



Education & Additional Information

STAR provides education throughout the Anchorage community and surrounding areas. Partnering with schools, agencies, businesses, and other organizations, STAR will present to any audience looking for more information on sexual violence. All presentations are age appropriate ranging from preschool to the elderly.

Presentations can be modified to fit your needs and the schedule of your group.

An easy to follow Court Manual is available to victims at no cost through STAR. Call or come by the office to obtain a copy.



Commonly Requested Presentations

- Personal Safety for K-12
- Sexual Violence overview
- Prevention and Responding to Child Sexual Abuse
- Adult survivors of Child Sexual Abuse
- Safety awareness for children
- Sexual harassment
- Male sexual assault
- Gay, Lesbian, Bisexual, Transgender, Queer, Questioning, Asexual, Allies, Intersex
- Elder abuse
- Sexual Assault against People with Disabilities
- The Role of a STAR Advocate
- Safety Planning and Sexual Violence within a relationship
- Vicarious Trauma as Victim's Advocate



is not a
punishment
it's a CRIME



**Standing
Together
Against
Rape**

**When You Reach
for a STAR**

**Safety,
Support &
Services**

**Provided by
Standing
Together
Against
Rape**

Standing Together Against Rape

1057 West Fireweed Lane, Suite #230
Anchorage, AK 99503

Business Line: (907) 276-7279 Crisis Line: (907) 276-7273
Statewide Crisis Line: 1-800-478-8999
www.staralaska.com



Standing Together Against Rape focuses on education and crisis response in the Anchorage community as well as throughout the state. Information about STAR can be obtained 24 hours a day.

If you or someone you know has recently been hurt or if the assault occurred years ago, STAR Advocates can help. Advocates can provide information and support over the phone or in person.

Please call 907-276-7279 for more information or to make an appointment.

Support Services available:

- 24-hour support and information for victims and families of sexual violence
- Explanation of reporting and healthcare options
- Hospital response and assistance filing police report
- 1-on-1 advocacy sessions by appointment or walk-in
- Support groups throughout the year on various topics
- Legal Advocacy and court accompaniment
- Information and referral for other support agencies and counselors throughout the state

Office hours are Monday through Friday,
8:00 am to 5:00 pm

STAR Advocates and Educators are available for appointments, presentations, and consultations during these hours.

STAR's Philosophy of Services:

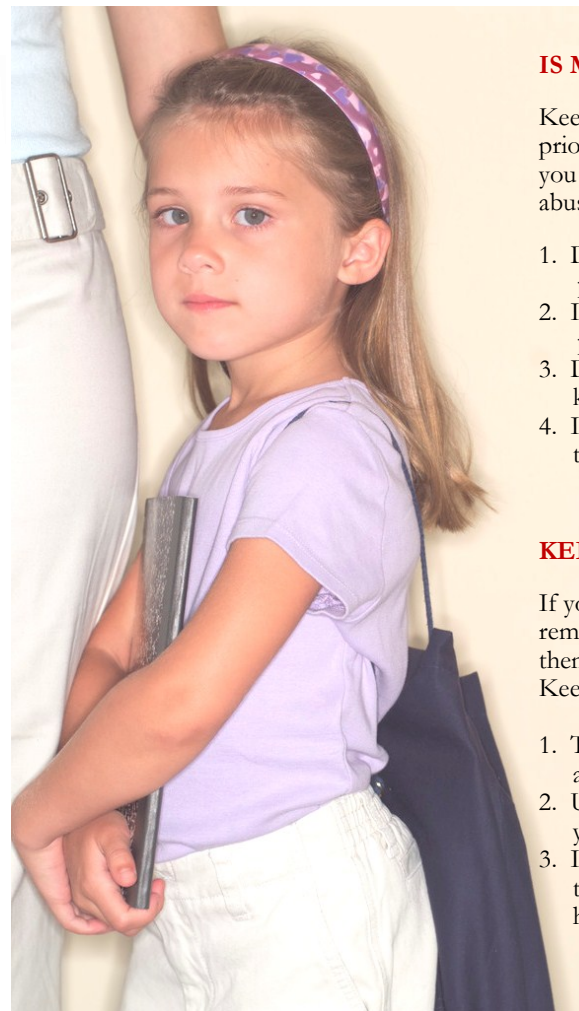
Sexual assault is a crime of power and control, not a crime of pleasure and passion.



Sexual assault is any unwanted sexual contact.

Sexual assault does not discriminate; it crosses all gender, race, age, and social-economic barriers.

Sexual assault is not "caused by" or "brought on by" the victim; it is the sole responsibility of the perpetrator.



IS MY CHILD SAFE?

