# ERESQURCE

The National Sexual Violence Resource Center Newsletter • Spring 2021



# ADAPTING TO CRISIS

What COVID-19 and the age of multiple crises have taught us

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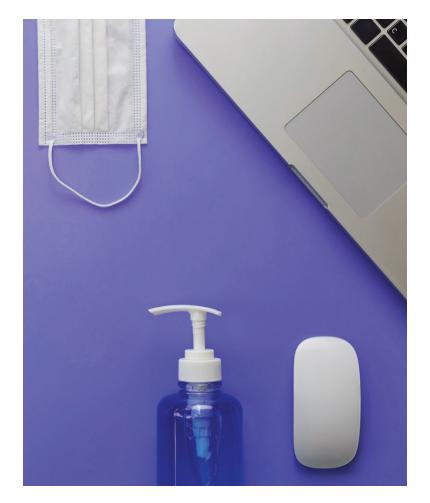












# **ABOUT THE COVER**

he past year has required swift changes, resilience, and flexibility. Every industry and field had to shift their typical operations, whether that means working from home, adjusting priorities, or serving the new needs of constituents. The movement to end sexual violence is no different.

On page 4, we take a look at how two staples in the movement — Sexual Assault Awareness Month and the National Sexual Assault Conference — adapted to the COVID-19 pandemic, as well as how we will continue to evolve after the crisis is over.

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# DIRECTOR'S VIEWPOINT

# YOLANDA EDRINGTON, NSVRC DIRECTOR

By the time this issue of *The Resource* arrives in your mailbox, the U.S. will have passed the one-year anniversary of the COVID-19 pandemic's first wave. Many of us will recall for a lifetime those first days of lockdown, before wearing masks and social distancing became second nature. Most of us also did not anticipate that measures to stop the spread of this virus would continue to shape our daily lives over a year later, and here we are. For more than a year, we have become deeply familiar with uncertainty and a lack of control as we've been forced to adapt to fast-changing conditions.

Reflecting on the past year, we must also acknowledge this has been a time of multiple crises that have reinforced the devastating toll of the pandemic on public health. COVID-19 has forced our country to acknowledge the long-standing crisis of systemic racism – health disparities, police violence, xenophobia, and inequitable access to employment, housing, food, and education. The disproportionate economic and health tolls of COVID-19 on BIPOC (Black, Indigenous, and People of Color), immigrant, and LGBTQ communities; people with disabilities; people who are incarcerated; people facing homelessness; and other oppressed groups also increases the risk they face of sexual violence.

This issue of *The Resource* explores how this time of adapting to these difficult circumstances has changed our field and movement by forcing us to reimagine our work. Our staff reflect on "What COVID-19 Has Taught Us" and how we will continue to adapt. In "Community Voices" and "Voices from the Frontlines," you will hear from local advocates in communities across the country about how their work has evolved and continued to expand. This issue also highlights resources that speak to how the past year has driven a greater need for online

tools and digital services to support work at the local, state, and national level. Recommended reading from NSVRC's library brings together a collection of resources on race, equity, and COVID-19 that illustrate



the pandemic's intersection with multiple crises.

Finally, the "Milestone" section marks NSVRC's 20th anniversary by highlighting 20 events that shaped sexual violence prevention in the last 20 years. Although it was not possible for NSVRC to celebrate our anniversary as planned in 2020, we're deeply honored to have members of our staff, Advisory Council, and online community reflect on notable events from the past 20 years, which were featured in this article also published by *Ms. Magazine*.

We hope that these examples of past and present adaptations will inspire you to look toward the future with resilience and new insight.

In solidarity,





The pandemic has illuminated the health inequities at the root of many public health issues – including sexual violence.

We wanted to learn more about how to focus sexual violence prevention work on supporting health equity, so we interviewed several individuals and organizations who are doing this work in their communities.

Over seven episodes, we discuss what health inequities are, where they show up, and how to address them. Interviewees also share how they've adapted their services in light of COVID-19.

Conversations span from the importance of media literacy in prevention to how community connectedness is a factor in preventing not only COVID-19, but also sexual violence.

# Featuring interviews with:

- Black Women's Blueprint
- Harborview Abuse and Trauma Center
- Students and staff of Fort Lewis College
- Toniie Reese
- North Carolina Coalition Against Sexual Assault

Listen to the series at: nsvrc.co/COVIDPodcast





### **ADAPTING TO CRISIS**

# What COVID-19 and the age of multiple crises have taught us

BY MEGAN THOMAS • National Sexual Violence Resource Center

he word that defines the past year and a half could very well be "adapt." With shutdowns starting in March 2020 due to the COVID-19 pandemic, followed by uprisings for racial justice across the country spurred by the killing of Black people by police, the months that followed have been an exercise in surviving from moment to moment and determining how best to move forward. Every industry has had to adapt and move away from the way they've always operated, and the movement to end sexual assault is no different. Last year saw huge shifts and pivots in fixtures like Sexual Assault Awareness Month (SAAM) in April and the National Sexual Assault Conference (NSAC) in September, as well as the day-to-day operations of local sexual assault programs across the country. Now, over a year later, we're still learning what this "new normal" means for us — as a movement, as organizations, and as individuals. And all of these lessons have us looking to the future as we continue to adapt.

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### PIVOTS AND RESILIENCE DURING SAAM

Each April, SAAM is a time for local sexual assault programs to hold outreach events in their communities, letting people know about their services and educating them on topics like consent and healthy relationships. NSVRC's role in SAAM is to develop a theme and create and share resources and giveaway items — like palm cards, coloring pages, stickers, posters, and more — that organizations can use in their own communities.

As state and nationwide shutdowns and stay-athome orders began, NSVRC had to start thinking about how the planned SAAM campaign would change. Local organizations could not safely hold in-person events, and with

only a few weeks until April, adaptation had to happen quickly. "Many advocates were reaching out to us, searching for guidance on how to move forward," said NSVRC's

took for those advocates to...find ways to connect with their communities during SAAM. Prevention Campaign Specialist

ingenuity, and perseverance it

Susan Sullivan, who develops and leads the SAAM campaign. "It quickly became clear that — just like the advocates we were hearing from — our own SAAM plans had to be reworked as we headed into April with a lot of uncertainty. NSVRC's planned content during this time was put on hold as we began to develop new resources to provide guidance around shifting in-person events to virtual events."

