



Understanding Sexual Violence

Federico Carmona, *Trauma Therapist*

Teresa Deukmedjian, *Program Coordinator*

Esmeralda Galvan, *Intern*

**PEACE
OVER
VIOLENCE**
ONE ON ONE, ONE BY ONE

**Building healthy relationships, families
and communities free from sexual,
domestic and interpersonal violence.**

about POV

- Peace Over Violence is a non-profit, feminist, multicultural, volunteer organization dedicated to building healthy relationships, families, and communities free from sexual, domestic and interpersonal violence.
- To achieve this mission our agency manages five departments: Emergency, Intervention, Prevention, Education, and Advocacy.
- Services are offered in English, Spanish, and American Sign Language.

POV services

Emergency

- 24 hours Rape & Battering Hotline
(626)793-3388 W. San Gabriel Valley
(310) 392-8381 Los Angeles
- Off limits Sexual Harassment Hotline
(844) 633-5464
- Sexual Assault Respond Team (SART)
- Domestic Abuse Response Team (DART)

POV services

Intervention

- Case management
- Trauma-informed counseling
- Legal services
- Support groups
- Specialized services for: Latinx, deaf, disable, elder, LGBTQ, and teens.

POV services

Prevention

- Empowerment Self Defense for women, children, and youth
- High Risk Youth Services
- Personal security awareness training
- School Over Violence
- Students Together Organizing Peace (STOP)
- Youth Over Violence

Education

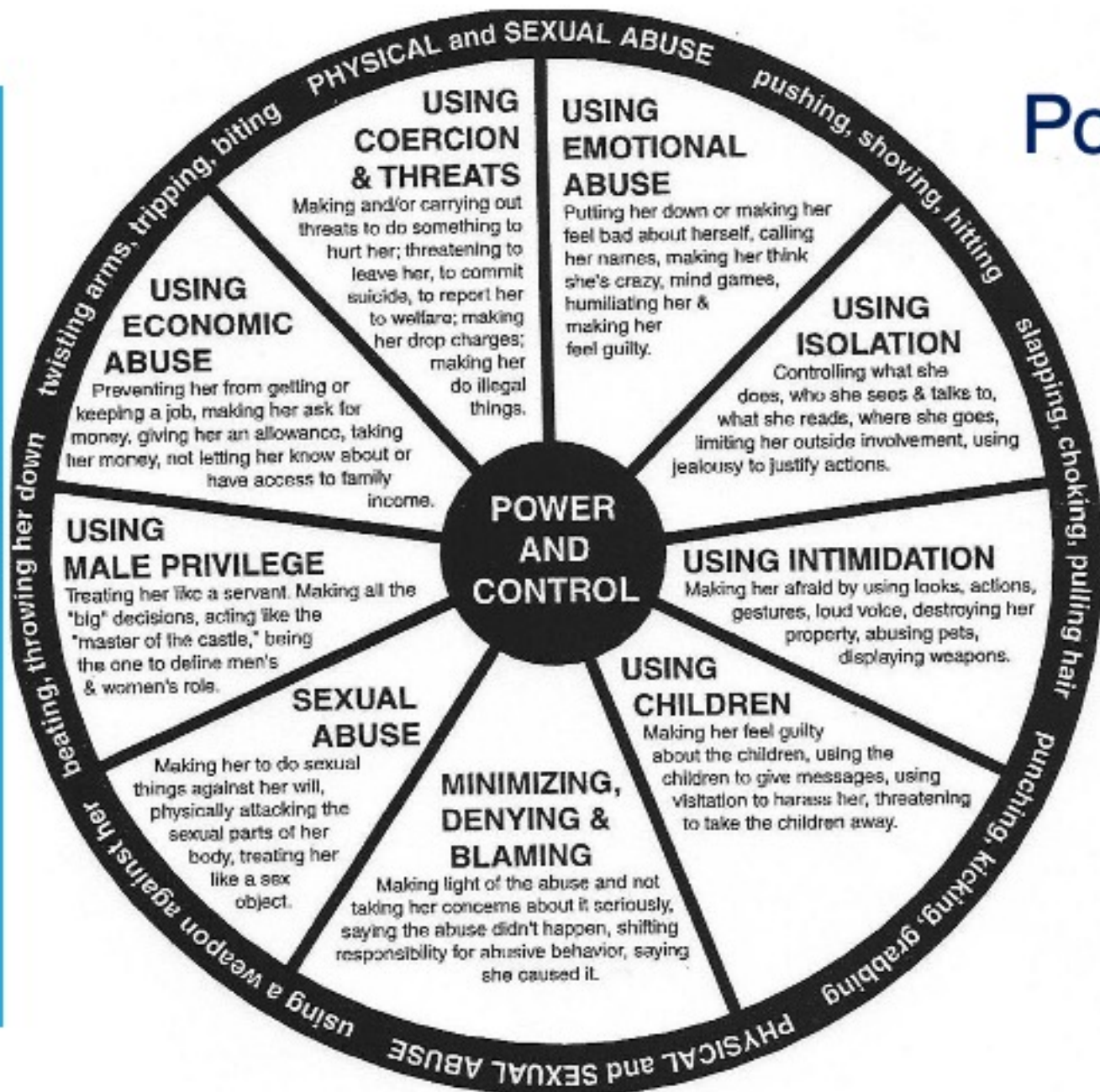
- Community Education & Organizing
- Be Strong Curriculum
- In Touch with Teens Curriculum
- Legal Clinics
- Parenting for Healthy Relationships

