

Center for Community Solutions



Center for
Community Solutions
Hope, Healing and Prevention

Hello!



Follow along @ccs_prevents



24/7 hotline at **888-385-4657**

Group Guidelines



Use Direct Communication

- Use "I" statements
- Step up, step back
- Reserve the right to change your mind



What's said here stays here
What's learned here leaves here



Take care of you!

- Take breaks
- Use a fidget
- Doodle



If anything comes up that you have questions about or would like to discuss please use our hotline number

24/7 hotline at **888-385-4657**



AGENDA

- * Intro to CCS
- * What is Sexual or intimate partner violence
- * Healthy & Unhealthy Relationships
- * Boundaries & Consent
- * How to intervene & How to support survivors
- * CCS Services overview
- * Current education and youth programs





Denim Day

The last Wednesday in April (SAAM)

Italy, 1992, an 18-year old girl was raped by a man. He was convicted, but the case was overturned years later because the Italian Supreme Court felt that her jeans were too tight, meaning she would have had to help him take them off and therefore, she consented. To protest the unjust decision, women in the Italian Parliament wore jeans on the steps of the Supreme Court.

Center for Community Solutions

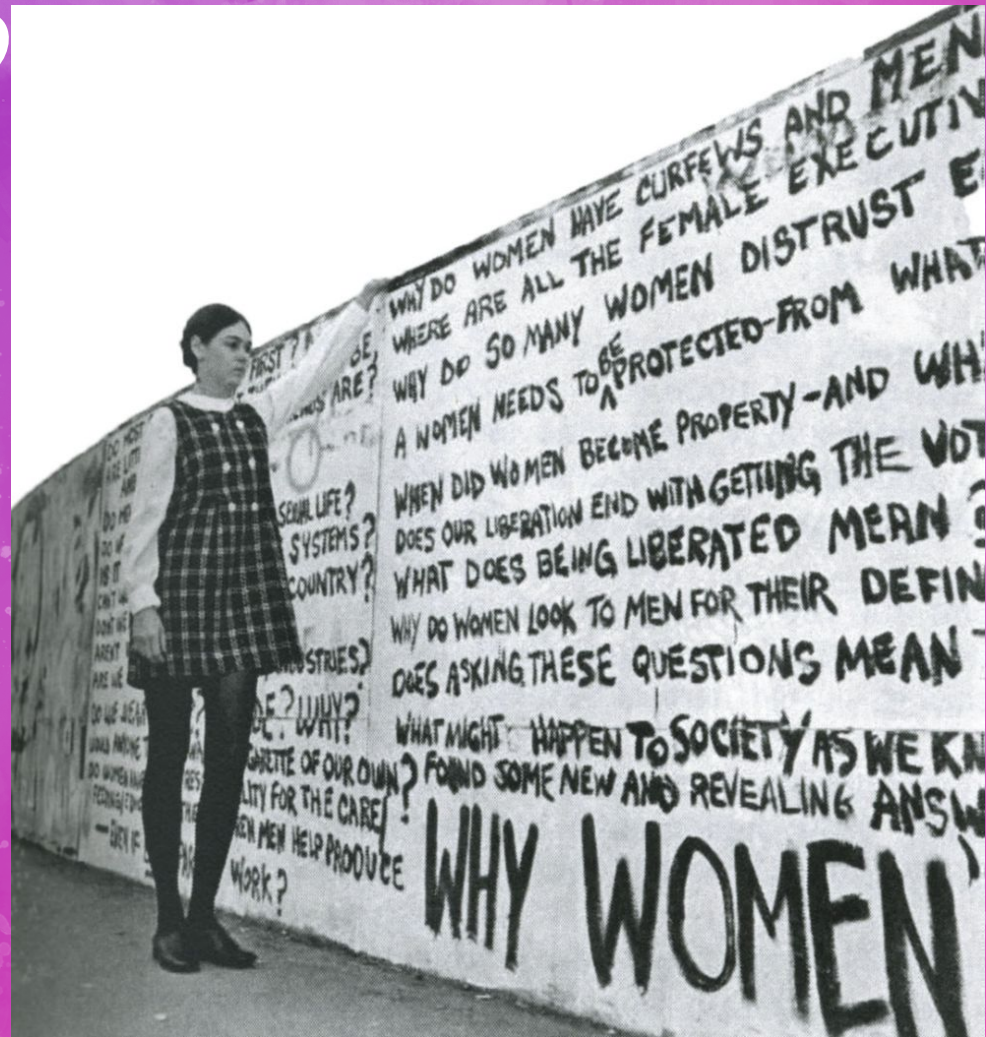
It is our mission to end relationship and sexual violence by being a catalyst for caring communities and social justice.