But it wasn't just our strategy that needed reinventing. The planned campaign theme of I Ask, which focused on consent, no longer seemed like a perfect fit. "This subject — while important — felt out of touch with the current climate where intimacy and physical contact had been suspended," said Sullivan. "We shifted the campaign theme to a focus on consent in digital interactions and reframed other pre-written content to reflect the current situation."

As we made this shift, we found that SAAM event planners all across the country adapted with speed, resilience, and agility. Organizations pivoted their in-person events to digital ones, hosting online art galleries, Zoom panels, and more. Digital participation became a way that everyone could get involved in SAAM — including those who may not have shown up at an in-person event in a "normal" year. "Not only could community members participate in SAAM activities who might have otherwise not had the availability to attend in-person events, but it also broadened participation, since distance was no longer a limitation on who could participate," Sullivan explained.

NSVRC saw change happening in real time through a variety of Could appreciate the creativity, channels, including our annual #30DaysofSAAM Instagram photo contest. While 2020 was the seventh year we've held this online event, we saw a marked change in the way participants responded. Survivors,

> advocates, and allies were open and vulnerable about how COVID-19 was impacting their lives and changing the way they do their jobs. They were even using this new context to tech lessons about boundaries, consent, and healthy relationships.

> "For me, like so many others, this was a hard time, a time where it felt like the floor had been pulled out from under us," Sullivan explained. "So when I saw folks still flooding #SAAM on social media to promote online events and to share messages of support for survivors, I was surprised and heartened. I could appreciate the creativity, ingenuity, and perseverance it took for those advocates to continue to find ways to connect with their communities during SAAM. Their strength gave me strength as well and I wanted to work harder to support them the best I could." As SAAM came to a close, it became clear that the resilience and creativity we had seen during the month were only going to continue.

### ADAPTING TO CRISIS





Alicia Garza, one of the co-founders of Black Lives Matter, speaking during a plenary at NSAC 2020.

# GOING VIRTUAL FOR THE NATIONAL SEXUAL ASSAULT CONFERENCE

Scheduled for only a few months after SAAM in September, the National Sexual Assault Conference was the next huge event to see changes. The national conference is an opportunity for advocates, activists, and other allied professionals to meet and learn from others in the field. Every other year, NSAC alternates between hosts — ValorUS (formerly the California Coalition Against Sexual Assault) and the National Sexual Violence Resource Center/Pennsylvania Coalition Against Rape.

By April 2020, it became apparent that travel and large in-person meetings were still unsafe, and ValorUS made the decision to hold NSAC as a fully virtual conference. "We felt it was an important time, and we needed to continue to make sure there was a space for a national conversation about ending sexual assault, so we moved it to a virtual space," said David Lee, Deputy Director at ValorUS. "The conference theme was Bold Moves. Each speaker addressed — given where we were in our history with the pandemic and the issues the country was facing — what are the

bold moves we need to make at this time?" The plenary speakers included national leaders like Farah Tanis, Executive Director of Black Women's Blueprint; Alicia Garza, Co-founder of Black Lives Matter; sujatha baliga, restorative justice advocate; and Bamby Salcedo, President and CEO of The TransLatin@ Coalition. Workshop sessions focused on relevant, timely topics such as transformative justice, prison abolition, racial equity, and more.

The adaptations made in 2020 to this long-held standard event made it more accessible than ever. Registration was open to anyone – and for the first time, it was completely free. "We decided not to charge for it," said Lee, "because we recognized that where the country was with the pandemic, with the economic

uncertainty, and the social issues such as addressing racism, it was important to eliminate barriers to be able to participate. So we decided to adjust." Because they weren't charging for registration, ValorUS limited the size of the conference, reducing the number of workshops from 119 to 12 and the plenary sessions from three to two.

# View all the NSAC sessions at: nsvrc.co/NSAC2020

The result was an overwhelmingly positive response. Over 5,000 people registered for the conference, where in the past, in-person attendance was capped at 1,800. For three days, plenary sessions and workshops took place on Zoom. Plenaries were also livestreamed on Facebook Live — where they received almost 15,000 views — as well as on YouTube and the NSAC website. In an evaluation after the conference, more than 50% of respondents said it was their first NSAC, which shows how this virtual space created an opportunity for new constituents to join the movement. "While

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we missed being in person," said Lee, "we were able to reach a lot more people. We got to talk about bold moves, we got to do it with more people, and we created greater access. It shows the momentum of where our movement is going."

The conference was more accessible than ever in a number of ways. Not only did the free cost mean more people could attend, but the availability of session recordings after the fact meant you could virtually "attend" every workshop and plenary the conference offered. All sessions had real-time closed captioning, ASL interpreters, and English-to-Spanish translation (except one session conducted in Spanish, which was translated into English). This trial run of a fully virtual conference has opened many doors and possibilities that an in-person conference could not offer. "While people couldn't gather in person, we did gather in Zoom rooms where participants chatted with each other. The conversation carried over into social media," said Lee. ValorUS focused on recreating online that in-person experience of being at a national conference, interacting with and learning from each other.

### **MOVING FORWARD**

With the end of pandemic nearing our sights, many are now wondering what the future will look like. In order to meet survivors' needs, organizations must continue to think critically, make adjustments with agility, and remain open to new ideas. This has always been true, but the past year has made the ability to adapt even more imperative. "I think in the past, it was easy to get rigid in thinking that SAAM had to look a certain way or provide x, y, and z resources, but in April 2020 we had to let go of that and focus on the real goals and purpose of SAAM," said Sullivan, illustrating the adaptability that made SAAM 2020 such a success.

The focus on online interaction continued into SAAM 2021, with the campaign theme "We Can Build Safe Online Spaces." Resources described how to practice digital consent, disrupt disrespectful behaviors online, and create trauma-informed online spaces. "While the SAAM campaign has been incorporating online spaces for the past two campaigns where we've talked about digital consent, the impact of COVID really pushed things forward and did transform how we communicate in such a way where it only made sense that SAAM focused entirely in online spaces this year," Sullivan said. "And while we're still in this early stage of this new normal — working remotely, having virtual classes, for instance — we have an opportunity to build something better. We have an opportunity to build environments that are safer and more inclusive and welcoming from the get-go."