Keeping your child safe must be your first priority. Ask yourself these questions if you are considering staying with an abusive partner.

1. Do I want my child to act like my partner?
2. Is my partner a helpful, healthy parent?
3. Do I want my child to have the same kind of relationship I do as an adult?
4. If my child were in a relationship like this, how would I feel?

KEEPING MY CHILD SAFE

If your children are capable of remembering your home phone number then they are able to safety plan with you. Keep these tips in mind:

1. Teach children to stay away from arguments.
2. Using a secret word can indicate to your child to hide or get help.
3. If you've left an abuser, talk to family, teachers, and neighbors so they can help keep your children safe too.

RECOVERING AND GROWING AFTER ABUSE

Children are affected by domestic violence, no matter their age. Counseling can help your child sort through any feelings and fears.

1. Connect with a counselor to help your child express feelings.
2. Talk to your children about what they saw or heard during arguments.
3. Work everyday to build your child's confidence so he/she avoids abusers.
4. Assess your child's needs to learn anger management tools.
5. Model healthy, respectful relationships with everyone in your life.

**IN THE COMMUNITY**

1. Any cell phone can dial 911, even if there is no service plan.
2. Know your neighborhood and find safe locations open 24 hours a day.
3. Stay attentive to your surroundings; avoid being on your phone or using noise-canceling headphones.
4. Listen to your instincts; don't stay anywhere you don't feel safe.

IN YOUR HOME

5. Move arguments away from areas with potential weapons, like a kitchen or garage.
6. Store a bag of necessary items (list below) in case you need to leave quickly.
7. Thinking about leaving? Open a separate bank account at a different institution.
8. File a protective order to request police assistance if an ex-partner is threatening.

GENERAL TIPS

9. Get educated on general information on perpetration and how to reduce risk.
10. Store copies of important documents (birth certificates, social security cards, etc) at work or a friend's house in case originals are damaged or destroyed.

Create an

EMERGENCY

Bag

- | | | |
|---|--|---|
| <input type="checkbox"/> cash | <input type="checkbox"/> medication (2-3 doses) | <input type="checkbox"/> passport |
| <input type="checkbox"/> protective order | <input type="checkbox"/> emergency contact numbers | <input type="checkbox"/> extra cell phone |
| <input type="checkbox"/> legal documents | <input type="checkbox"/> small items of value | <input type="checkbox"/> small heirlooms |
| <input type="checkbox"/> current family photo | <input type="checkbox"/> warm clothing | <input type="checkbox"/> water/snacks |



Advocates can help you create a safety plan and identify ways to reduce your risk around town, online, or within a relationship.

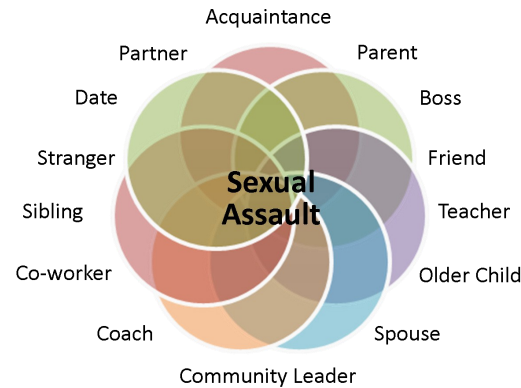
- **Set Sexual limits.** Think about what sex means to you and decide what your sexual limits are and how far you want to go. It is your body and no one has the right to force, harass or coerce you into doing anything that you don't want to do.
- **Practice being assertive** and stating what you want.
- **Get to know people** before giving them a lot of information about yourself or trusting them.
- **Avoid dating** or hanging out with people who are a **lot older than you.**
- Hang out with others who **share your values.**
- **Hang out where there are other people** and you feel safe.
- **Avoid alcohol and drugs.** Your best defense is having a clear mind.
- Establish "**buddy systems.**"
- Always have **your own plan** to get home safely.
- **Avoid being alone** with someone you don't trust or know very well.
- **Stop or slow down** before you get to your sexual limit.
- Use a **confident voice** and body posture. Match your body language to your words— don't laugh and smile while saying "NO."
- **Trust your instincts.**

Predators are extremely well practiced at the art of deception. They can trick even the smartest people. Most predators have hundreds of victims and never tell any of them the truth.



What is Sexual Violence?

There is no spectrum on sexual violence. It is all hurtful and illegal. It does not matter if he is a priest, she is a teacher, or they are your Parents; if you have been forced or manipulated into sex you have the right to report and get help.



What is Sexual Assault?