CCS History



24/7 hotline at [888-385-4657](tel:888-385-4657)



CCS Services



To be connected to our services,
call our free and
confidential 24/7 crisis hotline at
888-385-4657



Intervention Services



- Information and Referrals
- Counseling for youth and adults
- Legal Services
- Advocacy
- Emergency Housing
- Crisis Hotline



Prevention Services



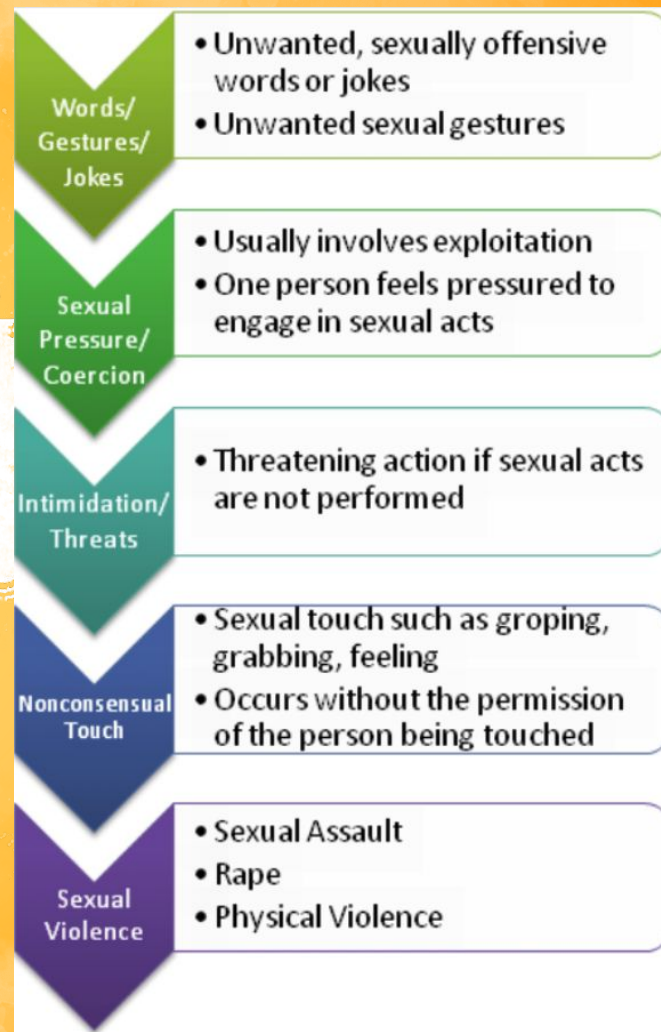
- Education on healthy relationships
- Designed for youth, teachers, parents and community members
- Focused on increasing protective factors

Sexual Violence

- Sexual violence is any type of **unwanted sexual contact without a person's consent**. This includes sexual words and actions against a person.
- A person may use force, threats, manipulation, or pressure to be sexually violent in order to **gain power and control** over another person.
- Sexual violence **can be done by anyone**, including friends, family members, partners, or strangers.
- Sexual violence can happen **in person** or through the use of **technology**.



Sexual violence - any unwanted or harmful sexual touch or advances without the consent of the individual due to age, disability, intimidation, threat or incapacitation



The Relationship Spectrum

Healthy Relationships are based on equality and respect.

This can include: open communication, respect, trust, honesty, equality

Unhealthy relationships are based on attempts to control.

This can look like: breaks in communication, pressure, dishonesty, struggles for control, inconsiderate behavior

Abusive relationships are based on power and control.

This can include: accusations, isolation, blame shifting, pressure, manipulation



What are Boundaries



- A boundary is the line between what someone is okay with and what they are not okay with it
- Likes, dislikes, nopes, preferences, limits
- Can be about **anything!**
- Physical touch, conversation topics, time, media, food, virtual connection, physical distancing, etc.
- Can be set with **anyone!**
- Partners, friends, family, coworkers, strangers, **YOURSELF**



Why are boundaries important

- YOU are important
- It leads to a healthier relationship based on equality and respect
- It helps us feel safer in relationships
- It helps grow a community where communicating about boundaries and respecting them is normalized



How to set boundaries



Reflect on what your boundaries are AHEAD of time – questions to consider:

- ✓ What am I okay and NOT okay with?
- ✓ What conditions do I want to set around my boundaries (where do I want to try new things and how will I know when I am crossing my own lines)?

