



## What we are going to talk about tonight:

- Sexual Assault
- Consent
- Bystander Intervention
- How to help a friend
- Community Resources



## Take Care of Yourself

We are going to be talking about violence and abuse.  
It can be hard to hear and talk about.

If you need to talk to someone, please call  
VASAP's 24 Hotline at 240-777-4357



## SSL Hours

You will get 2.5 SSL hours for attending this event by filling  
out the form we will share at the  
end of this presentation.

The form needs to be filled out by TOMORROW, December  
15th at 5 pm.

**\*\* If you go to a private school,  
email [smita.varia@montgomerycountymd.gov](mailto:smita.varia@montgomerycountymd.gov)  
to earn SSL hours \*\***



## Agenda

Presentation: 7:00-8:00 p.m.  
Panel with Q&A: 8:00-9:00 p.m.

### Panelists:

Debbie Feinstein, State's Attorney's Office  
Captain Amy Daum, Montgomery County Police Department  
Dr. Rafiah Prince, Victim Assistance & Sexual Assault Program  
Colleen Bokman, Victim Assistance & Sexual Assault Program  
Smita Varia, Domestic Violence Coordinating Council



## True or False

- Sexual assaults are committed by strangers.



## True or False

- Sexual assaults are committed by strangers. **FALSE**
  - **7 out of 10 victims of rape know the perpetrator.**



## True or False

- Sexual assaults are committed by strangers. **FALSE**
  - **7 out of 10 victims of rape know the perpetrator.**
- Men can be raped too.



## True or False

- Sexual assaults are committed by strangers. **FALSE**
  - **7 out of 10 victims of rape know the perpetrator.**
- Men can be raped too. **TRUE**
  - **1 out of every 10 rape victims are male.**



## True or False

- Sexual assaults are committed by strangers. **FALSE**
  - **7 out of 10 victims of rape know the perpetrator.**
- Men can be raped too. **TRUE**
  - **1 out of every 10 rape victims are male.**
- What someone wears or what they had to drink makes them responsible for sexual assault.



## True or False

- Sexual assaults are committed by strangers. **FALSE**
  - **7 out of 10 victims of rape know the perpetrator.**
- Men can be raped too. **TRUE**
  - **1 out of every 10 rape victims are male.**
- What someone wears or what they had to drink makes them responsible for sexual assault. **FALSE**
  - **Sexual assault is NEVER the victim's fault.**



## True or False

- Sexual assaults are committed by strangers. **FALSE**
  - **7 out of 10 victims of rape know the perpetrator.**
- Men can be raped too. **TRUE**
  - **1 out of every 10 rape victims are male.**
- What someone wears or what they had to drink makes them responsible for sexual assault. **FALSE**
  - **Sexual assault is NEVER the victim's fault.**
- Sexual assault victims have bruises or cuts or physical injury.



## True or False

- Sexual assaults are committed by strangers. **FALSE**
  - **7 out of 10 victims of rape know the perpetrator.**
- Men can be raped too. **TRUE**
  - **1 out of every 10 rape victims are male.**
- What someone wears or what they had to drink makes them responsible for sexual assault. **FALSE**
  - **Sexual assault is NEVER the victim's fault.**
- Sexual assault victims have bruises or cuts or physical injury. **FALSE**
  - **Sexual assault can occur without visible physical injury.**



## True or False

- Sexual assaults are committed by strangers. **FALSE**
  - **7 out of 10 victims of rape know the perpetrator.**
- Men can be raped too. **TRUE**
  - **1 out of every 10 rape victims are male.**
- What someone wears or what they had to drink makes them responsible for sexual assault. **FALSE**
  - **Sexual assault is NEVER the victim's fault.**
- Sexual assault victims have bruises or cuts or physical injury. **FALSE**
  - **Sexual assault can occur without visible physical injury.**
- Victims of sexual assault handle the assault and the aftermath in different ways. **TRUE**

## True or False

- Sexual assaults are committed by strangers. **FALSE**
  - **7 out of 10 victims of rape know the perpetrator.**
- Men can be raped too. **TRUE**
  - **1 out of every 10 rape victims are male.**
- What someone wears or what they had to drink makes them responsible for sexual assault. **FALSE**
  - **Sexual assault is NEVER the victim's fault.**
- Sexual assault victims have bruises or cuts or physical injury. **FALSE**
  - **Sexual assault can occur without visible physical injury.**
- Victims of sexual assault handle the assault and the aftermath in different ways. **TRUE**
  - **Responses may be different from what might be "expected."**

## Sexual violence and students

6.7 % of high school students reported that they were physically forced to have sexual intercourse.



