

# *Resource Development for Issues of Relationship Abuse and Sexual Assault*

Developing resources to educate and raise awareness on issues of relationship abuse, domestic violence and sexual assault, and to provide specialized training for counselors to deal with these common but oft unspoken issues

Presented by the **Development and Engagement Initiative in Asia**  
Zhejiang University, September 2009

# Sexual Assault and Relationship Abuse

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# Sexual Assault and Relationship Abuse

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# *Sexual Assault and Relationship Abuse*

Sexual assault, relationship abuse, sexual harassment and child abuse are *not* about love, sex, caring, or greater intimacy – they are about one thing:

**POWER & CONTROL**

# Defining Sexual Assault and Relationship Abuse

## What Is Sexual Assault?

- ***Sexual Assault*** – any unwanted attack of a sexual nature; sexual activity against a person's will and *without consent*.
- Sexual assault can include the following:
  - Kissing
  - Groping
  - Fondling
  - Threat of sexual assault
  - Penetration by foreign object
  - Sexual battery
  - Sodomy
  - Oral sex
  - Attempted rape
  - Rape

# Defining Sexual Assault and Relationship Abuse

## What is consent?

- Consent is positive cooperation involving an act of free will. There must be active consent from both sides.
- Being verbally, emotionally, psychologically, or physically pressured into any kind of sexual activity is not consent.
- Consent to one thing does not imply another.
- If limits are made clear and consent is not given, pressuring someone into changing their mind is not consent.

Consent does not exist when the victim is:

- A minor (under 14 years old)
- Subject to coercion, intimidation, threats, or force
- Intoxicated by drugs and/or alcohol
- Unconscious or asleep
- Developmentally disabled



# Defining Sexual Assault and Relationship Abuse

## Sexual Assault – Facts

- Sexual assault can happen anywhere. In university settings, the major of sexual assaults occur in a residence (dorm or apartment).
- Alcohol is involved in over half of all university sexual assaults. Note: Alcohol is no excuse for sexual assault.
- Nearly 85% of all victims of sexual assault knew the person who raped or assaulted them. Ex: Husband, boyfriend, friend, roommate, family member, teacher.
- The majority of sexual assaults are male against female. Men can also be victims of opposite-sex or same-sex sexual assault.

# Defining Sexual Assault and Relationship Abuse

## Common Emotional and Psychological Effects On Victims of Sexual Assault

- Sleeplessness
- Inability to concentrate in class or function at a usual level
- Overeating or appetite loss
- Nightmares
- Loss of self confidence
- Stress related illness
- Feelings of grief and despair
- Fear of being alone, or with people, or in a specific setting, especially at night
- Anxiety and mood swings
- Flashbacks
- Feelings of guilt and shame
- Feelings helplessness
- Denial of the assault
- Embarrassment
- Distrust towards others
- Eating disorders
- Depression
- Suicidal Ideology

If the sexual assault is repressed, these emotions tend to linger or come to full surface at a later time. For this reason, it is important that victims of sexual assault receive the help they need as soon as possible.



# Defining Sexual Assault and Relationship Abuse

## **Barriers to Seeking Help and Reporting Sexual Assault**

Sexual assault is one of the most under-reported crimes. Some of the factors that make it difficult for a victims to report their crimes or seek help are:

- Shame and Self-Blame
- Social stigma
- Confusion and Denial
- Breach of Confidentiality
- Fear of Losing Control
- Fear of revenge from attacker
- Not Knowing Support Options
- Service providers (ie. police, doctors, administrators) may reinforce rape myths and victim-blaming attitudes
- Expect police to be insensitive
- Low expectation that the authorities would be effective

“Shame is a particularly strong factor that deters Chinese from seeking outside professional help. Furthermore, female survivors reported that they feared disclosing an abusive incident would bring shame to their family.”<sup>1</sup>

# Defining Sexual Assault and Relationship Abuse

## What Is Relationship Abuse?

**Relationship Abuse** – is a pattern of abusive and coercive behaviors used to maintain **power and control** over a former or current intimate partner.

An abusive relationship means more than being hit by the person who claims to love or care about you.

Abuse can be **emotional, psychological, financial, sexual** or **physical** and can include **threats, isolation, and intimidation**.

