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[illegible]



PLAYBOY 2013

TOP TEN PARTY

COMMANDMENTS

THE ULTIMATE GUIDE TO A CONSENSUAL GOOD TIME

It has been brought to our attention that Playboy readers all over the world love the party you throw and parties inspired by them.

The enemy? Rape. To keep rape out of what we're being promulgated, we had to invent the whole list. We were present to provide ultimate guide to a consensual good time.

The only good time that is a good time for everyone.

PARTY FOUL



PARTY ON!



Rape is only a good time if you're a racist.

Consent is a good time for everyone!





"You can't always heal your heart with your head. I've worked in social justice long enough, that I don't have any cognitive problems with what happened. I know it's not my fault and I know I'm not alone. No one has to tell me that.

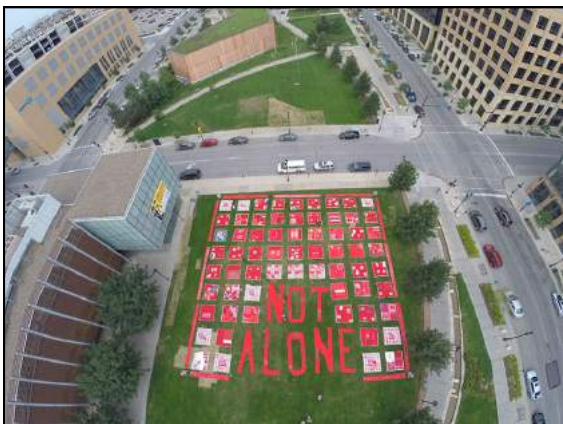
But even when you know that in your mind, it's hard to know, to feel that truth in your body. Working through art accesses a different part of your healing process that you can't always reach through words alone."

- Emily Sha, Chicago



"As a survivor I am not what is broken—what is broken is this culture. As a survivor I am not what needs to change and adapt, I am not what caused the violence. But when you look at our models for responding to violence they are all about making the survivor feel better, more resilient. What needs to change is our culture. We need more models for healing that including healing what is fundamentally broken: our culture of rape. I can't change what happened to me but I can change the culture that created my abuse."

-Rebecca Nagle





"What I love about the whole project is the narrative of control by survivors. The diversity of the stories on the quilt show how rape affects all people in different ways.

When rape victims are discussed in a non-blaming manner, they are generally young, heterosexual White women. The quilt squares are made by male victims of sexual assault, people victimized by family members, partners abused by their intimate spouses, and other people we don't often see discussed in media tell an uncomfortable truth. Recognizing these stories is one huge step towards ending rape."

-Mel Keller, Baltimore

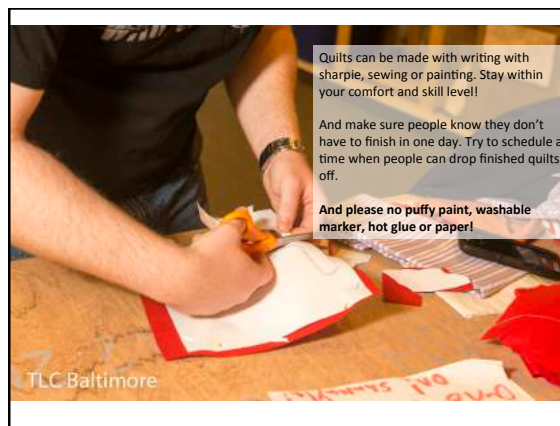




Consider facilitating a warm up activity if you are hosting a longer term workshop. These can be on smaller quilt squares, on paper, or used in discussion. These can be really helpful if you're working with a group that isn't sure where to begin in telling their story.

Try using these prompts, particularly with groups where everyone may not be a survivor.

I survived by...
A survivor is...
How to support a survivor...



Quilts can be made with writing with sharpie, sewing or painting. Stay within your comfort and skill level!

And make sure people know they don't have to finish in one day. Try to schedule a time when people can drop finished quilts off.

And please no puffy paint, washable marker, hot glue or paper!