POV services

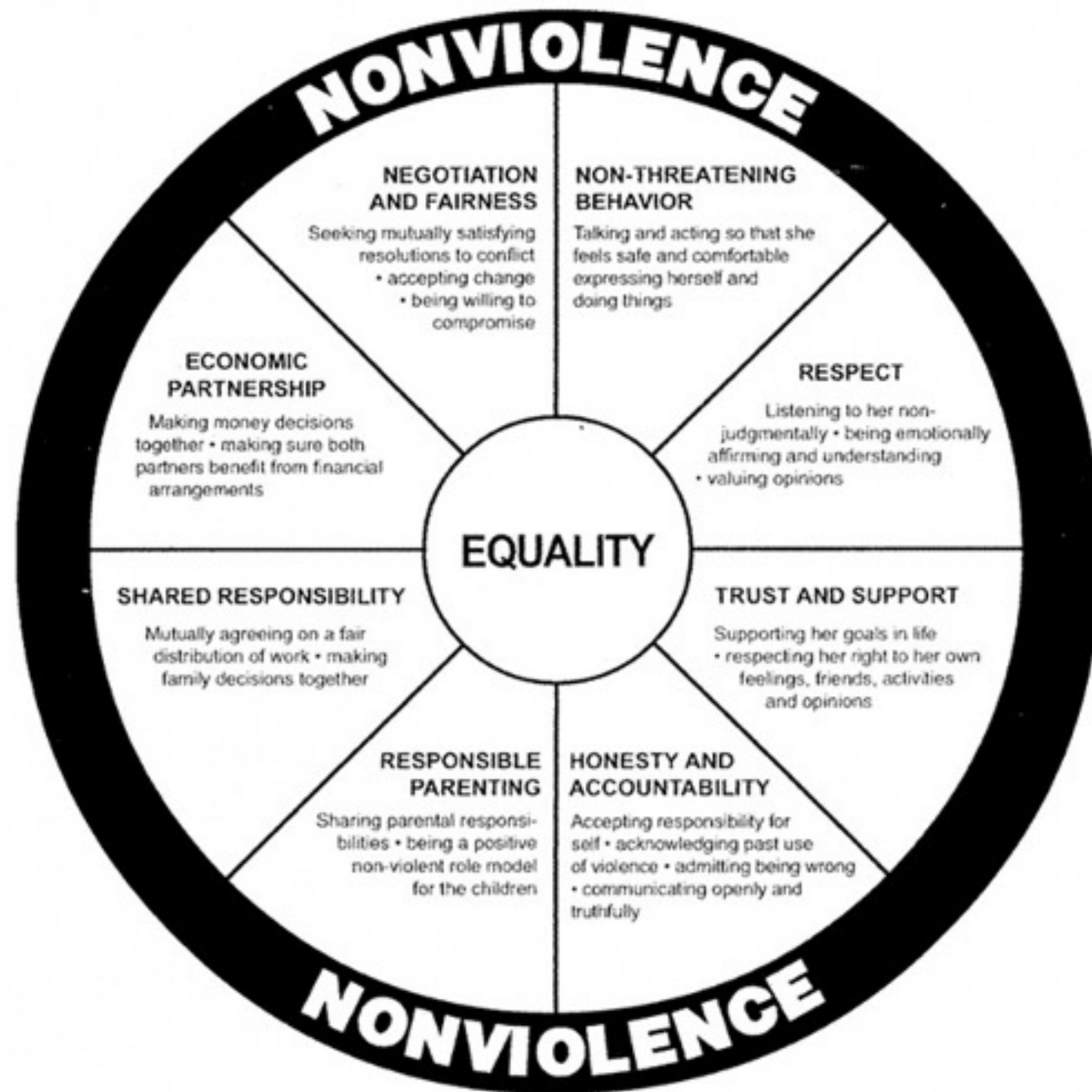
Advocacy

- Hospital, Court, and Law Enforcement Accompaniment
- Legal Advocacy Project (LAP)
- Media & Policy Advocacy
- Denim Day
- Consultation for film, TV, Radio, and print media

Power & Control Wheel



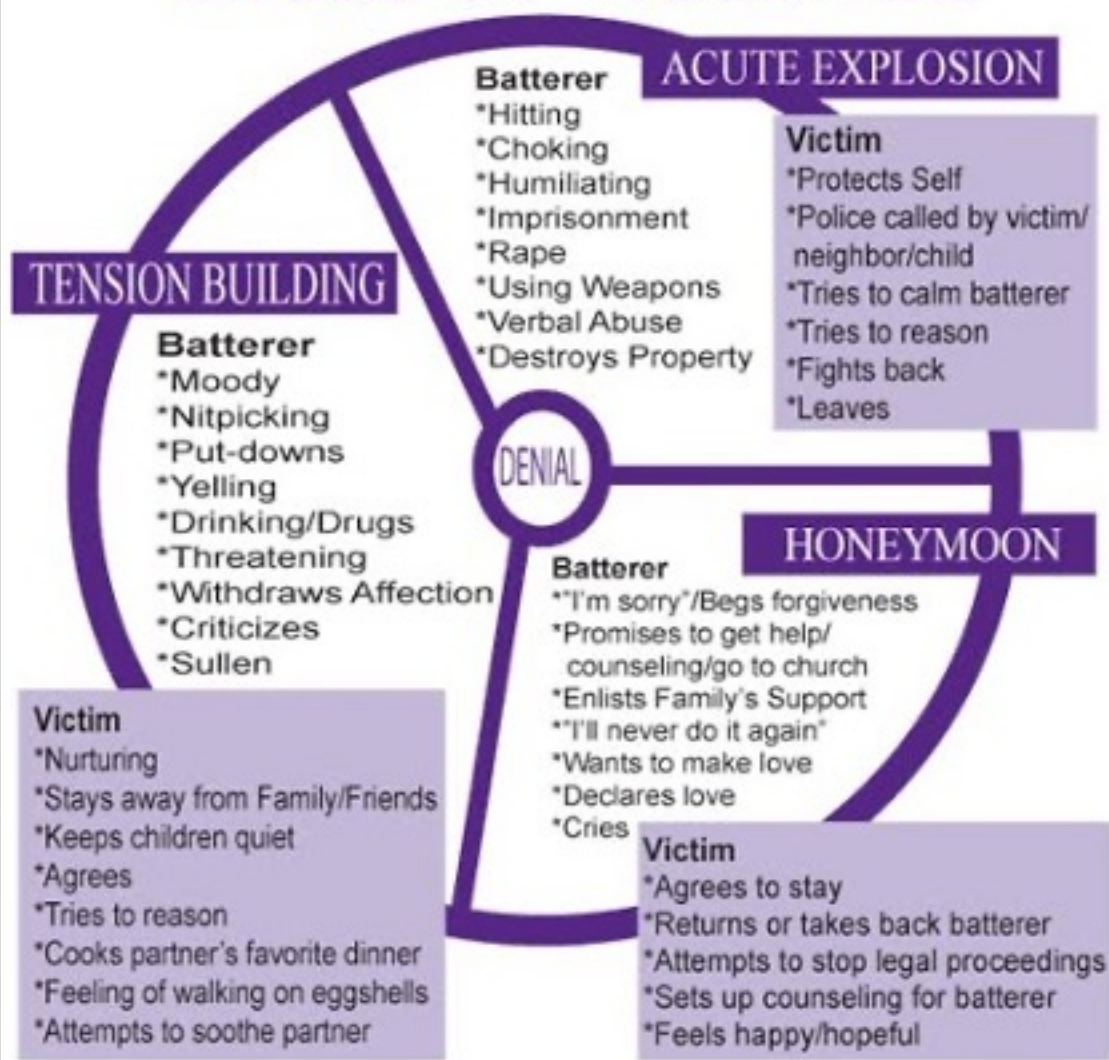
A healthy functional intimate relationship is based on equality and respect, not power and control. Think about how you treat (and want to be treated by) someone you care about. Compare the characteristics of an unhealthy, dysfunctional intimate relationship with those of a healthy, functional intimate relationship.



