



Sexual Violence & Healthy Relationships 101

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Learning Objectives

- I. Create a foundational understanding of sexual violence
- II. Introduce and analyze concepts surrounding the prevention of sexual violence
- III. How to educate youth on building healthy relationship skills



I. What is Sexual Violence?

Sexual violence is the use of sexual actions and/or words that are unwanted and/or harmful to another person.



▶ **Minnesota State Statute 609.3451**

▶ **Criminal Sexual Conduct**

▶ A person is found guilty if:

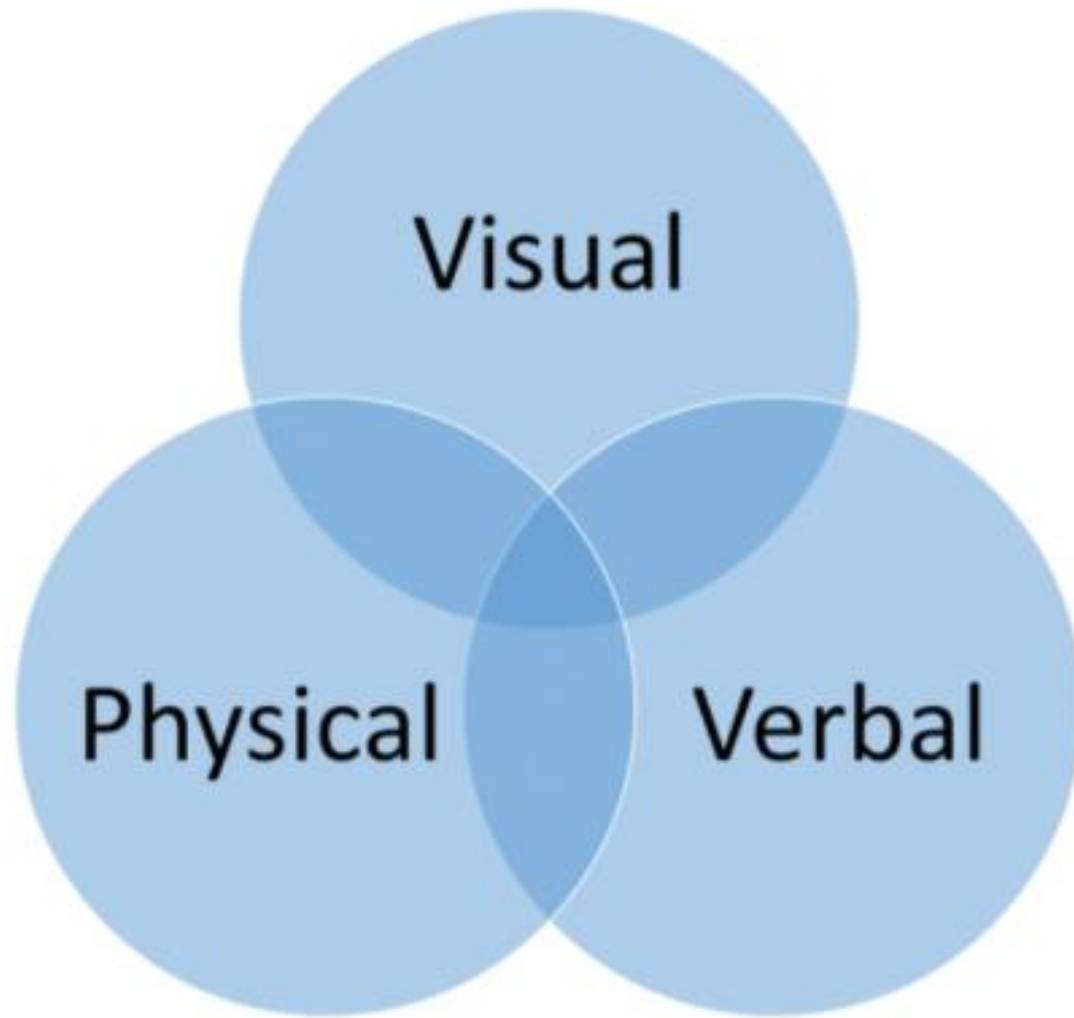
- ▶ (1) the person engages in nonconsensual sexual contact; or
- ▶ (2) the person engages in masturbation or lewd exhibition of the genitals in the presence of a minor under the age of 16, knowing or having reason to know the minor is present

▶ **Center for Disease Control:**

▶ “Sexual violence (SV) is a significant problem in the United States. SV refers to sexual activity when consent is not obtained or not given freely.”

