

**Silent No More:
The Unheard Echoes of Rape in the
African-American Community**

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Goals

Part I: Historical Oppression

- Historical Trauma
- Institutions of Power

Goals

Part II: The Barriers to Disclosure

- Internalized Racism
- Cultural Mama ISM's
- Multiple Victimization
- Engaging the System
- Religion



Goals

■ Part III: How to Respond to the Barriers

- Educate
- “Cultural Lens”
- “What is your experience?”
- Creating an Invitation



Goals

Part IV: Resources

**Part I:
Historical Oppression**

Historical Trauma: Roots of Violence

- Collective wounding as a result of massive historical events
 - Slavery
 - Lynching
 - Negative effects of civil rights movements and police brutality
- The trauma and pain is transmitted over generations

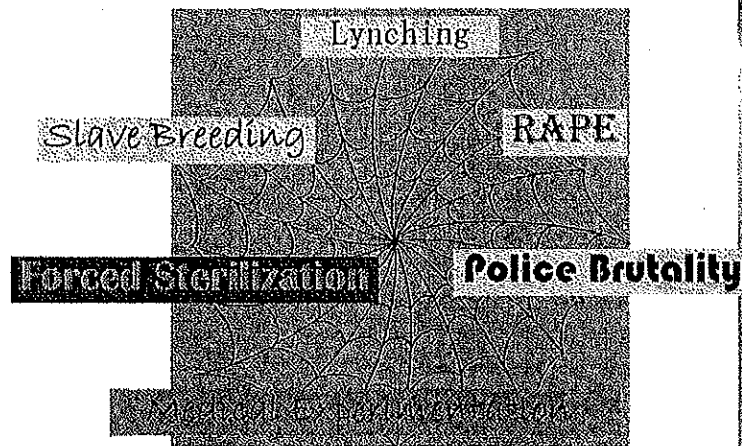


Historical Trauma: Slavery

- | | |
|------------------------|----------------------|
| ■ Forcible capture | ■ Captivity |
| ■ Families torn apart | ■ Starvation |
| ■ Laws against worship | ■ Malnutrition |
| ■ Imposed illiteracy | ■ Auctions and sales |
| ■ Beatings | ■ Breeding |
| | ■ Torture |



Historical Trauma



Historical Trauma: Rape

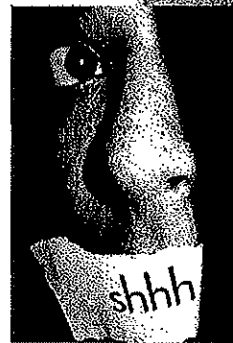
- Slaves considered property; had no rights
- Offspring of rape property of slave owner
- Jezebel Image

Institutions of Power

- Police
- Church
- Mental Health Agency

Part II:

The Barriers to Disclosure



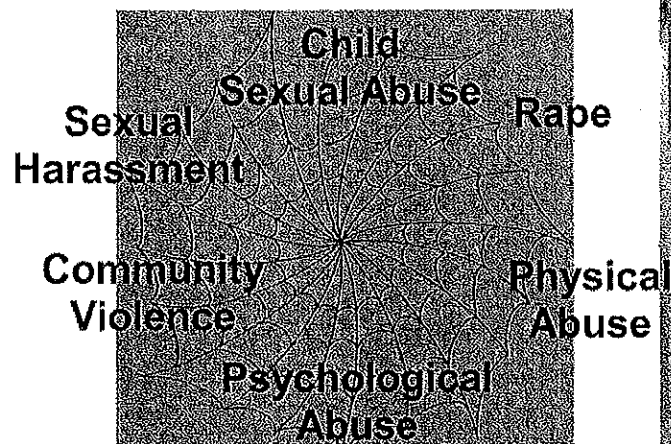
Internalized Racism

- Internalized racial images
- Self and community imposed silence to avoid reinforcing negative stereotypes

Cultural Mama ISM's

- Do not air your dirty laundry
- It happened to me..Just get over it
- Pray about it...Talk to Jesus
- The Mask “ The Strong Black Woman”

Multiple Victimization: Web of Trauma



Engaging the System

- Disclosing to a system that has historically oppressed you
- The double edge sword of being black, female, and "other"
- Breaking down stereotypes
- The fear of re-victimization

Religion

- The historical role of religion in the African American community
- Taboo in the black church
- “ Falling out of love”
- Depression
- Drugs
- Alcohol
- Other addictions

Part III: How to respond to Barriers



Educate

- Doing research on the “unique” experience of African Americans and sexual violence... familiarizing yourself with the issues

Cultural Lens

- By doing research and familiarizing yourself with the “unique experiences of African Americans and sexual violence you are able to look at, their experience through a “cultural lens” of understanding. Not saying that you will be the expert, but you will be armed with additional information, and a different perspective.

Creating an Invitation

- Create a safe, non judgemental experience
- Invite others to take off the “mask” and re-connect with their source, whatever that may be
- Going back to the basics
- Aim to re-connect the mind, body and spirit

Part IV: Resources

- “Black Pain” by Terri Williams
- “ Strong on the outside: Dying on the inside” by Lisa M. Brown
- “ Willow Weep for Me: A Black Woman's Journey Through Depression” by Meri Nana Ama Danquah
- “ Words of Fire: An Anthology of African American Feminist Thought” by Beverly Guy-Sheftall