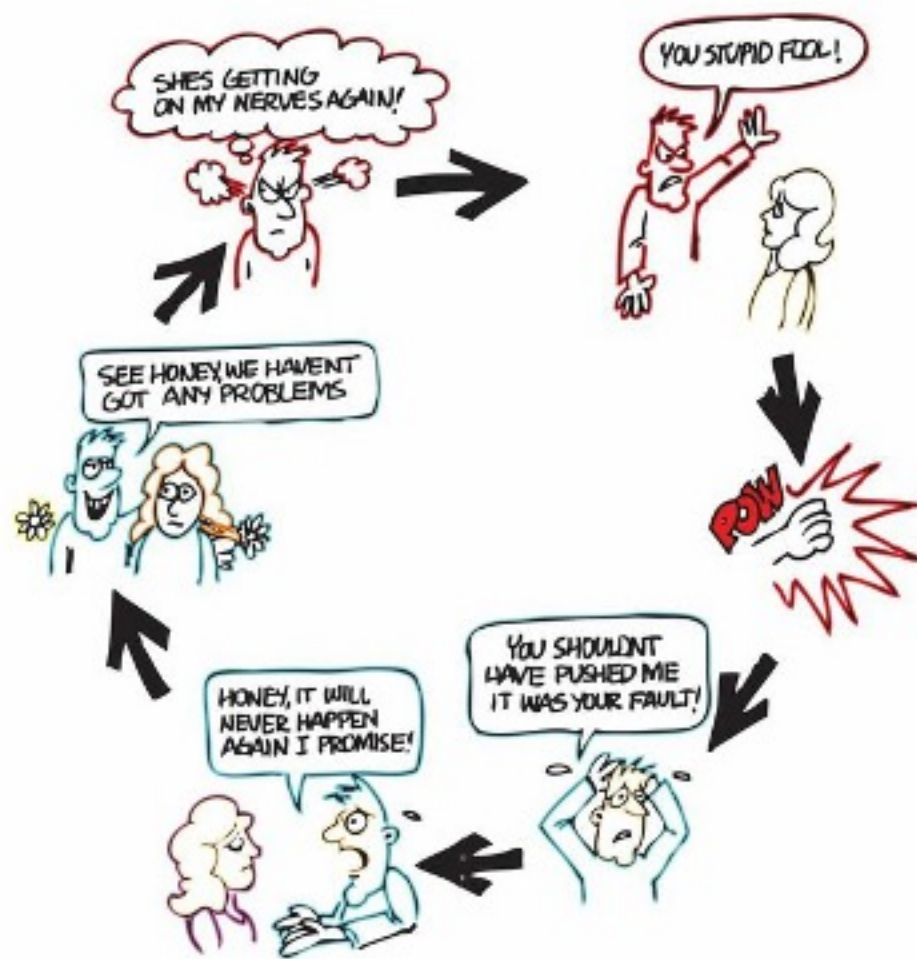
Equality Wheel

Partners are able to maintain beliefs and sense of self as well as offer time and attention to the relationship. Partners have some independence and privacy and care about each other's quality of life. Working on a relationship always begins with working on ourselves; taking responsibility for our attitudes and behaviors (being accountable).

CYCLE OF VIOLENCE



THE CYCLE OF VIOLENCE



sexual harassment

- it is unwanted sexual attention or advances that are unwelcome and unpleasant to the recipient.
- it creates an abusive working environment.
- it is the explicit or implicit attempts to make work or promotions conditional to sexual favors.
- it includes sexist and demeaning gender-based comments.
- it also includes unwelcome touching, hugging, kissing, stroking.