Source: [www.nsvrc.org](http://www.nsvrc.org), 2015 Youth Risk Behavior Survey





## Who commits sexual violence against youth?

- Of sexual abuse cases reported to law enforcement, **93%** of juvenile victims knew the perpetrator:
  - **59%** were acquaintances
  - **34%** were family members
  - **7%** were strangers to the victim



Source: [www.rain.org](http://www.rain.org)

## Effects of sexual violence

- Young people who experience sexual violence may:
  - Do poorly in school
  - Engage in sexually risky behavior
  - Get pregnant
  - Self harm, including considering or attempting suicide
  - Develop mental health conditions, including PTSD, substance abuse, eating disorders, low self-esteem, depression, anxiety
  - Experience further abuse as an adult

Source: [www.nsvrc.org](http://www.nsvrc.org), Teenagers & Sexual Violence



## Sexual harassment and students

A study on sexual harassment of 7th to 12th grade students found:

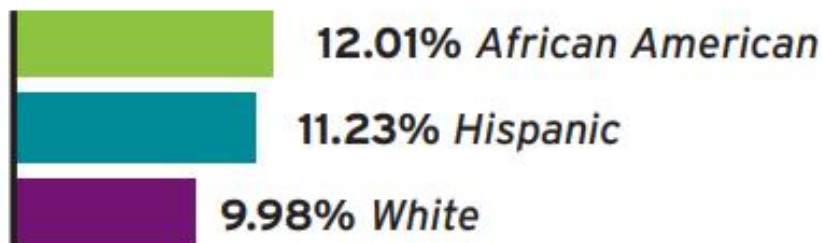


Source: [www.nsvrc.org](http://www.nsvrc.org), 2013 Crossing the Line: Sexual Harassment at Schools



## Race and Sexual Violence

African American and Hispanic girls are more likely to experience sexual violence than white girls:



Source: [www.nsvrc.org](http://www.nsvrc.org), 2014 journal article



## LGBTQA+ and Sexual Violence

- LGBTQA+ students are more likely to experience sexual harassment and sexual violence than heterosexual youth.
  - In one study, 81% of transgender youth experienced sexual harassment.
  - 29.9% of lesbian or bisexual girls indicated they had been forced to have sexual intercourse.
  - 25.5% of gay or bisexual boys indicated that they had been forced to have sexual intercourse.

Source: [www.nsvrc.org](http://www.nsvrc.org), 2014 and 2015 journal articles



## Disability and Sexual Violence

- Youth with physical disabilities are more likely to experience sexual violence than youth without physical disabilities.
  - Over 25% of girls
  - Over 18% of boys
  - In one study, over 22% of youth with physical disabilities experienced contact sexual violence
    - This is 1.74 times higher than able-bodied youth.

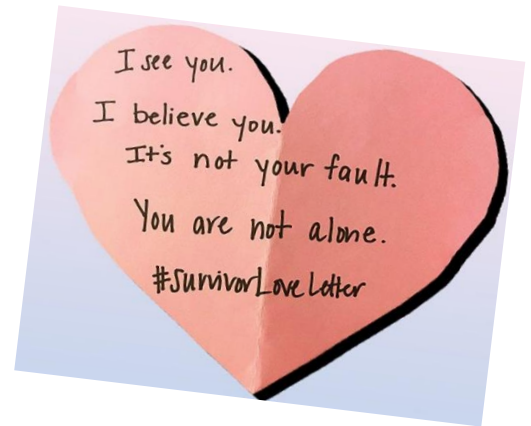
Source: [www.nsvrc.org](http://www.nsvrc.org), 2011 and 2014 journal articles



## What is sexual assault?

Sexual assault can take many different forms, but one thing remains the same:

**SEXUAL ASSAULT IS  
NEVER THE VICTIM'S FAULT**



## What is sexual assault?

**The term sexual assault refers to sexual contact or behavior that occurs without explicit consent of the victim.**

### **Sexual assault includes:**

- Rape and attempted rape
- Any unwanted sexual touching (can be over or under clothes)
- Forcing a victim to perform or receive sexual acts such as oral sex

Source: [www.rainn.org](http://www.rainn.org)



## What is rape?

- Rape is a form of sexual assault, but not all sexual assault is rape
- In Maryland, second degree rape is defined as:
  - **Vaginal or anal intercourse, oral sex, or other penetration**
  - **By force or threat of force**
  - **Without the consent of the other**



## What is rape?

- **Penetration:** Penetration, however slight, is rape.
- **Force:** The amount of force necessary depends on the circumstances. No particular amount of force is required. Evidence of physical resistance is not required.
- **Consent:** Consent means actually agreeing to the act, rather than merely submitting as a result of force or threat of force.