As we saw with SAAM and NSAC, online virtual events have been well-received and may become a mainstay, even as it becomes safer to meet in person again. Hybrid events – with both an in-person and virtual component – might very well become the norm, and that is one of the considerations that event planners are making moving forward. In fact, ValorUS is already moving forward with another virtual NSAC, which will be held August 4-6, 2021.

The movement to end sexual violence is constantly growing, learning, and evolving. It is clear that this pandemic, compounded with the already existing traumas of sexual assault and racism, will continue to impact us as a culture and as a movement for years to come. We cannot forget that many of us are facing multiple avenues of marginalization, and we cannot forget how the work to end sexual violence is connected to the work to end all oppression. But the lessons we've learned from COVID-19 about accessibility, virtual connection, and resilience will continue to serve us even after the immediate crisis passes.

> Catch up on everything SAAM 2021 at www.nsvrc.org/saam

Learn more about NSAC 2021 at nsvrc.co/NSAC2021

or every issue of *The Resource*, we reach out to you, our partners and community members, to learn more about your work in the movement.

# WE ASKED

# How has your organization adapted your services due to COVID-19?

We worked with our wonderful SANE team to secure technology so that our advocates can still respond remotely via video chat to hospitals to be with survivors during their SANE exams if COVID prevents them from responding in person.

Albany County Crime Victim & Sexual Violence Center

@AlbanyCV



Prior to COVID-19, our agency was fortunate to have strong relationships with all of the correctional facilities in our counties, which allowed us to quickly make adaptations to services. Almost immediately, we were able to transition all current clients to phone counseling sessions without any interruption to services. Our counselors, advocates, and therapists regularly communicate with facility staff members to ensure that any incarcerated survivors in need of services are referred in a timely manner.

# Barbara Reing Victim Services Incorporated, PA



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Virtual sessions or phone sessions for counseling and therapy. Support groups are virtual and new ones have been added for more diverse options. In-person still available in limited amounts for those who absolutely need it. Masks and temp checks required!

> Victim Service Center of Central Florida @vscflorida



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Many of my group clients are feeling overwhelmed and isolated by COVID on top of their other stressors, and they found waiting a week between groups to be difficult, so we added a mid-week group, Coping With COVID. This group is via Zoom, and it focuses on a different coping skill each week. The response has been very positive; clients like having a weekly takeaway skill, and they enjoy connecting with one another.

Women's Center of Greater Danbury, CT



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In many ways, we have been lucky, as we've been able to transition our therapeutic services online. But participating with online therapy comes with its own challenges: establishing safety and connection without the usual physical cues and literal nearness. As trauma therapists, we have also become more attuned to the issues of medical trauma and other pandemic-related conditions.

> The Viva Center, Washington, D.C. @TheVivaCenter



The changes that were made to the Title IX regulations were already a pretty significant hurdle for our victims to overcome. We now add a pandemic, where offices are closed, judicial proceedings are drawn out, and victims feel more alone than ever. As a dual domestic violence/sexual assault organization, we are trying to do whatever we can to make our victims feel more at ease. When we can meet in person, with proper guidelines in place, I do. Or if we have to do everything via video, I do. This is already an unprecedented time in our country and whatever we can do to make our victims feel more comfortable and most importantly, heard, we will continue to do.

> **Alexis Barrett** YWCA Bradford, PA





The GUTS! (Girls Using Their Strengths!) Program used to run 18 weekly school groups during lunch or after school in public elementary and middle schools. Due to school closures resulting from COVID-19, we decided to convert our program into a virtual format using Zoom. Now, instead of registering with other youth from their school, our participants sign up for the day and time that works best for them and their family. Staff and volunteers put together "Activity Kits" and delivered them to our participants' doorsteps, so that we all have the same supplies for our crafts and discussions. Overall it's been a huge success!

# Tess Sneeringer YWCA of Missoula, MT





The calls for needed services definitely slowed down to a crawl for about four months. Even though our office locations were closed, all staff were able to work remotely from home and still provide our services. Our counselors were able to have counseling sessions by phone or video. Our prevention educators really had to think outside of the box, revamping programs to do virtually, which led to a great way to still reach young children by having a Facebook Live storytime.

Marlene Austin PASSAGES, Inc., PA

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### **BE A FEATURED VOICE!**

We want to hear your response to our next Community Voices question:

# What is one thing you want everyone to know about ending sexual violence?

Tweet your answer to @NSVRC or email resources@nsvrc.org using the subject line "Community Voices."



### IN PENNSYLVANIA

# Learning at home: How parents & caregivers can use Safe Secure Kids

With parents and caregivers working from home and children learning remotely, families may find themselves spending more time together lately. This extended time together is a great opportunity for parents and other caring adults to model healthy behaviors, relationships, and boundaries for the kids in their lives. But this can seem like a daunting task – where do you start?

We spoke with Jackie Strohm, the Prevention & Resource Coordinator with the Pennsylvania Coalition Against Rape, about Safe Secure Kids, a website full of resources, activities, and information for parents, caregivers, and kids.

### What is Safe Secure Kids?

SafeSecureKids.org provides free resources to help caregivers prevent sexual abuse and harassment by communicating with children about respect and consent. SafeSecureKids.org is a joint partnership between the Pennsylvania Coalition Against Rape (PCAR) and d'Vinci Interactive.

## Can you tell us a little about how Safe Secure Kids came to be?

We want all kids to be happy, healthy and safe – so they can grow up to be happy, healthy, safe adults. And it's our responsibility as adults to keep kids safe. That's why PCAR and d'Vinci Interactive created SafeSecureKids.org

About two years ago, d'Vinci Interactive reached out to PCAR to figure out how to be part of the solution to end child sexual abuse. d'Vinci works closely with educators, and with so



many stories about sexual harassment and abuse in the news, teachers were looking for ways to have conversations about these topics with their students. At the same time, PCAR was hearing that prevention educators were having trouble getting parents and caregivers to attend in-person training.

We know that it takes a comprehensive approach, involving all adults who care for children, to keep them safe, so we partnered together to brainstorm how we could make it easier for caregivers to have these conversations. Ultimately, we decided to combine our expertise and launch a website together.