Share your boundaries with your friends / date / partner

- ✓ It is OKAY to share what you are hoping for ahead of a date or night out
- ✓ It is good to have others who care about you help hold you accountable or be there to support you

How to set boundaries cont...

Encourage the people around you to draw their own boundaries and to share them with you

Respect the boundaries that have been set - including your own

- ✓ Discuss what to do in worst-case-scenarios ahead of time so you know how to respond if things don't go to plan



What is

CONSENT?



24/7 hotline at [888-385-4657](tel:888-385-4657)

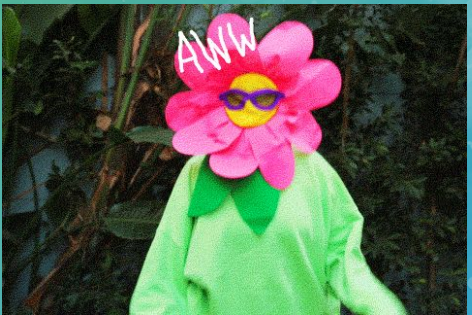
C O M M U N I C A T I O N

L I M I T E D

E N T H U S I A S T I C

A C T I V E

R E V E R S I B L E



YES-TO-NO SPECTRUM



CONSENT ICEBERG

permission

contracts

"no means no"

emotional
attunement

agreements
between people

preparing the
nervous
system

content warnings

power dynamics

facial expression

prosody

body

breath

language

"I'm going to
X..."

capacity,
limitations,
resources

eliminating
surprises/
managing
expectations

shift in eye
contact



Share the load.

How to intervene

DIRECT

Intervene in the moment to prevent a problem from happening

DELEGATE

Get help from someone who is better equipped to handle the situation

DELAY

If intervening could escalate a situation, wait for a safe moment

DISTRACT

Interrupt the situation without directly confronting

Supporting Survivors



Center for
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How Does Trauma Impact Us?

- ❖ There is no one right way to experience trauma!
- ❖ Trauma can impact us...
 - Neurobiologically
 - Physically
 - Mentally
 - Emotionally
 - Socially



Common Barriers to Disclosing

- ❖ Not being believed, people think they're making it up
- ❖ Being blamed for the abuse
- ❖ Being told it's not a big deal
- ❖ Not knowing if what happened was sexual assault
- ❖ Not acting how a survivor is “supposed” to act
- ❖ Having their experience discounted because of their gender, sexuality, or other identities



How to Start the Convo

Ask clarifying questions from a place of curiosity NOT judgement

- ❖ “Have you talked with anyone else about this?”
- ❖ “How do you feel about what you just shared?”
 - Ask about physical feeling and emotional feeling when unpacking a disclosure

Validate, offer resources and provide clarity

- ❖ “You deserve to be safe – no one deserves to be harmed.”
- ❖ “There are experts who can help and have more resources – do you want me to help you connect with them?”

Use words and phrases that offer, invite and empower choice

- ❖ “There is no right way to respond to being hurt – I’m here to support you in whatever you choose to do. Would it be helpful to share some options?”
- ❖ “What would help you feel safer?”



When Someone Discloses...

1. **Listen** to them and **believe** them
2. **Validate** that what's happening is not okay, deserved or their fault
3. **Share your concern** and that you're here to talk when they're ready
4. **Empower and respect** their choices, avoid judgement
5. Offer **resources** if they want them
6. Remember you are **not alone** – it's okay to ask for help



Helpful Tips for Loved Ones' of Survivors

- Listen to them share or “vent”
- Be empathetic & validate the person’s feelings
- Clarify to make sure you understand the situation & ask open ended questions
- Avoid comments like ‘Don’t cry’, ‘Don’t be upset’, or ‘Everything will be ok’
- Don’t judge or assume you know what the person thinks, feels, or wants – even if it’s different from what you would do/what you want



CCS Services


Free

Confidential

Multilingual

Survivor-centered

Trauma-informed



We serve survivors of all immigration statuses, gender identities, orientations, relationship styles, religions, abilities, and other identities.

