



**SAFETY, SEXUALITY AND
RELATIONSHIPS THAT WORK:
REAL TALK ABOUT CURRENT ISSUES
FACING PEOPLE WITH INTELLECTUAL
AND DEVELOPMENTAL DISABILITIES**



Welcome to-

Be The Solution!

**Preventing Sexual Abuse of People
with Intellectual and Developmental
Disabilities**

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The Arc of Spokane

We ARE going to talk about...

- Safety
 - Prevention is about stopping harm *before* it happens
- Sexuality
 - Prevention recognizes healthy sexuality as a part of the human condition
- Relationships That Work
 - Healthy relationship education **is** prevention
- All these subjects are included today

Who's here today!

- Parents
- Self-advocates
- Siblings
- Managers
- Direct Services
- Other



At the end of this session

You will know :

- The definition of sexual abuse
- Rates and risk factors of people with IDD
- What “Prevention” is
- Prevention across the lifespan for people with IDD
- The Community Development process
- *AND - Free resources*

THE PROBLEM



SEXUAL ABUSE

Sexual abuse

Is any form of nonconsensual sexual contact, including but not limited to;

- Unwanted or inappropriate touching
- Rape
- Sexual Coercion
- Sexually Explicit Photography
- Sexual Harassment
- Sexual contact between any staff person and a vulnerable adult living in or receiving services in a facility

RCW 74.34.020 (2)(a)

- *Review sexual abuse laws for YOUR state*

QUICK QUIZ

- Rates of abuse for people with IDD are the same as the rest of the population.
- Having an IDD reduces the effects of a sexual assault
- It is safer in a facility
- Most abusers are strangers
- It only happens once



Children & Youth with IDD

Estimates of Sexual abuse range from
4 – 6 times more likely
than typically developing children

So, what are the rates for typically
developing children?

Children & Youth without IDD

- **1 in 5 girls** and **1 in 20** boys is a victim of child sexual abuse;
- During a *one-year period* in the U.S., **16%** of youth ages 14 to 17 had been sexually victimized;
- Over the course of their lifetime, **28%** of U.S. youth ages 14 to 17 had been sexually victimized

David Finkelhor, Director of the Crimes Against Children Research Center



Consequences of Childhood Abuse

- Increased risk of sexual abuse in adulthood
- Difficulty establishing healthy adult relationships
- Post Traumatic Stress Disorder
- Increased potential for engaging in inappropriate relationships
- Increased risk of depression

Adults

- More than 90 percent of people with developmental disabilities will experience sexual abuse at some point in their lives. (Valenti-Hein & Schwartz, 1995).



Consequences of Adult Sexual Abuse

- Sexually transmitted diseases
- Pregnancy
- Chronic pelvic pain
- Gastrointestinal disorders
- Migraines and other frequent headaches
- PTSD

Reoccurrences

- 49% of people with developmental disabilities will experience **10 or more abusive incidents** (Valenti-Hein & Schwartz, 1995).





Beliefs About Abusers

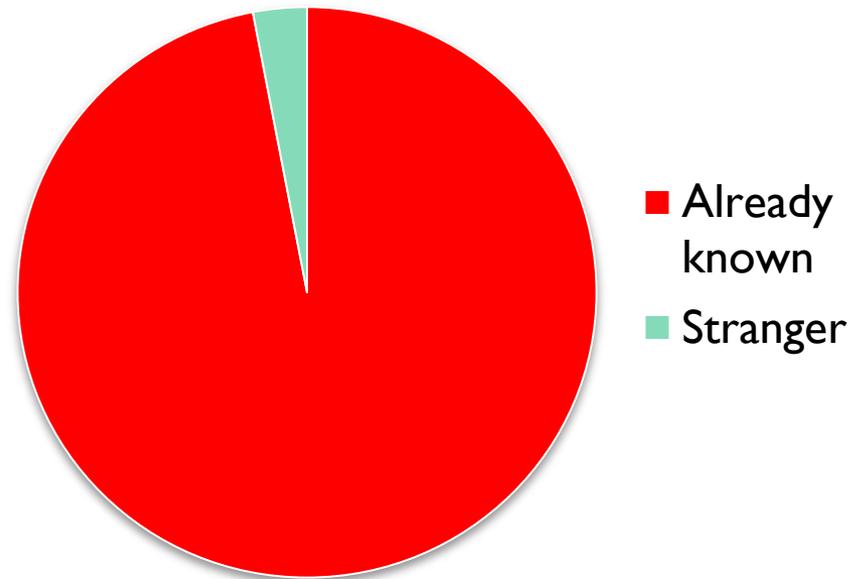
- Abusers are generally strangers
- Abusers are not professional people
- Abusers are unkempt and have poor social skills
- There is greater danger in community setting

The Truth About Abusers

- 97% of assaults were committed by someone the victim knew*

- Offenders are:

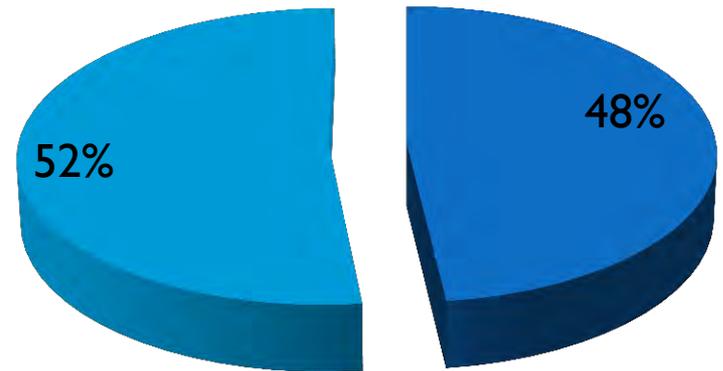
- Doctors
- Nurses
- Parents
- Aunts
- Uncles
- Siblings



- *Abusers are people who work to get your trust*
- *Sobsey, 1994, Violence and abuse in the lives of people with disabilities, p.76*

Risk Factors

- The need for supportive services:
 - 48.1 % of abusers were part of the disability services support network (Sobsey, 1994) .
- Unsupervised access by friend/family
 - 51.9 % of abusers access victims through generic contact (Sobsey, 1994) .