# What was the biggest challenge in creating Safe Secure Kids?

We had an idea of what we wanted to create, but we needed to find funding to build the initial website and first few resources, in addition to the ongoing



pro bono work from d'Vinci. We received a donation from Penn State Health and a grant from The Commonwealth of Pennsylvania's Department of Human Services. After the launch of the website in the fall of 2019, other partners that share in our mission to keep kids safe — including The Hershey Company, Highmark, and The Giant Company — provided additional support.

Based on the feedback we've received, people find the resources informative and helpful — but we want more people to use them. We recently received some funding to better market the website, and hope this will bring more people to use and share these resources with others.

# How can parents/trusted adults and kids use the lessons from Safe Secure Kids while at home?

There are resources exclusively for adults to learn on their own, but the goal is for a child and a trusted adult in their life to have these conversations together. Our interactive learning activities for elementary school-aged kids provide an opportunity to start these conversations and help children better understand and communicate about their own boundaries and feelings. Right now we have activities on asking for permission, which is kid language for "consent;" understanding feelings; and how to identify and talk to trusted adults.

We know that having these conversations can feel overwhelming and scary for some adults, and they don't know where to start. SafeSecureKids. org makes it as easy as possible and has all the materials in one place. For caregivers who are looking to teach kids about consent, respect, and communication, SafeSecureKids.org provides the best resources to learn how to talk to the children in your life because they can utilize the free, online activities in their own time and at their own pace.

# How can teachers incorporate Safe Secure Kids in their lessons, particularly in remote learning classrooms?

The interactive learning activities can be used with more than one child at a time. Teachers who are teaching remotely or in-person can launch the learning activity 66 and go through it as they normally would. Teachers can pause when it's time to select an option and ask the students for their input, which is a great way to engage students in discussion about these topics.

Teachers can also share these resources with their students' caregivers, encouraging them to continue the conversation at home.

# What part of Safe Secure Kids are you proudest of?

All of our resources are rooted in best practices in child sexual abuse prevention – they are traumainformed and age-appropriate. We utilize a socialemotional learning framework to help children build empathy, understand multiple perspectives, regulate their emotions, and develop problem-solving skills. There are other resources and websites that have similar goals that we do, but before we got started, we found many of these existing resources were using outdated models, which have the potential to cause harm by placing the blame on the child to keep themselves safe from abuse.

Preventing child sexual abuse requires a comprehensive approach that includes community involvement. To truly make a difference, we need to do more than just talk with children. Research shows us that children learn best when they can practice the skills they learn, which is why we use interactive learning activities. The skills children learn on SafeSecureKids.org will stay with them throughout

the course of their lives, helping them to eventually be respectful and communicative partners, friends, colleagues, and parents.

# What can we expect in the future?

Having these conversations

can feel overwhelming and

scary for some adults, and

they don't know where to

start. SafeSecureKids.org

makes it as easy as possible.

We are creating new resources around stress management and coping skills. We are also in the process of translating all materials to Spanish. Eventually, we'd like to develop content for teens and pre-teens; these resources would focus on consent, healthy

relationships of all kinds, and communication.

Our goals are centered around increasing confidence among adults to communicate with children. We hope more people will communicate about, set, and respect boundaries in order to reduce the number of people who are harassed and abused. Ultimately this creates a world where kids are happy and healthy and safe.

We are always looking for more sponsors to help us continue this mission and develop more resources. We encourage everyone to visit the site to use resources, have kids do activities, and share it with your friends and family. The best way to make sure you know when we release new materials is to sign up for our newsletter at SafeSecureKids.org. ■

Find the Pennsylvania Coalition Against Rape online at: www.pcar.org @ PCARORG Visit d'Vinci Interactive at: dvinci.com @dVinciInt @dVinciInteractive



# Voices from the frontlines: How the pandemic is impacting the work of local advocates

uring the early days of the COVID-19 pandemic, everything was uncertain. What did survivors need to be safe? How could local programs meet those needs? In order to answer these questions, our partner RALIANCE reached out to several state coalitions and local programs across the country, speaking to advocates and leaders who are responding to survivors on the frontlines. Their interviews have been edited for length and are reprinted with permission.



INDIRA HENARD

Executive Director,

DC Rape Crisis Center

How have you seen the coronavirus pandemic

impact survivors and rape crisis centers?

Rape crisis centers are on the frontlines of the COVID-19 crisis, and they should be considered first responders. What we are

hearing and seeing in terms of the impact on survivors of sexual violence is that the stay-at-home orders are having a significant emotional impact on survivors. We must remember that sexual violence

is not about sex. It's about power and control, and so survivors' entire sense of control has been taken from them.

Read the full *Voices from* the *Frontlines* series and RALIANCE's other blogs at:

www.raliance.org/blog

Can you tell us more about how DCRCC is supporting survivors in light of social distancing?

We have created multiple pathways for survivors' healing journeys. We're seeing close to 100 individual and group clients via telehealth per week. Our advocates are working nonstop. We've seen a significant increase on our 24/7 hotline, and as a result we are adding two additional lines to our hotline infrastructure in order to meet the increased demand. We also offer training and hands-on support to help partner organizations in how to respond and manage during the COVID-19 crisis.

Rape crisis centers are on the frontlines of the COVID-19 crisis, and they should be considered first responders.

Can you tell us more about how you've seen COVID-19 impact survivors of color who live in the nation's capital?

It's important to uplift that the majority of COVID-19 patients and deaths have been people

of color. This is hitting hard within the African American community, and those residents are some of our most vulnerable and often need services such as sexual assault services or domestic violence services. When survivors of color are living in certain parts of the city – for example, the majority of our clients come from DC Wards 5, 7, and 8 – you see that services, like the metro, being reduced across the city has a greater impact on predominantly African American areas of the city. What's important to know for folks of color is if you have existing health problems or conditions, like so many of the survivors of trauma and PTSD we serve do, that can impact and enhance the possibility of getting COVID-19.

# Visit the DC Rape Crisis Center online at dcrcc.org



**ROSA BELTRÉ** Executive Director, Ohio Alliance to End Sexual Violence

What I want is

for others to feel

whole and okay

especially in these

challenging times. >>

How have you seen the coronavirus pandemic impact survivors?