Hotline



- 24hrs/7days access
- Respond to survivors, friends & family, community & service agencies
- Shelter staff & volunteer responders
- Brief support, safety planning, & resource referrals

888-385-4657



Emergency Housing



Residential Emergency Shelters (28 days)

East County (approx 15 beds)

North County/Inland (approx 35 beds)

Long-term Shelter (12-18 months)

From emergency shelter
back to independent living

- East County
- North County

- Children's activities
- Adult workshops, therapy, support & crisis intervention
- Connection to services and resources



Sexual Assault Advocacy

SART – Sexual Assault Response Team

- 24-hour emergency response to forensic exams
- Crisis intervention & emotional support
- Connection to resources, information about rights & options
- Also, DAFE – Domestic Assault Forensic Exam

SAVA – Sexual Assault Victim Advocates

- Ongoing advocacy throughout criminal and civil legal cases
- Crisis intervention & emotional support
- Connection to resources, information about rights & options
- Accompaniment to court, law enforcement & DA interviews
- Connection to CCS Legal & Counseling Services

IPV Advocacy & Legal Services



- Emotional support, crisis intervention, safety planning & needs assessment
- Connection to resources, information about rights & options
- Support with restraining orders & legal consultations for issues that arise in connection to SA, IPV or stalking
- Accompaniment to court, law enforcement & DA interviews



Counseling



Short-term specialized treatment for trauma related to sexual assault & relationship violence

- Individual therapy (18+ years of age)
- Couples therapy
- Family therapy
- Child therapy
- Group therapy



CHAT Program

- Minors ages 6-17 years old
- Direct victims or witness to: DV, sexual abuse, emotional abuse, neglect, or witness to violent crime
- Therapy**: under 6, will be referred out; over 12, may seek services on their own
- Advocacy**: IEP assistance, court accompaniment, parent education, referrals



Prevention & Education

- Interactive consent & healthy relationships education for ages 5 – adult
- Staff & Volunteer Training/Certification
- Customized training for professionals
- Volunteer program management
- Community outreach & events



Follow along



@ccs_prevents

CCS Youth programming

Close to Home

Integrated school
pilot program

Workshops



TDV in San Diego

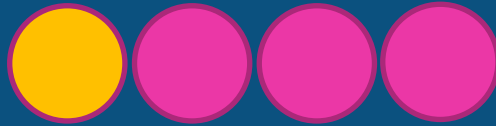
1 in 15



have experienced physical dating violence in the last year

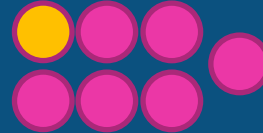
6.5% 20.6%
male female

1 in 4



reported experiencing emotional violence in the last year

1 in 7



have experienced sexual dating violence in the last year

5% 8%
male female

4% heterosexual students compared to 24% LGBTQ/Other students

9% heterosexual students compared to 53% LGBTQ/Other students

Risk Factors

- History of physical violence in home (either witness or victim)
- Adherence to traditional gender norms
- Attitudes accepting or justifying IPV
- Lack of nonviolent social problem-solving skills
- Excessive alcohol use
- Sexual behavior that increases exposure to risky situations
- Poverty or low socio-economic status
- Exposure to community crime & violence
- Social norms supportive of sexual violence
- Weak laws & policies related to sexual violence

Protective Factors

- High friendship quality
- Connection/commitment to school
- Extracurriculars and hobbies
- Social support (e.g. tangible help, connection to caring adult)
- Access to technology
- Community support (i.e., community cohesiveness/ support/ connected-ness, mutual trust, and willingness to intervene for the common good)
- Coordination of resources and services among community agencies

The C2H Approach



Adult Organizing Team is a collection of adults, parents, and community members dedicated to ending violence in the City Heights community.



For more information contact
Prevention@ccssd.org

AOT connects resources to community members and actively seeks to host safe spaces for community members

AOT currently meets at Park de la Cruz in City Heights on Thursdays from 9-10am

YLT is leadership program for young people dedicated to creating change and to ending violence in the City Heights community.

JOIN OUR YOUTH LEADERSHIP TEAM!

Are you between ages 13-24 and interested in creating change in your community?

Close to Home
youth participants engage with their community and develop leadership skills to take action towards preventing sexual and intimate partner violence.

Youth will be asked to commit to:

- Intro to Healthy Relationships
- 1-hour meeting once per week
- 6-months minimum

 *Check us out!*
@CCS_PREVENTS
CENTER FOR COMMUNITY SOLUTIONS



YLT members receive a stipend every 6 weeks!