Research Findings on risk

- Lack of education about anatomy
- Lack of sexual education
- Lack of personal safety education
- Lack of socialization knowledge and few opportunity for skills practice
- Residential placement
- Lack of age appropriate friends

THE SOLUTION



PREVENTION

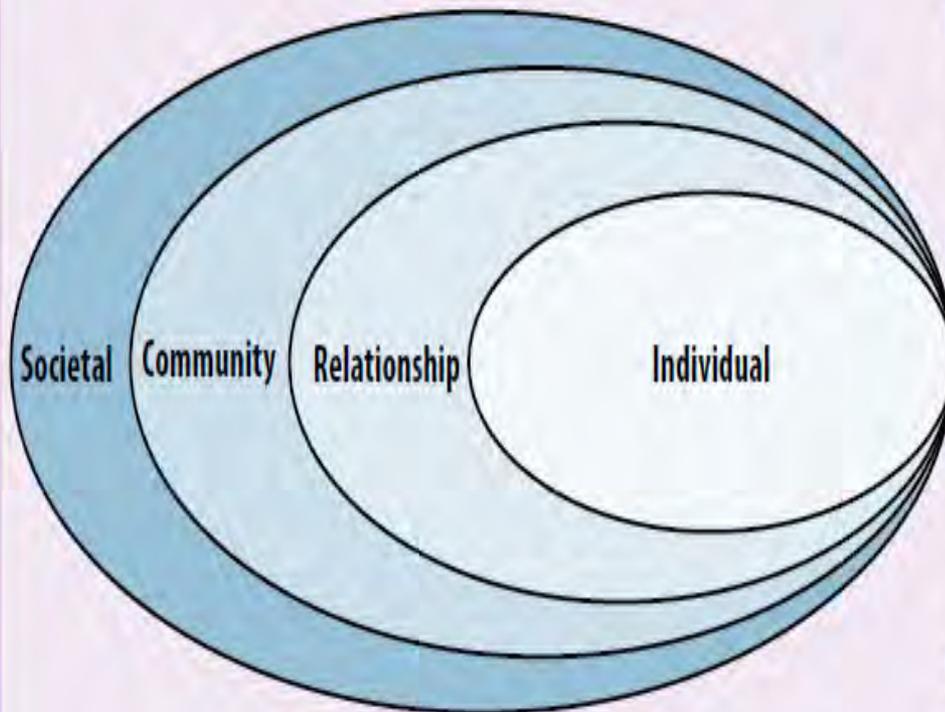
Levels of Prevention

- Primary
 - Takes place *before* sexual abuse has occurred
 - Prevents sexual abuse from happening
- Secondary
 - Immediate response *after sexual* abuse has occurred
 - Prevents sexual abuse from happening - *again*
- Tertiary
 - Response to long term consequences of abuse

CDC Recommendations

- Multiple activities
 - More than 1 session
 - More than 1 type of activity
- That are *developmentally appropriate* for the audience, and
- That are *conducted across the lifespan*
- And across the social-ecological spectrum

The Social-Ecological Model



A CLOSER LOOK AT EACH LEVEL OF THE SEM

Individual

Identifies biological and personal history factors; such as age, education, income, substance use, or history of abuse, that increase the likelihood of becoming a victim or perpetrator of violence.

Relationship

Examines close relationships that may increase the risk of experiencing violence as a victim or perpetrator. A person's closest social circle-peers, partners and family members-Influences their behavior and contributes to their range of experience.

