

# Sexual Abuse Awareness for Self-Advocates

Revised 3-2019

# Self Advocates United as 1 (SAU1)

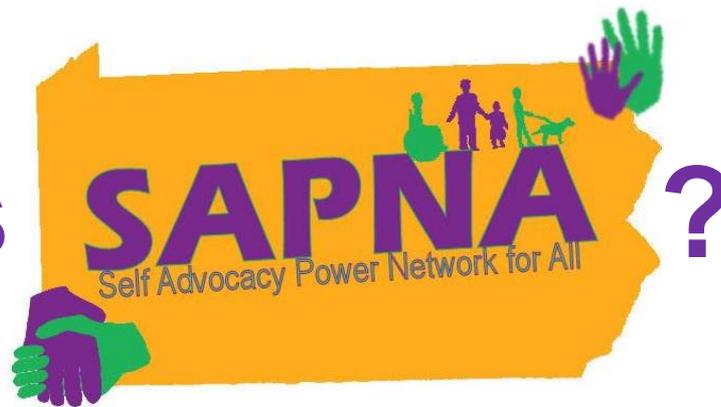
Formed in 2007      Independent in 2015

Mission: to support the self advocacy of people with disabilities for positive impact in our communities and in people's lives.



Staff and Board meeting Fall 2019

# What's



- SAU1 Board members advocated with ODP Deputy Secretary Steve Suroviec to resume peer empowerment events previously done under the PA Training Partnership. Steve approved it, then left ODP.
- The Board members started again with Deputy Nancy Thaler, and the project began.
- Now funded by the PA Office of Developmental Programs (ODP) to provide peer events and technical assistance to ODP projects.
- Managed by Self Advocates United as 1 (SAU1)



All SAPNA materials are written by self advocates and approved by the PA ODP (Office of Developmental Programs).



# SAPNA Events

- Are delivered by teams of professional self advocates and trained facilitators
- Offer 5 topics
  - Let's Speak Up – Self Advocacy
  - Let's Get to Work – Competitive Employment
  - Let's Power Up – Starting and strengthening a self advocacy group
  - Let's Talk about Your Vision for Your Everyday Life
  - Let's Talk about Sexual Abuse Awareness
- Welcome guests and teach them that our events are a safe space for self advocates to communicate in the way that works for them.
- Are interactive to help us all learn together.

# Since SAPNA started:

- Over 100 events have been held
- Nearly 2000 self advocates and allies have participated in our sessions
- We have been to over half of the counties in PA
- It is represented at the Information Sharing and Advisory Committee (ISAC)
- Professional self advocates have advised ODP on many projects and processes
- Staff has grown to 14 professional self advocate presenters, 5 administrative support staff, and 7 coordinating facilitators from all over the state.

# Sexual Abuse Awareness talks about:

- Human body parts
- Sexual acts
- Your rights
- Sexual abuse
- Ways to say NO and TELL
- What reporting is
- Survivors

**Why should you learn  
about these things?**

When we learn new things,  
we are powerful!

**KNOWLEDGE  
IS  
POWER!**

What ways can we show  
the power of respect for  
each other today?



**For each SASA event, we invite a trained Counselor from the local rape crisis center.**

We tell folks often: Take care of yourself!

There is a comfort room you can go to if you need a break.

You can choose to talk with the counselor in private any time.