**SHE WAS
WEARING
TIGHT
JEANS**

There is no excuse and never an invitation to rape

**DENIM
DAY**
EST. 1999

typical misconceptions

- victims are to blame for the way they dress or act
- there is no rape in dating/cohabitating/marriage
- it is not rape if the perpetrator is an *old flame*
- not fighting back or running away means consent
- victims are to blame for overlooking the perpetrator's intentions

Denim Day's story

what sexual violence does

- one in five women in the U.S. are raped or sexually assaulted at some point in their lives.
- the impact of this type of violence goes far beyond physical injuries.
- it leaves victims scared, shattered, ashamed, and feeling alone.
- it imprints unpleasant memories in the minds and bodies of victims.
- it changes the way one sees oneself, others, and the world around.
- it affects life experiences and relationships.
- it causes trauma.

**SEXUAL
VIOLENCE:
NOT ON MY
CAMPUS**



what trauma is

Trauma is a neurobiological and emotional response to a frightening, upsetting experience. Since the onset of trauma and its psychological repercussions fall across a broad spectrum, a variety of categories of trauma have been established to study, understand, and treat them. It includes:

- post-traumatic stress disorder (PTSD)
- complex trauma
- developmental trauma
- trauma bonding

**RAPE
CULTURE
ENDS
WITH ME**





what trauma does

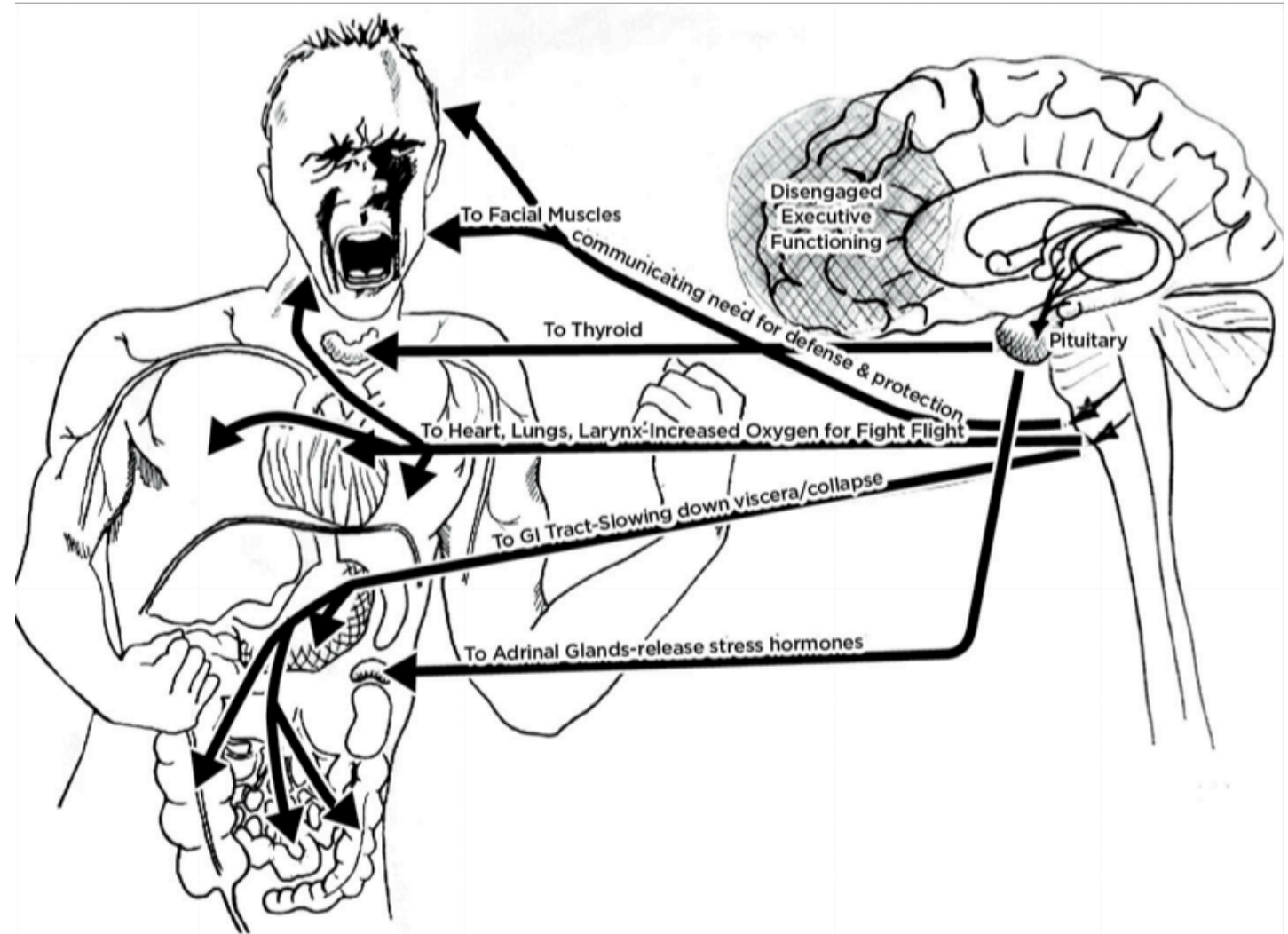
Trauma impacts the outlook, beliefs, emotions, and behaviors of a person who has experienced a traumatic event or has a history of trauma. It causes (a) sense of powerlessness, (b) disconnection from self, (C) self-devaluation, and (d) emotional dysregulation.