Sexual Assault is ANY sexual contact gained through

- **Force-** pushing, pinning down, strangulation
- **Threats-** a weapon is present or your life/family are threatened
- **Trickery** – drugs, alcohol, or lies are used and you are unable to resist
- **Manipulation-** use of pressure or guilt “You can’t stop, I am too excited”
- **Coercion-** use of bribes or blackmail “I’ll tell the teacher you were drinking if you don’t”

Sexual Assault is a felony and you have the right to report the crime to law enforcement.

**Sexual Assault is a crime of power & control.
It is not about sex.**

What is Sexual Harassment?

Sexual Harassment is any unwelcome sexual advances, requests for sexual favors and other verbal or physical conduct of a sexual nature. Sexual harassment can be a difficult, embarrassing, confusing and frightening experience.

For more information or an example of harassment, check out www.staralaska.com

Interpersonal Violence Myths



The Cycle of Violence

- The cycle will speed up over time, repeating more and more.
- The violence may become more deadly each time it repeats.
- Even after getting help, the cycle may continue if you stay in contact with the abuser.
- Education and support can break the cycle.



The Fear

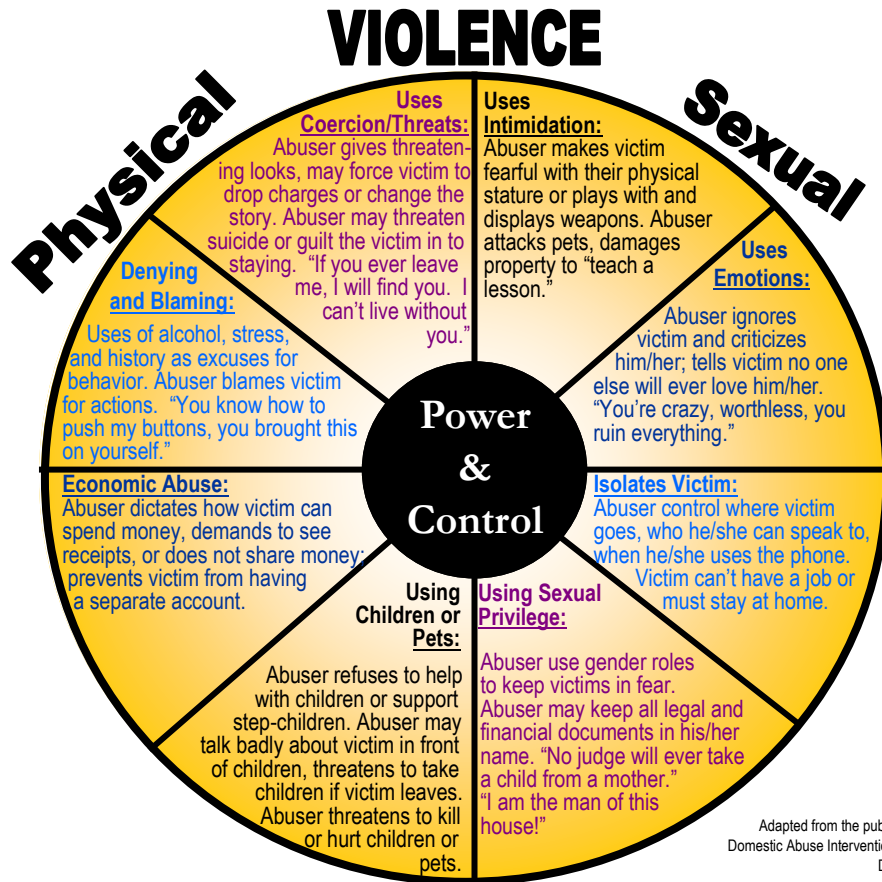
- I tried to leave once before...I’ve lost my chance.
- I don’t have the skill to support myself (my family) on my own.
- If I leave, my abuser will find me and hurt me and the children.
- No one else will ever love me.
- I need his/her income and health benefits.
- I still love him/her, I cannot get divorced.
- I don’t want my children to grow up with only one parent.

The Truth

- On average, victims leave their abuser’s 7 times! Just because you went back once, or many times, does not mean you have to stay.
- Your lack of confidence is because of all the abuse you have suffered. There are free classes and support to help you get back on your feet. Getting help is a sign of strength.
- The legal system can help protect you and your children. Police can give you ideas for safety at home. Advocates can teach you how to plan for emergencies.
- Your abuser wants you to think you are lucky to have him/her. The truth is that you are smarter and stronger than you know and others can see that in you.
- There are many financial programs that may be able to help you. Contacting an Advocate can help you learn about possible funds and support.
- Someone who intentionally hurts his/her partner does not believe that marriage is a partnership. You can love someone and not have to put yourself in harms way. You have to love yourself too.
- Many times, you are already the only one parenting. Healthy parents don’t hurt each other. Teaching good relationship skills is part of being a healthy role model.



