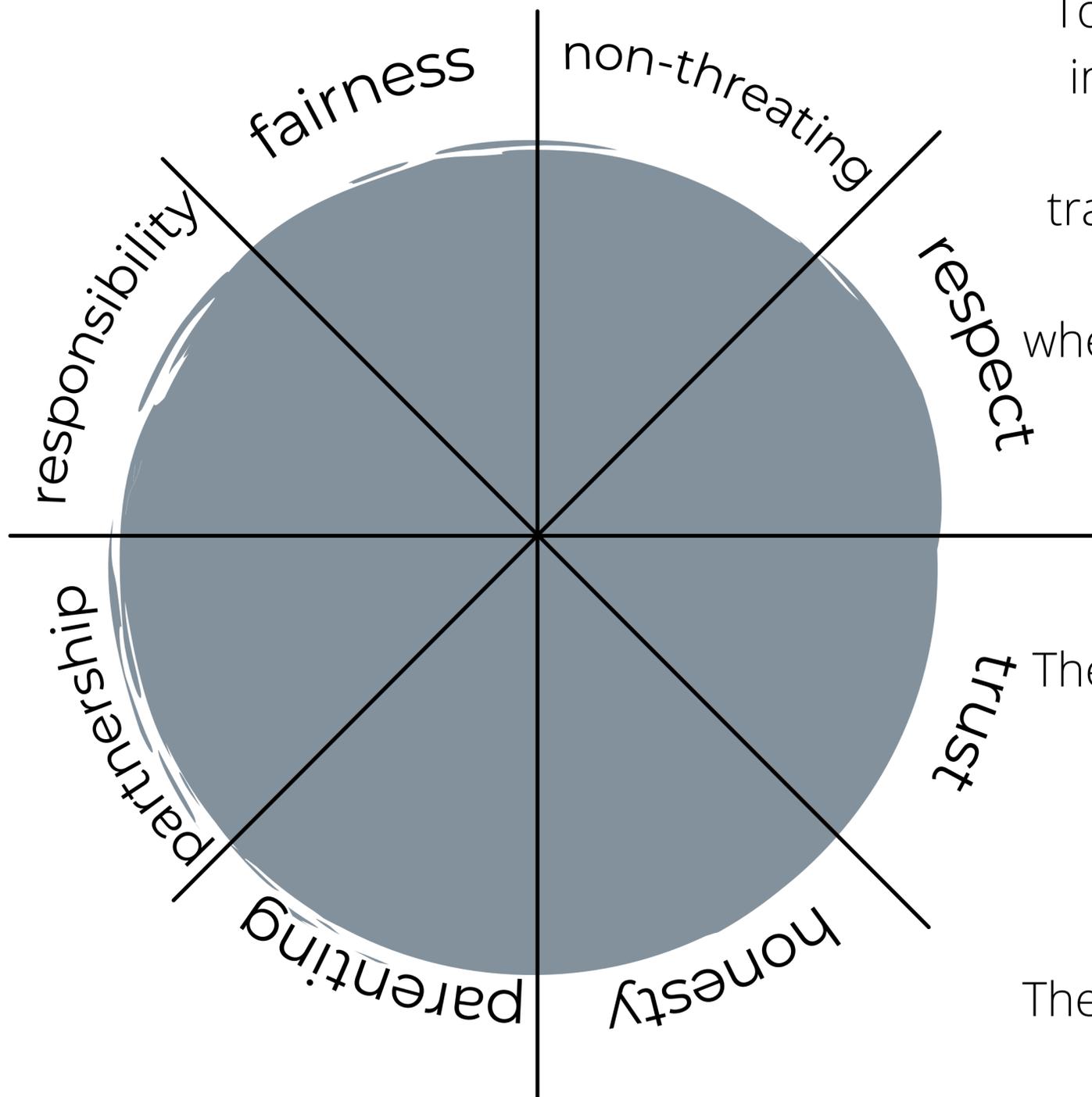


EQUALITY *wheel*



To raise awareness about interpersonal and sexual violence, we have transformed the Oval into the Equality Wheel. This wheel signifies some of the essential elements to a positive and healthy relationship.

The Wheel is produced by the National Center on Domestic and Sexual Violence.

The remainder of the circle explores the common emotions and reaction survivors experience in the aftermath of trauma.



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NON-THREATING *behavior*

Talking and acting so that your partner feels safe and comfortable expressing themselves and doing things.

RESPECT

Listening to your partner non-judgmentally.
Being emotionally affirming and understanding.
Valuing their opinions.

