

# Warning Signs: Understanding Sexual Abuse and Assault

*A Lesson Plan from Rights, Respect, Responsibility*

Lesson 6

## OVERVIEW & PURPOSE

A K-12 Curriculum fostering responsibility by respecting young people's rights to honest sexuality education. Target: Grade 8 Lesson 6 Time: 50 minutes

## EDUCATION STANDARDS

1. **PS.8.CC.1 – Describe situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence.**
2. **PS.8.CC.2 – Discuss the impacts of bullying, sexual harassment, sexual abuse sexual assault, incest, rape and dating violence and why they are wrong.**
3. **PS.8.AI.1 – Identify sources of support such as parents or other trusted adults that they can go to if they are or someone they know is being bullied, harassed, abused or assaulted.**

## OBJECTIVES: By the end of this lesson, students will be able to:

1. Name at least two different types of sexual assault. [Knowledge]
2. List at least one example of each of the following: mutual consent, unfair manipulation, threats and aggression. [Knowledge]
3. Describe at least two possible impacts of a sexual assault or abusive relationship on the person who was assaulted. [Knowledge]

4. Demonstrate an understanding of how to report a sexual assault or abusive relationship.  
[Knowledge, Skill]

## ADVANCE PREPARATION FOR LESSON:

Make sure you have internet access in your classroom and that you have had these links unblocked for your use:

- Rape and Sexual Assault: <http://www.hrmvideo.com/catalog/rape-get-the-facts>

**( show only 2 minutes of this video clip )**

- The Signs: <https://vimeo.com/85676862>

- Right before class, open the videos and make sure they are working; keep the links open and minimized so they are ready when you need them.
- Be sure to tell the school counselor and the school psychologist that you will be addressing this topic in class and invite them to sit in in case a student discloses any current or past abuse or is triggered by what is discussed. If the counselor is not available, you may wish to follow up with them after the class as needed to let them know whether you observed anything in any of the students that would make you feel concerned and merit follow-up.
- If the school counselor is not available, it would still be useful to have another adult in the classroom in case a student needs to step out of the class or is otherwise particularly distressed by the material.

## MATERIALS NEEDED

1. Laptop connected to the internet
2. LCD projector and screen
3. Whiteboard and markers
4. Newsprint paper and markers (if pre-writing the chart is described on page 4)
5. Homework: "Taking Action: Making Sexual Assault Stop" - one per student
6. Pencils in case students do not have their own
7. Video question follow up activity sheet - one for each student
8. Speakers to project audio from videos

9. Exit Tickets - one per student

## VERIFICATION

### *Steps to check for student understanding*

1. This lesson is very affective and discussion-based; as such, the teacher will need to assess understanding of the first four learning objectives and material during the discussions as part of student participation. It is also important to keep in mind that if students have had any personal experience with abuse or assault, they may participate less – which does not necessarily mean they are not understanding the material. The homework assignment will give students the opportunity to demonstrate their understanding of some of the class content, while also achieving the fifth learning objective.
2. Student understanding will also be achieved through use of exit ticket tasks.

**HOMEWORK:** Students will be given a sheet listing several websites that are age-appropriate for them that lists additional facts, as well as information about how to report abuse or an assault, and will be asked to visit at least one site and respond to several questions about it.

## ACTIVITY

**STEP 1:** *(in slideshow) Explain to the students that you are going to be talking about a particularly intense topic today – sexual abuse and assault. If you have already created ground rules for your classroom, be sure to highlight them before starting the lesson.*

***Note to Teacher:*** *(in slideshow under ground rules) If you don't have any already created, explain to the students that you are going to ask them to be particularly sensitive and respectful during this class session. (2 minutes)*

**STEP 2:** *Say, "Talking about sexual abuse and assault and harassment can sometimes be really clear and straightforward. For example, you may know already that rape and sexual assault are when someone is forced to do something sexual they don't want to do. Let's take a quick look at some basic information about sexual assault."*