Abuse tends to escalate over time. When someone uses abuse and violence against a partner, it is always part of a larger pattern to try to control her/him.

# Defining Sexual Assault and Relationship Abuse

## Domestic Violence

**Domestic violence** is the term commonly used to describe an abusive relationship. However, because most people are inclined to think that domestic violence refers to physical violence between two people – usually married – who are living together, people often do not recognize that controlling and abusive relationships can exist outside of this narrow social definition. Therefore, the term controlling and abusive relationship or relationship abuse is preferred over “domestic violence” because it encompasses abuse that exists beyond physical violence – psychological, emotional, spiritual, etc. – and includes any kind of relationship that can be controlling and abusive – husband/wife, boyfriend/girlfriend, mentor/student, friend, family. However, in this presentation, I will use domestic violence and relationship abuse interchangeably.

# *Defining Sexual Assault and Relationship Abuse*

## **Domestic Violence – Facts**

- According to an authoritative survey, the incidence of domestic violence in China was between 29.7% to 35.7%, of which 90% of the victims were women (Yale University Handbook for International Students & Scholars, 47).
- A child's exposure to the father abusing the mother is the strongest risk factor for transmitting violent behavior from one generation to the next.
- In our country [China], in the event of domestic violence, as long as not to "bear the unbearable," the point where victims, especially women, are mostly swallow hard to endure. Women's sense of self-protection and rights are generally not strong, "scandalous, can not be outside the family," the traditional concept so that women victims are often ashamed to seek legal remedy.

# Defining Sexual Assault and Relationship Abuse

## Relationship Abuse – Reasons for staying in an Abusive Relationship

Despite the pain and danger involved in remaining in an unhealthy relationship, victims of violence may hold on to a hurtful relationship for a number of reasons. Regardless of their decision to not leave the abuser, the abuse is never the fault of the victim and only the fault of the abuser.

- They may be afraid to leave a dangerous relationship because they have been threatened by their partner.
- Because their self-esteem has been damaged, they may feel that if they leave their partner, they will never find someone else who wants to be with them.
- People may feel isolated from friends or family and fear that they may not receive support if they decide to leave an unhealthy relationship.
- Sometimes, people are dependent on their abuser for financial support. Victims of violence will be less likely to leave if it means that basic necessities will not be available to them or to their children.
- Victims trapped in the cycle of violent relationships may remain in the relationship because they believe they can “fix” the other person. They may also have a sense of duty to stay with their abuser because that person “promises” that the abuse will stop.
- Finally, people in unhealthy relationship may struggle with leave a bad situation because they love the person they’re dating. Even though the abuse hurts, they may fear the loss of their lover.

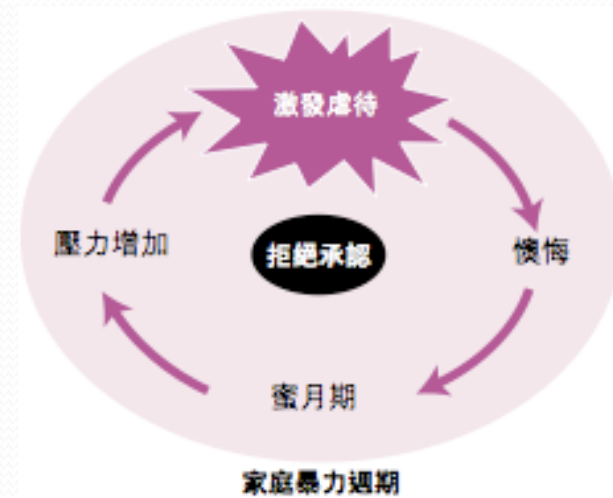


# The Cycle of Violence

American Journal of Clinical Forensic Psychologist Dr. Woke noted that the cycle of violence battered women syndrome, and acquired by the helplessness of two stages. The cycle of violence into an atmosphere of growing tension, a vicious violence and a warm sweet loving three cycles. Accompanied by the first cycle of recurrent mild violence, his wife was surprised, and trying to dodge in order to avoid being beaten, desperately trying to cater to her husband's means, submissive; second cycle of serious violence occur frequently, her husband completely out of control temper, frequently under the dead hand, his wife, fear, trying to please her husband; third cycle, the couple subside reconciled.

