not only good business; it is the most practical way to avoid or limit damages in the event harassment occurs without the knowledge of the employer. Such a program should include both a grievance procedure and a training program.

**Complaint Procedure**

Immediate and appropriate action is required by the employer when s/he becomes aware that sexual harassment has occurred. An employer must take effective action to stop any further harassment and to limit any effects of the harassment. The employer’s policy needs to include provisions that:

1. Fully inform a complainant of his/her rights and any obligations to secure those rights.

2. Require a complete and effective investigation. This investigation must be immediate, thorough, objective and complete. All those with information on the matter should be interviewed. A determination must be made and the
results made known to the complainant, to the alleged harasser, and, as appropriate, to all others directly concerned.

3. Promptly and effectively remedy proven harassment. First, appropriate action must be taken against the harasser and communicated to the complainant. Second, steps need to be taken to prevent any further harassment. Third, appropriate action must be taken to remedy the complainant’s loss, if any.

Training Individuals in the Workplace

All employees should be made aware of the seriousness of violations of the employer’s sexual harassment policy. Supervisory personnel should be educated about their specific responsibilities. Rank and file employees should be cautioned against using peer pressure to discourage victims of harassment from using the employer's internal grievance procedure.

Most agencies encourage workshops dealing with the issue of sexual harassment. If you need assistance regarding workshops, please contact BAWAR, at 510-430-1298.

What to Do

If you are a survivor of sexual assault, you have the right to take charge of your healing. Empowering yourself may mean deciding whether or not to report to the police, get medical attention, get counseling, join a support group and take a self-defense classes. You can decide the best way to take care of yourself and make decisions that are in your own best interest and not based on what others want you to do. At BAWAR, we do not use the word “victim” because if you survive a sexual assault you are already a “survivor”. Learning about sexual assault is the first step in your healing. Talking about sexual assault openly and compassionately requires that you learn a new language. At BAWAR, we can teach you and your loved ones this language in order to best support you.

For information about What To Do if you or someone you know has been assaulted, please visit the links below:

Step by Step Process After Assault

What to do if you are raped:

Get to a safe place IMMEDIATELY. Call a friend or BAWAR for support.

At this point you will have to decide whether you want to report the rape to the police or not. You, and only you, are the one who must decide whether or not to
make the police report. Some people feel it is their responsibility to report so the rapist can be caught and convicted and other people will be protected from him. Others feel that since few rapists go to trial and even fewer actually get convicted, this is an unrealistic expectation. For some people reporting is a way to begin taking back the power and control they lost during the rape. Others choose to take different means to begin recovery. You need to make an informed decision about whether or not to report keeping in mind that it is YOUR DECISION. BAWAR will support you and give you any help we can regardless of the decision you make.

If not reporting

It is important to think about medical treatment even if you have chosen not to report. You may go to a hospital, clinic or your own doctor for an examination. Get a complete check-up if you are in pain. Getting medical treatment is very important due to the high incidence of sexually transmitted diseases. If you are concerned about AIDS, contact a counselor, or call 800 FOR-AIDS. Be sure you are tested for all transmittable diseases within 4 to 6 weeks after the assault.

If you present at a medical facility or to your private doctor and say that you were raped, by law that medical person must report the assault to the police. If you are certain that you do not want the police involved, you can complain of having had "painful, unprotected intercourse". This should insure that you receive the appropriate tests without involving the police. If the medical facility does report the assault to the police the survivor does not need to speak with them.

If you are undecided about reporting it is important to make a decision as soon as possible. Physical evidence can only be collected within 72 hours of the assault. It is wise to keep any clothing you were wearing at the time of the assault in a brown paper bag so that there may be some evidence when and if you decide to report. There is a statue of limitations of six years for rape so you can report within that time period if you choose. Remember, even after an initial report is made you have the option of not going forward with the case.

If Reporting

Do not bathe or douche.

You must call the police department in the city in which the assault was committed. The police should come to where you are (unless you are a significant distance from where the assault occurred) and take an initial report. Questions need to be asked to ascertain the type of crime committed, the description of the assailant, and any evidence that might be secured in the home.
You may also go directly to a hospital emergency room and the hospital will call the appropriate authorities. Alameda County has three SART sites. Valley Care Hospital in the Tri-Valley area, Washington Hospital in Fremont for south county residents and Highland Hospital in Oakland for north county residents. All sexual assault survivors aged 14 and over are seen at one of these hospitals. If you are under the age of 14 you will be seen at Children's Hospital in Oakland. Alameda County has a Sexual Assault Response Team (SART) that responds to these hospitals. This team includes specially trained nurse practitioners, rape advocates and the police officer. These sites have the most up to date equipment to help with evidence collection. Extensive police questioning about the incidence most often happens at the hospital.