▶ **World Health Organization:**

▶ “Any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic or otherwise directed against a person’s sexuality using coercion, by any person regardless of their relationships to the victim, in any setting, including but not limited to home and work.”



Prevalence of Sexual Violence

- ▶ 21.3% (or an estimated 25.5 million) women in the U.S. reported completed or attempted rape at some point in their lifetime, including completed forced penetration, attempted forced penetration, or alcohol/drug facilitated completed penetration. About 2.6% of U.S. men (an estimated 2.8 million) experienced completed or attempted rape victimization in their lifetime. [NSVRC]
- ▶ 3.5 in 10 White, non-Hispanic women reported victimization in their lifetime. The rate increased to 4 in 10 for Native, Black, and Hispanic women, and 5 in 10 for women who identified as multiracial. [NISVS – CDC]
- ▶ An estimated 2 in 5 (39%) female victims of rape and nearly 1 in 4 (24%) male victims of sexual violence, not including rape, had a disability at the time of victimization. [NISVS – CDC]
- ▶ 44% of lesbians and 61% of bisexual women experience rape, physical violence, or stalking by an intimate partner. [HRC]
- ▶ 26% of gay men and 37% of bisexual men experience rape, physical violence, or stalking by an intimate partner. [HRC]
- ▶ 47% of transgender people are sexually assaulted at some point in their lifetime. [HRC]

Impact of Sexual Violence

- ▶ 94% of women who are raped experience symptoms of post-traumatic stress disorder (PTSD) during the two weeks following the rape. [RAINN]
- ▶ Approximately 70% of rape or sexual assault victims experience moderate to severe distress, a larger percentage than for any other violent crime. [RAINN]
- ▶ 38% of victims of sexual violence experience work or school problems. [RAINN]
- ▶ Common reactions = guilt, self blame, isolation, nightmares, numbness, lack of control, depression, anxiety, eating disorders, substance abuse, low self esteem, and more. [NSVRC]

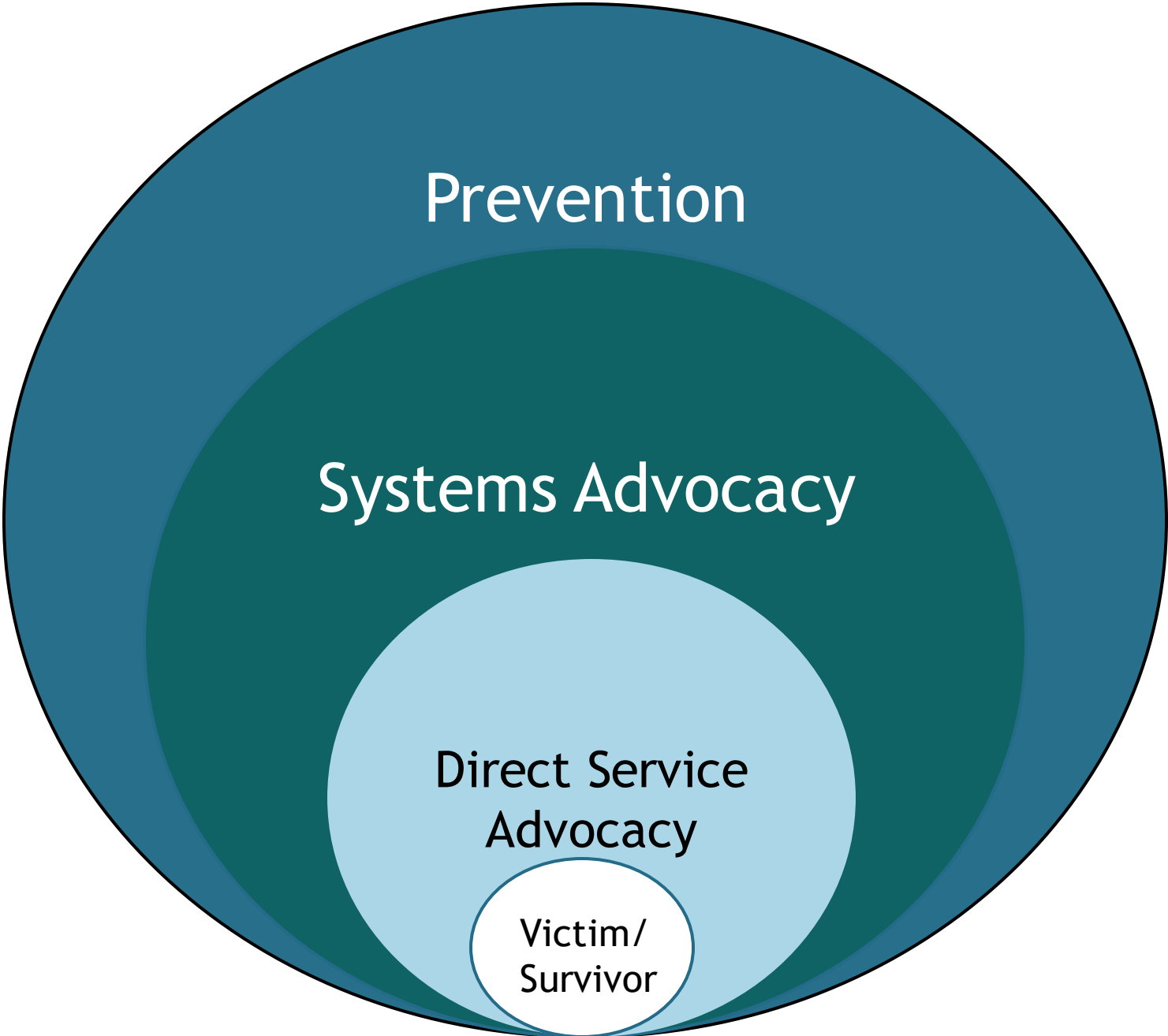
- ▶ *The Lifetime Cost of Rape*
 - ▶ Estimated \$122,461 per victim (x) All 25 million reported victim of rape in the U.S.
 - ▶ = **\$3.1 trillion in lifetime costs**