Her husband truly repent their own atrocities, his wife showed gentle and thoughtful, his wife also forgive him in an attempt to help her husband Gaidiao beat the bad problems. But they are the future and from being hit numerous times aware of their husband can not stop the atrocities, so the psychological state in which they are becoming more and more passive, more submissive, more helplessness and depression, self - responsibility, which is acquired helplessness.

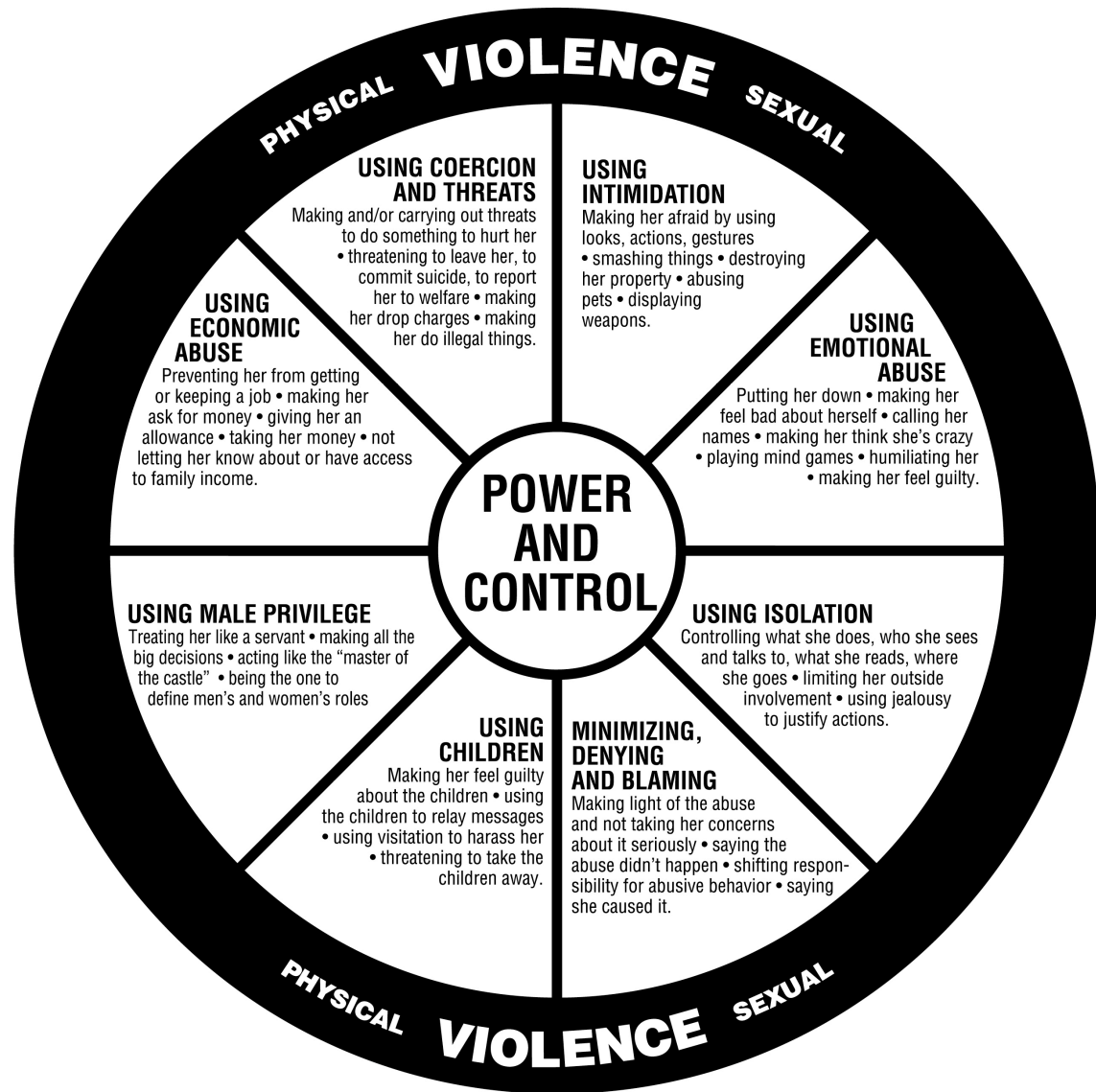
(<http://www.psychcn.com/counseling/jtwtxzt/jtbl/200505/2981913115.shtml>)





# Power & Control Wheel

The power & control wheel demonstrates how men use different methods of power and control to control the women in their relationships. Because of the strong impact that these methods have, many women feel they cannot leave the relationship that they're in.