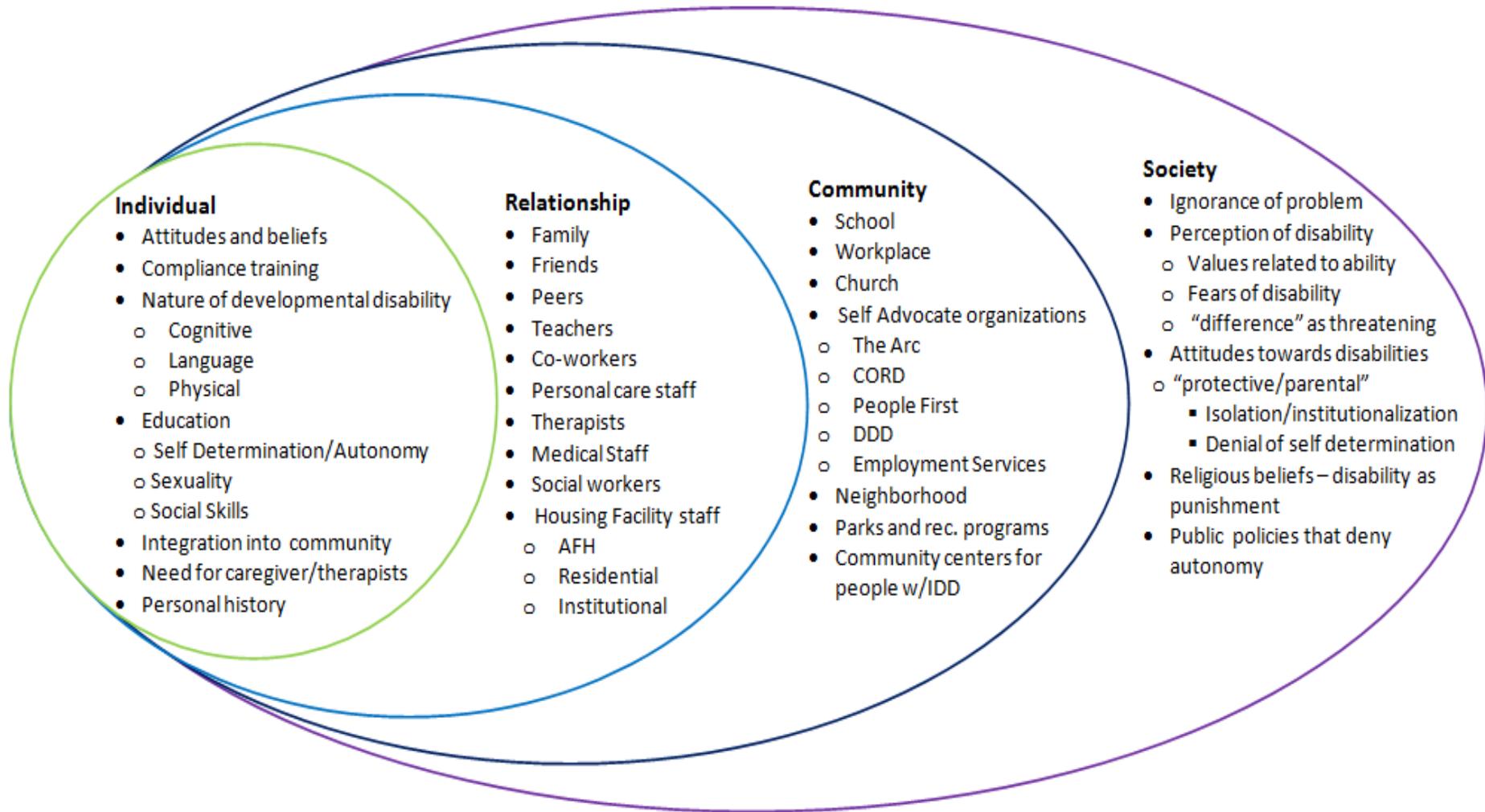
Community

Explores the settings, such as schools, workplaces, and neighborhoods, in which social relationships occur and seeks to identify the characteristics of these settings that are associated with becoming victims or perpetrators of violence.

Societal

Looks at the broad societal factors, such as health, economic, educational and social policies, that help create a climate in which violence is encouraged or inhibited and help to maintain economic or social inequalities between groups in society.

SEM for people with IDD



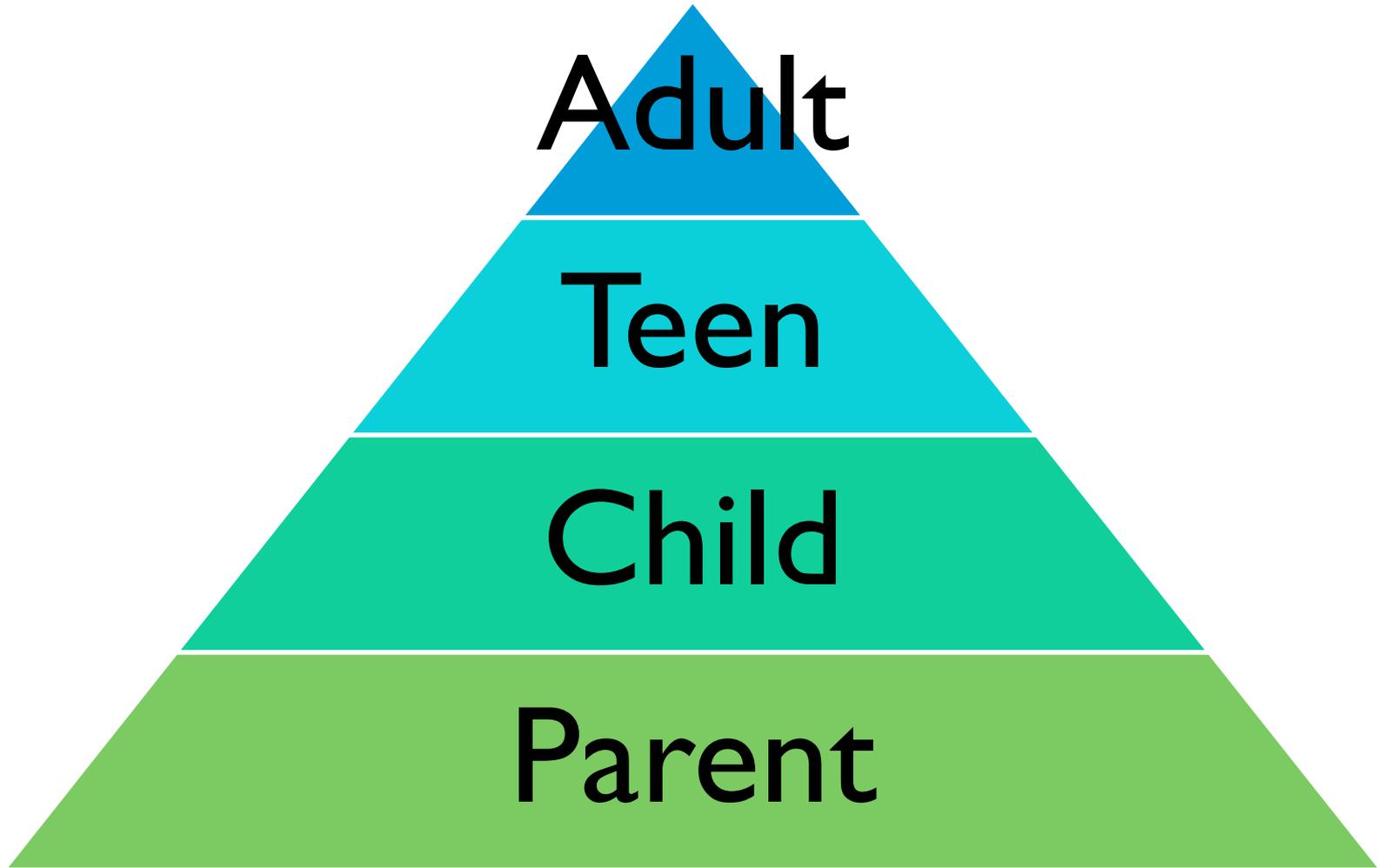
Prevention across the lifespan

Prevention across the lifespan for people with IDD would require education of the following