Lifetime Economic Burden of Rape Among US Adults (Peterson, DeGue, Florence, & Lokey, 2017)

II. Preventing Sexual Violence

Story of the Three Siblings





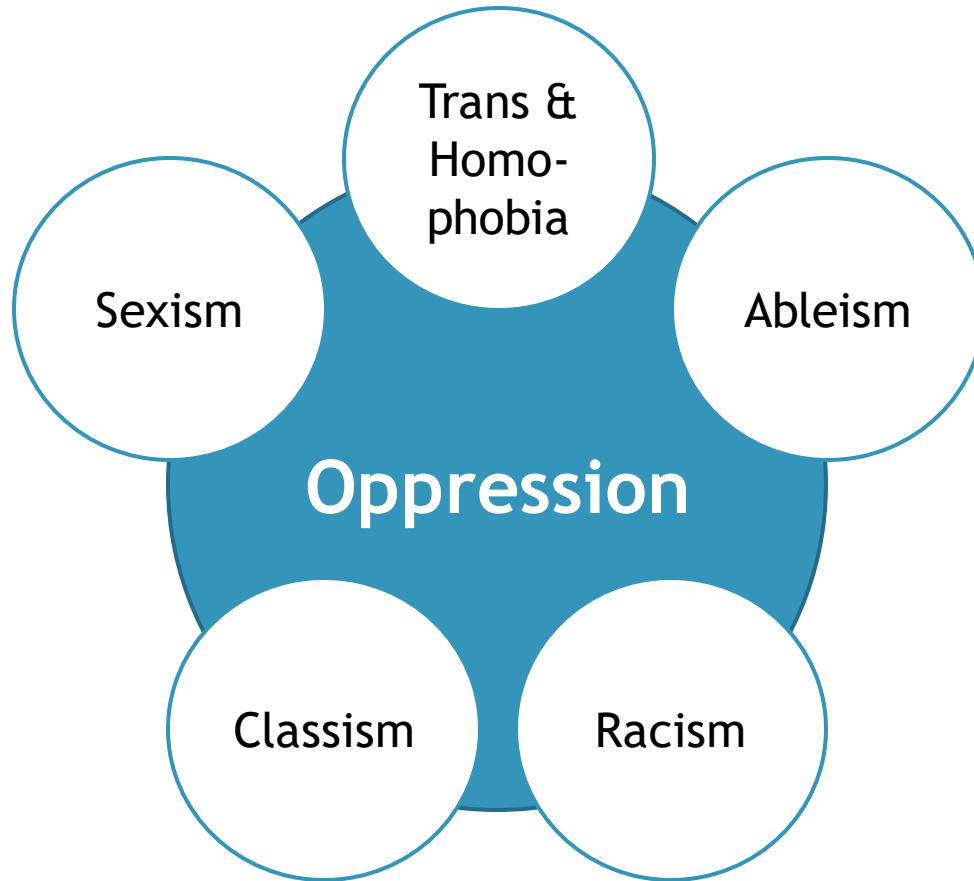
Primary Prevention

Preventing violence before it occurs

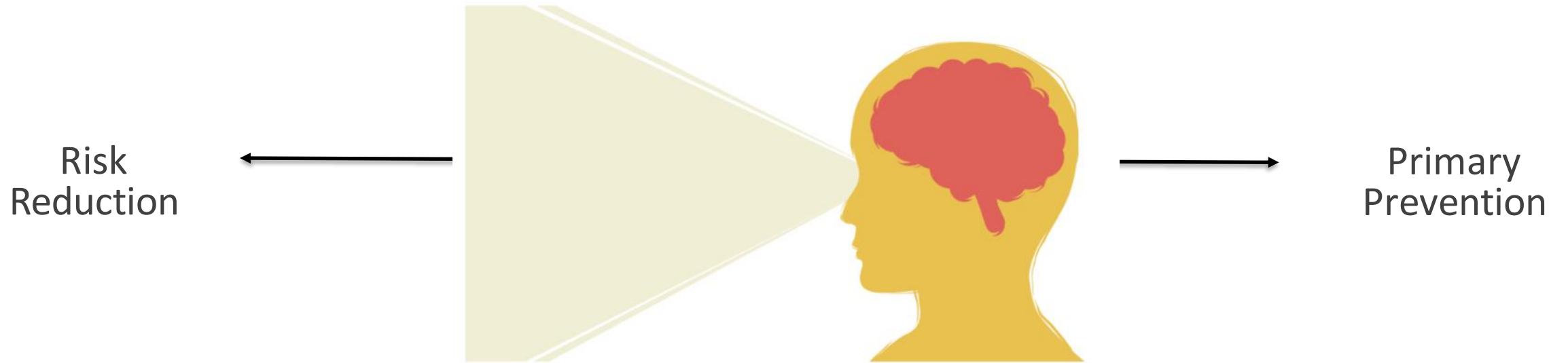
- ▶ before someone is harmed or someone causes harm



Address Root Causes



Shift in Perspective



Areas of prevention work

- ▶ Address Root Causes
- ▶ Challenge Norms
- ▶ Policy
- ▶ Educate
- ▶ Change Environments