Ask us about



OUR PODCAST!

YLT currently meets in City Heights on Wednesdays from 4-5pm

For more information contact
Prevention@ccssd.org

Join In!

ON AIR

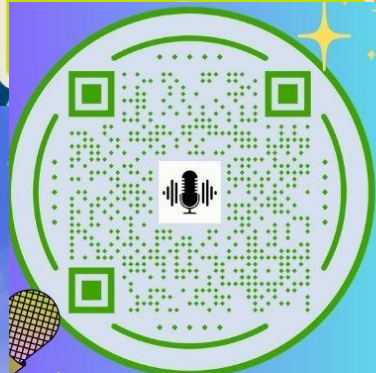
Podcast Info

- 10 one hour episodes go in-depth about gender norms, family dynamics and healthy relationships
- Be a part of many teen voices across San Diego
- Explore taboo topics that impact our community
- Get experience using professional podcast equipment

your podcast here!



JOIN US IN
CONVERSATION ABOUT
HEALTHY RELATIONSHIPS
FOR YOUTH



Listen in!

New episodes drop every other Thurs



Available on:
Podbean
iTunes
Amazon Music
Google Podcasts
ccssd.org

31

AUGUST

**HEALTHY YOUTH
RELATIONSHIPS 101**

feat. YLT + The Topic

14

SEPTEMBER

**EXPLORING
BOUNDARIES**

feat. Hoover FACES

28

SEPTEMBER

**UNPACKING
SOCIAL NORMS**

feat. YOUTH UNITE

12

OCTOBER

**MENTAL HEALTH &
RELATIONSHIPS**

feat. Crawford FACES

26

OCTOBER

**FAMILY DYNAMICS,
BOUNDARIES, & CONSENT**

feat. Hoover ALMA

9

NOVEMBER

**SOCIAL NORMS +
INTERGENERATIONAL TRAUMA**

feat. Hoover ALMA

7

DECEMBER

HEALTHY FRIENDSHIPS

feat. The Topic

21

DECEMBER

**CHECKING THE LANDSCAPE,
SHIFTING THE CULTURE**

feat. Youth Will

28

DECEMBER

**ADULT & YOUTH
COMMUNICATION**

feat. ACT Youth



School Integration Pilot Project

What would it look like to build in healthy relationship practices into the fabric of school systems across multiple grades?

- ✓ High Tech High Point Loma schools
 - 6th – 12th grade (2 middle, 4 high schools)
- ✓ 3 years of integrated staff, curriculum, coaching
- ✓ Goal is to support school staff and culture to have integrated healthy relationship work alongside SEL along with targeted youth education that can build with student age and community understanding

Our most popular workshop

A four-unit healthy relationships series that is taught over the course of four weeks to allow room for learning and processing between units. See descriptions of each below.

Unit One: Healthy vs. Unhealthy Relationships

- Students will identify five key ingredients for a healthy relationship
- Students will identify the difference between healthy, unhealthy, and abusive relationships

Unit Two: Consent & Boundaries

- Students will define what consent is
- Students will identify whether statements, actions, and body language are demonstrating affirmative consent
- Students will practice responding respectfully to rejection

Unit Three: Understanding Social Norms

- Students will identify a social norm in their own community
- Students will identify 3 places where they learn social norms
- Students will ask 3 critical questions about social norms

Unit Four: Bystander Intervention

- Students will identify why intervention is important
- Students will identify strategies to intervene safely

Workshops



Workshops/Trainings

In addition to our prevention education series for youth, we offer the following workshops for college students, parents and guardians, and other adult community members. (For professional trainings for service-providers, please see [Professional Training](#))

- CCS 101+
- Dynamics of Intimate Partner Violence (IPV) 101
- Dynamics of Sexual Assault (SA)
- Teen Dating Violence Awareness (TDVAM)
- Keeping Children Safe from Abuse (Child Sexual Abuse)
- SPACE (Healthy Parent/Guardian-Child Relationships)
- Student Athletes
- Healthy Queer Love
- Abuse of Technology/Tech Safety
- Bystander Intervention
- Community Resiliency Model (CRM) ©



Concerns?

Questions?

Q&A

Comments?



Thank You!

prevention@ccssd.org

Hotline 1-888-385-4657
www.ccssd.org | [@ccs_prevents](https://twitter.com/ccs_prevents)