*Play the video clip, "Rape: Get the Facts" from <http://www.hrmvideo.com/catalog/rape-get->*

the-facts. Stop the video at 2:00 after McPherson says, “It’s a men’s issue.” Ask the students, “What facts stood out to you about this clip?” (in slideshow) Probe for the following:

- That sexual abuse and assault happens so often in the US
- That it happens so often to people when they’re really young
- That most people know the person who assaulted them
- That it happens to boys and men, too
- That it happens to people of all races and ethnicities and other backgrounds

Ask, “What do you think one of the women interviewed meant when she said, ‘rape is about power and control, it’s not about sex?’” (As you ask this, be writing the phrase, “rape is about power and control, it’s not about sex” on the board).

**Probe for:**

- People who rape aren’t concerned about what the other person wants – it’s all about “conquering” the other person and getting them to do what they want them to do.
- Even though the overpowering is done through a sexual behavior, the overpowering of the other person is the turn-on, it’s not the sex act. People of all ages, body types and appearances are raped or sexually assaulted. It’s not about physical attractiveness, it’s about someone deciding that another person is vulnerable in some way and taking complete control away from that person.

Say, “The social worker talking about boys and men who are sexually assaulted said, ‘For a boy or man to report a sexual assault really takes a lot.’ Why do you think it may feel more difficult for boys and men to report sexual assault?” **Probe for:**

- Because if a heterosexual guy is assaulted by another guy, he may be worried that other people think he is or “will become” gay because of what happened (be sure to tell them this is not the case).
- If the guy who was assaulted actually is gay, he may feel unsafe reporting it to someone else because he might be worried they’ll discriminate against or further victimize him (or simply not care).
- If the rapist is female, he may feel like no one will believe him – or won’t understand why he could not overpower her or otherwise get away.

Say, “Don McPherson, the last person who spoke in the clip, talked about how people often think of rape and sexual assault as women’s issues, since the majority of people who report being assaulted are women. What do you think he meant when he said that rape is a men’s issue?” **Probe for:**

- *Even though anyone of any gender can assault a person of any gender, the vast majority of rapes and sexual assaults in the world are committed by men. So in addition to helping people who are survivors of rape and sexual assault, we need to focus on trying to keep boys and men from ever believing they have a right to force someone else to do something sexual. (15 minutes)*

**STEP 3:** *Say, “I mentioned before that when someone forces someone to do something they don’t want to do, it’s pretty clear cut that it’s sexual assault. But what happens when it’s unclear? We’re going to do an activity now where we look at what’s okay and not okay when it comes to sexual touch and behaviors – how we can be clear about what we do and don’t want to do – and how we can be sure to recognize whether the other person is really giving their consent to – meaning, actively saying “yes” and that you are sure they want to be kissed or touched by you.” (2 minutes)*

**STEP 4:** *Either have the following written on the board with the video screen covering it, or have it pre-written on newsprint and post it at this point:*

*Mutual Consent    Unfair Pressure                      Threats                      Aggression                      Rape/Assault*

*Say, “I’m going to start at the far right, because we just talked about this, and as I said, it’s the most obvious and easily recognizable example of sexual touch that is never okay, and illegal.*

***Rape/Sexual Assault*** *is when someone forces another person to perform a sex act.*

***Aggression*** *is more than random touching – like someone walks by someone and pinches them or touches a sexual body part – where the act is over before the person could have even given their consent. This is a type of assault, even if it may have been intended as a joke or as teasing.*

***Threats*** *refers to when someone tells the other person that if they don’t do something sexual with them, there will be consequences that are not physical – for example:*

- *‘If you don’t have sex with me, I’ll go out and find someone who will.’*

- *'If you don't have sex with me, I'll just tell people you did anyway.'*
- *'If you don't do this, I'll forward those sexy pictures you texted me to everyone you know.'*

**Unfair Pressure** is when someone uses what they know is important to the other person to get that person to do what they want. It's not restricted to sexuality-related things, but we're going to keep focused on that.