# Defining Sexual Assault and Relationship Abuse

## What Is Sexual Harassment?

- ***Sexual Harassment*** – is unwanted, unwelcomed, and repeated behavior of a sexual nature.
- Sexual harassment can be:
  - Physical    • Verbal    • Non-verbal    • A hostile environment
- Sexual harassment within the university exists when:
  - Submission to or rejection of such conduct will implicitly or explicitly influence one's academic performance or employment.
  - Submission to or rejection of such conduct will implicitly or explicitly reflect upon the evaluation of one's academic or work performance, including promotions, transfers and selection for training.
  - Such conduct creates an intimidating, hostile, or offensive educational or work environment.
  - Such conduct substantially interferes with one's academic or work performance.

# Defining Sexual Assault and Relationship Abuse

## **Barriers to Seeking Help and Reporting Sexual Harassment**

Some of the factors that make it difficult for a victims to report sexual harassment are:

- They do not know what sexual harassment is or what their rights are.
- They fear for their personal safety.
- They fear they might lose their job.
- In a classroom setting, they fear that their grade will be hurt.
- They do not want to get the person who is doing the harassment in trouble.
- They are concerned that nothing will be done if they complain.
- They fear criticism from co-workers who may condone or ignore the harassing behavior.
- They fear they will not be believed.
- They fear they will receive unwanted public exposure.
- They fear they may have done something to invite it.
- They are unsure or unaware of complaint procedures.
- They may be from different cultures and practice different traditions

# Defining Sexual Assault and Relationship Abuse

## Victims and Perpetrators

A victim of sexual assault or relationship abuse can be *anyone* – male or female, Han or ethnic minority, rich or poor, from the country or the city, the North or the South, young or old, strong or weak.

Even though men as well as women can be a victim of sexual assault or domestic violence, according to global statistics **more than  $\frac{3}{4}$  of all attackers are male**. This is largely a result of negative social attitudes of men towards women. Furthermore, about **85%** of all sexual assaults are committed by someone the victim knows.



# Defining Sexual Assault and Relationship Abuse

## What About Child Abuse?

In 2005, the All China Women's Federation backed by UNICEF carried out the first major scientific survey on child abuse in mainland China. The survey found that *nearly half* of the 3500 university students interviewed had suffered some form of physical abuse during their childhood. The survey further stated that “substantial numbers” of boys and girls suffered child sexual abuse. This does not even count the statistically greater number of children who suffer other forms of non-physical abuse such as psychological and emotional abuse.

Students and adults who suffered child abuse are more likely to develop psychological and emotional problems later on in life, including difficulty in forming healthy relationships. They are also more likely to be either victims or abusers in future relationships because they look at such behavior as normal.

Therefore it is very important for the university to offer specialized education and support services to help students who may have suffered child abuse and help them engage in healthy, productive relationships.



# *What About China? ... Not Just a Western Problem*

## **SEXUAL ASSAULT & RELATIONSHIP ABUSE IN CHINA**

- Domestic violence is a global social problem. According to an authoritative survey, China's domestic violence rate is between 29.7% to 35.7%, of which more than 90% of the victims are women. China Women's Federation survey shows that China's 270 million households, about 30%, that is, 81 million families there are different levels of domestic violence, the perpetrators of which nine became male, 10 million families each year due to domestic violence, the collapse ([http://www.xinhuanet.com/life/xilan\\_right.htm](http://www.xinhuanet.com/life/xilan_right.htm)).

Chinese universities are no exception. In fact, because many students are away from home for the first time and are starting relationships for the first time, these problems can occur more frequently. Furthermore, many relationships that turn into domestic violence situations after college may have been formed in college. Therefore universities have an important role to play in preventive education regarding controlling and abusive relationships.