The Spectrum of Prevention

Influencing Policy and Legislation

Changing Organizational Practices

Fostering Coalitions and Networks

Educating Providers

Promoting Community Education

Strengthening Individual Knowledge and Skills

Stop SV



Key Components

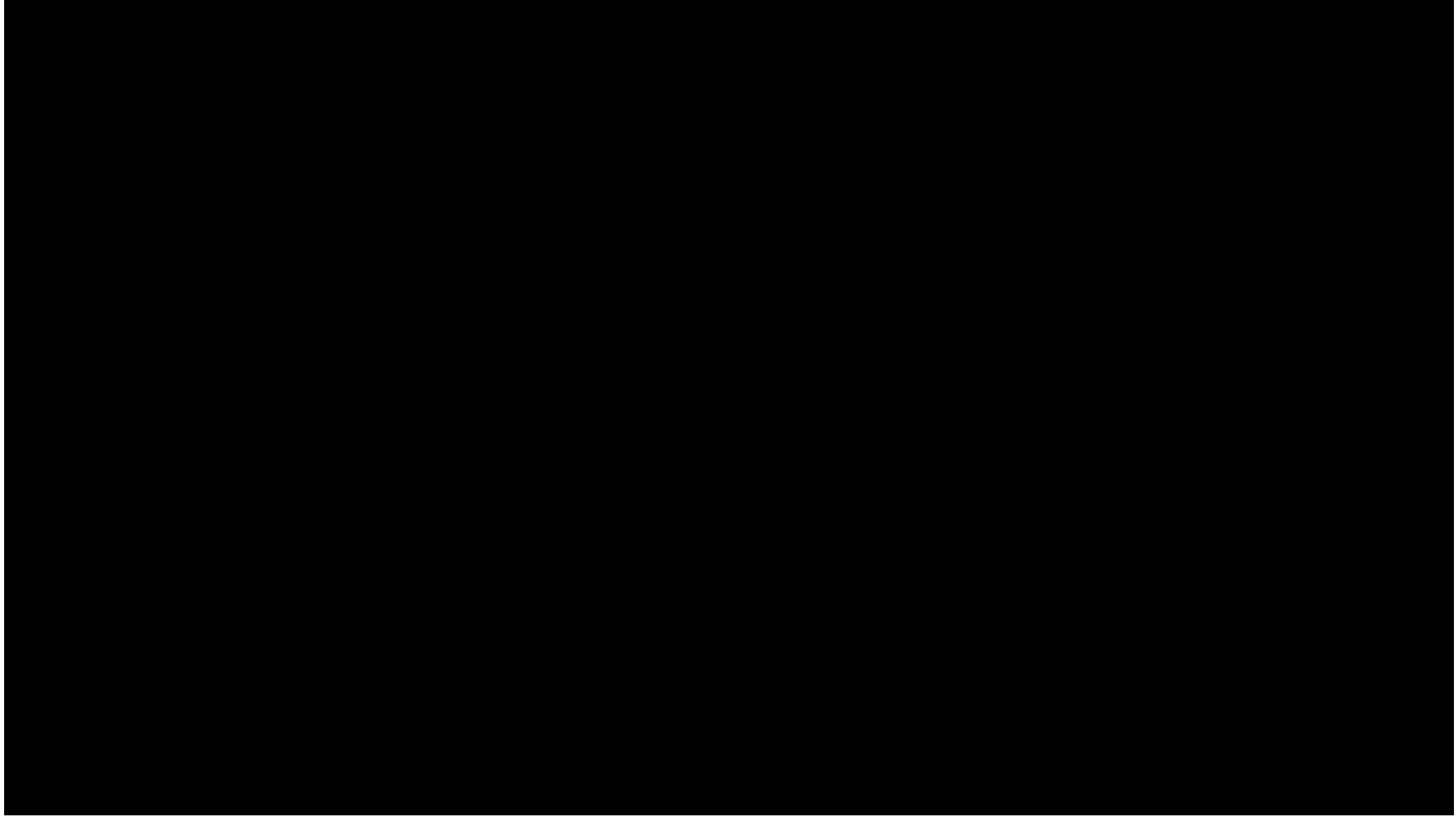
- ▶ Positive actionable approaches
- ▶ Creativity
- ▶ Partnerships
- ▶ Evaluation
- ▶ Community driven
- ▶ Balance evidence-based and promising practices



The Rosemary Project

Community-level change is similar to starting a garden. Both can feel overwhelming, confusing, challenging, expensive, and even impossible. Just like a garden, you can start small with prevention. You can grow and nourish one rosemary plant or take one step to prevent sexual violence. MNCASA offers a wide range of tools and resources for sexual violence prevention. Together, we can create communities where everyone can thrive and grow.





Community Level Change



- ▶ Everyone has a role to play at all levels
- ▶ Larger impacts
- ▶ We build and shift our communities together

III. Educating Youth on Healthy Relationship Skills

Central Themes of Healthy Relationships

- ▶ Identifying between *Healthy* and *Unhealthy* relationships
- ▶ Educating on *Consent*
- ▶ Addressing the impact of *Gender Stereotypes*
- ▶ Emphasizing *Trust* and *Support*