- Parents
- Children
- Teen/Youth
- Adults

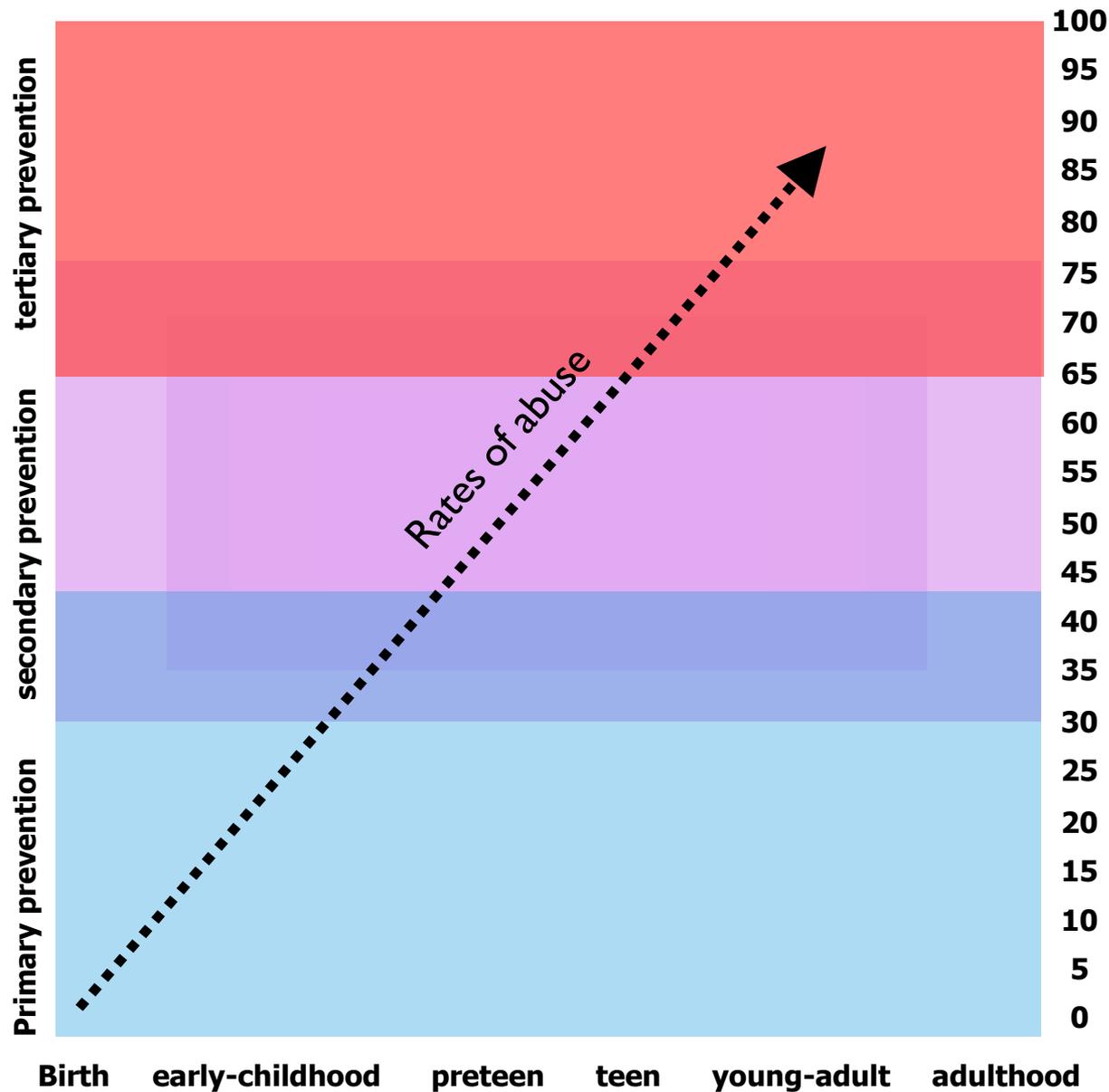


The education/prevention pyramid



Opportunities for Primary Prevention

Dashed line = percentage of people with developmental and intellectual disabilities who have been sexually abused.





Parent Education

- Provides
 - Awareness of sexual abuse of children with IDD
 - Predator awareness
 - Importance of teaching boundaries to children
 - Importance of communication with children
 - Promoting healthy relationships
 - Recognizing “grooming” behaviors
 - How to intervene to keep children safe

Child Education

- Personal boundaries
- Social boundaries
- How to be a friend
- Age appropriate social expectations
- Autonomy
- When to ask for help
- Who to ask for help
- Comprehensive sex education



Teen/Youth Education

- Healthy relationships
- Rules of society for adults
- Sex education
- The *meaning* of sex
- Consent
- Social network safety – including phones!
- Independent living skills
- Abuse identification
- How and Who to ask for help



Adult Education

- Remedial sex education
- Consent
- Healthy relationships
- Social interactions at work
- Recognizing abuse



ACTION STEPS



**HOW DO WE KNOW
WHERE TO BEGIN?**

Community Development

- Community development (CD) is a **process** that:
 - Pulls together people concerned about an issue and,
 - Created a plan to address that issue
- There are 7 steps to the CD process





The 7 Steps to CD

1. Stakeholder Recruitment
2. Identifying the Underlying Conditions
3. Community Assessment
4. Plan Development
5. Development of Evaluation Plan
6. Plan Implementation
7. Evaluate the plan

Did we make a difference?



