



# Rape Prevention Education: How can we help Cape Cod?

A MONTHLY PREVENTION NEWSLETTER

## April: Sexual Assault Awareness Month

*Anna Milan*

April is Sexual Assault Awareness Month (SAAM), a movement established and coordinated by the National Sexual Violence Resource Center (NSVRC). Since 2001, this initiative has been recognized as a national campaign to raise awareness and advocate for prevention of sexual assault, harassment, and abuse. The best way to combat the sexual violence epidemic is to make space for education, having the hard conversations and recognizing that there is a problem.

The Rape, Abuse & Incest National Network (RAINN), our nation's largest anti-sexual violence organization, reports that "Every 73 seconds an American is sexually assaulted." (RAINN) Additionally, out of every 1000 sexual assaults, 995 perpetrators will walk free. While these statistics are difficult to consume, the scope of the issue becomes more unfathomable when considering victims who have disabilities.

The 2018 NPR web series "Abused and Betrayed" gave listeners an in-depth look at the sexual violence epidemic among individuals with disabilities. In the series it is stated that "people with intellectual disabilities experience sexual violence at a rate that is seven times that of the general population". Additionally, the NSVRC reported that "Among people with disabilities, 25.6 percent of women and 8.8 percent of men reported some form of lifetime sexual victimization, compared to 14.7 percent of women and 6.0 percent of men without disabilities." While we only have the data for intellectual and developmental disabilities, we know that a person with any disability is at an increased risk for sexual violence.

All statistics reported on do not include the many individuals living in group homes and institutions. Additionally, these statistics do not consider the thousands of instances of sexual assault, harassment or abuse that are never reported. There is much work to be done in order to combat the issue of sexual violence, however prevention begins with education. We need to have the difficult conversations about this epidemic, in homes, schools, organizations and faith communities. Silence perpetuates sexual violence.

## Immediate Resources

Independence House

24/7 Hotline:

**800-439-6507**

RAINN Sexual

Assault

Online Chatline:

<https://hotline.rainn.org/online>



## Resource of the Month

[Resource Center for Adolescent Pregnancy Prevention \(RECAPP\)](#),  
[Teaching Sexuality to Developmentally Disabled Youth](#)

# Education as a step in the prevention of Sexual Violence

*Chris Morin*

As we acknowledge Sexual Assault Awareness Month and the epidemic that sexual assault is, we must look forward with a vision of primary prevention. Yes, silence keeps this epidemic alive, so one step that each of us can do is to support and believe survivors and make those who do harm, accountable.

One step that organizations can take is in preventing sexual violence is to provide regular learning opportunities about sexual violence and prevention to all volunteers, employees, parents and to the people that they serve.

*Lydia is 21 and has graduated high school. She has an apartment that she shares with a roommate, a cat that she loves, likes to go for bike rides and looks forward to going out with her friends for pizza. Lydia also has a cognitive disorder. She works at a day program for a local organization that provides employment for individuals with an intellectual or developmental disability.*

*One week, on a Wednesday, Lydia would not get out of bed and her roommate was worried. Lydia loved her job and had never missed a day's work. She also realized that Lydia did not go to work last Wednesday, as well. Her roommate tried and tried to get her out of bed and Lydia would have none of it. She claimed that she had an awful stomach ache.*

Lydia takes a bus to work every day. The regular driver is off on Wednesdays and there is a new driver to replace him. Lydia's stop is the last stop of the day when she gets out of work. A few weeks ago, the driver grabbed her and kissed her as she was getting off the bus. He threatened her by telling her that if she said anything, he would claim that it was consensual. He also told her that no one would believe her. Lydia didn't know what to do and didn't tell anyone.

With learning opportunities in place, Lydia would have known that the bus driver kissing her without her consent was sexual assault and not her fault. She also would have known that she could have gone to a trusted employee with this information, she would have been believed and steps would have been taken to address the assault.

To find out more about how your organization can prevent sexual violence, contact Chris Morin at [chrism@indhouse.net](mailto:chrism@indhouse.net) or Anna Milan at [anna@cilcapecod.org](mailto:anna@cilcapecod.org)

# Get to know us!

## Remote Services



<https://www.cordcapecod.org/>

- Independent Living Support
- Housing
- Youth Services
- Nursing Home Transition & Long Term Care Options
- Community Services
- Benefits



**24/7 Hotline: 800-439-6507**

<https://independencehouse.org/>

- 24 hour Domestic and Sexual Violence hotline
- Safehome & Shelter Search
- Individual/Group Counseling
- Medical and Police Advocacy
- Legal Advocacy
- Childcare
- Current Support Groups



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[CORD: Cape Organization for Rights of the Disabled](https://www.youtube.com/watch?v=...)



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