We've seen survivors, especially those in rural and underserved areas, impacted by the pandemic. For example, we have communities who don't have internet connections or hot spots. Although telehealth and tele-counseling services are great, they are not a fix-all or accessible to everyone.

In moments like this, it's difficult for survivors to focus on healing. They're thinking about if they have food on the table, if their loved ones are going to be okay, and about when we are getting out of this. Survivors don't feel safe and are struggling to meet their basic needs. The support they are seeking goes beyond their victimization and across all areas of their life right now.

## Are there groups of people that you're most concerned about?

In Ohio, I'm especially concerned about the African American and Latinx populations as well as the undocumented population. For many of these communities, it can be much harder to access resources, particularly if they are only available digitally or in English as some may have limited access to internet and/or be non-English speakers. It isn't fair and it isn't equitable.

# Ohio Alliance to End Sexual Violence is holding self-care webinars that are open to the public. What prompted you to take this step?

In times of difficulty and uncertainty, coping with these challenges in healthy ways is a critical skill for survivors, their loved ones, advocates, and the many of us who are on the frontlines of responding to this crisis.

What I want is for others to feel whole and okay especially in these challenging times. Self-care doesn't look the same for all of us, especially for communities of color.

> Our webinars allow people to share what they do to cope, and maybe that could also work for someone else. We all have different coping mechanisms, so the conversations in these webinars have been about ways to take care of yourself and the fact that none of us

have the answer to any of this. None of us have a book about what will work best for any of us. We've also incorporated virtual movie nights, happy hour, and early tea and coffee which provides space for people to laugh, cry, vent, and ask questions. It's important to hear from advocates and survivors to better understand what they need and how we can help meet those needs.

Find the Ohio Alliance to End Sexual Violence at oaesv.org





MARY ELLEN STONE Executive Director, King County Sexual Assault Resource Center

We'll continue to

be here. That's not

changing. Services

and support may look

a little different, but

we're still here for you.

Washington State was one of the first coronavirus hotspots in the United States. How have you seen the pandemic impact survivors?

In the aftermath of trauma, survivors are already feeling stressed, anxious, and depressed. They are dealing with PTSD symptoms such as anxiety, depression, and flashbacks related to their assault. On top of all that when you overlay the current

situation, it is a really difficult time for them.

Local organizations like KCSARC face challenges in serving victims and their families during this time. We are adapting our service delivery model. We have switched over to telehealth to provide therapy, and we know every survivor we serve has unique circumstances and needs. Talking with a therapist via HIPAA-compliant Zoom works for some people, if they have a space where they can be alone and have privacy, but it doesn't work as well for the mom who doesn't have a place to go in the house to be away from others she is taking care of all day long.

And as the majority of our therapy clients are children and youth, we have developed tools to keep them engaged during an online session.

# We noticed you had a lot of resources for parents and families on your site. Why is this important?

About half of the victims we work with are children and teens. Parents and families are critical to the child or teenager's healing journey, and we want to

make sure that they are supported, too. A lot of our programming is about helping parents be an open resource for their kids on topics that can be hard to talk about, such as boundaries and consent.

# What do you want survivors to know right now?

We're here. We'll continue to be here. That's not changing. Services and support may look a little different, but we're still here for you. What happened to you is not right, and you are not

alone. You have the right to get help, to get justice, to know what's going on, and to feel safe. We recently ran ads on our local public radio stations to communicate that message, because we know during these times, people are concerned

about who's available for services.

Visit the King County Sexual Assault Resource Center at **kcsarc.org** 



SAMEERA QURESHI Sexual Health Educator, Sexual Health for Muslims

Sexuai Heatth for Mustim (Formerly at HEART Women and Girls)

Based on your experience, what are some of the unique needs

and experiences of Muslim survivors and communities?

Muslims have intersectional identities, and faith is one part of it. This often puts us at a disadvantage from many angles as we face stereotypes and discrimination based on religion, race, age, gender, etc. Even within the Muslim community, people are marginalized based on color and other factors, for example: Black Muslims or Muslims who identify as LGBTQ+. Then there is this additional spiritual layer because our community at times spiritually shames and abuses survivors, through victim-blaming messages and misinformed expectations related to modesty and sexuality, which completely ignores the root cause of sexual violence, being power and control. In addition, female survivors, especially those who

I'm really hopeful

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have experienced Islamophobia, mistreatment, and discrimination based on their faith, are often afraid to disclose sexual assault out of fear that they're outing someone in their own community if the person who harmed them is also Muslim.

Imagine the challenge we face when most cultural or religious sensitivity trainings apply an "Islam 101" framework that only scratches the surface of how a survivor's faith intersects with their experience when what is really needed is catering to each survivor as an individual. While many professionals and advocates are eager to learn more about how to support Muslim survivors, doing so using a homogenous "this is what Islam is and what a Muslim survivor needs" one-size-fits-all approach does not do any justice to the vast diversity of Muslim survivors.

We've heard a lot about how COVID-19 has exposed the inequities that already existed before the pandemic, particularly for communities of color and other historically disadvantaged populations. How have you seen coronavirus impact Muslim women and girls?

Before the pandemic, there was already a lack of safe spaces for Muslim survivors to seek healing and community. Ramadan – an important month of fasting, spirituality, and community – also began shortly after the COVID-19 outbreak. Many

survivors may feel stuck where they are. They're not able to travel to see family for Ramadan, which would have been a source of support. Others may not want to be with their family who don't know about their survivorship. There's also the pressure of Ramadan being incredibly holy, which could bring additional stress for a Muslim survivor who's already struggling with how to reconcile being a survivor with being Muslim and understanding

> Islam. There are many ways this could look like, including survivors feeling pressured to pray away their trauma, not being held with compassion when they struggle with their faith as a result of being spiritually abused, or experiencing guilt from the community to forgive their perpetrator. These are all difficult

emotions that survivors grapple with on top of trying to heal from their abuse.

Despite the pandemic, we're seeing communities come together and individuals step up to help others. What 'silver linings' have you seen?