The **Power and Control Wheel** (below) lists eight different ways an abuser can control a relationship. If you can identify some of these issues within your relationship, call an advocate to learn about safety planning and options available to you.



Adapted from the publication by Domestic Abuse Intervention Project, Duluth, MN

Abusive behavior has a formula...

- Control over money, property, who you talk to, when and where you go, when you have sex, and how the children are raised are a few examples of what abusers may do.
- Feeling entitled means you feel you are the owner of something. Abusers think he/she owns you and can tell you what to do or how to act.

**Control
+ Entitlement
= ABUSE**

This is my house, these are my kids....



What is Sexual Consent?

Giving and getting sexual consent is more than Yes and No. There are 3 BIG Questions that must be answered before sexual consent can be given. If even one of these issues occurred then you have the right to report and get help.

Age

I am under 16 years old.

The other person has authority over me (coach, teacher, boss, etc.) and I am not 18.

I am a teen under 17 years old and there is more than a 4 year age difference between us.

*In Alaska, there are special laws for individuals between 13 and 17 years old; call STAR 24/7 at 1.800.478.8999 for more information.

Awareness

I was asleep or passed out when it happened.

I was drunk, using drugs, or think I was drugged.

I have a guardian who makes decisions for me.

Interest

I didn't want sex and was clear about it.

I thought I wanted sex, but changed my mind and said no.

I shut down when I became uncomfortable, but I was ignored.

What are My Options?

Options vary depending on your age and where the crime occurred. To learn YOUR options call the STAR Crisis Line 24 hours a day.

907-276-7273 or 1-800-478-8999

A STAR Advocate provides confidential support regardless of option you choose.



1. Report to Law Enforcement
2. Access Medical Care through an ER or your provider
3. Call STAR for Anonymous Reporting eligibility
4. Speak only with STAR
5. Speak with a Counselor
6. Speak to a Friend or Family member

Only you can decide what the best choice is for you. STAR can help you understand your options along the way.



Have You Ever Been a Bystander?



Don't Stand by and watch someone get hurt.

You know it is a set up.....but she can't see it coming.

Think of your sister, your mom, your girlfriend, or one of your good friends in a dangerous situation. What if someone watched or knew it was happening and did nothing to stop it? Regardless of what your friends say, it is ALWAYS okay to block or break-up a shady situation.

Types of Bystander Situation:

1. **One-track Mind:** The guy who is determined to get a girl in bed, no matter what it takes. You know what is going on.
2. **Sneak Attack:** The guy who manipulates the situation to get someone alone and you don't think the person realizes it.
3. **The Blitz:** Overhearing a guy talk about getting a girl drunk (or drugged) so she doesn't know what hit her. You're drinking alongside them.
4. **Party Scene:** A group of girls were invited to a party where you have heard the guys there are trying to have sex. You go to the party, just for the music.

Information provided by WhyNotAsk.org



R esolution Phase

During this phase, the assault is no longer the central focus of the individual's life. Survivors recognize that they will never forget the assault; the pain and negative outcomes lessen over time, but have continued to grow. Finding strength in the challenges they have overcome can be rewarding.

NOTE: This model assumes individuals will take steps forward and backwards in their healing process. While there are phases, healing is not a linear progression and will be different for every person.

This information was provided by RAINN

Facing the Fear of Flashbacks

1. Tell yourself you are having a flashback.
2. Remind yourself the worst is over.
3. Take deep and slow breaths.
4. Use your senses and become aware of your surroundings.
5. Speak to the part of yourself that is hurting.
6. Get in touch with your need for boundaries.
7. Get support.
8. Give yourself time to recover.
9. Honor your experience.
10. Be patient.
11. Find a therapist that listens to you.
12. Join a self-help group.
13. Remember you are not losing your mind, you are healing.

Everyone responds differently to stress and trauma.

Allow time to heal and acknowledge the accomplishments that you've made.





The term Rape Trauma Syndrome (RTS) was created in 1974, by Ann Burgess and Lytle Holmstrom. It refers to a system of response seen in most victims of sexual assault. By knowing how RTS can affect you, recovery may be an easier process.

There are three phases of Rape Trauma Response

Acute Phase

This phase occurs immediately after the assault and usually lasts a few days to several weeks. In this phase individuals can have many reactions but they typically fall into three categories:

Expressed- survivor is openly emotional. He/she may appear agitated or hysterical, and suffer from crying spells or anxiety attacks.

