

Sexual Abuse Awareness and Response Training

UNDERSTANDING THE PROBLEM

- Sexual abuse includes a wide range of behaviors that often have little to do with sexual gratification and more often exerting power and control.
- People with IDD are at a *much higher risk* of experiencing sexual violence (nearly seven times greater than others) and the person who abused them is usually known to them.
- Culture of compliance, lack of knowledge about one's body, sex, and sexual relationships, and assumptions that people with IDD aren't sexual (or shouldn't be), are all *contributing factors* to allow for sexual abuse.

WHAT YOU CAN DO

- **Increase education** – so that people with IDD may understand their body, what sex in relationships is, and how to identify abuse and unhealthy relationships, including how professional relationships are not sexual relationships.
- **Promote empowering behavior** – so that people understand they have choices and boundaries they can set with others. Also, when those boundaries are crossed to speak up, so saying no to abuse is not new.
- **Create safe spaces** – where people are believed when they choose to share that abuse has occurred, and where consent, trust, choice, dignity, and autonomy are upheld to support their *inclusion* v. isolation.

HOW WE RESPOND MATTERS

- **Better outcomes** result when people who've experienced sexual abuse feel listened to, believed, and not blamed for what happened to them.
- **Recognize impacts of trauma** – not judging one's actions or behavior, but understanding how it impacts our thoughts, feelings, emotions, etc.
- **Offering choice** back to them when we know choices and control have been taken away – not pressuring them to disclose, but giving options like reporting abuse, where to get help, and who they choose to tell it to.

LCS NORTHWEST SPOKANE

Spokane's local Community Sexual Assault Program (CSAP) which includes behavioral health counseling, support groups, and crime victim advocacy. Sexual Assault Advocates can assert sexual abuse survivors' legal rights and provide in-person support during the initial police or APS report, and can meet survivors at the hospital to know their options for a sexual assault exam.

- Address: 210 W Sprague, Spokane, WA 99201
- Main Office: 509-747-8224
- 24/7 Support Line: 509-624-7273
- Website: lcsnw.org/office/spokane

SPOKANE AREA HOSPITALS

These are where people can go to get a Sexual Assault Forensic Exam (SAFE) for evidence collection, medical examination and treatment, and disease prophylaxis at the Emergency Room.

- **Valley Hospital** – Address: 12606 E Mission Ave, Spokane Valley, WA 99216 | Phone: 509-473-5177
- **Sacred Heart Hospital** – Address: 101 W 8th Ave Lower Level 1, East Tower, Spokane, WA 99204 | Phone: 509-474-3131
- **Deaconess Hospital** – Address: 800 W 5th Ave, Spokane, WA 99204 | Phone: 509-473-5800
- **Holy Family Hospital** – Address: 5633 N Lidgerwood St, Spokane, WA 99208 | Phone: 509-482-0111
- **Deaconess North Hospital** – Address: 8202 N Division St, Spokane, WA 99208 | Phone: 509-473-3333