I'm really hopeful about the innovation and creativity that has been happening on the fly during COVID. I don't just mean with HEART [Women and Girls]. I'm seeing other organizations respond rapidly to the changing situation and are shifting their resources in a way that's allowing them to meet the needs of their community.

> Find HEART Women and Girls at hearttogrow.org & Sexual Health for Muslims at sexualhealthformuslims.com



# 20 events that shaped sexual violence prevention in the last 20 years

# BY SUSAN SULLIVAN AND MEGAN THOMAS NATIONAL SEXUAL VIOLENCE RESOURCE CENTER

as a hub for advocates, researchers, and educators who are on the frontlines to support survivors and build communities free of sexual assault, harassment, and abuse. Twenty years later, we continue to offer the latest resources on preventing sexual violence through services like our library's continually growing collection of nearly 50,000 resources, free online courses on sexual assault advocacy, and our new podcast, *Resource on the Go*.

We know that our mission could not see progress without the contributions and actions of countless individuals, organizations, and movements, and we want to celebrate the milestones and events that brought us to where we are today. That's why we're commemorating our 20th anniversary by looking back on key initiatives, events, court cases, and more from the past two decades that have shaped the work we do every day.

In order to gain a full picture, we reached out to our staff members, Advisory Council, and online community with a list of notable events from the past 20 years, and they selected the list of milestones below. These milestones — while each meaningful in themselves — also brought about pivotal shifts in the public consciousness towards sexual assault and the experience of survivors, and how we as individuals and as a society can prevent it.

This list can help us recognize the ways in which incremental change builds while also reminding us of the work that still needs to be done, particularly in supporting communities and groups who are disproportionately impacted by sexual violence.

Through the challenges ahead and watershed moments still to come, NSVRC will work diligently to continue to serve as a trusted resource to advocates, educators, researchers, journalists, and everyone who is working to create safer and more equitable spaces.

### 2000-2005

Between the years 2000 and 2005, there was a rise in public consciousness around issues relating to sexual assault through local awareness events and national media coverage, and federal legislation designed to end sexual violence.

# First National Sexual Assault Awareness Month Campaign (2001)

In 2001, NSVRC coordinated the first national Sexual Assault Awareness Month (SAAM), building on the years of advocacy and awareness-building that had come before. Through this campaign, teal was solidified as the color associated with sexual assault awareness, and teal ribbons become the symbol of sexual assault awareness and prevention. SAAM events continue to



Sexual Assault Awareness Month 2001

RESOURCE BOOK support survivors and shine a light on sexual violence prevention in communities and on college campuses across the U.S. — with the first-ever completely virtual campaign taking place in April 2020. NSVRC continues to coordinate resources, graphics, and online organizing tools for SAAM events nationally.

# Launch of The World Report on Violence and Health (2002)

The World Report on Violence and Health from the Centers for Disease Control and Prevention (CDC) and the World Health Organization (WHO) was the first extensive review of violence as a global public health issue. The report provided an overview of the issue of sexual violence, analyzed risk factors and the impact on victims, and described how a public health approach could be used to prevent it. Since its publication, over 30 governments around the world have used the report as a framework to assess the issue of violence and determine how best to prevent it. The WHO would later share the progress of international efforts to address violence in the Global Status Report on Violence Prevention (2014). The U.S. is one example of a country using a public health approach, as, in the years that followed, the CDC took steps to treat sexual violence as a preventable issue by studying its prevalence and using the social-ecological model to prevent it, as described in the World Report. As part of their prevention work, the CDC released the National Intimate Partner and Sexual Violence Survey (NISVS) in 2011, another key report that highlighted prevention.

# Sexual Abuse Within the Catholic Church (2002)

The Boston Globe's investigation into widespread sexual abuse within the Catholic Church opened the public's eyes to the issue of child sexual abuse and the role of institutions in preventing it. A national spotlight on the issue led to investigations and allegations that exposed a pattern of sexual abuse and cover-ups throughout the Catholic Church. Following the

national media coverage of this story, victims of clerical abuse were emboldened to come forward with their stories, resulting in new investigations and lawsuits. The Catholic Church would later take steps to bring about change, such as Pope Francis abolishing a secrecy law (2019) that protected pedophiles within the church, and in 2020, the Vatican issued new guidance to bishops around the world to report cases of clerical sexual abuse to authorities, even when it's not required by local law.

# Prison Rape Elimination Act (2003)

People who are incarcerated are at higher risk for sexual violence. The Prison Rape Elimination Act (PREA) was the first civil law created to stop sexual assault against incarcerated people. PREA called upon the Department of Justice to develop national standards to prevent prisoner rape and for nationwide data collection on the issue. It also provided federal grants to help states prevent and respond to it. Thanks to the passage of this 2003 act, the PREA standards, released by the DOJ in 2012, would go on to bring about important changes in the prison system, including protections for LGBTQ prisoners, crisis services for victims, and prisoner education on the right to safety.

# PreventConnect Is Launched (2004)

The California Coalition Against Sexual Assault (now known as ValorUS) launched PreventConnect as the first-ever online hub for web conferences and podcasts about preventing domestic and sexual

violence. PreventConnect transformed the way sexual assault advocates from communities across the country could connect and facilitated a community of prevention practices among them. Sixteen years later, PreventConnect remains



**PreventConnect** 

a trusted source of up-to-date information on prevention and a valued partner of NSVRC.

# MILESTONE

# Violence Against Women Act Reauthorized (2005)

The Violence Against Women Act (VAWA), passed by Congress in 1994, was the first comprehensive federal legislative package designed to end violence against women. VAWA remains the primary federal law that provides legal protections and services to prevent and respond to crimes like domestic and sexual violence and stalking. VAWA's reauthorization in 2000 and again in 2005 expanded the initial law to address sexual assault and stalking in addition to domestic violence. The 2005 reauthorization provided an increased focus on access to services for underserved populations such as communities of color, immigrant women, and tribal and Native communities.

### 2006-2010

During this five-year period, milestones show the continued growth of of the movement to end sexual violence alongside growing momentum to challenge injustice and inequality at all levels of society.