Being questioned by the police is difficult. Understanding the reasons for some of the questions might help. The reasons for police questioning may include the following: determining if a crime occurred; establishing the elements of the crime (i.e., for rape, lack of consent, vaginal penetration, etc.); identification of the rapist(s); determining method of operation (MO) and/or specific behaviors and statements of the perpetrator. This necessitates many very detailed questions and you may find some of them offensive. If you feel offended or confused by a question it is OK to ask the officer to explain the reason for the question. Examples of, sometimes offensive yet necessary questions are: "Have you had consensual sex within the last 72 hours?" This is a necessary question because if sperm is found in the rape exam the police must establish its source; "Can you tell me what you were wearing?" This may be important to know to help verify your story. If you were at a club it may be important to see if anyone at the club remembers you.

**Typical areas covered during police questioning:**

Information necessary for identifying and apprehending the suspect should be taken immediately by the police officer.

- Description of the offender.
- Your prior activities, including past recent consensual sexual intercourse.
- Your relationship to the suspect.
- Issue of consent.
- Exact words of the suspect. If you do not remember exact words you should make sure that what you remember is labeled approximate wording.
- Time span. It is a good idea to give approximate time span for both the whole incident and the sex acts. Often in times of crisis, time seems much longer than it really is.
- Sex acts that took place. The officer should ask if any other sex crimes took place. Often survivors will not disclose certain acts unless they are directly asked.
• Clothing worn by the survivor. The police will want to keep the clothing you were wearing at the time of the assault.

• Visible injuries. The nurse should note these on the medical report but the police officer should also note them. The officer may want photos taken. They are important collaborating evidence of force and lack of consent. Tell the nurse or police officer of any bruises or scratches you have.

Police Follow-up

You should be called by a sexual assault investigator a day to a week after the initial report. You may be asked to come into the police department for further questioning or the police may come out to your home. This is usually done to clear up any discrepancies that may have been in the original report or to see if you have remembered any other information. You also may be asked to look at mug shots or attend a line-up to help identify the suspect. You have the right to a rape crisis advocate at all legal proceedings.

IMPORTANT ADVICE FOR A SURVIVOR

You should be truthful even if you were engaging in illegal activity before, during and/or the assault i.e. using drugs, prostitution, etc. One exposed distortion or lie could cast doubt on the rest of your story. The police officer taking your rape report is only interested in investigating the crime of sexual assault.

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• You should be careful not to give definite answers to questions if you are not really sure of the answer. "I don't know" or estimates on time, size etc. are appropriate.

• You have the right to and should read over everything on the police report and should ask them to correct any misinformation.

• You have the right to ask for confidentiality. This means that your name and address will be kept out of public record.

• You have the right to an advocate and one support person through all medical and legal exams and questioning. However, if the support person is disruptive to the process they can be asked to leave.

DISPOSITION OF POLICE REPORTS

When the investigation is completed one of three things will happen.
1. The police will take the case to the district attorney for charging. The DA will either charge the case, send the case back for more investigation, or decline to charge the suspect.

2. The police may drop all charges against a rape suspect. The usual reasons given for doing this are insufficient evidence, lack of survivor cooperation or withdrawal of complaint by the survivor. This process is called "unfounding" and carries the implication, whether true or not, that a rape did not occur.

3. When the suspect cannot be identified or found the case may be suspended or filed until further evidence is available.

**COURT PROCEDURES**

Arraignment (Municipal Court): This must occur within 48 hours after the rapist has been arrested. The suspect/defendant is brought before the municipal court judge and is informed of the charges against him. You will not need to be present. The defendant may plead guilty or not guilty and if he is in custody, he or his lawyer will request that he be released on bail or on his own recognizance (OR). The judge makes this decision.

Preliminary Hearing: If the rapist has remained in police custody, the preliminary hearing must occur within 10 court days, with possible extensions up to 16 court days. If the rapist is out on bail or OR he typically waives time and the hearing may be held anywhere from 2-3 weeks after arrest to 1-3 months. This hearing occurs in front of the municipal court judge. You, the deputy DA, the rapist and his attorney are present. Occasionally other witnesses might be called such as the police officer. This is the first court appearance you will make. The DA must show that a crime was committed and that the person arrested probably committed that crime. You will have to testify and will be cross-examined by the defense attorney. The judge will decide if there is enough evidence to hold the defendant over for trial in superior court. Few cases are dismissed at this level.

Grand Jury: Some cases go to the Grand Jury instead of a preliminary hearing. This is very rare and usually occurs in very complicated cases involving many survivors and/or many rapists.

Arraignment (Superior Court): This involves only the Deputy DA, the rapist/defendant, his attorney and the judge. You need not be present. This usually occurs 2-3 weeks after the preliminary hearing. The Judge will read the formal charges to the defendant and he once again will enter a plea. Assuming the defendant pleads not guilty the pre-trial and trial hearing dates will be set. The defendant has the right to go to trial within sixty days from this time, but this right may be waived and usually is to allow the defense attorney time to prepare the case. If time is waived it may be a year or two before the case actually goes to trial.
Pre-trial hearing: This again only involves the Deputy DA, the rapist /defendant, his attorney and the Judge. You will not be present. This hearing usually occurs about a week or two before the trial date. They all discuss the case and try to reach a settlement before the trial begins. This is the most likely time for plea-bargaining to occur, although this can occur at almost any time in the sequence.