# *The Need for a University Program*

## **PREVENTIVE EDUCATION**

Chinese universities are the best places for both students and scholars to learn about ways to prevent sexual assault and abusive relationships. Programs can teach students how to form healthy relationships, be safe when they go out, recognize warning signs about a dangerous situation, take care of one another, and lead strong ethical lives.

Universities are on the forefront of higher education and have greater potential than anywhere else to change society to become a better place. In particular, tens of thousands of students attend Zhejiang University, many of whom will go on to becoming influential people in society. By positively educating them about these important issues, Zhejiang University can become a national leader on issues of domestic violence and sexual assault.

Nearly all American and world-class universities already have special programs in place to address the issues of sexual assault and abusive relationships. Zhejiang University has the opportunity to lead the way for Chinese universities to develop their own programs to better their community and their future.

# *The Need for a University Program*

## **SUPPORT SERVICES**

According to global statistics, about 1/3 of women will experience sexual assault or relationship abuse in their lifetime. Of those, the majority will first experience it by the age of 24.

Given this frightening statistic, one can see that universities can play an instrumental role in providing support for someone who has experienced sexual assault or relationship abuse. Much of this abuse may take place before the student arrives at the university, yet a considerable proportion of students will be victimized by these kinds of traumatic experiences while at their university.

Regardless of when the incident occurred, the resultant trauma will have a substantial negative impact on the student's psychological, spiritual, and emotional well-being and may harmfully impact their academic performance as well.

Psychological counseling services are still new in China and so there often isn't the specialized support needed to help victims of abusive relationships and sexual assault heal and become safe.

By having specially trained counselors to provide therapy and support for the needs of those traumatized by these kinds of situations, many survivors of abusive relationships and sexual assault can find the healing and support that they need to go on and become successful in society and in their personal lives.

# *The Need for a University Program*

## **THE JEANNE CLERY ACT - Making Universities Accountable**

The “Clery Act” is named in memory of 19 year old university freshman Jeanne Ann Clery who was raped and murdered while asleep in her dorm room on April 5, 1986. Jeanne's parents discovered that students hadn't been told about 38 violent crimes on their daughter's campus in the three years before her murder. They joined with other campus crime victims and persuaded Congress to enact a new law that requires universities to publish violent crimes on their campus and has inspired other legislature to provide education and support services for victims of sexual assault.

Before the 1990s, only some college campuses had specialized prevention programs on sexual assault and related issues. When it was mandated that all college campuses have safety, sexual assault and violence prevention programs in place, the universities that already had well-established programs served as models for other schools. Now thousands of American universities are developing preventive education programs and support services for sexual assault and relationship abuse. Government funding also became available to universities to develop stronger programs on these important issues.

*How does this apply to China?*

Not too long ago, most universities in China did not have any student counseling centers at all; but as concerns about psychological health become increasingly important in the public sphere, the Chinese government mandated that every have a student counseling center. As domestic violence and sexual assault become hot issues in China, it will be important for China's top universities to also provide specialized support services as other world-class universities have already done. Zhejiang University has the opportunity to lead the way and become one of the next models for other universities to develop their own specialized programs on sexual assault and domestic violence.

# *Program Development*

- Need for a Policy
- Education and Awareness
- Support Services
- Training
- Resources
- People
- Advertising Specialized Program Services
- Cooperation with Outside Agencies
- Funding
- What to Expect



## NEED FOR A POLICY

*“The most important part of any program is a university policy to base it upon.”*

- Carole Pertofsky, Co-Chair, Stanford University Sexual Violence Advisory Board, Stanford University, 8/20/09.

*“The lack of a policy on sexual violence in both Mainland China and Hong Kong means there is no coherent basis from which to monitor the problem; and to develop appropriate responses to survivors and programs for perpetrators and to develop effective prevention strategies.”*

- Chan, K. L. “Sexual Violence Against Women and Children in China,” Sexual Violence Research Initiative, Pretoria, South Africa, 2007, p. 6.





## NEED FOR A POLICY

A policy is necessary to make it clear that certain behavior will not be tolerated.