TRUST + *support*

Supporting their goals in life.
Respecting their right to their own feelings, friends,
activities.

HONESTY + *accountability*

Accepting responsibility for self.
Acknowledging past use of violence.
Admitting being wrong.
Communicating openly and truthfully.

RESPONSIBLE *+* *parenting*

Sharing parental responsibilities.
Being a positive, nonviolent role model for children.

shared RESPONSIBILITY

Mutually agreeing on a fair distribution of work.
Making family decisions together.

ECONOMIC *+* *partnership*

Making money decisions together.
Making sure both partners benefit from financial arrangements.

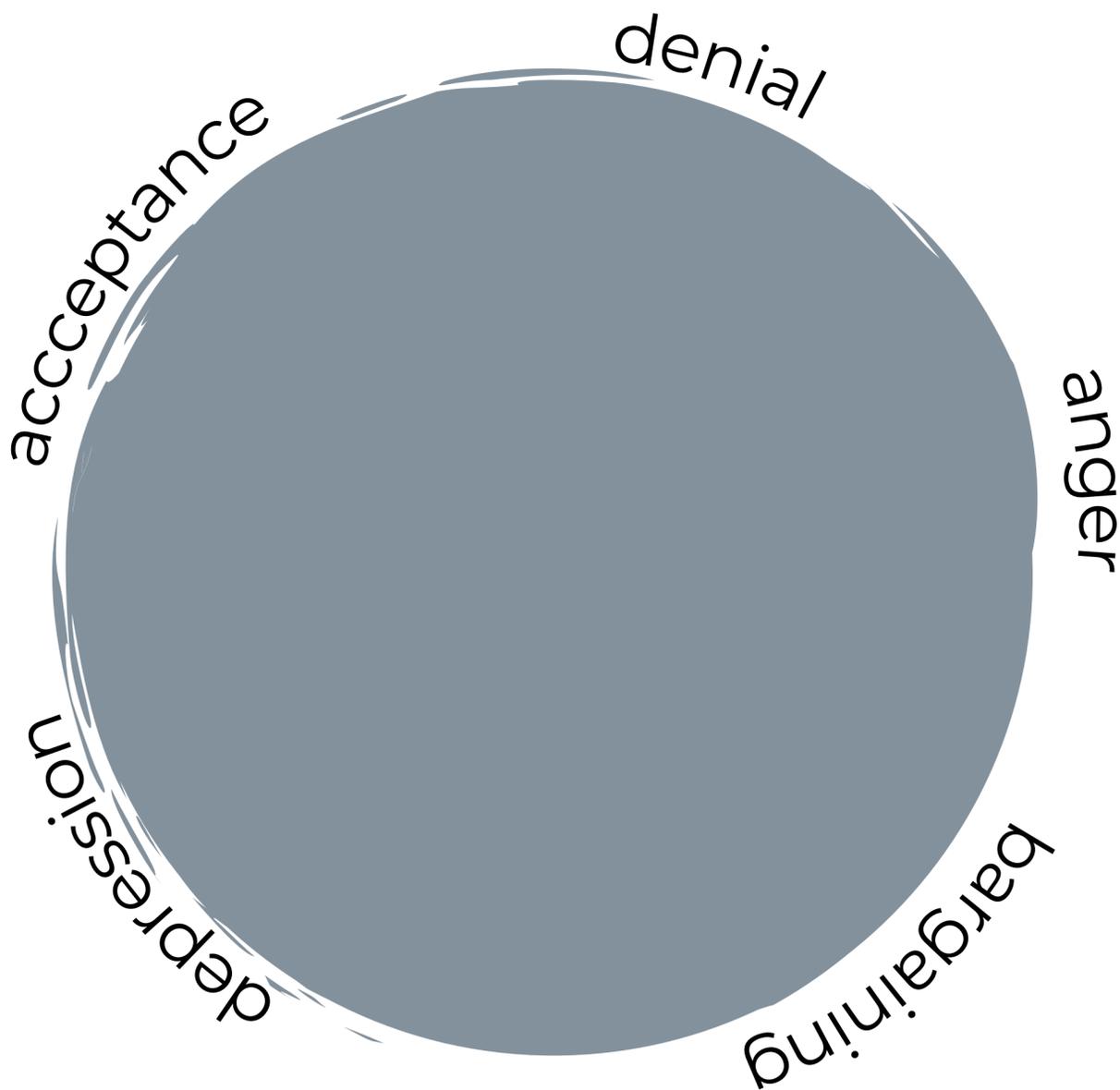
NEGOTIATION *+* *fairness*

Seeking mutually satisfying resolutions to conflict.
Accepting changes.
Being willing to compromise.