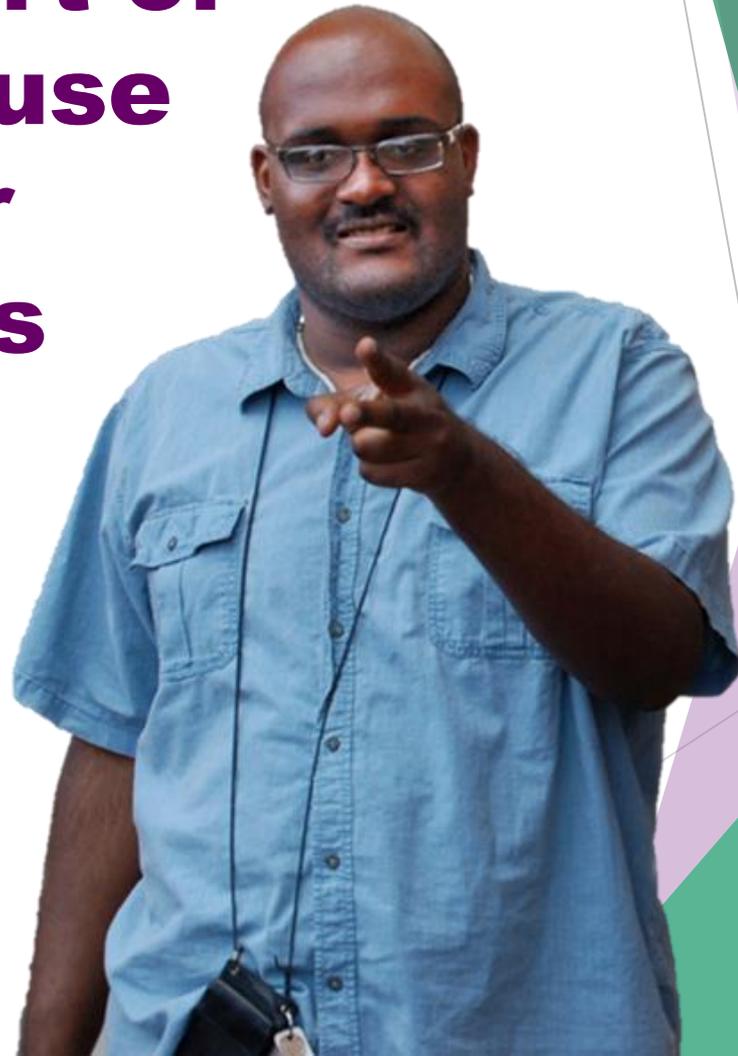
This is the only topic where we do not allow anyone but self advocates in the room.

Why do you think that is?

# To Respect and Protect Rights!

- Staff and others may be mandated reporters. We encourage people and give them the tools to report. It is their right to choose to do so.
- Most abuse is done by people close to the victim – staff, family, friends. Imagine if your abuser is in the room when you learned you were being abused!
- Exceptions are made as long as our guests know beforehand that we cannot insure that what they say will not be reported.
- We are trying a new model funded by KEPRO Health Care Quality Unit. Families, staff, and others will be offered a training on trauma informed support in another room while self advocates learn about abuse. Even if they don't know the details of the abuse they will have some tools to deal with what we call the "poison" that may influence behavior, moods, and other parts of a person's life.