Getting Started

1. Stakeholder Recruitment

- Who is concerned and willing to participate

2. Identifying the Underlying Conditions

- Why is there sexual abuse in our community?

3. Community Assessment

- Where shall we begin?

4. Plan Development

- How shall we do it?



Implementation

5. Development of Evaluation Plan

- How will we know the plan is working?

6. Plan Implementation

- Getting started

7. Evaluate the plan

- Did we get the result we wanted?
- Did we make a difference?
- What can we do better next time?

Sample using the C.D. process

The Partnership 4 Safety program started out as a community development program...

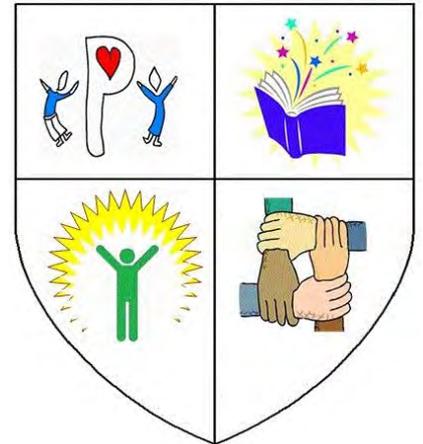


The P4S C.D. Process

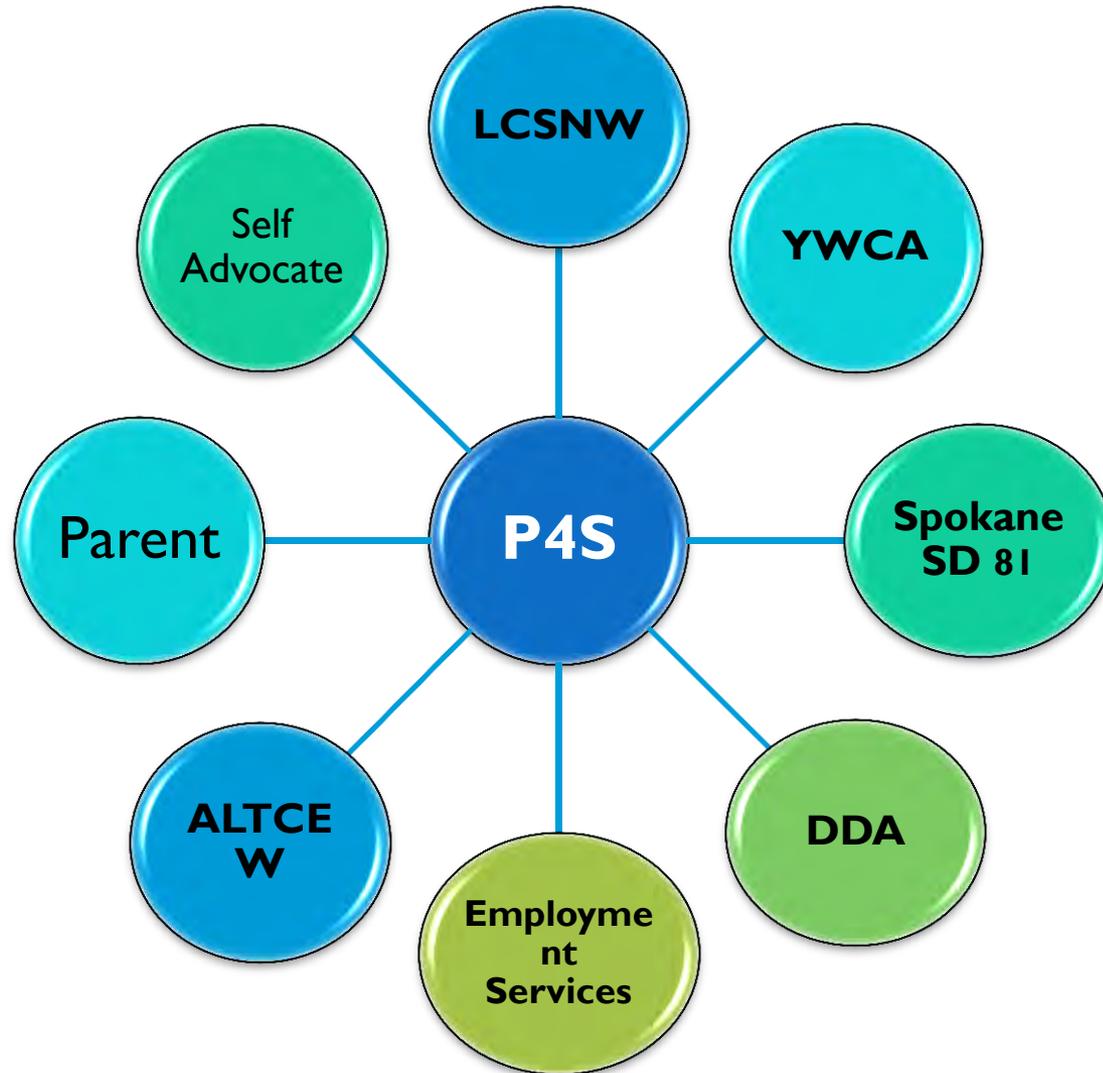
- Started as a Community Development Initiative of LCSNW (s/a service provider)
- Organized around a shared concern about sexual assault of people with IDD
- Identified concerned people (stakeholders)

Mission Statement

- To prevent the sexual abuse of persons with developmental disabilities; we will achieve this through education, community development, and individual empowerment.