GRIEF CYCLE

+ COMMON

emotions



To raise awareness about interpersonal and sexual violence, we have also transformed the Oval into the grief cycle, common in teaching the survivors about the cyclical nature of coping with violence's and trauma.

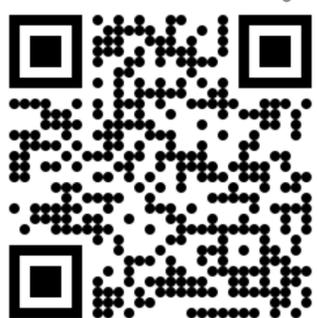
For survivors, the cycle indicates the many stags that they may feel.

The may not experience the stages in this speific order and their actions may be slightly difffernt than those outlined on each board.

If you are a survivor expercingin this cycle for the first time, take a deep breath and know that it is normal.

Analogous to the Power and Violence wheel, these boards show general trends. If you need assistance the Student Advocacy Resource Center can work with you to implement strategies that endorse coping and understand.

Also like the Power and Violence wheel, this cycle can be influenced by the cultural, social, emotional, and physical experiences of the survivor.



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Depression

Many survivors suffer periods of depression. It may take the form of inertia, fear, anxiety or self-catered, numbness, or include other physical indications of stress. Often associated with depression is a sense of meaninglessness. A survivors previous assumptions about themselves, their rights and expectation lose their meaning leaving them feeling undermined. Loneliness, loss of appetite, disturbed sleep, or other physical indications of stress.

hostility

Many survivors experience feelings of hostility towards the gender of their offender. For example, women may experience feelings of hostility toward and a fear of men. These feelings may be directed against a specific person or generalized group. Feelings of hostility may also include a friend or family member whom the survivor feels should have protected them or given them more support. It must be recognized that given their experiences survivors feelings are often justified and represent the beginning of a natural positive relationship rather than a negative one. It indicates that the survivor is not placing the entire blame on themselves but is recognizing that the offender is responsible.

anxiety

Survivors of sexual assault often experience serve anxiety which may manifest in physical symptoms such as difficulties in breathing, muscle tension, nausea, stomach cramps or headaches. These symptoms can be eased as they gradually deal with emotions underlying the stress, and employ relevant stress management strategies.

Low self esteem

Given that sexual assault may disempower, humiliate and degrade a survivor, survivors may often experience low-self-esteem.

numbness

Many survivors experience periods of emotional numbness, a shock response. This response is often misinterpreted by others. For example, it may be taken as an indication that they are in control of the situation, are calm and relatively unharmed, or been that they are fabricating their experience of the assault. However, emotional numbness is not an uncommon reaction to severe trauma. It should be interpreted as a survivor's "front line" defense against the overwhelming reality.

denial

Following the initial shock of the assault or even months later, a survivor may deny to others or themselves that they have been assaulted. They may do so to try to suppress the memory of what has happened to regain the previous stability of their lives. Denial plays a part in the ranking of types of sexual assault. For instance, some survivors may feel that if the offender didn't penetrate them, they were not sexually assaulted, or alternatively, if the offender did not ejaculate, it wasn't that bad. It must be remembered that sexual assault exists on a continuum and that all forms can have devastating consequences for a survivor.

sleeplessness

Survivors of sexual assault often experience sleeplessness nights and/or nightmare. The nightmare may involve reliving the assault/s which indicates that they may be struggling to resolve feelings pertaining to the assault. As the healing process continues, the nightmares or sleepless nights will become less frequent.

anger

Anger can be a difficult emotion for most people. Culturally, we are discouraged from expressing anger and it is most frequently displaced than directed at the appropriate target. The survivor's anger towards their offender is more than justified. They may also be angry at the response they receive from others when they chose to share their story.

flashbacks

Memories of the assault may return without warning. Sometimes these flashbacks will be so vivid that the survivor may feel as if they have relived the experience of the assault. This is not the result of irreversible psychological damage or an indicator of insanity. They represent a trauma response which, like nightmares, will decrease as resolution grow and the healing process progresses.

mood swings

Survivor's emotions may swing from intense emotional pain to collate numbness. They may feel depressed, restless, or deflated, confused or stridently angry. Feeling at the whim of emotions over which they have no control may make them believe they are psychotically unstable or crazy. These mood changes are normal and understandable response to trauma.

feeling dirty

Survivors often feel dirty and, in some way, "marked for life". This reaction may prevent them from speaking out about the assault. Cultural background factors can intensify such feelings. Underpinning these reactions is the internalization of myths pertaining to sexual assault.