**Are you ready to  
experience part of  
the Sexual Abuse  
Awareness for  
Self Advocates  
(SASA) event?**

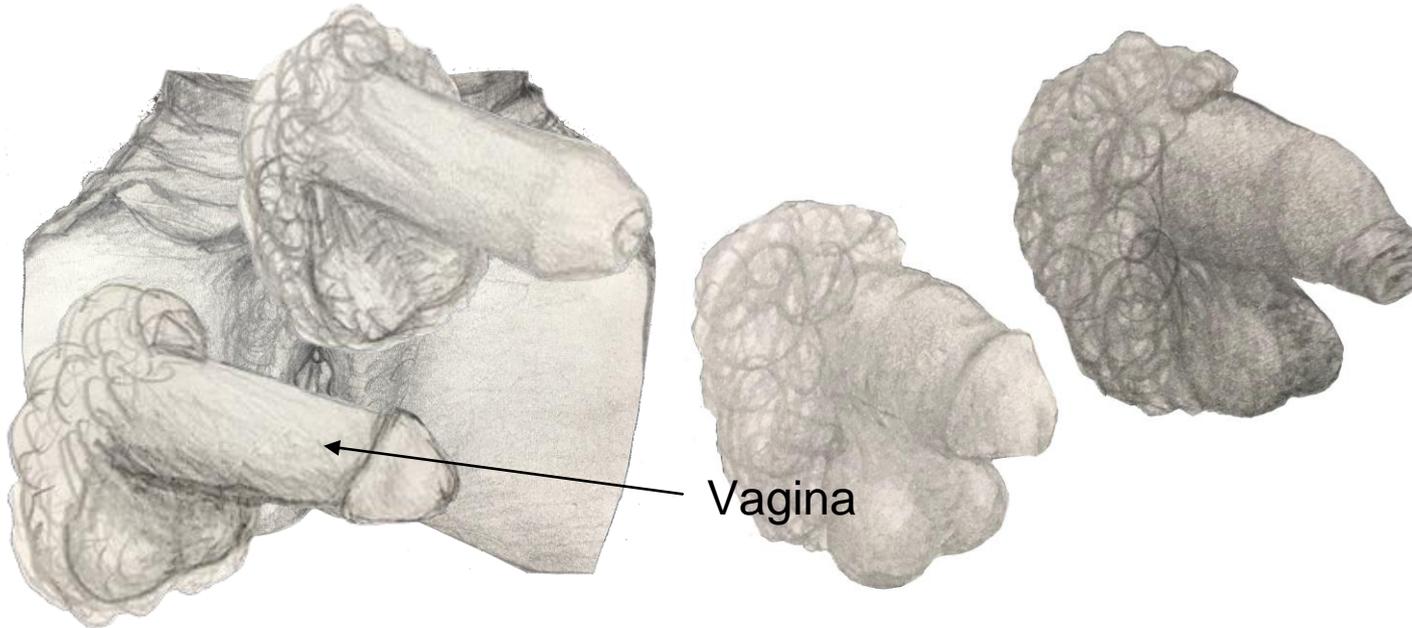


# **We are going to show and talk about body parts and sexual acts. It's OK to**

- Giggle or laugh
- Close your eyes or turn your head
- Cover your ears
- Take some deep breaths
- Go to the other room to speak to a Counselor

Why should we talk about the real names and nicknames?

**Tell us the names you've heard for this body part.**



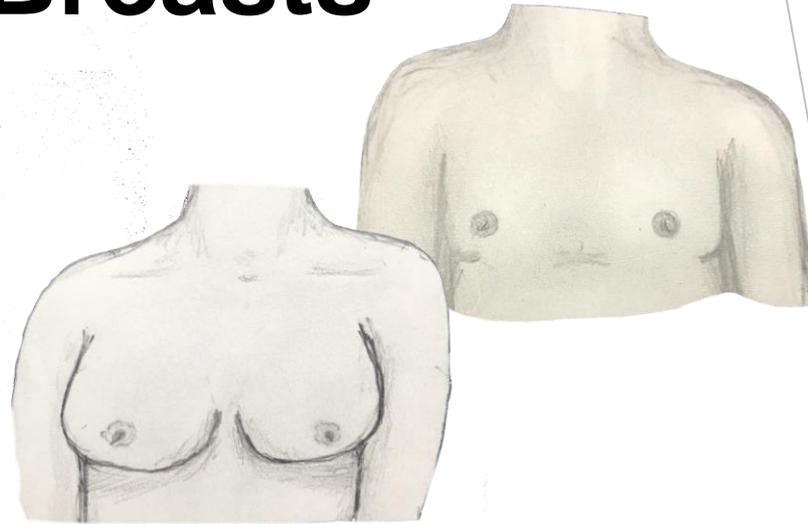
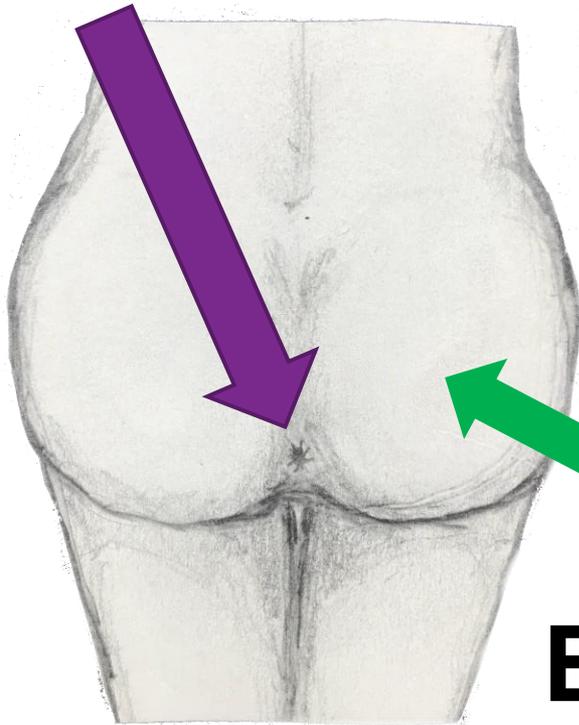
**Vulva is the real name.**