With additions of the Spectrum of Prevention

Healthy vs. Unhealthy Relationships

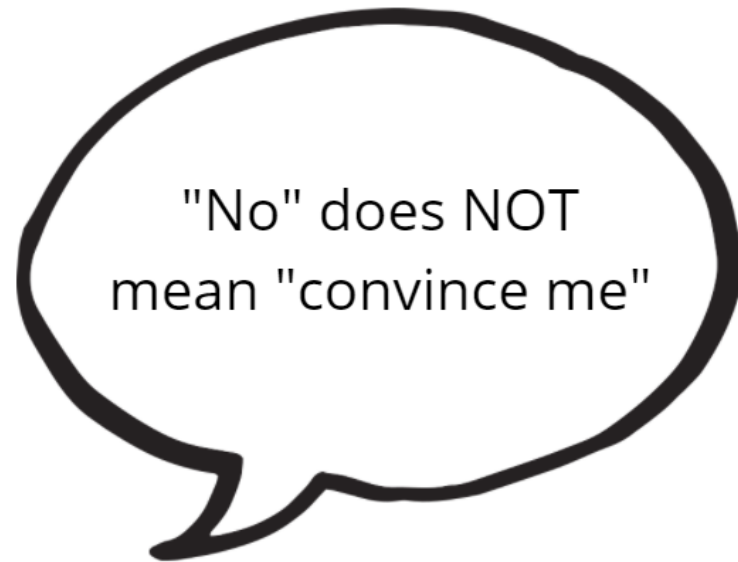
Relationships are like tacos...



It takes work to keep it together,
but it's worth the effort!



