



WORKSHOP DESCRIPTIONS

In the United States about one in three women and one in six men are raped in their lifetime. These numbers are staggering & disturbing. At San Francisco Women Against Rape we are firmly committed to providing free and accessible services to the community. Prevention education is an important step to ending sexual assault. Please call 861-2024 to schedule a presentation or go to www.sfwar.org to learn more.

SEXUAL ASSAULT & RAPE PREVENTION

This interactive presentation provides fundamental information about sexual assault, including: consent, staying safe on a date, myths about rape, and what to do if you or someone you know has been assaulted. Participants learn to frame rape within the context of larger cultural institutions and critically examine how various forms of oppression intersect to create and sustain a 'rape culture.'

SEXUAL HARASSMENT

In this presentation participants learn how to define sexual harassment and distinguish between sexual harassment and flirting (flirting vs. hurting). Participants learn strategies to address sexual harassment when it happens to them or someone they know. During the presentation facilitators help participants to deconstruct sexual harassment scenarios involving issues of gender, race, age, size, etc., while exploring underlying power dynamics that maintain hostile environments.

DRUG FACILITATED SEXUAL ASSAULT

This presentation provides a fundamental overview of DFSA, prevention tips for youth and parents, statistics, how to identify common date rape drugs and their effects on individuals, evidence collection procedures, what to do if you or someone you know has been drugged, and the emotional and psychological impact of date rape drugs on survivors.

ANTI-OPPRESSION

This presentation provides participants with essential terminology (racism, prejudice, internalized oppression) and a basic overview of the dynamics of oppression. Through the use of interactive exercises, role-plays, and other dramatic techniques, participants explore and deconstruct oppression dynamics. The role of cultural, familial and institutional messages in creating and sustaining oppression, and the origins of oppression are

explored, as is the relationship between rape and other forms of oppression. Particular emphasis is placed on the role of the ally in eradicating various forms of oppression. Additionally, participants learn basic non-defensive communication strategies.

INTERNET & TECHNOLOGY BASED VIOLENCE

In this presentation facilitators examine how the advent of the internet has created a new and fertile forum for various types of sexual perpetration, harassment and violence. During this presentation, participants learn valuable tips for staying safe on the internet, including what to do if you or someone you know is being cyberbullied, cyberstalked or sexually harassed using the internet or other forms of technology.

HEALTHY DATING

In this presentation, participants learn to recognize and define qualities of healthy relationships. Interactive exercises are used to illustrate how to set healthy personal boundaries, and what to do if you or someone you know is in an abusive relationship. Participants learn about behavioral warning signs present in unhealthy relationships, including the cycle of violence and the power and control wheel.

SUPPORTING SURVIVORS OF SEXUAL ASSAULT

This presentation is designed for health care providers and counselors who have clients dealing with issues around sexual violence. Participants learn essential techniques around supporting survivors, cardinal symptoms of Post-Traumatic Stress Syndrome (PTSD) and Rape Trauma Syndrome, statistics, how and where to get medical treatment in the aftermath of an assault, community resources, self-care tips for providers, family members and loved ones, and an overview of rape culture.