**Penis is the real name.**

# What about this one?

**Anus**

**Breasts**



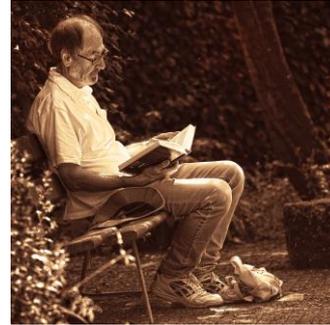
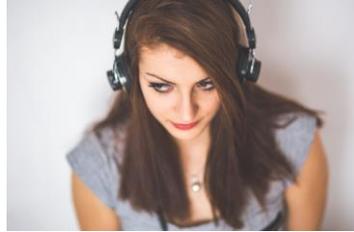
**Buttocks**

**We use this at the beginning to help people loosen up and get comfortable with the topic.**

- The slides after this are about basic sexual acts in the full presentation.
- The illustrations are all hand drawn by a self advocate.

# How can these be sexual?

- Words



- Looking



- Showing



- Listening

- Touching



# How can we learn more about sexual acts?

- Who are you comfortable talking with about sex? Tell them that you want to learn more.
- Health Care Quality Units (HCQU's) have information.
- Health care offices
- Libraries
- Sexual Health Educator

# What about using the internet to learn more about sexual acts?

- Be careful!
- Some things are healthy for us, some are not.
- Some things may be against the law.
- On our handouts we share some websites with good information.

# Let's talk about Consent.

- **Consent** means to freely say **YES**.
- Freely means a person was not pressured, lied to, forced physically, or threatened to say **YES**.
- Drug and alcohol use can affect a person's ability to freely give consent.
- If you cannot, or do not, freely say **YES**, you do not **consent**.

# Your right to give Consent means you can:

Freely say **YES** or **NO** to sexual acts

Change your mind at any time to say **YES** or **NO** to sexual acts.

**NO** means **NO**

# Share your power of knowledge!

- What ways can we say **YES?**



- What ways can we say **NO?**

Even if you and the other people say **YES**, it is against the law to do sexual acts:

- With a person paid to provide services and supports to you
- With someone under 18
- In most public spaces.

# Enjoying sexual acts, by yourself or with others, is a part of being human.

If you want to enjoy sexual acts with other adults:

- Get their consent each and every time for each and every act.
- Respect their right to change their minds.
- Remember, their **NO** means **NO**.

# What makes sexual acts abuse??

Sexual acts done to you  
or that you are made to do

AND

you did not freely give consent

OR

you take back your consent and they don't stop.

Your **NO** means **NO**.

# It can be hard to know you are being sexually abused.

The sexual act might

- not hurt
- not be violent
- feel good
- be with someone you care about

# Sexual Abuse is

- Sexual acts done to you, or you are made to do, without your CONSENT
- against the law.

**Never, Ever  
Your Fault.**

# Time to take care of ourselves!

Let's take some deep breaths.