Trial:

Theoretically, the Deputy DA who is going to take the case to trial should meet with you several times before the trial to review the case, explain the court procedures and prepare you for possible questions by the defense attorney. You have the right to have a rape crisis advocate with you at all meetings with the DA.

The defendant/rapist has the right to choose whether a judge or a jury will try him. Almost always he will choose a jury because they are known to be more sympathetic to a defendant than a judge. The defendant/rapist, his attorney and the deputy DA will be present. You will be present and will have to testify. You may have the rape crisis advocate or the victim witness consultant sit next to you on the witness stand if you would like. You will only need to look at the defendant one time and that is to identify him. You will not be allowed to be present when other witnesses are testifying. You are allowed two support persons in the courtroom with you.

The Deputy DA must prove that the rapist/defendant had the intent to forcibly sexually assault you. This means that you did not give consent. S/he must also be able to show that the acts that the defendant is charged with were actually completed and the defendant is the one responsible.

- The defense attorney will usually follow one of the following general lines of attack.
- The "who done it defense" claims the rapist was misidentified and that somebody else committed the crime; the "It didn't happen at all" defense says the survivor is making the whole thing up; or "It occurred, but it was consensual" defense where the defendant admits to intercourse, but says the survivor agreed with it.
- The defendant rarely testifies at his trial. He has the right to choose whether or not he will testify. If he does not testify in court, prior offenses may not admitted.

After all the witnesses have testified and all the evidence has been presented to the jury, the judge will instruct the jury on what the law is and what they must consider as they reach a verdict. After the instructions have been given, the jury retires and decides whether the rapist/defendant is guilty or not. There are three possible verdicts; guilty, not guilty, or a hung jury (the jury was unable to agree on a verdict). If the verdict is not guilty the defendant is released. If the jury was hung, the rapist/defendant may be brought to trail again if the DA decides to do
so, or he may be release. If the verdict is guilty, a date for sentencing is set and the rapist/defendant will be taken into, or remain in, custody. Once a verdict is reached you have no avenue to appeal the decision. Only the defendant has the right to an appeal.

Only a small percentage of the felonies charged actually go to trial. The majority are disposed of through plea bargaining. This may occur at any point during the proceedings, but is most likely to happen at the pre-trial conference. Plea-bargaining is done for a variety of reasons. The main reason is that the DA and the entire criminal justice system are very over loaded with cases. Plea-bargaining saves time and money for all involved. The DA also may be willing to bargain because s/he feels that the case is weak; the survivor is a child or has emotional problems and a plea would save them from testifying in court; or sometimes, it is just difficult to get a conviction in a rape case. There are very few statutory rules in plea bargaining. Essentially, any plea can be taken by the court which is reasonably related to the charge and the facts of the case, which does not "so arouse the judicial sense of the justice as to be an abuse of discretion" and to which the court, prosecutor, and the defendant, through his attorney, agree. If a plea is being offered you should be told of the offer. You have a right to express your feelings about the plea and the DA should take those feelings into consideration, but does not have to do so.

**ALTERNATIVES TO CRIMINAL PROSECUTION**

1. Third Party Report: To make a third party report you will need to give your rape crisis advocate all the information you can about the rape. If possible, information about the description of the offender, name, license number or car description etc. should be included. No information about you is included in this report. BAWAR will then submit this report to the appropriate police jurisdiction. The police will keep a record of this information. They will not prosecute the case, but they can use the information for identification and method of operation that may be helpful in tracking repeat rapists.

2. Civil Suit: You may sue the rapist if his identity is known. Even if the DA does not prosecute the case or the rapist is not convicted at a criminal trial, you can take the case to the Civil Courts and sue the rapist for personal damages. The burden of proof in Civil Court is in fact easier than in Criminal Court. Proof is based on a preponderance of the evidence instead of beyond a reasonable doubt. It is best to wait until after a criminal trial, if there is one, to sue in Civil Court.

In order to go to Civil Court you must hire a private attorney. Attorneys will not take a case if it is not financially worth their time, which means the offender must have plenty of financial resources.
You may also be able to sue the owner of the property where the rape occurred. The rapist need not be identified or caught in this case. You will have to prove that some negligence on the part of the owner contributed to the crime.

3. Small Claims Court: If you do not want to try a civil suit, it is possible to take the rapist to Small Claims Court. There is a fee involved to file a claim and there is a five thousand dollars limit on the amount that can be recovered. In Small Claims Court you can not be represented by an attorney, you must represent yourself. This keeps the procedures simple and inexpensive, but it means that you have to confront your attacker in court. The claim may cover such things as medical expenses and property damage. A judge will hear the testimony and make a ruling.