Partnership 4 Safety A.C. Members



Activity	Description of Service & Population to be Served	Approximate # to be served
Safety Rally	Rally, dance and community safety fair for middle and high school students in Spokane County special education programs	250 participants
Crisis Support	Individual support for parents of children and adults with IDD	10 individuals
First Friday Movies	Healthy relationship education and social skills building activity for students 17-21 in special education programs	10-15 students/event 8 movie nights/year
Healthy Relationship groups	Healthy Relationship group for students 17-21 in special education programs	40 students 3 girls groups 3 guys groups
Parent Education	Workshops on sexual abuse awareness and prevention for parents of children, teens and adults with IDD	20 parents 3 workshops/year
Teacher Education	Workshops and Support for school instructors working with children with IDD to strengthen skills in providing sexual education curriculum and abuse prevention	20 teachers 2 workshops

First Friday Movies



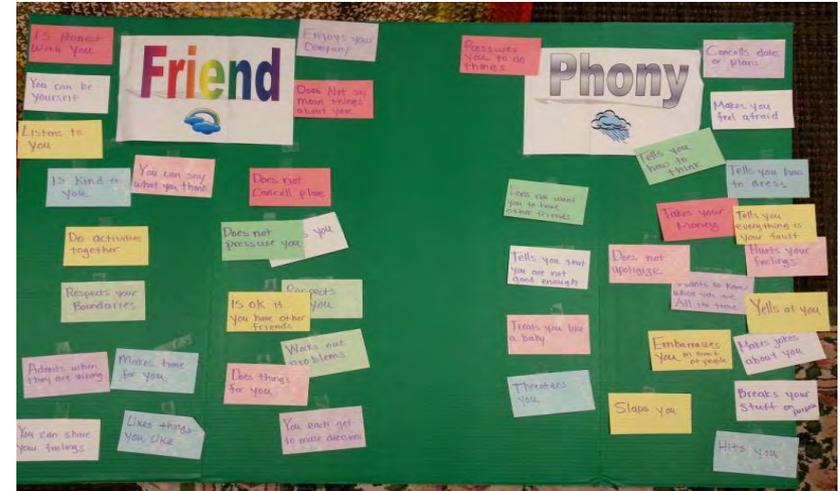
At
the Arc of Spokane
 320 E Second Ave, Spokane

**HEALTHY RELATIONSHIP EDUCATION
 AND
 SOCIAL ACTIVITY
 FOR TEENS & YOUNG ADULTS AGES 16-21
 IN SPECIAL EDUCATION**

From 6:00—9:00 pm
 1st Friday of the Month
 from October-May

For more information or to register for activity contact:
 Theresa Fears 789-8329 or tfears@arc-spokane.org

 First Friday Movies are an activity of the **Partnership 4 Safety**
 a program of the Arc of Spokane



Healthy Relationship Groups

- Provided through high school and transition programs
- 8- weeks
- Gender separated

Why have "Rules"

Your Rules tell other people how you want to be treated!

Your Rules can be about:

- **How close people can be to you.**

How much room do you like?

-A lot of room?



-A little room?



- **Your body**

Who gets to touch you?

When do people get to touch you?

Where do people get to touch you?