## What is rape?

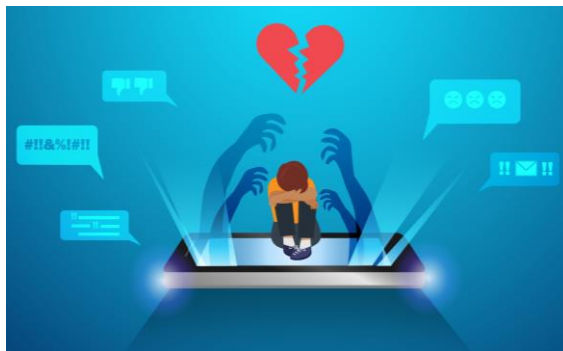
### • Rape also includes:

- If the victim is drunk, under the influence of drugs, unconscious, physically unable to resist or communicate that they do not consent or has an intellectual or mental disability that makes them unable to resist or consent.
- If the victim is under the age of 14 and the perpetrator is at least 4 years older than the victim.



## Other offenses

- Stalking
- Harassment
- Child pornography
- Email harassment
- Sextortion
- Revenge Porn



## What is healthy sexual activity?

Engaging in sexual interactions and relationships that are:



- ✓ Consensual
- ✓ Respectful
- ✓ Informed
- ✓ Honest
- ✓ Safe



## What is consent?

It's someone giving their permission for all sexual contact that happens. It is freely given, of a person's own free will, and absent of pressure.

Consent is agreeing and saying yes throughout the entire act.



## More about Consent

- “Yes” means “yes.” The absence of a no doesn’t mean “yes.”
  - **Consent is a clear, affirmative expression of interest, desires and wants by all parties.**
- Drugs and alcohol impact decision-making and blur consent.
  - **A person who is intoxicated or impaired cannot give consent.**
- Consent needs to be clear.
  - **Never assume, don’t rely on past interactions, always ask.**
- Consent is specific.
  - **Consent to one thing doesn’t mean consent to everything.**
  - **Consent in the past doesn’t mean consent now.**
  - **Consent can be taken back anytime.**



## More about Consent

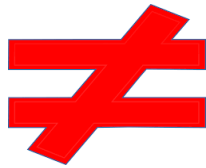
What consent sounds like:	What consent does NOT sound like:
This is okay Absolutely I like that Of Course Sure Yes	I'm not ready Not tonight I'm not sure I guess so/maybe Stop No

**Sometimes a person can say no through body language by pushing away, not responding, moving around, looking down, or even not wanting to be alone with someone.**





**Silence**



**Yes**



**Yes**

**=**

**Yes**





# CONSENT



**F**reely Given  
**R**eversible  
**I**nformed  
**E**nthusiastic  
**S**pecific



## When in doubt, ask!



**If you're still not sure, you don't have affirmative consent.**

Source: The Maryland Coalition Against Sexual Assault



## Which one of these is a good example of consent?

1. Maya wants to have sex with her partner, Taylor, but has said they weren't ready for that step yet. Maya gets frustrated and, after asking a lot, tells Taylor that if they don't have sex soon, she'll break up with them. Taylor, feeling scared, agrees to have sex.
2. Keith and Aalia meet at a party and hit it off. They start kissing and he asks her to go somewhere more private, and she agrees. However, when they're alone, she begins to feel nervous, and asks him to slow down. Keith pauses and asks her if she's ok and if she wants to go back to the party.
3. Jasmine and Grace meet online and agree to hang out. Jasmine is nervous and drinks several beers. She starts slurring her words and feeling fuzzy. When Grace starts kissing her, Jasmine tries move away, but can't because she is dizzy and drunk.