**Reporting an Assault: Medical and Legal Info**

The Sexual Assault Response Team (SART) more efficiently responds to the needs of a survivor of sexual assault. SART provides a coordinated response to reports of sexual assault. The team is composed of:

- The survivor.
- Law enforcement (both the responding officer and the sexual assault investigator).
- The rape crisis counselor who is available to support the survivor throughout the medical/legal process and their healing.
- The physician's assistant (PA) or registered nurse (RN) who will see to the medical needs and collect physical evidence.
- The Victim Witness Consultant who will keep the survivor updated on their case and help them file for compensation.
- The District Attorneys who will represent the survivor in trial.

The team effort offers comprehensive strategies to enhance the survivor's safety and the offender's accountability. We believe that by providing higher standards of evidence collection and care we can ultimately increase the prosecution of sex offenders and reduce the incidence of rape.

**THE RESPONDING OFFICER**

For many, the police officer is the survivor's first contact with members of the SART team. The police officer's duty is to ensure the survivor's safety, get a description of the suspect, determine what crimes have taken place, secure the crime scene for evidence collection and to transport the survivor to the hospital SART site. The police officer's responsibility includes informing the survivor of their right to have a sexual assault advocate with them at the hospital and during the police questioning (Penal Code Section 264.2 and 679.04.)
When they arrived at the hospital, the police officer authorizes payment for the evidentiary exam and escorts the survivor to the SART room. The police questioning may be done while waiting for the medical exam to take place. After the police interview and medical exam, the officer is accountable for the survivor's safe transport home and for taking the forensic evidence to the police department. Once there, it will be recorded as evidence and taken to the lab.

THE RAPE CRISIS ADVOCATE

The survivor has the right to have a rape crisis advocate with them at all times through any or all medical and legal procedures they are experiencing due to their assault.

It is our role as their advocate to help create a supportive environment for the survivor and help them through a confusing, emotional and stressful process. The rape crisis advocate is available to provide the survivor with support during the medical and legal exam and to provide information about the criminal justice system. The advocate can be the one person who remains a constant throughout the criminal justice procedures. An advocate will be available to accompany the survivor to the hospital for test results, any follow-up police interviews or procedures, interviews with the DA and to all court proceedings. The survivor may receive free, supportive, in-person counseling at the rape crisis center and is offered referrals to therapists and other community agencies as needed.

Communications with a rape crisis advocate are confidential and will not be shared without written consent. Conversations between the survivor, their advocate and a third party, however, do not have the same confidentiality protection. Statements made in the presence of a support person (family member or friend,) law enforcement, district attorney or defense attorney personnel are not confidential and may be used in the investigation and prosecution process. If the advocate is subpoenaed to testify as a witness in the case and/or to provide records, BAWAR will contact the survivor to get their approval. BAWAR will not comply with a subpoena without the survivor's consent unless ordered by a judge to do so.

PHYSICIAN'S ASSISTANT (PA) OR REGISTERED NURSE (RN)

The medical and forensic exam has two major purposes. The first, and most important, is to make sure that any injuries sustained from the assault are treated and medical needs are met. The second is to collect evidence. Because biological evidence does not last long, it is most useful if collected in a timely manner, usually within 72 hours of the assault. The survivor's body and clothing can provide the most important physical evidence. DNA, which can be positively matched to a suspect, can be obtained from blood, semen, saliva, and fragments of hair or skin.
The evidentiary exam requires the RN or PA to take samples of substances from different parts of the survivor's body, which may include taking samples of head and pubic hair, swabs from the mouth, vaginal area and rectum, fingernail scrapings, and blood. During the vaginal examination, a camera called a colposcope is used. This non-intrusive camera allows the examiner to identify and photograph internal injuries that otherwise would not have been seen, as evidence. Any bruises or scrapes on the survivor's body may be photographed as evidence. Each of these samples is taken to match against evidence found on the suspect or at the location where the assault occurred. Any clothing the survivor was wearing at the time of the assault and any other items that may have come in contact with the suspect, such as bedding or towels, may contain evidence and may have been taken by the police. These items will not be returned until the case is closed.

“ONCE THE POLICE REPORT IS MADE, WHAT WILL HAPPEN NEXT?”

THE SEXUAL ASSAULT INVESTIGATOR

The police officer that took the original report will give the report to an investigator in the sex crimes unit. Investigators have advanced training in the area of sexual assault. The investigator will contact the survivor within a few days to go over the report. Because we know that it can be emotionally difficult to have to revisit the events that took place, a rape crisis advocate will be available to accompany the survivor during this second questioning. This second interview is very important to the investigation. Many times, survivors remember more details or have more clarity after a few days have passed. This helps the investigator tighten up the case. If at any point in the interview the survivor has questions or doesn’t understand why certain things are being asked, they have a right to ask for clarification. Should the survivor notice any new injuries due to the assault, such as bruises, they should tell the investigator. The survivor may also be asked to view a photo and/or a physical line-up. Once again, an advocate will be available to accompany them. When the investigator has completed a thorough investigation all the evidence will be turned over to the DA for charging. It is up to the Deputy District Attorney to determine whether or not a case will be charged.