Remember, you can go to the  
Comfort Room anytime.

You can speak to the counselor any time.

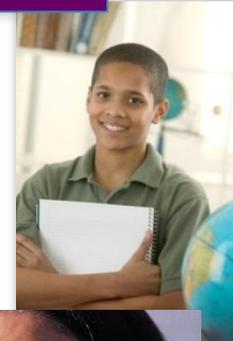
# Next, let's talk about

- Who can be abused
- What rape is
- Where abuse happens
- When abuse happens
- Who can be an abuser

# Who can be sexually abused?



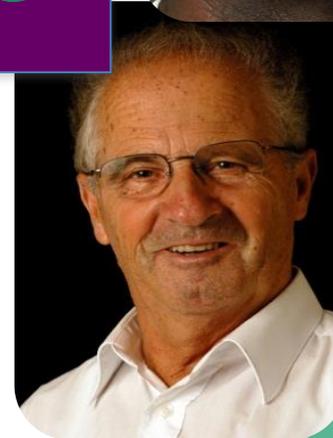
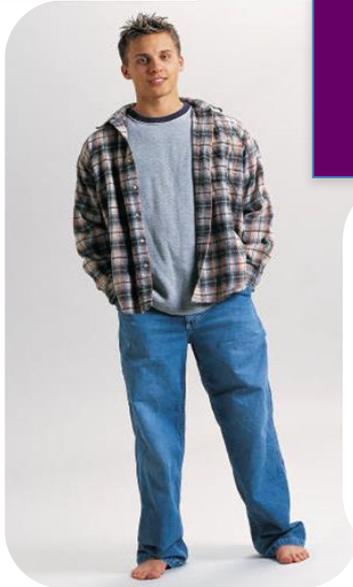
**ANYONE**



# At what age can people be sexually abused?



Any Age



# People with intellectual disabilities are sexually abused:

- 7 times more than other people
- By people they know
- Because abusers think they are easy targets
- And it is not often reported, prosecuted or punished.

# One kind of sexual abuse is rape.

How would you explain what rape is?

Rape is when:

- A penis is put in your anus, vagina, or mouth
- someone puts anything in your anus or vagina
- AND you **DO NOT** give consent

Your **NO** means **NO**

**When Can Sexual Abuse  
Happen?**

**Anytime!**

**Where Can Sexual Abuse  
Happen?**

**Anywhere!**

**What do we call a person  
who makes you or others  
do sexual things  
without getting consent?**

**Sexual Abuser**

**Who Can Be a  
Sexual Abuser?**

**ANYONE!**



We talk about the realities of who may be an abuser, including people we love and trust.

# Sexual Abuse is

- against the law.
- sexual things done to you, or you are made to do, without your **CONSENT**

**Never, Ever  
Your Fault.**

# Now, let's talk about:

- Your right to say NO
- How to say NO
- Ways to TELL
- What Reporting is
- Taking care of yourself

# When Do You Say **NO**?

Anytime you do not want to do sexual acts.