Source: The Maryland Coalition Against Sexual Assault



## Which one of these is a good example of consent?

1. Maya wants to have sex with her partner, Taylor, but has said they weren't ready for that step yet. Maya gets frustrated and, after asking a lot, tells Taylor that if they don't have sex soon, she'll break up with them. Taylor, feeling scared, agrees to have sex.
2. **Keith and Aalia meet at a party and hit it off. They start kissing and he asks her to go somewhere more private, and she agrees. However, when they're alone, she begins to feel nervous, and asks him to slow down. Keith pauses and asks her if she's ok and if she wants to go back to the party.**
3. Jasmine and Grace meet online and agree to hang out. Jasmine is nervous and drinks several beers. She starts slurring her words and feeling fuzzy. When Grace starts kissing her, Jasmine tries move away, but can't because she is dizzy and drunk.

Source: The Maryland Coalition Against Sexual Assault



## Which one of these is a good example of consent?

1. Daniel asked Emma to text him a nude photo of her. She said no, but he said if she really liked him, she would do it and if she didn't, he could find another girl who would. So she did.
2. Every time Vanessa passes Cory in the hall, he slaps her butt. The first time he did it, she ignored him. The 2nd time he did it, she told him to stop, but that just made him laugh. The 3rd time, he egged on his friend to do it.
3. Keon and Jake meet online and decide to meet at a park to hang out. Keon starts touching Jake, and Jake steps away and says that he just wants to talk. Keon is frustrated and says, "But I thought you wanted to hook up?" Jake said maybe another day, but not yet. Even though Keon is annoyed, he stops.

Source: The Maryland Coalition Against Sexual Assault



## Which one of these is a good example of consent?

1. Daniel asked Emma to text him a nude photo of her. She said no, but he said if she really liked him, she would do it and if she didn't, he could find another girl who would. So she did.
2. Every time Vanessa passes Cory in the hall, he slaps her butt. The first time he did it, she ignored him. The 2nd time he did it, she told him to stop, but that just made him laugh. The 3rd time, he egged on his friend to do it.
3. **Keon and Jake meet online and decide to meet at a park to hang out. Keon starts touching Jake, and Jake steps away and says that he just wants to talk. Keon is frustrated and says, "But I thought you wanted to hook up?" Jake said maybe another day, but not yet. Even though Keon is annoyed, he stops.**



Source: The Maryland Coalition Against Sexual Assault

Just remember:

consent is...  
**mutual active**  
**respecting boundaries**  
**comfortable**  
**retractable**  
**checking**  
**willingly**  
**given**  




## Bystander Intervention

Recognizing a potentially harmful situation or interaction and choosing to respond in a way that could positively influence the outcome.

- Warning Signs
- Barriers
- The 5 Ds



## Warning Signs

- Touch that seems unwanted
- Facial expressions
- Body language
- Trying to get someone alone
- Testing boundaries
- Pushing drinks
- A friend focusing on someone who seems uninterested.
- Pushing or shoving
- Aggressive language
- Talking about plans to hook up with someone
- Talking about getting someone drunk.
- Making sexist or inappropriate jokes.



Source: The Maryland Coalition Against Sexual Assault

## Barriers to Intervening

- You aren't sure of what you are witnessing
- You might think someone else will step in
- You might be worried about your own's safety
- You might feel like it's none of your business
- You don't want to be a snitch
- You aren't sure of what to do or how to help
- You worry that you'll get teased or be embarrassed
- You don't want to make things worse
- Your identities make it difficult to step in



Source: The Maryland Coalition Against Sexual Assault

## The 5 Ds of Bystander Intervention

DIRECT  
DELEGATE  
DISTRACT  
DEBRIEF  
DOCUMENT



### Direct

**Call it like you see it.**

Point out threatening or inappropriate behavior:

“Hey, that joke was demeaning and not funny.”

“They said they didn’t want to leave with you, back off.”

“Leave her alone”

Do not argue or debate with the other person.  
Keep it clear and direct. If the person responds, assist the person targeted instead of engaging.

**\*\*Only directly intervene if it is safe to do so.  
If not, use another tactic.**





## Distract

**Do anything to disrupt or interrupt a situation to keep it from escalating:**

“Hey, let’s get some food. I’m hungry.”

“Come look at this funny tik tok!”

“Aren’t you in my math class?”

What  
time is it?



## Delegate

**Get other people to help you intervene.**

- Find one of their friends to step in and help.
- Get an adult to step in.
- Get a group of people together to distract the interaction.

That doesn't  
look right. We  
should  
something.