*For example:*

- *When someone says, 'I love you' to someone even if they don't, because they think saying that will get that person to do something sexual with them.*
- *When someone keeps pressuring the other person, knowing that that person will eventually give in just to make the pressure stop.*

**Mutual Consent** -is essential in any relationship. It's when both people actively say what they want, and both people agree to any behavior that they are going to do together. When we are talking about doing something sexual in nature, you need to ask your partner if they want to do it. Do they want what you want? Never assume that just because someone doesn't verbally say "no" it means that they are good with it, always ask. And if you can tell your partner doesn't feel right about doing something, back off and consider something else."

*Likewise, if you don't feel right about doing something, speak up and say it." Say, "That was a lot to go through! What's your reaction to seeing all these? Do you have any questions?" (14 minutes)*

**STEP 5:** *After answering any questions or facilitating comments from the class, say, "Remember the part in the last video when it said that in most cases sexual assaults are committed by someone who knows the person they assault? This can, unfortunately, also be a family member. When it's committed by a family member it's called 'incest.' And sometimes, it can be a partner or spouse who is abusive, whether physically or not. For the next part of class, we're going to take a look at some of the abuse that can happen in those types of relationships."*

*Show the video clip, "The Signs."*

*Next, have students complete their activity worksheets to answer the following questions.*

*( on slideshow) Process by asking the following questions:*

- *"How do you think Amanda is feeling when Nick first asked her out?"*

- *“What was the first sign that there was something off about the relationship?”*
- *“How did Nick respond after their first argument? Do you think this was a healthy way to respond or not?”*
- *“Where would you put the different interactions between them on the chart?” Write these up on the board/newsprint.*
- *“When the relationship started moving from Mutual Consent to the right, what impact(s) did it have on Amanda? What about on her best friend, Ashley?”*

*(14 minutes)*

**STEP 6:** Say, *“We often hear the term ‘dating or domestic violence,’ when abusive relationships may not be physically abusive at all. The point here – and the theme that runs throughout these videos and all the information we have been discussing during this class -- is ‘power and control.’ And while you may hear ‘power and control’ and think that’s something you’d want -- it’s not something that should be a part of a healthy relationship. So even if you’re the one doing the manipulating and controlling, your relationship isn’t healthy. And keep in mind – some of the behaviors we’ve been talking about are also illegal.*

*Someone who is being abused or assaulted should speak up if they can so that others can help make the abuse stop and so that it won’t happen to someone else.”*

*Say, “The first step in making it stop is to know how. So the homework for this class will be to visit at least one of the websites on the sheet I’m about to hand out to you and answer some questions I’ve asked.” As you distribute the homework assignments, say, “This is a very intense topic we’ve discussed. The school counselor knows we were going to talk about this today. So if you have more questions and you want to talk about this more, you can speak with the school counselor – or of course, you can always come to me to talk.”*

*(3 minutes)*

**Group Activity to follow up video (one per student)**

Names \_\_\_\_\_ Team \_\_\_\_\_

**Partner Activity Answer Sheet**

**Warning Signs: Understanding Sexual Abuse and Assault**

**Directions:** *When directed to do so, work with your assigned partner to provide as much information as you can to answer each question that follows the two video clips that were presented in class. Try to provide at least 3 bulleted items for each.*

Part A	Part B	Part C

<u>Part D</u>
<i>*You may use the back of this paper if needed :)</i>

**Homework: Taking Action Make Sexual Assault and Abuse STOP**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

Please choose one of the following websites and respond to the questions listed below about that site:

- Break the Cycle: <http://www.breakthecycle.org/>
- Love is Respect: <http://www.loveisrespect.org/>
- Rape, Abuse and Incest National Network (RAINN): <https://rainn.org/>

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Which site did you visit? \_\_\_\_\_

1. Name two facts about sexual abuse or assault from your site that you didn't know already:

a. \_\_\_\_\_

b. \_\_\_\_\_

2. What is this site's phone hotline or text line for talking with someone about an assault or abuse?

\_\_\_\_\_

3. If you knew someone who had been assaulted or abused, would you refer them to this site? Why or why not?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_