# Me Too Movement Founded by Tarana Burke (2006)

Activist, community organizer, and advocate Tarana Burke began using the phrase "Me Too" in 2006 to raise awareness about the prevalence of sexual abuse and assault, particularly for Black women and girls while working at a nonprofit she founded focused on the well-being of young women of color. She coined the phrase, "me too" after a young girl



Tarana Burke. Jon Tadiello, MIT Media Lab, licensed under CC BY 2.0

disclosed that she was experiencing sexual abuse

and Burke was left searching for the right words to let her know she wasn't alone. A decade later, the phrase would go viral as #MeToo and develop into an international social movement against sexual violence. Following the prominence of #MeToo and the impact it had, Burke would be featured among other activists called the "Silence Breakers" as the TIME Person of the Year for 2017.

# First Presidential Proclamation to Declare April is SAAM (2009)

For the first time ever, in 2009, the President of the United States officially declared April to be Sexual Assault Awareness Month. Through the proclamtion, President Barack Obama encouraged citizens to develop policies at their workplaces and schools, have conversations about sexual assault with friends and family, and prioritize preventing sexual assault in their communities. Since 2009, SAAM has continued to be recognized with a presidential proclamation every April.

# Sexual Assault Demonstration Initiative Begins (2009)

The Sexual Assault Demonstration Initiative (SADI), a ten-year collaboration between NSVRC and the Resource Sharing Project, was the first large-scale project of its kind designed to learn about how organizations that serve both sexual assault and domestic violence survivors can best meet the needs of survivors in their communities. The project worked alongside six victim dual DV/SA organizations across the country to assess them and their communities. The project resulted in key recommendations for dual DV/

SA programs, including a willingness to modify their approaches when survivors'

needs are not being met and an awareness of the impact of trauma on staff members' well-being. Lessons from SADI will continue to be explored in the new project Elevate | Uplift.

# Matthew Shepard and James Byrd, Jr., Hate Crimes Prevention Act Signed Into Law (2009)

Named in honor of Matthew Shepard, a gay college student who was beaten to death in 1998, and James Byrd Jr., a Black man who was murdered by three white supremacists the same year, this act expanded hate crimes to include crimes motivated by a victim's actual or perceived gender, sexual orientation, gender identity, or disability. The Act provided increased funding to state and local authorities to prosecute hate crimes and was a key step forward in protecting our most vulnerable populations from bias-motivated violence. In the years that followed, there would be more progress for the LGBTQ community with the repeal of Don't Ask Don't Tell (2010), which allowed gay members of the military to serve openly, and the legalization of same-sex marriage (2015).

# Report on Sexual Assault in the Military Released (2009)

The Final Report of the Defense Task Force on Sexual Assault in the Military Services shared the progress the Department of Defense had made in responding to victims of sexual assault since the establishment of its Sexual Assault Prevention and Response (SAPR) program in 2005. The report also provided findings and recommendations to improve prevention, victim response, and accountability. PCAR/NSVRC's former Executive Director Delilah Rumburg served as a civilian member on the Task Force from 2005-2009, where she provided recommendations to military leaders around sexual violence prevention, education, and training which informed the final report. Thanks to the findings of this report, sexual assault programs and resources have since been given a permanent place within the military organization and culture.

### 2011-2015

The years 2011 through 2015 saw expansion in the movement to end sexual violence, with a heightened focus on the role that institutions, such as colleges and universities, play in preventing sexual assault and protecting marginalized communities.

# Department of Education Guidance Released (2011)

The Department of Education's Office for Civil Rights "Dear Colleague" letter provided guidance to all federally funded institution of higher education to take steps to end sexual harassment and sexual violence on their campuses. The letter makes it clear that student-on-student sexual harassment, including all acts of sexual violence, is a form of sex discrimination prohibited by Title IX, the federal civil rights law that protects people from discrimination based on sex in education programs. The new guidance sparked a widespread focus on sexual violence prevention programming on topics like consent, bystander intervention, and more on college campuses throughout the country.

# Jerry Sandusky Found Guilty (2012)

The sexual abuse conviction of former Penn State University football coach Jerry Sandusky showed that people who are well-respected in their communities can still commit abuse. Sandusky sexually groomed children participating in his youth charity foundation through gifts, money, and access to football games — introducing the term "grooming" into the public lexicon. In addition, university officials were charged with covering up and failing to report the abuse to protect the image of the prominent college-sport team over the welfare of children. This high-profile case led to public conversation on the role that institutions need to play in stopping abuse.

# Violence Against Women Act Reauthorized (2013)

The reauthorization of the Violence Against Women Act in 2013 included expansions to address gaps in services

# 

for victims of sexual assault on Native American reservations. The new law, which took effect in 2015, allows tribes to criminally prosecute both Indians and non-Indians who assault Indian spouses or dating partners in Indian country. The 2013 VAWA renewal also included updated protections for immigrant women and anti-discrimination provisions to protect

LGBT victims from being denied access to serivces.

# Formation of the White House Task Force to Protect Students From Sexual Assault (2014)

Under President Obama, the White House formed a task force to create trainings and share guidance around preventing sexual assault on college campuses. This national focus on campus sexual assault is reflected in a few other notable events

during this time period, including the founding of the national organization End Rape on Campus in 2013 and the release of The Hunting Ground in 2015, a documentary about the prevalence of campus sexual assault. The national SAAM campaign also reflected a focus on campus sexual assault during this time period.

### 2016-2020

These five years could be described as an explosion of public awareness and advocacy around sexual assault — from Hollywood to USA Gymnastics to the Supreme Court.

# Emily Doe's Victim Impact Statement Goes Viral (2016)

When Brock Turner was convicted in 2016 of sexually assaulting a young woman known then only as Emily Doe, Doe shared a victim impact statement in court, explaining how the assault had impacted

virtually every aspect of her life. Later, the statement was posted on BuzzFeed and went viral, since it spoke to the shared experience of many survivors of sexual assault. It was shared across the internet, discussed on national news outlets, and even read aloud by members of the House of Representatives. Doe's statement gave a vivid, well-crafted voice to

the experiences of countless other survivors. Three years later, in 2019, the author of the statement revealed that her name was Chanel Miller when she published a memoir called Know My Name expounding on the assault, the court case, and the subsequent attention.

# Women's Marches Are Held Worldwide (2017)

The Women's March was held on January 21, 2017 in response to the 2016 presidential election.