THE DISTRICT ATTORNEY'S OFFICE

A case is charged when the charging DA feels there is enough evidence to convince a jury of 12 people that the accused is guilty beyond a reasonable doubt. This can sometimes be very difficult in a rape case, because if there is no physical evidence it can come down to “he said, she said." That is why the survivor's willingness to go through the evidence collection procedures is so important. Sometimes however, evidence is not found. This may make the case impossible to charge. It is very important to remember that not charging does not mean that the assault did not happen or that the Deputy District Attorney did not believe the survivor!
If the case is not charged, the survivor has a right to talk with the charging DA so that they may better understand the rationale behind this action. If the case is not charged, there is no further criminal, legal recourse. The survivor may, however, talk to an attorney about a civil action against the perpetrator.

**VICTIM WITNESS CONSULTANT**

The Victim Witness Division (VWD) is attached to the District Attorney's Office. After a case is charged by the DA's office, the case is assigned to a Victim Witness Consultant. In a sexual assault case, the VWD consultant can provide referrals to counselors, accompaniment to court, and provide support for the survivor as they participate in the criminal justice system. The victim witness consultant will provide the survivor with information about court dates and procedures. Pre-court meetings between the survivor, the Deputy District Attorney, the Victim Consultant and/or your rape crisis advocate are often arranged to help the survivor feel more at ease when testifying in court.

Many sexual assault survivors are entitled to services through the Victim of Violent Crimes Fund. One criterion for eligibility is that the survivor of the crime is cooperating with law enforcement and/or the prosecution. However, it is not a requirement that the perpetrator be apprehended or convicted. Should the survivor have out of pocket expenses due to the assault such as loss of wages, medical bills and therapy costs, the VWD will handle claims and advocate on the survivor's behalf with the State for reimbursement.

**When A Friend Discloses - How You Can Help**

Your response toward the survivor of sexual assault can greatly influence how s/he will deal with the trauma. It is not uncommon for those close to the survivor to experience many confusing emotions themselves. These feelings may include disbelief, an overall "numb" feeling, anger and guilt. This happens because rape plays on our own fears and vulnerabilities. It is important to get the understanding and support you need from someone other than the survivor.

You may wonder how sexual assault may affect its survivors. They experience a sense of powerlessness and often an overwhelming fear of physical injury, mutilation or death. That fear lingers and may result in distrust and loneliness. When the shock of what has actually happened to them wears off, confusing feelings will follow. Survivors may feel humiliated, guilty, embarrassed, ashamed, angry and revengeful. Due to these various feelings, they may experience mood swings or unpredictable behavior. Some survivors report feeling irritated with people during the first few weeks after the assault.

To help a survivor deal with her/his feelings, there are a few basics to keep in mind. Remembering a situation in which you felt frightened and all alone may help you to better understand the individual's feelings. In order for the survivor to
regain control over her life again, it is important that you let her make her own
decisions and try not to be overprotective. Don't ask probing questions or focus
on the sexual aspects of the crime. Do ask what concerns them most - i.e. fear
for their safety, etc. Communicate your own acceptance of the individual by being
natural and letting her/him know you are willing to listen. Being a close friend, the
survivor may be reluctant to talk with you, as she/he may not want to upset you
or may feel embarrassed or ashamed. The survivor's unwillingness to talk is not
a sign of failure on your part. Encourage her/him to talk to whomever she/he
feels comfortable with and only when s/he wishes.

Showing affection is important because it reassures the individual of your love
and concern. It helps to break down the feelings of loneliness and alienation,
which she/he may be experiencing. However, the person may draw back from
physical contact. This does not mean that she/he rejects your love, but that s/he
is not able to cope with being touched right now. Flashbacks of the assault often
occur during the few weeks following the assault, which may make resuming
sexual relations difficult for the survivor.

It is important to remember that the survivor is not to blame for the crime
committed against them. Sexual assault is meant to humiliate and degrade the
person. It is an act of aggressive violence. Whether or not the individual
physically resisted or cooperated with the attacker, to have survived the situation,
s/he did everything right. Support the person in getting in touch with her/his
righteous anger, and this will give her/him strength.

Often the survivor wants to forget about the assault. This may unintentionally be
reinforced by those close to the survivor. Any message, verbal or nonverbal,
which lets the survivor know that it's "not okay" to discuss the sexual assault (i.e.
facial expressions, changing the subject, or statements such as "try not to think
about it"), may act to delay the healing process.

Do continue to live and talk in a manner that has been comfortable for you in the
past. Do not avoid the subject. Encourage the expression of her/his feelings
about the sexual assault and respect the survivor's right to privacy. Listen
seriously and sensitively to the hurt. Provide a caring environment in which the
survivor feels free to express her/his concerns about the assault, to help facilitate
the healing.

If the survivor chooses to press charges against the assailant, the process
requires that s/he recall the events of the crime. This can be very stressful. Your
awareness of legal processes and problems, along with your support will be
helpful. BAWAR is available to give emotional support to the survivor from the
police report through the trial and to make the process as comfortable as
possible. BAWAR is also available to help to familiarize survivors with the legal-
judicial process.
Remember, BAWAR is here for you and will support any decision that you make. Feel free to call our 24-hour hotline at (510) 845-7273 for support of your own feelings.

