

What Do You Do If You Suspect Or Witness Someone Being Sexually Abused?

- ✓ Do not have the person take a bath or change clothes
- ✓ Go to the nearest hospital
- ✓ Notify the authorities
- ✓ Contact the Rape Crisis Center
- ✓ Follow the policies & procedures of your agency



Resources

Relationship Video

www.youtube.com/watch?v=USH3WLFaEuY&feature=youtu.be

Tea Cup Video

www.youtube.com/watch?v=fGoWLWS4-kU

NPR Investigation

www.npr.org/series/575502633/abused-and-betrayed

Real Talk

www.real-talk.org/watch/



Sexuality and Intellectual Disabilities

Triska, A.M. (2018) *Sexuality and Intellectual Disabilities*. New York and London: Routledge Taylor and Francis Group

Call 911 if someone is in immediate danger!

References:

- Pennsylvania Incident Management Bulletin
- National Task Force on Abuse and Disabilities
- The National Committee to Prevent Child Abuse
- Violence and Abuse in the Lives of People with Disabilities

Who Can Help?

Bucks County—Network Of Victim Assistance

Hotline: 800-675-6900

Website: www.novabucks.org

Chester County—The Crimes Victim Center of Chester County, Inc.

Hotline: 610-692-7273

Website: www.cvcofcc.org

Delaware County—Delaware County Women Against Rape

Hotline: 610-566-4342

Website: www.delcowar.org

Montgomery County—Victim Services Center of Montgomery County, Inc.

Hotline: 610-277-5200

Website: www.vscmontcopa.org

Philadelphia —Women Organized Against Rape

Hotline: 215-985-3333

Website: www.woar.org

Philadelphia Coordinated Health Care (PCHC) Southeast Health Care Quality Unit HCQU

Office: 215-546-0300 ext. 3685

Website: www.pchc.org

1in6

Online support for males who have experienced sexual abuse. They have trained and licensed staff to help address your needs, provide resources, and online support groups. All interaction is anonymous

Website: www.1in6.org

PA DHS-Adult Protective Services (APS)

Office: 1-800-490-8505

Website: www.dhs.pa.gov

Learn more at www.pchc.org

PCHC does not support or advocate for any one organization. We recognize all available resources within the SE Region to keep you informed.



Empowerment through

education, support and advocacy

Sexual Abuse Awareness and Resources



Did you know...

An NPR investigation found that people with intellectual disabilities are sexually assaulted at seven times the rate of other adults.

<https://www.npr.org/series/575502633/abused-and-betrayed>



Philadelphia Coordinated Health Care

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Everyday Lives Values

- Provide an environment where individuals with disabilities can live like individuals without disabilities and not be neglected, exploited, or abused.
- Individuals with disabilities have the right to accessible and appropriate education, information, and resources that address their individual personal relationships, sexual health, and sexuality needs.

Office of Developmental Programs. April 13, 2018. *Guidelines Concerning Sexual Health, Personal Relationships, and Sexuality Bulletin (#00-18-01)*. Pennsylvania: Department of Human Services



Why Are People With I/DD More Likely To be Abused?

1. They are potential targets because they are perceived as easier marks who have difficulty recognizing the abuse
2. Likely to have difficulty reporting what has happened
3. Less likely to be believed
4. May not qualify to testify in court
5. Majority of sexual abuse occurs in the victims home
6. Because of relationships that foster dependency or create isolation

(AAIDD, *Sexuality and Intellectual Disability* www.aamr.org/content_189.cfm)

What Are The Risk Factors?

- “Social Powerlessness”—years of living in a protected environment and living in a culture of being told what to do
- Lack of sexual education
- Lack of personal safety concepts
- Communication issues
- Impaired judgment
- Lack of assurance that they will be listened to

What Should You Look For?

Behavioral Signs

1. Changes in: socialization, sleep patterns, continence, habits
2. Signs of depression, irritability or anger
3. Feelings of panic, severe anxiety, crying
4. Low self-esteem, guilt, shame
5. Withdrawal, regression
6. Phobias
7. Avoidance of specific settings
8. Resistance of physical examinations
9. Self-destructive behavior
10. Sexually inappropriate behavior



Physical Signs

1. Any signs of physical trauma
2. Bruising to mouth or genitals
3. Tearing or bleeding vaginal or anal area
4. Pain in genital area
5. Headaches
6. Stomachaches
7. Change in appetite weight loss or weight gain



How Can You Help?

Provide...

- Sexual education—using simple, concrete terms
- Discussion about good touch/bad touch
- Support for health, caring relationships
- Education on personal safety that includes:
 - ✓ Privacy
 - ✓ Appropriate/Inappropriate Touch
 - ✓ Self Defense
 - ✓ Reporting
 - ✓ Self Determination
 - ✓ How to set boundaries

Teach The Person...

- To trust their feelings
- To identify someone they can go to for help
- The “Just say NO” concept
- That secrets that scare or hurt them should not be kept

In Addition...

- Be available to talk and talk with the person on a regular basis—know their activities and feelings
- Understand that everyone has the right to privacy
- Be cautious of relationships that foster dependency or create isolation
- Watch for changes in personality or behavior
- Ensure that anyone providing support receives education
- Ensure that any paid employees or volunteers are carefully screened