Safety Rally



Dance and public speakers

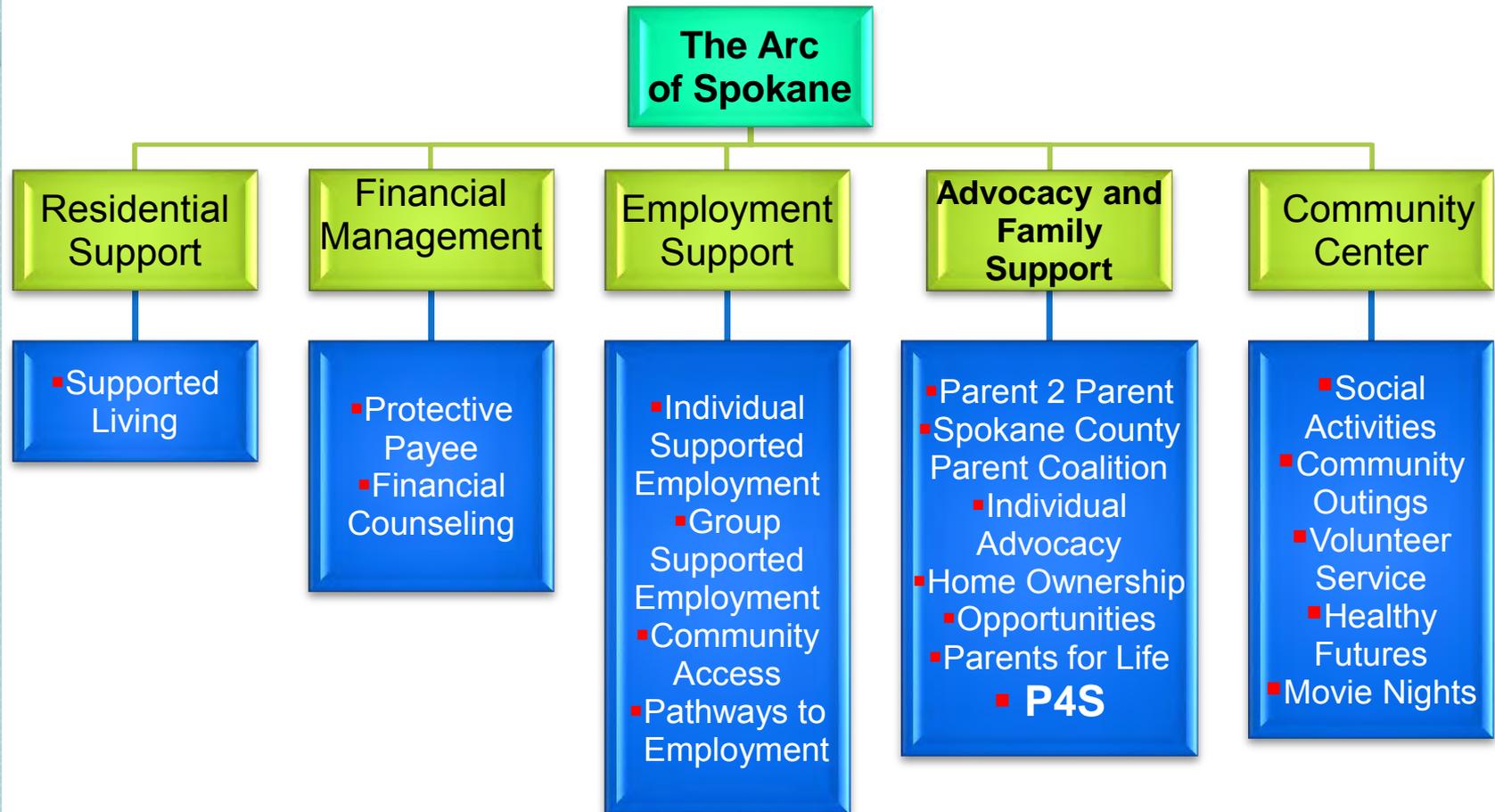


Prizes for everyone!



Safety Resource Tables

How does P4S fit into The Arc?



What to do with this information?

- Consider the following:
 - Is there already an issue that your constituents have identified?
 - What steps can you take to influence change?
 - When are you ready to begin?



Your Natural Allies

- Sexual assault centers
 - Provide survivor services
 - Have knowledge of sexual assault dynamics
- You can support each other
 - You can support them to support people with IDD

Don't reinvent the wheel - share knowledge

Google “sexual assault service provider (your state/county/city)”

Resources – Parents

All resources are FREE and available on-line

- Where we live – a manual for engaging parents in child sexual abuse prevention
 - <http://www.pcar.org/special-initiative>
- FLASH curriculum
 - <http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/FLASH.aspx>
- Tips for talking to your teens about healthy relationships
 - <http://www.startstrongteens.org/resources/parents/talking-about-healthy-relationships>

Child Education

- Sexuality across the lifespan
 - <http://www.fddc.org/sites/default/files/file/publications/Parents-book-2011-LRes.pdf>
- Sexuality Education for Children and Adolescents with Developmental Disabilities
 - <http://www.albany.edu/aging/IDD/documents/parentworkbook.pdf>



Resources - Teens

- Healthy Relationship Workbook

- http://www.arc-spokane.org/The_Partnership_4_Safety

The web sites below contain information on healthy relationships and recognizing abusive relationships (not specifically designed for teens with IDD)

- <http://www.thatsnotcool.com/> Has interactive information on digital safety
- <http://www.loveisrespect.org/>
- http://kidshealth.org/teen/your_mind/relationships/healthy_relationship.html



Resources – Adults and Others

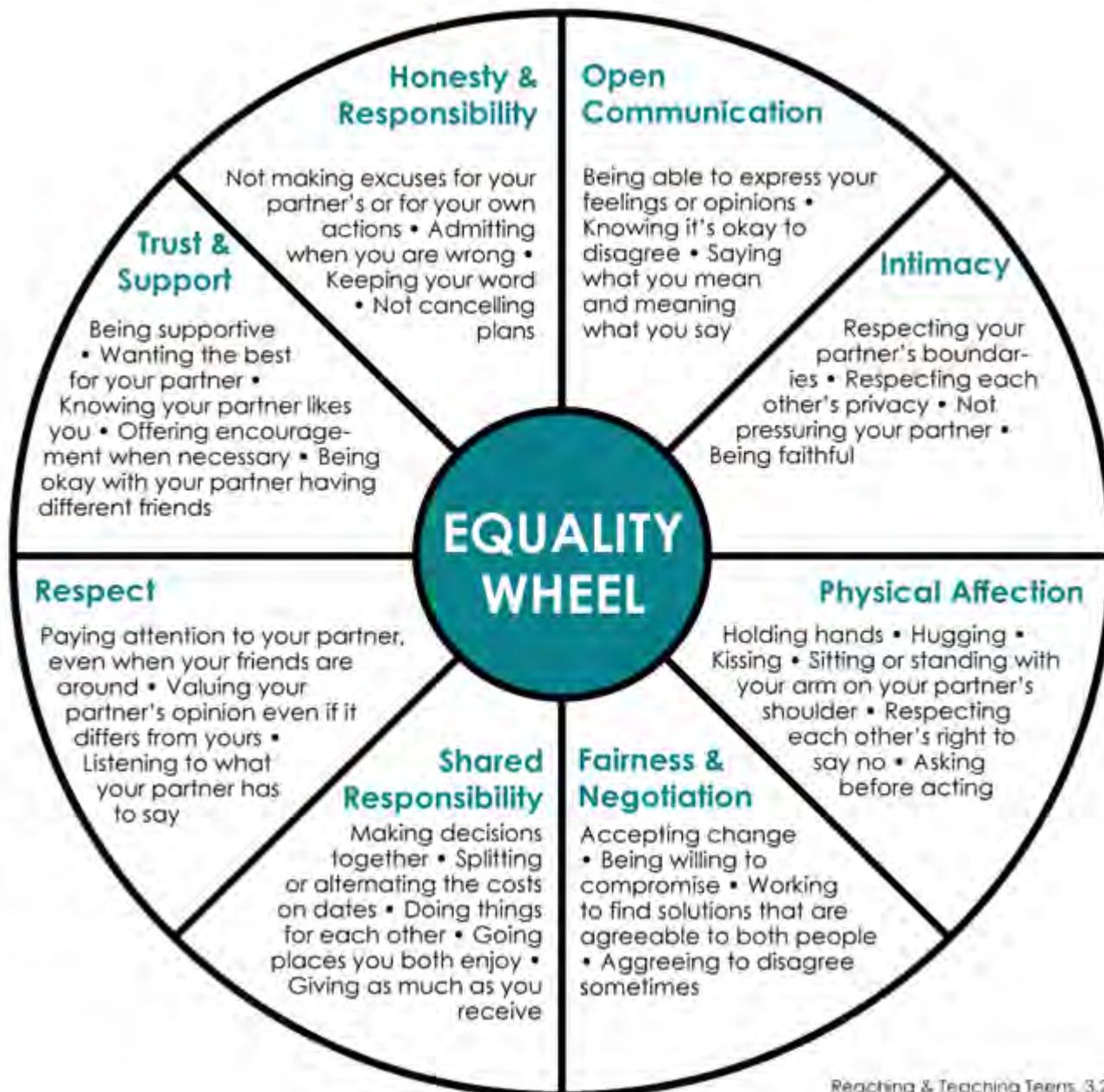
- I couldn't locate any free adult education programs available on the internet
- The Community Center took information from my teen activity and modified it to meet the needs of adults.