What Men Can Do To Stop Rape

What Men Can Do To Stop Rape

There is a big difference between being a woman and being a man in our society. Women are raped, assaulted, beaten and killed on the streets far more often than men - one in every 2-3 women will be raped sometime in her life. Because women must live in fear of rape twenty-four hours a day, they need to be suspicious of every strange man and many familiar men. This fear creates a gap between men and women that is harmful and undesirable to us all.

Women are constantly aware of rape. Men are not. It is women who are most often forced to take jobs that will put them on the streets and/or on public transportation after dark. Men need to be aware of what a woman feels when she walks down the street, so they can act on this knowledge to help close the gender gap of fear.

Much of male behavior is learned behavior that begins with early experiences that are reinforced over time through social expectation and peer pressure. The result: men very frequently act without giving their actions - and the implications of their actions - much thought. Male behavior has definite effects with real significance to women, despite often neutral intentions. Your work: let women know you offer no threatening intent.

Here are some ways:

- Educate yourself about the nature and implications of sexual assault.
- Keep your hands visible when approaching women on the streets.
- Eliminate unusual, unexpected movement when a woman approaches; be aware that your presence is a potential threat to many women and that they may react to sudden, threatening movements.
- Do not make rape jokes. They are in poor taste and perpetuate social acceptance of this humiliating and degrading practice. Explain that this behavior subtly condones this cruel and violent act and reinforces public acceptance of it.
- Talk to other men about rape and change their ill-informed attitudes toward this violence. Explain that violent attacks on women have only as much to do with sex as hitting someone with a bat has to do with baseball.
- Be a responsible neighbor. Understand that 50% of all rapes occur in private homes. Be aware/stay alert to emergency situations and act in women's defense.
As men, responsibility must be taken for the fact that rape is a male crime. It is condoned and perpetuated by male attitudes about women which all men have the moral obligation to change. Men can and must exhibit the personal honesty and integrity required to hold rapists accountable for their acts and to ask all men to respect the personal dignity and basic "right to self" all people should have.

- Understand that when a woman says "NO" she means "NO."

Rape will cease to exist when men who rape stop raping.

**CRISIS LINES, SHELTER & EMERGENCY NUMBERS**
*(24-hours unless otherwise noted)*

**RAPE**

**RAINN** 1-800-656-HOPE (4673)
- Automatically connects caller to their closest rape crisis center anywhere in the U.S.

**SUICIDE/CRISIS**

**CRISIS SUPPORT SERVICES**
- **Crisis counseling** around suicidality, depression, and other issues 1-800-309-2131
- **Grief Counseling Crisis Line** 1-800-260-0094

**DOMESTIC VIOLENCE**

**FAMILY VIOLENCE LAW CENTER**  510-540-5354, M-F 9am-5pm; 24-hour emergency response team 510-757-5123
- Assistance with restraining orders, legal information for survivors of domestic violence. May sometimes provide emergency shelter through emergency response team.

**SAVE** 510-794-6055 (hotline and shelter for domestic violence)
- South County domestic violence center providing crisis counseling, shelter, safety planning, information, and advocacy.

**A SAFE PLACE** (domestic violence) 510-536-7233
- Oakland-based domestic violence center providing crisis counseling, shelter, safety planning, information, and advocacy.

**TRI-VALLEY HAVEN FOR WOMEN** 925-449-5842
- Domestic violence shelter and rape crisis center for cities of Dublin, Pleasanton, and Livermore, providing crisis counseling, shelter, safety planning, information, and advocacy.
LA CASA DE LAS MADRES  1-877-503-1850 adult line; 1-877-923-0700 teen line
· San Francisco-based domestic violence center with toll-free, statewide crisis lines that provide crisis counseling, shelter, safety planning, information, and advocacy. Includes teen-specific services. An excellent referral for out-of-county callers.

YOUTH RESOURCES

CALIFORNIA YOUTH IN CRISIS HOTLINE  1-800-843-5200
· Food, shelter, legal aid, medical, and counseling services information.

CHILD PROTECTIVE SERVICES  510-259-1800 (emergency number)
· Emergency county social services response to child abuse.

QUEER RESOURCES

CUAV (Community United Against Violence)  415-333-4357
· Various services for queer survivors of domestic violence and hate crimes, including crisis counseling, advocacy, education, and referrals.

PACIFIC CENTER  510-548-8283; M-F 9am-5pm
· East Bay queer community center with rap groups, youth groups, therapy and mental health services, information, support, events, referrals.

HEALTH ISSUES

ACCESS WOMEN’S HEALTH RIGHTS COALITION  1-800-376-INFO; M 10-5, Tu. 6-9 pm, W-F 10-5
· Info/help on abortion, birth control, prenatal care; assistance in accessing reproductive health services

EXHALE  AN AFTER ABORTION COUNSELING TALKLINE — 1-866-4EXHALE; M-F, 5-10pm.
· Non-judgmental peer counseling, emotional support, and resources for women and girls who have had abortions, and their significant others.