**No** means **No**.

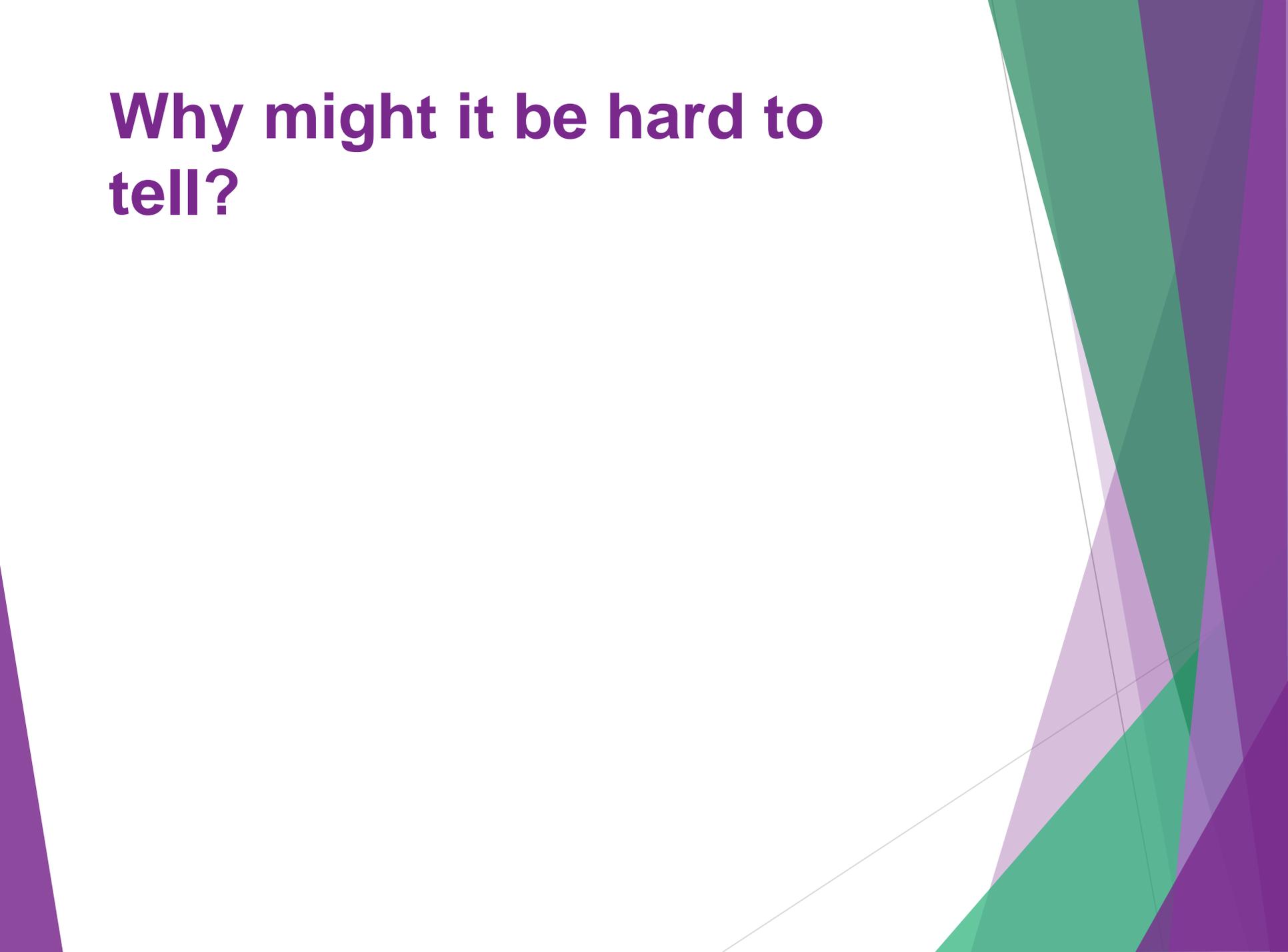
Remember, if you do not **freely** give your consent, you are saying **NO**.

# **If you have been sexually abused**

It is your right to tell what  
happened to you.

It is never too late to go  
**TELL.**

**Why might it be hard to tell?**

The background features abstract geometric shapes in shades of purple and green. A large, dark purple triangle is on the right side, with a green triangle overlapping it. A lighter purple triangle is also visible, overlapping the green one. The overall composition is modern and minimalist.

**If you have been  
sexually abused, it is**

**Never, Ever  
Your Fault.**

- against the law.
- sexual things done to you,  
or you are made to do,  
without your **CONSENT**.

# Time to take care of ourselves!

Let's take some deep breaths.

Remember, you can go to the  
Comfort Room anytime.

You can speak to the counselor any time.

