

Sexual & Dating Violence Awareness Activity

Proposed Audience:

9-12 grades & beyond

Sources:

This version of this adapted activity created by Domestic Abuse Intervention Services (DAIS) & Youth Services of South Central Wisconsin

Overview:

Participants stand in a line and take a step forward if they answer yes to the statements about sexual and dating violence and sexual harassment (although they are not given labels).

Objectives:

To enable everyone to see that Sexual and Dating Violence is a spectrum of actions that adversely affects everyone, not just survivors of an isolated and/or violent assault.

Materials Needed:

A space big enough to accommodate all the trainees lined up in a row, and room for them to each take 10 steps forward.

Timing:

10 minutes (or so, depending on size of training group)

Procedure

1. Ask everyone to get up and stand on one side of the room, against the wall. Stand facing the line and ask the following questions:
 - If you have had to avoid certain activities at night because you were afraid of getting sexually assaulted by a stranger, please take one step forward.
 - If you have made the decision to alter your path (like cross to the other side of the street, or have gone out of certain areas, or waited for a 'man' to escort you somewhere, or have been unable to go somewhere because you were afraid of possibly being assaulted, please take one step forward.
 - If you have ever walked someone home because you feared for their safety (in regards to the possibility of them being sexually assaulted on their way home if they traveled alone), please take one step forward.

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- If you have ever had someone cross to the other side of the street because they were afraid of you, please take one step forward (demonstrates how men are also affected by women's fear of all men as potential sexual predators).
- If you have had someone make unwanted comments about your body, or made comments about someone else's body please take one step forward (sexual harassment).
- If you have had someone look at you in a sexual way that made you feel unsafe or uncomfortable, or if you have ever looked at someone in a sexual way that was uninvited, please take one step forward (sexual harassment).
- If you have ever wanted to physically harm someone else for a sexually explicit, degrading or disrespectful comment that person made to someone you care about, please take one step forward.
- If you have had someone intimidate you with their physical size in a sexual context, or used your body to intimidate someone in a sexual way, please take one step forward (sexual harassment).
- If you have made decisions at a party about were to leave your drinks or whether or not to accept a drink because you were afraid someone might slip you a date rape drug, please take one step forward.
- If you have your butt grabbed, pinched, or spanked at your place of employment, or grabbed, pinched or spanked someone's butt, please take one step forward- how about in the school hallway or at a party: ask as separate questions (Fourth degree Sexual Assault in the Sate of WI).
- If you have worried that a revealing outfit might increase your likelihood of being assaulted in certain situation, please take one step forward. (demonstrates the internalization of victim blaming).
- If you have called your partner names or been called names by your partner in the heat of an argument.
- If you have talked over my partner, or been talked over by your partner during an argument when you felt you weren't being listened to or understood.
- If you have given your partner (or been given) the silent treatment.
- If you have been disrespected or dismissed by your partner in front of other people; or have disrespected or dismissed your partner in front of other people.

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- If your partner's pressure has influenced how you have dressed, or your pressure has influenced how my partner dresses.
 - If you have not approved of or felt jealous of some of the people your partner has spent time with, or what your partner does without you. Or your partner sometimes questions who you hang out with, or where you go (or vice versa).
 - If you have done a 'drive by' (driven past where your partner said they were going to be to see if they were telling the truth).
 - If you believe you have abused or been abused by your intimate partner.
 - If your partner has called or text you repeatedly throughout a day to find you or you have called or text your partner repeatedly to find them.
2. At this point, everyone ought to be off the wall. Ask everyone to look around for a moment. Then, ask if anyone is surprised by the positioning of people.
 3. What do you think was the purpose of this activity? (To illustrate how sexual and dating violence effects everyone [women *and men*], is not just "rape," or "physical abuse" [none of the questions asked referred to rape, knowing a survivor or being beaten], and that many people don't identify their experiences as falling along the Sexual or Dating Violence spectrum, even though they may fit the bill).
 4. Invite comments or questions. Return to Overview of Sexual Violence.