OFFICE of AIDS  510-873-6500; M-F 8:30 am-5 pm
· Information on where to get tested, and on AIDS issues.

SEXUALITY

SAN FRANCISCO SEX INFORMATION  415-989-7374; M-F 3-9 pm, Sat. 3-6 pm
· Free, anonymous, non-judgmental, accurate information on human sexuality, respectful of all orientations and lifestyles.
RITUAL ABUSE

SURVIVORSHIP  www.survivorship.org
· By and for survivors of ritual abuse, torture, and mind control. Information, resources, conferences.

ADDITIONAL NUMBERS

BERKELEY INFORMATION NETWORK  510-540-0666
EAST OAKLAND SWITCHBOARD  510-569-6369
HERRICK HOSPITAL & HEALTH CENTER  510-204-4405
VICTIM WITNESS  OAKLAND: 510-272-6180; 862-2525; FREMONT: 800-777-9229
EDEN I & R  510-537-2552
HELPLINK  1-800-273-222 (for self-help services, support groups)

Essential BAWAR Numbers for you:
office 510 430-1298 · crisis line 520 845-7273

BAWAR SERVICES

Bay Area Women Against Rape, the nation’s first rape crisis center, was formed in 1971 to provide 24-hour comprehensive services for survivors of sexual assault and their significant others. A full range of intervention and prevention/awareness programs are offered.

The following services are FREE and CONFIDENTIAL:

· 24-hour sexual assault hot line.
· Liaison/escort to hospital, police and courtroom.
· Individual counseling for survivors and significant others.
· Information, referrals, written materials and bibliographies.
· Community education speakings.
· Neighborhood organizing.

For more information about BAWAR services, please visit the links below:

BAWAR’S Role
BAY AREA WOMEN AGAINST RAPE (BAWAR)
Serving Alameda County Since 1971

OUR ROLE IN YOUR COMMUNITY
From its beginnings in 1971, BAWAR has addressed the problem of sexual assault with two basic goals: 1) to establish a place where rape and incest survivors could receive the quality counseling and advocacy they need, and 2) to provide community education regarding sexual assault issues.

For persons in Alameda County who are dealing with the trauma of a recent sexual assault, and the countless others who are only now beginning to deal with the aftermath of an earlier assault, we offer the services they need the most, experienced counseling and advocacy 24-hours per day. For the survivor we have a listener who will not judge, criticize, or be easily shocked. We then begin to form a partnership with survivors and work to help them regain a sense of control in their lives; to begin to heal. In-person counseling, support groups for incest survivors, rape survivors, teenage rape survivors, and others whose children have been sexually assaulted enable us to address special and continuing needs. Accompaniment and support during the medical and judicial processes complete our response to the needs of the sexual assault survivor.

Because we know that the persons who are dealing with sexual assault each have loved ones that are also affected, we provide for their needs as well. For the survivor's family and significant others we offer a chance for them to discuss their own fears and to ask questions about how they can help.

Our diversified educational programs include presentations specifically designed for children from middle school through college. We respond to community requests for speakers on a wide variety of related topics. BAWAR also conducts professional trainings for emergency room staff, therapists, clergy, educators, and police officers.

Measuring the effectiveness of our awareness programs is difficult. Since our approach is educational, we can never measure or count the number of sexual assaults we have prevented. We can, however, see the looks of confidence when we tell children that they can say "No" to unwanted touches even when it is a trusted adult. We notice the nods of affirmation when we tell a group of high-school students that coercion and power are components of rape not sex. And when we speak to adult groups about society's commonly held misconceptions about the rapist and the "victim," and then offer some self-awareness techniques, we know we are impacting attitudes that may reduce the incidence of sexual assault.

By providing both program components (counseling and education), BA WAR continues to work toward the day when we can achieve our ultimate goal; to be able to finally close our doors for lack of business.

Last year, BAWAR continued its important work in your community by . . .

- Providing 960 new clients with crisis intervention services
• Providing 128 clients with free in-person counseling
• Providing 143 clients with free hospital or police accompaniment
• Providing 163 clients with advocacy services
• Providing 203 educational programs to over 11,914 children and adults
• Providing 9,976 individuals with information and referrals

Public Speaking Topics
PUBLIC SPEAKING SUBJECTS OFFERED BY BAY AREA WOMEN AGAINST RAPE

Bay Area Women Against Rape has a 35-year history of offering workshops designed to facilitate a better understanding of important issues regarding sexual assault. These workshops are designed to inform and empower. Well-informed individuals can use techniques which will reduce their vulnerability to assault, thus decreasing the incidence of rape and its resulting trauma. Our workshops will also provide information that can facilitate the recovery of an assault survivor, her/his family, and co-workers.

We have excellent speakers who will share this important information at a brown bag lunch, informational seminar, community organizations, and school or staff retreat. Each participant will receive informational handouts and a community resource guide. We are ready to address a variety of topics, which may be combined. They include:

MIDDLE SCHOOL THROUGH COLLEGE PROGRAMS

These programs deal with issues regarding sexual assault, incest, sex role stereotyping, recognizing dangerous situations and relationships and prevention strategies discussed in an open and trusting environment.