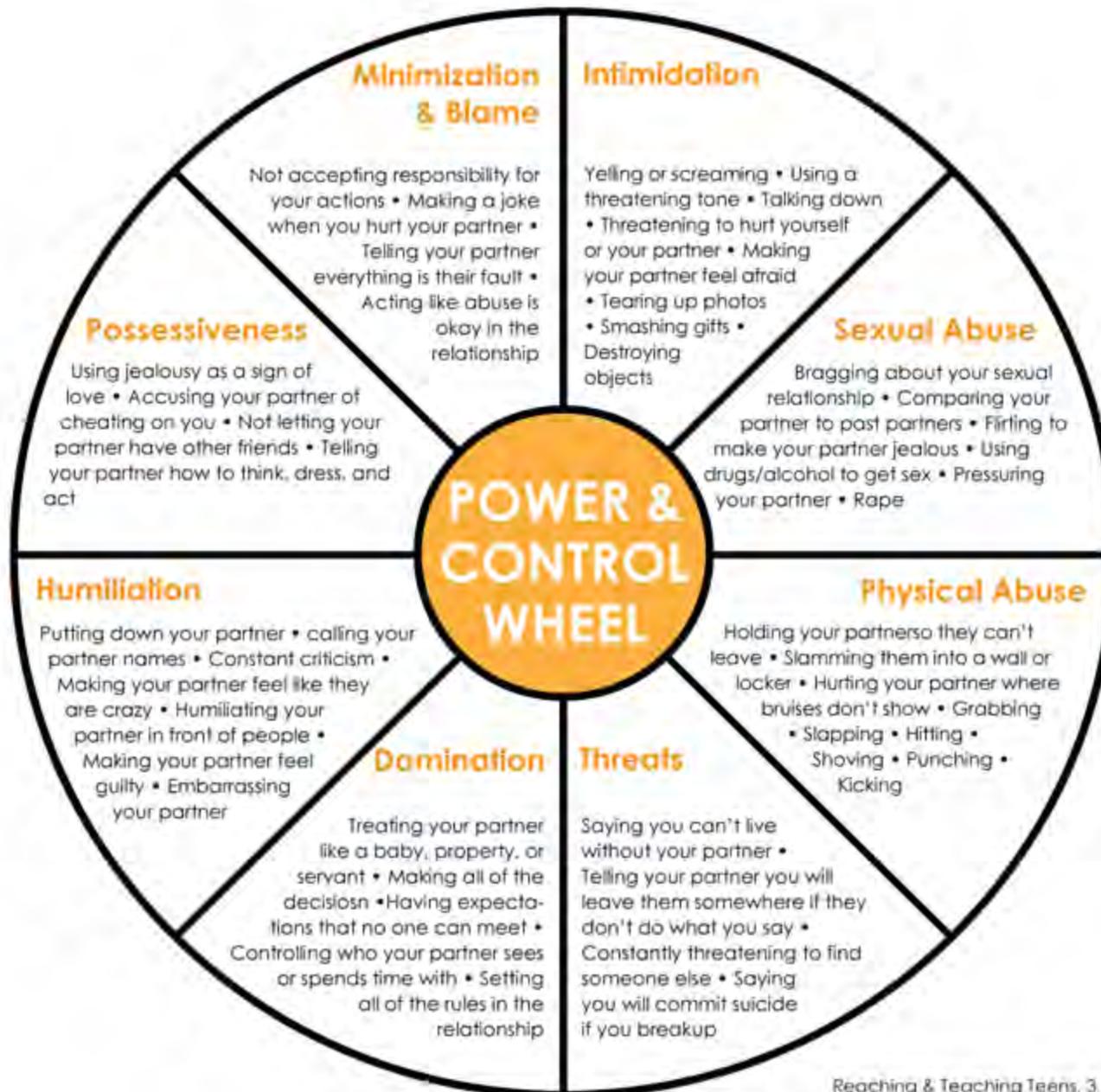
Resources given to conference

- Sexuality education for people with disabilities (SECUS)
- Parents and caregivers as sexuality educators (SECUS)
- Teen Equity/Power and Control Wheel
- Simply Put – a guide for making low literacy materials
- Stats on abuse with references
- Sexual abuse of children with disabilities
- Where We Live – Parent training

And **EVEN** more...

- Basic Disability Awareness – for sexual assault and domestic violence service providers
- Ideas for training on a shoestring
- First Friday Activities
- Power and control wheel for people with disabilities
- Parent support group guide- for parents of children (of any age) who have been sexually assaulted





QUICK QUIZ

- Rates of abuse for people with IDD are the same as the rest of the population.
- Having an IDD reduces the effects of a sexual assault
- It is safer in a facility
- Most abusers are strangers
- It only happens once



Thank you for attending

Go forth and do great things!

For additional information please contact:

- **Theresa Fears, Partnership 4 Safety Coordinator**

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