The guiding principles of the march focused on supporting women's rights along with other various causes including, civil, reproductive, disability and LGBTQIA rights as well as the rights of workers and immigrants. While the main march was held in Washington, D.C., satellite events took place worldwide. Overall, more than five million people peacefully participated in the demonstration, making the Women's March the largest single-day protest in U.S. history. From the marches, a movement began to encourage more civic participation among women, including running for office.

# #MeToo Goes Viral (2017)

On October 15, 2017, actress Alyssa Milano posted a tweet inviting survivors of sexual assault or harassment to reply with "Me too." There was an overwhelming response — the hashtag was tweeted almost a million times in just 48 hours. This illustration of the prevalence of sexual assault wasn't just confined to Twitter. The hashtag became a catalyst for countless



Chanel Miller. Room for Discussion, licensed under CC BY 3.0

allegations of sexual assault and harassment by prominent figures in the entertainment industry. #MeToo continued to expand beyond just Hollywood. The energy surrounding the movement galvanized states to enact new laws, companies to examine and revamp their policies, and individuals to have hard conversations with friends and loved ones about what sexual assault and accountability look like.



Women's March on Washington, DC. Mark Dixon, licensed under CC BY 2.0

# brought claims of sexual harassment against Justice Clarence Thomas before his confirmation to the Supreme Court. Dr. Ford was called to testify before the Senate **Judiciary Committee**

Blasey Ford spoke out

Kavanaugh when they

Ford followed in the

were in high school. Dr.

footsteps of Anita Hill,

a lawyer who, in 1991,

about an attempted

sexual assault by

during Justice Kavanaugh's confirmation hearing, where she used her expertise in psychology to explain her experience. Justice Kavanaugh was eventually confirmed, but Dr. Ford's testimony led to widespread conversations about the impact of trauma on the memory and served as a reminder to start by believing survivors when they come forward.

As we reflect on the past twenty years, it is clear that the movement to end sexual violence is capable of significant change. This past year alone has seen unprecedented shifts and changes due to the COVID-19 pandemic, including the first completely virtual SAAM campaign and the first remote National Sexual Assault Conference. We look forward to continuing to be a part of this movement and seeing how it will grow and evolve. ■

Listen to a two-part podcast episode reflecting on NSVRC's anniversary at: nsvrc.co/AnniversaryPart1 nsvrc.co/AnniversaryPart2

# 200 Larry Nassar Survivors Share Victim Impact Statements (2018)

In 2017, former USA Gymnastics doctor Larry Nassar was convicted on seven counts of criminal sexual conduct for sexually abusing over 150 girls he was supposed to be treating. On more than half a dozen occasions over the course of Nassar's career, victims reported abuse, only to have their stories brushed aside in favor of protecting Nassar and the institution. At his sentencing hearing, more than 200 women who had survived his abuse read their victim impact statements aloud. For hours at a time, survivor after survivor shared the effect of the abuse on their life, and many of them drew strength from each other and their shared experiences. This story demonstrated the importance of listening to and supporting survivors when they bravely come forward and the role institutions must play in taking abuse seriously.

# Dr. Ford Testifies (2018)

When it was announced that Justice Brett Kavanaugh would be nominated to the U.S. Supreme Court, a college professor from California named Dr. Christine

# Recommended reading

or this edition of *The Resource*, we wanted to share a few of the online resources – such as blog posts, articles, and toolkits – housed in the NSVRC Library. You can search the library catalogue for more resources on sexual violence, prevention, advocacy, and more at www.nsvrclibrary.org.



# Providing digital services

## Choosing Digital Service Platforms During COVID-19: A Step-by-Step Guide

nsvrc.co/ChoosingDigitalServicePlatforms

There is a lot to consider when shifting to digital services. This guide from the National Network to End Domestic Violence's Safety Net Project breaks down each step, with guiding questions for local programs who are setting up digital services.

# Digital or Digitally Delivered Responses to Domestic and Intimate Partner Violence During COVID-19

nsvrc.co/DigitalResponsesToDV

This research paper by Chuka Emezue lays out the existing digital and technology solutions for service providers working with survivors of domestic or intimate partner violence, as well as best practices for supporting survivors during this time.

# Preventing Violence Against Women During the COVID-19 Pandemic

nsvrc.co/PreventionGuidanceNotes

This page from Raising Voices includes several practical Guidance Notes on how activist organizations can adapt to the current crisis in order to serve survivors in their communities.

# The Role of Service Providers, Technology, and Mass Media When Home Isn't Safe for Intimate Partner Violence Victims: Best Practices and Recommendations in the Era of COVID-19 and Beyond

nsvrc.co/ServiceProviders

This article provides guidance on how servce providers can best serve victims of intimate partner violence (IPV) during COVID – and how the media can educate the public about the issue of IPV.

# Race, equity, and COVID-19

## COVID-19: Addressing Discrimination and Racism

nsvrc.co/AddressingRacism

These guidelines can help local health departments prevent discrimination and racism, specifically violence against Asian & Pacific Islander communities that has increased in the wake of COVID-19.

### **COVID-19 and Black Communities**

nsvrc.co/COVIDandBlackCommunities

This workshop explores the racial health disparities that are causing Black Americans to become sick and die from COVID-19 at disproportionate rates.

## COVID-19 Survivor Impact Briefs: Boys and Men of Color

nsvrc.co/SurvivorImpactBrief

In this brief, the National Resource Center for Reaching Victims shares how service providers can better meet the needs of this population.

# COVID-19 Survivor Impact Briefs: Girls and Women of Color

nsvrc.co/GirlsandWomen

This brief describes the unique impacts of COVID-19 on girls and women of color survivors and promising strategies for service providers.

# **COVID-19: Guidance for Tribal Programs**

nsvrc.co/TribalPrograms

This guidance around confidentiality, alternative services, and more can help Tribal programs navigate this challenging time.

# The Impact of COVID-19 on Black Communities

nsvrc.co/D4BL

Data 4 Black Lives is tracking state-level data on COVID-19 cases and deaths of Black people.

# The Economic Impact of COVID-19 on Black LGBTQ People

nsvrc.co/EconomicImpact

This data from the Human Rights Campaign and PSB Insights shows how the pandemic has had a disproportionate financial impact on the Black LGBTQ community.



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