



# WOMEN'S CENTER NEWS

APRIL 2009

## UPCOMING EVENTS:

### MEET, EAT, AND LEARN

Meet, Eat, and Learn is an opportunity to meet new people and listen to someone's perspective while enjoying a free and delicious lunch.

In conjunction with Sexual Assault Awareness Month, we will have a survivor, Kristi Wavra Stallmo, share her personal story. Please join us for our last Meet, Eat, and Learn of the school year!

Everyone is welcome, lunch will be provided!

*A Survivor will share her story*



Wednesday, April 1st  
Noon - 1:00 pm

International Centre  
2908 University Avenue

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- Pop Can Giveaway
- 10 Things Men Can Do To Prevent Gender Violence
- Sexual Assault Awareness Month
- *Dating Violence: Young Women In Danger*

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### Hours:

Monday - Friday: 8:00 am - 4:30 pm

Do you have feedback for us about our newsletter or programs?:

[www.und.edu/dept/womenctr/](http://www.und.edu/dept/womenctr/)



## Free Drink Giveaway!

April 7th  
Memorial Union  
10AM-2PM

*Come enjoy a free can of soda and learn about how alcohol plays a role in sexual assault.*

## JACKSON KATZ

April 15th at 7:30pm  
Memorial Union Ballroom

One of America's leading anti-sexist male activists. An educator, author and filmmaker, he is internationally recognized for his groundbreaking work in the field of gender violence prevention education with men and boys, particularly in the sports culture and the military.

For more information on Jackson Katz go to: <http://www.jacksonkatz.com/>

*April is Sexual Assault Awareness month so, what role do men play in ending violence against women? Often times the term "gender violence is used when describing violent acts against women. Violence is not just a men's or women's issue it is a human issue.*

1. Approach gender violence as a MEN'S issue involving men of all ages and socioeconomic, racial and ethnic backgrounds. View men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers
2. If a brother, friend, classmate, or teammate is abusing his female partner -- or is disrespectful or abusive to girls and women in general -- don't look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don't know what to do, consult a friend, a parent, a professor, or a counselor. **DON'T REMAIN SILENT.**
3. Have the courage to look inward. Question your own attitudes. Don't be defensive when something you do or say ends up hurting someone else. Try hard to understand how your own attitudes and actions might inadvertently perpetuate sexism and violence, and work toward changing them.
4. If you suspect that a woman close to you is being abused or has been sexually assaulted, gently ask if you can help.

5. If you are emotionally, psychologically, physically, or sexually abusive to women, or have been in the past, seek professional help NOW.

## A CALL TO Men

6. Be an ally to women who are working to end all forms of gender violence. Support the work of campus-based women's centers. Attend "Take Back the Night" rallies and other public events. Raise money for community-based rape crisis centers and battered women's shelters. If you belong to a team or fraternity, or another student group, organize a fundraiser.
7. Recognize and speak out against homophobia and gay-bashing. Discrimination and violence against lesbians and gays are wrong in and of themselves. This abuse also has direct links to

sexism (e.g. the sexual orientation of men who speak out against sexism is often questioned, a conscious or unconscious strategy intended to silence them. This is a key reason few men do so).

8. Attend programs, take courses, watch films, and read articles and books about multicultural masculinities, gender inequality, and the root causes of gender violence. Educate yourself and others about how larger social forces affect the conflicts between individual men and women.

9. Don't fund sexism. Refuse to purchase any magazine, rent any video, subscribe to any Web site, or buy any music that portrays girls or women in a sexually degrading or abusive manner. Protest sexism in the media.

10. Mentor and teach young boys about how to be men in ways that don't involve degrading or abusing girls and women. Volunteer to work with gender violence prevention programs, including anti-sexist men's programs. Lead by example.

Reference:

[www.jacksonkatz.com](http://www.jacksonkatz.com)

**A summary of:  
*Dating Violence:*  
*Young Women in Danger*  
Barrie Levy**

Today millions of young people are struggling with a problem that has been ignored and overlooked: violence in their dating relationships. It is estimated that one out of three high school and college-aged youth experience sexual, emo-

tional or physical abuse in their relationships. *Dating Violence* brings together professionals, activists, researchers and young people themselves to provide a comprehensive, cross-cultural view of the problem.

The book gives first-person accounts of experiencing or witnessing abuse. These stories are given context within our society by researchers who explore the effects of sexism, racism, class bias and the

general invisibility and powerlessness of adolescents.

*Dating Violence* is an indispensable book for all readers concerned with fostering healthy, non-violent relationships between young people.

If you are interested in checking this book out, it is located in the Women's Center Library.

April is...  
**Sexual Assault**  
 Awareness Month

This month, there will be a particular push to raise awareness on the issue of sexual assault. As much as it is important to have an awareness month dedicated to educating individuals on sexual assault, it is crucial that attention be drawn to this issue year round because **every 2 minutes, someone is sexually assaulted in the United States.**

#### Clarification of Terms

There is often confusion surrounding the terms of *rape* and *sexual assault*, especially given that these words are often used interchangeably. According to the Rape, Abuse & Incest National Network (RAINN), *rape* is “forced vaginal, oral, or anal penetration”. In contrast, *sexual assault* encompasses rape as well as attempted rape and other forms of sexual contact in which consent is absent.