## Debrief

**Check in with the person afterwards.**

“Are you ok?”

“What they did to you was not ok.”

“Do you want me to take you home?”

I saw what happened.  
How can I help?



## Document

**If other people are already intervening, then you can help by documenting what is happening.**

- Take photos or videos
- Note the date, time and place the incident is happening

I took a video. I'll text it to you in case it is helpful.

**\*\* Give the documentation to the person. Do not post photos or videos without getting their permission.**



## Scenarios

You are having lunch with your friends and a group of students nearby start making sexual gestures and comments to one of your friends that's sitting with you. Though trying to ignore the comments, you see that your friend is upset.

What do you do?



## Scenarios

You're at a party and there is drinking. Someone nearby has had a lot to drink and is being harassed or manipulated by someone you think may do something harmful to them.

What do you do?



## How to Help a Friend

If you suspect that your friend has been sexually assaulted:

- Approach them in a confidential manner, and in a time and place away from interruptions
- Start by gently talking about what you have observed.
- Listen to what they have to say.



## How to Help a Friend

If your friend comes to you for help:

- ✓ Be supportive and listen
- ✓ Believe them
- ✓ Give him/her/them time to open up
- ✓ Do not make victim-blaming statements
- ✓ Ask them how you can help
- ✓ Refrain from telling them what to do
- ✓ Refer them to resources



## Resources in the Community

### Montgomery County Family Justice Center: 240-773-0444

600 Jefferson Plaza Suite 500 Rockville, MD 20852

Open Weekdays from 8:30 a.m.-5:00 p.m.

\* Parental accompaniment needed if under age 16.

### Montgomery County Victim Assistance and Sexual Assault Program: 240-777-4357

1301 Piccard Drive, 1st Floor Rockville, Maryland 20850

Open 24 hours a day 7 days a week.

\* Parental accompaniment needed if under age 12.

### Shady Grove Adventist Healthcare Center

240-826-6225 (24 hours)

9901 Medical Center Drive, Rockville, Maryland 20850

Open 24 hours a day 7 days a week

### RAINN Hotline

800-656-HOPE (4673)

Text: loveis to 22522

Chat online at [hotline.rainn.org/online](https://hotline.rainn.org/online)



## MCPS Reporting Information

- Contact the school principal, counselor, student welfare liaison, or any MCPS staff member
- Contact the Montgomery County Police Department at 301-279-8000 (or 911 in the event of an emergency)
- Submit a Bullying, Harassment or Intimidation Reporting form
- Contact the MCPS Title IX Coordinator at [TitleIX@mcpsmd.org](mailto:TitleIX@mcpsmd.org)
- Safe Schools Maryland Tip Line is an anonymous reporting system used to report threats to the safety and/or well-being of students at 1-833-MD-B-SAFE
- Send a text to EveryMind at 301-738-2255 (between noon and midnight)



*Choose Respect Montgomery is an initiative of the Montgomery County Domestic Violence Coordinating Council  
Our mission is to promote respect in dating relationships and to raise community awareness  
about the prevalence of teen dating violence.*



**linktr.ee/chooserespect**

For more information email [smitta.varia@montgomerycountymd.gov](mailto:smitta.varia@montgomerycountymd.gov)



@chooserespectmontgomery



@choose\_respect



Choose Respect Montgomery



**VIDEO CONTEST**



Winners will be announced at



**RespectFEST**



Rules, information and to enter: [linktr.ee/chooserespectmontgomery](https://linktr.ee/chooserespectmontgomery)

**CONTEST DEADLINE: FEBRUARY 28, 2022**

# RespectFEST

03 / 27 / 22

## Questions to the Panel

Debbie Feinstein, State's Attorney's Office  
Captain Amy Daum, Montgomery County Police Department  
Dr. Rafiah Prince, Victim Assistance & Sexual Assault Program  
Colleen Bokman, Victim Assistance & Sexual Assault Program  
Smita Varia, Domestic Violence Coordinating Council





# SSL HOURS



## MCPS STUDENTS

<https://bit.ly/2021consentSS>

SSL Form must be completed by  
5:00 PM tomorrow, 12/15/21.



---

## PRIVATE SCHOOL STUDENTS

Email your School SSL Hour Form to  
[Smita.varia@montgomerycountymd.g](mailto:Smita.varia@montgomerycountymd.gov)  
ov

by 5:00 PM tomorrow, 12/15/21