Some of the long-lasting effects of trauma include anger, irritability, mood swings, confusion, frustration with the inability to cope, fragmented memory, intrusive thoughts, depression, anxiety, fear, isolation due to feelings of shame and guilt, sense of hopelessness, numbness.

how trauma affects us

Trauma affects the entire human organism – body, mind, brain, and spirit. In PTSD, for example, the body continues to defend against a threat that belongs to the past. Healing from PTSD means being able to terminate this continued stress mobilization and restore the entire organism to safety.

Healing from PTSD is difficult, however, when the limbic system or emotional brain is compromised also by developmental trauma.



How Trauma Affects Us graphic (p. 53) from van der Kolk, B. A. (2014). *The body keeps the score: Brain, mind, and body in the healing of trauma*. New York: Penguin Books.



what to do

- surround yourself with positive, supporting connections
- find someone you trust to be your *anchor*
- join a support group
- challenge any negative perception of self and the need for isolation
- seek the right therapist to help you with (a) coping with feelings of shame, guilt and sense of loss (b) dealing with flashbacks and intrusive thoughts, (c) reconnecting with your body and emotions, (d) practicing self-care

how to help

- reach out, help them fight their self-imposed isolation
- be patient, let them open up at their own pace
- just listen, be an empathic, non-judgmental presence
- do not offer advice
- let them know that it was not their fault
- remind them of their strengths and qualities
- help them connect with the right resources



resources

- RAINN – Rape, Abuse & Incest National Network hotlines | 1.800.656.4673, hotline.rainn.org/online, rainn.org/es
- NSVRC – National Sexual Violence Resource Center | nsvrc.org
- National Street Harassment Hotline | 1.855.897.5910
- National Center for Victims of Crime | victimsofcrime.org
- NOVA – National organization for Victim Assistance | trynova.org,
[helpline 1.800.879.6682](https://helpline.1.800.879.6682)
- National Sex Offender Public Website | nsopw.gov
- POV – Peace Over Violence | peaceoverviolence.org/hotlines
213.626.3393 (Central Los Angeles), 310.392.8381 (South Los Angeles)
626.793.3385 (West San Gabriel Valley) 310.281.2822 (Domestic Violence Shelter Assistance)
844.633.5644 (Off Limits Sexual Harassment)

questions?

contact

metro headquarters

1015 wilshire boulevard, suite 200
los angeles, california 90017

213 . 955 . 9090 office
213 . 955 . 9093 fax
213 . 785 . 2684 video
213 . 785 . 2749 video

west san gabriel valley center

892 north fair oaks avenue, suite D
pasadena, california 91103

626 . 584 . 6191 office
626 . 584 . 6193 fax
626 . 584 . 6118 video

online

peaceoverviolence.org
info@peaceoverviolence.org

If you or someone know is seeking services, needs information and/or will like to speak to a counselor advocate please contact our 24-hour crisis line.

24-hour hotlines

626 . 793 . 3385
310 . 392 . 8381
213 . 626 . 3393

Federico Carmona, Trauma Therapist

626. 584. 6191 ext. 2122

federico@peaceoverviolence.org

Teresa Deukmedjian, Program Coordinator

626. 584. 6191 ext. 2118

teresa@peaceoverviolence.org