MYTHS VS. REALITIES OF SEXUAL ASSAULT

A close look at the myths about what rape is, who the rapist is, and who the "victim" is. The program offers the presentation of clear, concise, and up-to-date information about these subjects.

THE EMOTIONAL AFTERMATH

An examination of Rape Trauma Syndrome which frequently immobilizes and inhibits recovery following a sexual assault. This program offers suggestions for talking with a survivor that will facilitate her/his recovery and is offered primarily for mental/medical health providers, law enforcement and clergy.

MYTHS VS. REALITIES OF CHILD SEXUAL ASSAULT
An exploration of the facts and attitudes that shape today's understanding of child sexual assault from victim to recovering survivor. Specific topics include techniques for talking with children, learning children's self-defense strategies and dealing with the system.

SELF-DEFENSE

An examination of societal attitudes that influence our ability to protect ourselves. A demonstration of techniques that can empower and protect the would-be victim. Three-hour and eight-hour, as well as the one-hour workshops are offered.

ASSAULT AWARENESS AND THE CHILD:

A look at the three programs we currently offer school age children. Children's Self-Help Program model is presented to nursery school children and uses puppets to present information in a non-threatening manner. The Child Assault Prevention Project (CAPP) is presented to children from Kindergarten through 6th grade and trains them to recognize and deal with threatening situations in an open and trusting atmosphere. The Teen Assault Awareness Project (TAAP) is a three-day program presented to junior and senior high school students that deals with issues regarding sexual assault, sex role stereotyping and prevention strategies.

REFERRALS

Volunteering

"Volunteering with BAWAR for me is a fantastic, fun, amazing, challenging, and wonderful experience." --M.C.

"Especially in these turbulent, violent times, it feels good to connect to someone in a positive, real way, and to feel like you may have helped someone with their healing." --A.R.

"Being able to offer my support and compassion to survivors on the hotline is an incredible privilege." --S.T.

"Listening is so powerful." --M.L

What do volunteers do for BAWAR?

Volunteers work with BAWAR in various capacities, depending on their interests, availability, and skills. Volunteers have helped us with many things including office support, fundraising, computer assistance, and other special projects.
Some volunteers also become rape crisis counselors and staff our 24-hour sexual assault crisis line, which is available to all survivors of sexual assault and their significant others. Volunteers also provide accompaniment to rape survivors for hospital and police proceedings.

*Who Can Apply to Be a Rape Crisis Counselor?*

It is not necessary for you to have prior counseling experience or any particular licenses or degrees. Thorough preparation is provided during the training. Our current volunteer pool includes folks from all walks of life and personal backgrounds who share a deep commitment to supporting rape survivors and working to end sexual violence. People age 18 and up can potentially qualify for the training.

We accept people of all genders in the counselor training. Men speak to men on the hotline.

*What's the Training Like?*

It's an intensive, 55-hour training that takes place in the evenings and covers a wide variety of in-depth issues, including Myths and Realities of sexual assault, Rape Trauma Syndrome, Counseling and Listening skills, Child Sexual Abuse and Incest, Working with Law Enforcement, Cultural and Racial Issues, Queer, Transgender and Questioning Survivors, Male Survivors, Domestic Violence, Suicide, Ritual Abuse, Hospital Accompaniment Procedures, and Roleplays. Graduates of the BAWAR training receive a California State Certification in Rape Crisis Counseling.

*What Happens After The Training?*

In exchange for this free training, BAWAR requests a nine month commitment to volunteering on the crisis line and on hospital accompaniments. Active volunteer counselors also attend one monthly meeting to hold ongoing in-services, get support, and sign up for shifts.

*If I'm Interested, What Can I Do Next?*

People who are interested in the BAWAR training come into the office for an informal interview, to exchange more information and see whether there's a match. If you're interested in making an appointment or would like more information, please feel free to contact the Crisis Intervention Coordinator at our office at (510) 430-1298.

**SUPPORT BAWAR - DONATIONS**
Our office is open 24 hours a day, 7 days a week. Without your gracious support we cannot continue to do the powerful work with survivors, their loved ones and our community.

Your Contribution of…

- **$1,000** will ensure that a trained counselor is on call to answer BAWAR's Crisis Line for one month.
- **$500** will provide empowerment counseling for one survivor and that survivor's family.
- **$100** will provide accompaniment and advocacy for the survivor through the medical and legal system.
- **$50** will provide one community education program to 20 interested people.

Please send your donations to:

**BAWAR, 470 27\(^{th}\) St Oakland, Ca 94612.**

**Contact Information**

BAWAR  
Bay Area Women Against Rape  
470 27\(^{th}\) St  
Oakland, CA 94612

Office Number: 510-430-1298  
Hotline: 510-845-7273  
Fax: 510-430-2579  
E-mail: bawar2001@msn.com