Furthermore, should inappropriate or harmful behavior occur, a policy demonstrates that the university will pursue disciplinary action and possibly legal action against the alleged perpetrator. This sends a strong message.

Important: Any disciplinary action needs to ensure victim safety, wishes and confidentiality.





## EDUCATION & AWARENESS

Education and awareness programs are the most important part of prevention and crisis intervention. Because of traditional cultural views regarding men and women as well as social stigma on sensitive issues such as sexual assault and relationship abuse, education is critical to deterring sexual assault and relationship abuse.

Education and awareness programs are equally important to help people recognize when abuse or an assault takes place so that the victim or friends of the victim can seek the appropriate help.

These programs can also teach students how to have healthy relationships and what precautions to take when they go out. Furthermore, these programs help encourage students to care for each other and assert responsibility for the safety of others. This supportive and caring character development will help students continue to play a positive role in society well after they have left school.



# SUPPORT SERVICES

Support services are critical to providing help to those who have been victims of sexual assault and relationship abuse, including those who may have suffered child abuse.

Principally, support services focus on psychological counseling. Receiving proper counseling is the most effective way to help someone who has been traumatized start on the road to recovery. So having a strong counseling program that can specifically address issues of sexual assault and relationship abuse is very important. This includes the ability to provide safety for those who may still be in a dangerous situation.

Support services also include additional areas to improve the student's well-being. Some of these services include:

- providing academic extensions or “time off” for students to complete their work when they are less traumatized
- providing temporary housing for students who don't feel safe in their current living situation
- providing counseling and educational literature to the family of students (at the student's request only) to educate them about the best way to understand the issues and provide support for the student
- providing appropriate medical care for the student
- providing assistance should the student wish to seek legal action in their case

In each situation, it is important to always ***maintain confidentiality!*** Where it is necessary to break confidentiality to provide certain services, permission should first be requested from the victim.

The needs and wishes of the victim should always be made the top priority of the university.



# TRAINING

In order to provide the education and support needed to make this program successful, specialized training of counselors and relevant administrators is needed. People who would most benefit from specialized training are:

- Counselors
- Administrators from Student Affairs who regularly deal with student issues
- Resident deans who have regular contact with students
- Student leaders who live in the dorms

DEI in Asia can provide experts who can give specialized training for counseling on sexual assault and relationship abuse and who can train student affairs administrators and resident deans on how to develop education and awareness programs for the university.



# RESOURCES

Every successful program needs good resources to be more effective in educating and providing services. In today's high-tech environment, it is important to have resources available both in person as well as online.

Here are some important resources to develop for the program:

- Program website providing information about sexual assault and relationship abuse and outlining the services available to the university community
- Special pamphlets on topics such as:
  - Sexual assault
  - Domestic Violence / Relationship Abuse
  - Handbook for Victims of Sexual Assault / Relationship Abuse
  - How to Avoid Risky Situations
  - How to Recognize if You're in an Abusive Relationship
  - How to Help a Friend
  - Forming Healthy Relationships
  - Support Services Available at the University
- Books on Sexual Assault & Relationship Abuse
- List of outside resources and websites with information and services on sexual assault and relationship abuse
- Hotline numbers

DEI in Asia has access to considerable resources on sexual assault and relationship abuse (mostly in English) that can be provided to Zhejiang University for the development of their program.



# PEOPLE

People are essential to any successful program. It is the one-to-one interaction with people that influence our behavior, the way we think about ourselves, and how we respond to our environment.

Successful programs at a variety of universities are multi-faceted and involve people at various levels of administration interacting with the university community in different ways. This provides the student community many ways in which to educate themselves and seek support in time of need.

For example, one student may learn a lot about how to have a safe and healthy relationship from a small dramatization put on by university students during the first week of school orientation. Another student may not be comfortable going to see a counselor by themselves, but may feel better talking to their faculty advisor. Their faculty advisor can then choose to refer them or even personally escort them to see a counselor.

Every university community and structure is different. It is important for Zhejiang University to evaluate at what levels its administrators and faculty interact with students to see how they can be most effective in providing education and services.

DEI in Asia can help the university evaluate its current structure to see what programs might best fit the needs of the university community and how various administrators can play an important role in improving student well-being. People make all the difference.