Controlled- survivor appears to be without emotion and acts as if "nothing happened" and "everything is fine." This appearance of calm may be shock.

Shocked Disbelief- survivor reacts with a strong sense of disorientation; difficulty concentrating, making decisions, or doing everyday tasks (are common).

Adjustment Phase

During this phase, the individual resumes what appears to be his/her "normal" life but inside is suffering from considerable turmoil. In this phase there are five primary coping techniques:

Minimization- Pretends that "everything is fine" or that "it could have been worse."

Dramatization- Cannot stop talking it, it is defining who they are

Suppression- Refuses to discuss, acts as if it did not happen.

Explanation- Analyzes what happened, why it happened, and the offender's thoughts

Flight- Tries to escape the pain; moves, changes jobs, cuts off relationships

There are many symptoms or behaviors that appear during this phase including:

- Continuing anxiety
- Severe mood swings
- Sense of helplessness
- Persistent fear or phobia
- Depression
- Rage
- Difficulty sleeping (nightmares, insomnia, etc.)
- Eating difficulties (nausea, vomiting, compulsive eating, etc.)
- Denial
- Withdrawal from friends, family, activities
- Hyper-vigilance
- Reluctance to leave house and/or go places that remind the individual of the assault
- Sexual problems
- Difficulty concentrating

*All of these symptoms and behaviors may make the individual more willing to seek counseling and/or to discuss the assault.



Those Who HARM....

Sexual offenders are charming and friendly. They fool all of us and unfortunately cause many people to question the victim's story. Offenders can be male or female and are all different ages.



Sex Offenders:

- Often build up your trust so you let your guard down.
- Test your boundaries to see if you will react and if you will get help.
- Use alcohol as excuses for their behaviors.
- Believe they have the right to sex regardless of consent.
- Believe that using any means necessary to gain sex is okay.
- Believe the myth that "NO" really means "Yes."
- Disregard another person's feelings or needs.
- Violate another person's boundaries.
- Threaten humiliation or punishment to force you into sex.

Only an offender can prevent sexual violence, but there are lots of **SAFE** and **EASY** ways to check-in with a person who is in a vulnerable situation...

- Interrupt and start a conversation
- Knock on the door.
- Make a scene to disrupt the mood.
- Use humor to draw attention and split up the couple
- Refuse to leave the room or find a reason to call one of them into the hallway.
- If dancing at a party, cut in.
- Accidentally spill your drink to diffuse the situation.
- Lie about his/her car being towed.

It only takes a minute to step in and help.
It takes a lifetime to heal from sexual violence.



★ Believe.

There may be some confusion about details, but that doesn't mean the person isn't telling the truth. The assault is a traumatic situation and details can become confused.

★ Say "It is Not Your Fault."

No one asks or deserves to be assaulted. Regardless of a person's behaviors, rape is never a punishment.

★ Listen.

Don't let your feelings get in the way of listening to the survivor's feelings.



★ Normalize Feelings.

Survivors respond a million different ways after being assaulted and all those responses should be accepted as normal. Survivors need to hear that they are not crazy or losing it. Encourage a phone call to STAR.

★ Encourage the Survivor to Talk.

Silence does not make anything better. Provide the survivor options for talking about the experience with you, a counselor, or an Advocate at STAR.

★ Respect the Survivor's Confidentiality.

The story of the sexual assault belongs to the survivor and no one else. The survivor may choose to tell others, but you never should. The only exception would be if the survivor is a child or vulnerable adult. Call STAR to get help.

★ Don't Pry or Ask Questions.

Allow time and space for the survivor to share information with you. Respect this boundary and don't take it personally.

★ Respect the Survivor's Decisions.

Surviving a sexual assault means reclaiming power over your physical and mental being. By making choices or taking away options from a survivor you are continuing the abuse. Respect choices and discuss alternative options if decisions are unhealthy.

STAR is available 24 hours a day.

**IT IS OKAY NOT TO KNOW WHAT TO SAY,
YOUR PRESENCE WILL DO THE TALKING.**



Self-care is just that- learning how to care for your self. For victims of sexual assault, this is the most valuable method of healing. Since so many victims choose not to report or even to tell anyone, their only source of support must come from within. In order to heal, the fear of thinking about the assault must be faced.

F Find support through the strength of other survivors.

E Exercise calms the body and keeps you healthy.

A Affection from pets, friends, and partners battles isolation.

R Relaxation techniques can help ease triggers and flashbacks.

S Self-awareness and insight on healing is essential; talk about your struggles.

If you are a friend or family member of a victim, do not discredit your own experience and grief. Support your friend by taking care of yourself. Not only will you demonstrate health and wellness, but you will also be stronger support.