Consent



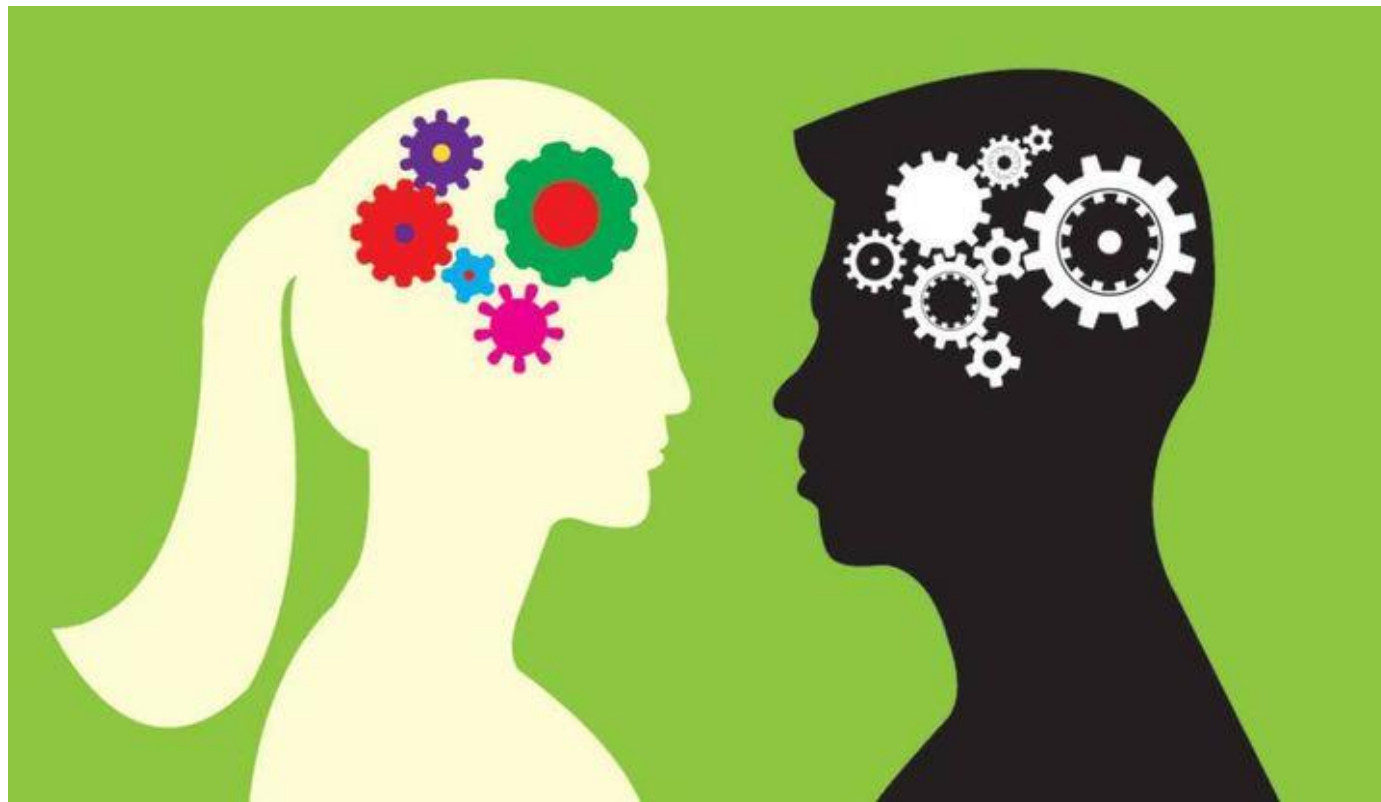
CONSENT



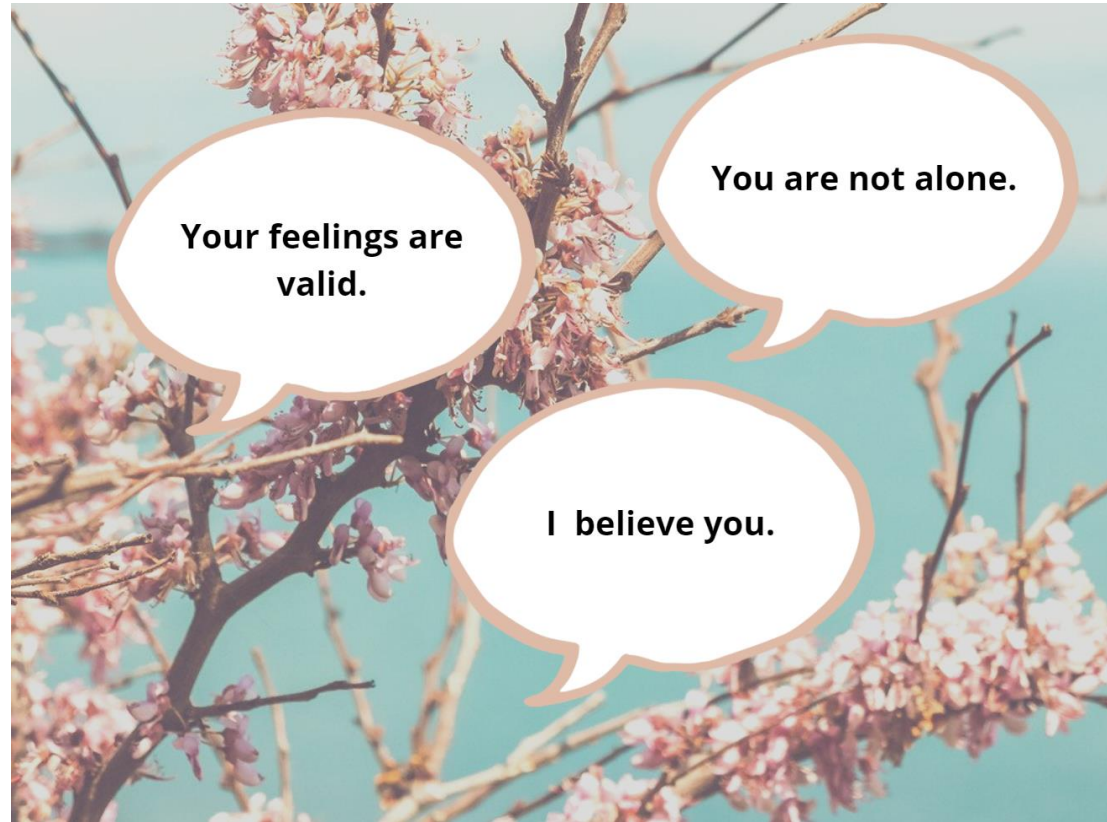
Freely Given
Reversible
Informed
Enthusiastic
Specific

 Planned Parenthood®

Gender Stereotypes



Trust & Support

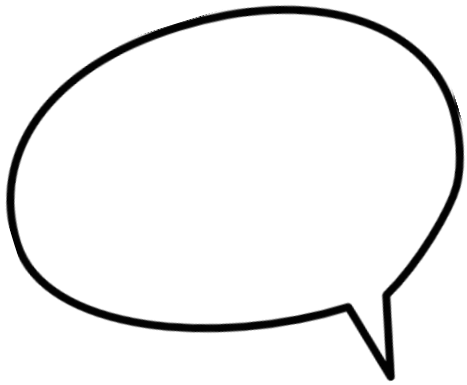


TRUST AND SUPPORT





Thoughts, Comments, Questions?





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