# GETTING THE WORD OUT

New programs need advertising. If people don't know that the services exist, they won't take advantage of them. Across university campuses, administrators and faculty spend a lot of energy trying to educate students about the resources available at the university. Inevitably, nearly every student at some time in their academic career has experienced the sensation of eureka when they come across a new program for the first time: "Wow, I never knew this program or service existed!"

Therefore it's important to get the word out about new services and programs at the university. There are a variety of ways to advertise on campus:

- Banners
- Pamphlets
- Posters
- Workshops
- Events
- Websites
- Classes
- People

DEI in Asia can work together to discover what methods are most effective to getting the word out at Zhejiang University. The more people who know, the more people can change.





# COOPERATING WITH OUTSIDE AGENCIES

A university is rarely alone when dealing with the issue of sexual assault and relationship abuse / domestic violence. There are many outside agencies that can assist on a case by case basis depending on the need such as:

- Hospitals / Medical Services
- Police
- Housing Shelters\*
- Outside Counseling\*
- Legal Services
- All China Women's Federation
- NGO Services (currently Shanghai and Nanjing are the closest cities with NGOs that provide special support services for victims of sexual assault and domestic violence)

It is important for the university to know which outside agencies are available to provide support for victims of sexual assault and domestic violence. Through coordinated efforts, Hangzhou can begin developing a strong support network for these important social issues. Having so many agencies involved can also increase education and awareness about these issues and change social attitudes that allow these kinds of problems to continue to be unjustifiably shamed and disregarded.

\* for students who may be graduating



# FUNDING

Funding is always an issue when developing new student services programs. However, many student service programs such as this one are scalable – in other words, they can start out small and still be effective, and then continue to grow in services and program offerings as both needs and funding increase.

Because these services provide a vital need towards promoting student well-being, students who take advantage of these services are better able to lead healthy, balanced lives and reach their full potential. This reflects strongly on the university. So it makes sense for the university to devote its own resources to the development of this program.

Furthermore, these kinds of important student services that play a pivotal role in student formation encourage alumni who have become successful later in life to give back to their university to continue to support these programs.

For example, The Bridge Peer Counseling Program at Stanford University is primarily funded by donations from Stanford alumni, most of whom participated in the peer counseling program when they were students.

Outside donations as well as government funding is usually available, especially as the program begins to take off and people realize the important role it plays.

In addition, as sexual assault and domestic violence are increasingly becoming major issues of international concern, many international aid foundations will want to support the development of programs that address these issues.

DEI in Asia also hopes to provide certain services and support for the program as it develops and can work together to find other international sources of aid as well.



## WHAT TO EXPECT

As with any new program, it's difficult to anticipate what immediate impact the program will have and how much the services will be used. Because many of the support services will be integrated into the existing counseling program, counselors may notice an influx of students reporting about past abuse or unhealthy relationships.

However, because of the aforementioned factors of shame, guilt, self-blame and other social stigmas associated with sexual assault and domestic violence, such reporting will continue to be low for a while. The increase of students seeking counseling and support on these socially sensitive topics of this will ride on the strength of the education and awareness program to encourage students to come forth with their problems.

As the program becomes more successful over time, there should be more reporting of sexual assault and relationship abuse (both past and present). This should only encourage the university community to strive harder to make this program even more effective, so that it can reach those students who are still too scared or ashamed or down-trodden to seek the healing and support that they need to live their life to the fullest.



*~ Final Thoughts ~*

## **ON THE CUTTING EDGE OF PROVIDING SPECIALIZED SUPPORT SERVICES FOR STUDENTS**

Outside of their academic learning, student services and student formation provide the life blood of the student university experience. As awareness about major social issues such as sexual assault and relationship abuse increase, more services will be needed to address these issues. By developing student service programs to address these issues now, Zhejiang University can be ahead of the curve of not just other universities, but major parts of the country. Furthermore, as international universities look to see which universities they want to form relationships with, they will want to find universities who value and provide the same important services for their students that they have at home.

In this way, Zhejiang University can find itself on the cutting edge of providing specialized support services for students who have the potential to help build a greater future for China.

# 谢谢你们对这种 很严重问题的支持



Presented by the Development and Engagement Initiative in Asia  
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