#### Presence vs. Absence

Consent (or lack thereof) is often mentioned in relation to sexual assault, but yet is rarely discussed in detail. The idea of consent is often oversimplified to “yes means yes” and “no means no”. However, consent is not as much of a black or white matter as we would like it to be, as there are many shades of gray that represent indirect ways of denying consent. In other words, consent cannot be reduced to a “yes” or “no” dichotomy unless all ambiguities in between are considered as a refusal of consent.

Consent is given when an individual truly wants to engage in one or more particular sexual act(s). An individual may agree to certain sexual behaviors but may be unwilling to participate in other sexual acts. Therefore, an individual’s consent for one sexual act should not be assumed to apply to all other forms of sexual activity. True consent is given when an individual has made up his or her own mind, without feeling pressured or forced to engage in sexual activity. An individual cannot give true consent if she or he feels threatened or intimidated. The *presence* of consent is dependent on an individual’s free will to choose which sexual behaviors she or he wants to engage in.

“No” and “stop” are arguably the most direct forms in putting an end to sexual activity, but they are not the only ways an individual can communicate his or her wish to stop sexual activity. Sometimes saying “no” or “stop” is just not possible such as in the cases of people who are scared, confused, in a state of shock, passed out, etc. If an individual does not or cannot voice his or her wish to stop sexual activity, this type of situation constitutes an *absence* of consent and does not indicate that an individual agrees to be subjected to a sexual act.

If an individual is uncertain that she or he wants to engage in a sexual act, then this ambivalence should be taken as an *absence* of consent. For example, “I don’t know” or “I’m not sure” do not convey certainty that one is willing to go any further than she or he may already have. Unless someone is enthusiastically voicing their desire to engage in a sexual act,

one cannot assume that the other person wants to go any further.

#### Who is Sexually Assaulted?

- ◆ 44% of rape victims are under the age of 18, while 80% are under the age of 30.
- ◆ Female adolescents and young adults are 4 times more like to be raped than any other demographic group.
- ◆ 1 out of every 4 college women will be *raped*.
- ◆ 1 out of every 2 college women will be *sexually assaulted*.
- ◆ 10% of individuals sexually assaulted are men.
  - In these sexual assaults, 99% of perpetrators were men.

#### Who are the Perpetrators?

The vast majority of perpetrators are men. Contrary to popular belief, these perpetrators are not strangers wearing ski masks, hiding in the bushes at night. In an overwhelming amount of cases, victims know their assailants. According to the North Dakota Council on Abused Women Services (NDCAWS), 12% of sexual assault perpetrators were strangers to adult victims whereas only 3% of assailants were strangers to children who were sexually assaulted. In fact, 34% of victims surveyed indicated that the perpetrator was a friend, acquaintance, or date and 35% of victims were sexually assaulted by a family member or disclosed a history of incest.

There are very few rapists who are prosecuted for their sex offenses. According to David Lisak, charges are filed against assailants only 10% of the time and less than half of these charges lead to convictions. Lisak has coined the term “undetected rapist” to represent assailants who are never

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caught for their offenses.

According to Lisak, “undetected rapists”:

- Pinpoint potential victims and test the boundaries of these individuals.
- Plan out their attacks by “grooming” their victims through attention, flattery, alcohol, etc. and by isolating their victims.
- Strategically use “instrumental violence”, meaning they use the least possible amount of violence to get their victim to cooperate.
- Use power, control, manipulation, and threats to coerce the victim. Physical force is sometimes used to give greater influence to the above noted “psychological weapons”.
- Rarely use knives, guns, or other weapons in their attacks.
- Use alcohol to make their victims more vulnerable.

### **What Do You Do if You Have Been Sexually Assaulted?**

- ♦ Get to a safe place - anywhere away from the perpetrator.
- ♦ Remember it wasn't your fault.
- ♦ Ask a trusted friend to stay with you for support.
- ♦ Get medical attention.
- ♦ Preserve evidence of the attack - don't change, bathe, or brush your teeth.
- ♦ Report the rape to law enforcement authorities.

### **What Do You Do if a Friend Has Been Sexually Assaulted:**

- Believe the survivor.
- Be supportive.
- Allow the survivor to make her/his own decisions.
- Ask the survivor what they need.
- Reassure the survivor that they are not to blame.
- Provide on-going support.

### **Resources:**

- ♦ UND Crisis Team: 777-2664 (day), 777-3491 (night/weekend)
- ♦ Campus Police (UPD): 777-3491
- ♦ Community Violence Intervention Center (CVIC) 24-Hour Abuse & Rape Crisis Line: 746-8900
- ♦ UND Counseling Center: 777-2127
- ♦ UND Women's Center: 777-4300
- ♦ National Sexual Assault Hotline (operated by RAINN 24-hours a day): 1-800-656-HOPE

**Remember that it is never too late to tell somebody what happened or to get help.**

### **References:**

[www.rainn.org/](http://www.rainn.org/), [www.athealth.com/Practitioner/ceduc/alc\\_assault.html](http://www.athealth.com/Practitioner/ceduc/alc_assault.html), [www.ndcaws.org/assault/statistics.asp](http://www.ndcaws.org/assault/statistics.asp), [www.sexualassault.army.mil/files/RAPE\\_FACT\\_SHEET.pdf](http://www.sexualassault.army.mil/files/RAPE_FACT_SHEET.pdf)

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