# What ways could you TELL?



**The next part helps people think about who they may want to tell. It also helps them think what to tell.**

**We help them understand that they should tell until someone believes them.**

# Sexual Abuse is

**Never, Ever  
Your Fault.**

- against the law.
- sexual things done to you or you are made to do without your **CONSENT**

**We talk about  
Reporting next.  
What it means, and  
what may happen,  
and how to report.**



**We encourage people to call or go to the staff at the local rape crisis center.**

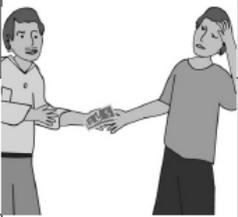
**They can help you understand what else may happen when you report.**

**They can also connect people with other resources.**

# You Have a Right to Report Any Abuse

Your Supports Coordinator should explain this form every year.

## REPORT ABUSE!

<p><b>TELL SOMEONE... if anyone</b></p> <p>takes your money or things that belong to you when you don't want them to. <i>It's wrong for anyone to mistreat you or take your things.</i></p>	
<p>talks to you unkindly like teasing, yelling, swearing or putting you down. <i>It's wrong if someone yells at you or makes you feel bad.</i></p>	
<p>hurts you, hits you, or touches you in any way that makes you uncomfortable. <i>It's wrong if someone hurts you or forces you to do anything you don't want to.</i></p>	
<p>keeps you from getting the care and support you need to be safe. <i>It's wrong if someone ignores your health, safety or needs.</i></p>	
<p>keeps you from the people you want to be with and the places you want to be. <i>It's wrong for someone to control you.</i></p>	

**You have the right to be safe.**  
 If you, your family or friends think someone is mistreating you, or if you see someone else being mistreated, tell someone you trust...

**CALL to report abuse:**

FAMILY MEMBER  
tel \_\_\_\_\_

FRIEND:  
tel \_\_\_\_\_

SUPPORTS COORDINATOR:  
tel \_\_\_\_\_

911 or LOCAL POLICE:  
tel \_\_\_\_\_

OFFICE OF DEVELOPMENTAL PROGRAM (ODP) HOTLINE:  
**1-888-565-9435**

THE DISABILITY RIGHTS NETWORK (DRN)  
**1-800-692-7443 VOICE**  
**1-877-375-7139 TDD**

**Abuse is never right. Abuse is never your fault.**

Fill in phone numbers, cut here, fold and keep in your wallet.

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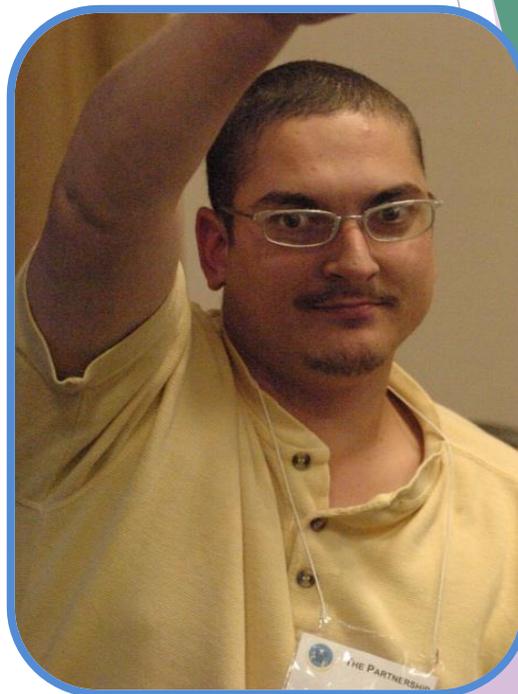
**CALL to report abuse:**

FAMILY MEMBER	SUPPORTS COORDINATOR:
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**We Call People Who  
Have Been Sexually  
Abused**

**Survivors!**



# The Power of a Survivor – Carolyn Morgan

Carolyn was abused in her life and used her experience to help others learn about abuse. Carolyn was honored by the U.S. Department of Justice for her advocacy on behalf of people with intellectual disabilities.