STRONG ALONE, FEARLESS TOGETHER

vulnerability

The experience may expose the survivor to the stark reality that they cannot always protect themselves no matter how hard they try. The assault is not only an invasion of the survivor's physical self but also the intellectual, social, and emotional self. The experience of assault may raise vulnerability issues and can devastate self-confidence and destroy assumptions about the world and your place within it.

shame and guilt

Survivors may feel that they could have avoided the assault by acting differently. These reactions are linked to myths about sexual assault that prevail in the community which blame the survivor rather than the offender. The behavior and reactions of friends, family, police, and lawyers may reinforce those feelings that they asked for it. They may feel guilty that they brought shame to their family and them self by talking about it or reporting it to the police or that they could have resisted more forcefully. The offender is always at fault, never the survivor. Nothing the survivor does is 'asking for it'. Equally, the survivor's strategies for surviving the assault are deserve affirmation not condemnation.

fear

During an assault many survivors fear for their lives. Often this fear is a direct result of the offender's threats. After the assault, a survivor may be fearful of the dark, being alone or going out by themselves. They may experience fear generated from the possibility of pregnancy or STD's or live-in fear of running into the offender again or facing them in court. All of these fears are real concerns.

REACTIONS

There are types of responses that are commonly referenced in connection with reactions during a sexual assault. Dissociation may happen during any of the following or at a later time in the coping process.

fight

Crying, Hands in fists, desire to punch or rip, Flexed/tight jaw grinding teeth snarl, Fight in eyes glaring fight in voice, Desire to stomp, kick, smash with legs or feet, Feelings of anger/rage, Homicidal/suicidal feelings, Knotted stomach/nausea burning stomach, Metaphors like bombs, volcanoes erupting

flight

Restless legs, feet /numbness in legs, Anxiety/shallow breathing, Big/darting eyes, Leg/foot movement, Reported or observed fidgety-ness, restlessness, feeling trapped, tense, Sense of running in life- one activity-next, Excessive exercise

freeze

Feeling stuck in some part of body, Feeling cold/frozen, numb, pale skin, Sense of stiffness, heaviness, Holding breath/restricted breathing, Sense of dread, heart pounding, Decreased heart rate (can sometimes increase), Orientation to threat

dissociation

Dissociation is an adaptive response to threat and is a form of “freezing”. It is a strategy that is often used when the option of fighting or running (fleeing) is not an option. We shut down to draw less attention to ourselves, or in extreme cases, play dead by leaving our body and mentally and emotionally shutting down. It is important to know that dissociation is a normal response in the face of trauma.

VIOLENCE AGAINST NATIVE WOMEN

battering

MALE PRIVILEGE:

Treats her like a servant. Makes all the big decisions. Acts like the “king of the castle.” Defines men’s and women’s roles.

ISOLATION:

Controls what she does, who she sees and talks to, what she reads. Limits her outside involvement. Uses jealousy to justify actions. INTIMIDATION Makes her afraid by using looks, actions, gestures. Smashes things. Destroys her property.

Abuses pets. Displays weapons.

EMOTIONAL ABUSE: Puts her down. Makes her feel bad about herself. Calls her names. Makes her think she’s crazy. Plays mind games. Humiliates her. Makes her feel guilty.

MINIMIZE, LIE, AND BLAME:

Makes light of the abuse and doesn’t take her concerns seriously. Says the abuse didn’t happen. Shifts responsibility for abusive behavior. Says she caused it. USING CHILDREN Makes her feel guilty about the children. Uses the children to relay messages. Uses visitation to harass her. Threatens to take away the children.

ECONOMIC ABUSE:

Prevents her from working. Makes her ask for money. Gives her an allowance. Takes her money. Doesn’t let her know about or access family income.

COERCION AND THREATS:

Makes and/or carries out threats to do something to hurt her. Threatens to leave her, to commit suicide, to report her to welfare. Makes her drop charges. Makes her do illegal things.

CULTURAL ABUSE:

Competes over “Indian-ness.” Misinterprets culture to prove male superiority/female submission. Uses relatives to beat her up. Buys into “blood quantum” competitions. RITUAL ABUSE Prays against her. Defines spirituality as masculine. Stops her from practicing her ways. Uses religion as a threat: “God doesn’t allow divorce.” Says her period makes her “dirty.”