

Wellness Wednesday

April 6, 2022



This week for Wellness Wednesday, we will provide information and resources on sexual assault. April marks Sexual Assault and Awareness Month.

As we navigate this difficult topic, please allow yourself the space and time to digest this information.

KNOW THE FACTS

- ON AVERAGE, THERE ARE 463, 634 VICTIMS (AGE 12 OR OLDER) OF RAPE AND SEXUAL ASSAULT EACH YEAR IN THE UNITED STATES.
- AGES 12-34 ARE THE HIGHEST RISK YEARS FOR RAPE AND SEXUAL ASSAULT.
- THOSE AGE 65 AND OLDER ARE 92% LESS LIKELY THAN 12-24 YEAR OLDS TO BE A VICTIM OF RAPE OR SEXUAL ASSAULT.
- 82% OF ALL JUVENILE VICTIMS ARE FEMALE. 90% OF ADULT RAPE VICTIMS ARE FEMALE.
- IN 1998, 2.78 MILLION MEN IN THE UNITED STATES HAD BEEN VICTIMS OF ATTEMPTED OR COMPLETED RAPE.
- 1 OUT OF EVERY 10 RAPE VICTIMS ARE MALE.
(RAINN, 2020)

TERMS DEFINED

According to RAINN (Rape, Abuse, Incest National Network, 2022), sexual harassment can include:

1. Making conditions of employment or advancement in various settings dependent upon sexual favors.
2. Physical acts of sexual assault.
3. Requests for sexual favors.
4. Verbal harassment in a sexual nature.
5. Unwanted physical touch.
6. Unwelcomed sexual advances
7. Feeling pressured to engage with someone sexually.

8. Discussing sexual relations or stories in work, school, or other inappropriate places.
9. Exposing oneself or performing sexual acts on one self.
10. Unwanted sexually explicit photos, emails, or text messages.

TERMS DEFINED

According to the American Psychological Association (2019), sexual abuse can be defined as:

Sexual abuse is unwanted sexual activity, with perpetrators using force, making threats, coercion, or taking advantage of victims when consent cannot be given.



GET INVOLVED

There are 30 days of challenges to honor Sexual Assault Awareness Month.

Please see the link below for how you can get involved.



#30DAYSOFSAAMCHALLENGE

[CLICK HERE](#)

YOUR VOICES

Your Voices was an initiative by Sexual Assault Support Services of Maine. The goal of this initiative was to collect stories and poems written by survivors of sexual assault.

Please select the link below to read some of these words.

Your Voices



An inspirational compilation of poems,
narratives, and letters from survivors of
sexual violence



Below you will find resources for survivors of sexual assault.

United Way of Greater Houston

<https://referral.unitedwayhouston.org/MatchList.aspx?c;;0;;N;0;0;Mental%20Health%20Care%20and%20Counseling;Outpatient%20Mental%20Health%20Care;455;Sexual%20Assault%20Counseling~>

AVDA

<https://avda.org/sexual-abuse-services-in-harris-county/>

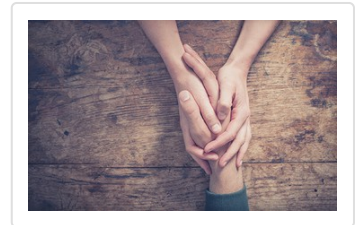
Houston Crisis Line- 1-800-273-TALK

Crisis Intervention Houston- 832-416-1177



TRAUMA TREATMENT OPTIONS

Individuals that have been sexually abused or harassed can benefit from trauma-focused interventions. The list below provides examples of treatments for trauma that have shown efficacy. Please note that the list below does not describe THE ONLY methods to process traumatic experiences.



1. Eye Movement and Desensitization Reprocessing (EMDR)

<https://youtu.be/Pkfln-ZtWeY>

2. Narrative Trauma Therapy

<https://theranest.com/blog/trauma-narratives-in-mental-health-counseling/>

3. Brainspotting

<https://brainspotting.com/>

4. Somatic Experience Therapy

<https://traumahealing.org/>

TYPES OF ABUSE

Types of Abuse

Physical Abuse

Violence, or threats of violence.

- Hitting, punching, kicking, hair-pulling, or other physical harm
- Using objects or weapons to cause harm
- Physical restraint
- Preventing partner from eating or sleeping
- Threatening to repeat physical harm

Emotional / Psychological Abuse

Insults, threats, isolation, extreme jealousy, and controlling behaviors.

- Name-calling, belittling, humiliation
- Yelling and screaming
- Controlling what partner does, what they wear, and where they go
- Isolation from friends and family
- Threatening to commit suicide if partner leaves
- Threatening to kill partner, their loved ones, or pets
- Destroying something important to partner
- Gaslighting: manipulating partner into questioning their own sanity
- Blaming partner for abusive behavior

Sexual Abuse

Unwanted sexual contact, forcing pregnancy, or forcing partner to terminate pregnancy.

- Persistent unwanted comments about partner's body or sexuality
- Unwanted kissing or touching
- Threatening or coercing partner into unwanted sexual activity
- Rape or attempted rape
- Preventing access to contraception, refusing to use it, or purposefully damaging it
- Harming partner in order to force miscarriage
- Purposefully infecting someone with a sexually-transmitted infection

Other Types of Abuse

Digital Abuse: Constantly demanding to look through partner's phone, monitoring their emails and texts, posting hurtful information or pictures on social media, or sending threatening texts or emails.

Financial Abuse: Using money to manipulate and control partner, not allowing them to work or go to school, not giving them money for necessities, or stealing their money or possessions.

Stalking: A pattern of following, monitoring, or harassing someone, causing them to fear for their safety.

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EMPLOYEE ASSISTANCE PROGRAM

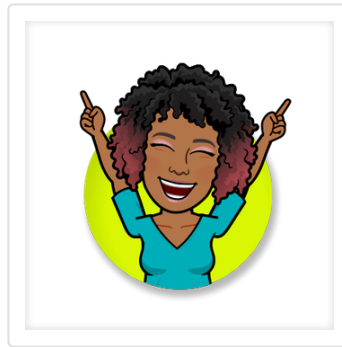
Galena Park ISD Employee Assistance Program

**EMPLOYEE ASSISTANCE
PROGRAM
(EAP)**





EAP ENGLISH
FLYER



CHECK THESE
OUT!



EAP SPANISH
FLYER



CLICK TO SUBMIT



Chat with a PRO



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