“We do feel pain all the time. They’re ignorant that they don’t see that. They don’t want to see it. They close their eyes to it, close their mind to it. ... But see, if you’re around me, you’re going to deal with it, because I’m going to keep telling you that we do have pain, and we do feel things, and you know, don’t tell me that it will go away.” from the NPR report.

# The Power of a Survivor: SAM Maxwell

“Yes, it’s happened to me. It was a staff person. It started out where he was buying pop for me and candy for me at the canteen. ... Then one time he asked me to come down in the basement. He wanted to show me something. And I trusted him. That’s where that happened.” — *Sam Maxwell, NPR Report.*

Sam reported what happened to him. The sexual abuser went to prison for rape. Sam has shared his story at meetings of self advocates and of professionals to help people learn about the problem.

# **Carolyn and Sam are just two people.**

- ◆ There are many victims and survivors of sexual abuse all over the world.
- ◆ There is help for all victims and survivors.
- ◆ Our hope is that our work with this will bring hope and healing.

**Remember**

**Sexual Abuse is  
Never, Ever  
Your Fault.**

**KNOWLEDGE  
IS  
POWER!**

**Use it!**

Share the Power of Your  
knowledge on your evaluation!



## Self Advocacy Power Network for All

### Use your POWER to tell us what YOU think!

Please circle your best answer.

1. Do you think today's talk is important?



2. What's one thing you learned today?

I learned: \_\_\_\_\_

3. Will this help you in your own life?



4. Did the people do a good job helping you learn today?



5. Did they listen to what you had to say?



6. Did the pictures and the screen help you learn?



Are you a: \_\_\_\_\_ self advocate – person with disability  
 \_\_\_\_\_ family member \_\_\_\_\_ staff  
 \_\_\_\_\_ other – please describe \_\_\_\_\_



**Please take the materials home  
with you today.  
They will help you remember the  
POWER you have!**

The Counselor will be here for a while.  
We will also stay if you want to talk  
about More Power!

Special thanks to these self advocate  
Survivors:

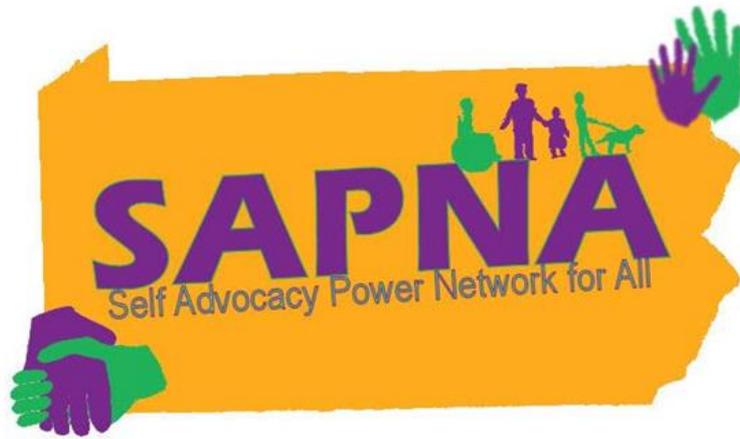
**Laura Bale** and **Lori McFarland** for  
their volunteer advising.

**Carolyn Morgan** and **Sam Maxwell**  
for sharing their stories.

**Savannah Logsdon-Breakstone** for  
her drawings and input.

**John Knorr** and **Gabriel Smaglik** for  
their work on the information.

And the many others whose bravery  
and hard work were the foundation for  
this presentation.



**And Thank You!**



# Contact Us:

## Self Advocates United as 1, Inc.

Office addresses:

**SAU1**

428 S Main Street, Suite 2  
Greenville, PA 16125

**OR**

**SAU1**

100 N. 18<sup>th</sup> Street, Suite 300  
Philadelphia PA 19103

Message Line 724 588 2378

Email [info@sau1.org](mailto:info@sau1.org)

On the web [www.sau1.org](http://www.sau1.org)

And like us on FaceBook!