TLC Baltimore



Closure: You can build in time for everyone to share their quilts. You can also ask a question to the group such as "what did it feel like to make your square," which gives people room to talk as much or as little about their story as they need to.

If you are hosting a drop in workshop, consider inviting participants to ask one person witness their quilt before leaving the space.



ABOUT THE MONUMENT QUILTING WORKSHOPS EVALUATION INFORMATION FOR FACILITATORS

FORCE is partnering with researchers at the University of North Carolina at Greensboro and East Carolina University to learn more about participants' experiences in quilt workshops. We hope you'll offer attendees to your workshop the option of completing the Evaluation Form. You can review the form before submitting, which may be helpful if you do additional workshops.

Here are some tips for doing the evaluation, and how to submit the completed forms to FORCE:

- Prepare enough paper copies of the full-length Consent document and the Evaluation Form for every participant. An electronic version of the survey is available, but that with the electronic version, you would not have access to the data. We will make the data available to you if you have a paper copy. We will make the data available to you if you have a paper copy. We will make the data available to you if you have a paper copy.
- At the end of the workshop, leave approximately 10-15 minutes for participants to complete the Evaluation Form. Provide a pencil for participants to use. Please send the following script to participants to write down to participate. Note that completing the survey is completely optional.
- The Evaluation Form is confidential. Submit participants to not include their names in any other identifying information on the form.
- Participants will submit their completed Evaluation Form to the facilitator in a folder or envelope before they leave. Provide an envelope or folder for the participant. Do not look at the Evaluation Form until after all participants have left the session.
- We recommend that facilitators make a hard copy of the completed Evaluation Form from your workshop, and then send one set of the copies of completed Evaluation Forms and FORCE along with completed quilts. FORCE will then send these paper copies to the researchers. Please send your completed forms to this address: cys@monumentquilts.org, Baltimore, MD 21201

Thank you for participating in this workshop! Would you like to share feedback about your experience in the workshop?

FORCE is partnering with researchers at the University of North Carolina at Greensboro and East Carolina University to learn more about participants' experiences in quilt workshops. We hope you'll offer attendees to your workshop the option of completing the Evaluation Form. You can review the form before submitting, which may be helpful if you do additional workshops.

If you are at least 18 years old, and if you are able to participate in a survey written in the English language, if you agree to participate, you will be asked to complete a brief questionnaire about your experience with the quilting workshop, which we estimate will take about 10-15 minutes to complete. This is a questionnaire for participating in this study.

In order to participate, please complete the consent, which we will hand out to you. If you have any questions, please contact Dr. Christine Morris at cmorris@uncg.edu for more information.

Knowing how to support Survivors

1. Basic tools
2. How trauma works
3. What to do if...

THE
MONUMENT
QUILTS

Basic Tools

As a facilitator, you are there to build a supportive space for survivors, encourage people to share their stories if they are ready, and witness the emotion that can go along with that experience. Here are some tools to help you connect and assist a survivor of sexual violence in saying what they need to say.

Characteristics of a good facilitator

- Warm
- Compassionate
- Patient
- Good boundaries – able to see others' cues as separate from your responsibility
- Able to listen with and without judgment
- Comfortable with silence
- Able to take in stories of trauma without suffering emotional harm
- Have a good support system and self-care routine

The best things you can say

- Nothing. Listen. Be present with the person and their pain.
- I believe you.
- Is there anything that would help you feel safe right now, while we are talking?
- A more private space, a different chair, a sweater, a warm drink or a blanket to hold?
- Would you like a hug? It's ok to say no.
- It's not your fault.
- I am so sorry that that happened to you.
- You did not deserve this.
- Thank you for trusting me with your story.
- You are not taking too much time or attention. I am so glad you feel better and comfortable enough to talk with me.
- How can I help you right now?
- The only way through it through, it takes as long as it takes.
- It's not for that you have to go through this.
- Your feelings are totally valid.
- You are having a normal response to a traumatic situation.
- You are brave, and resilient for surviving what happened to you.

Avoid

- Pressing for details of the assault.
- Questioning why the survivor did or did not do — during or after their assault.
- Taking charge or being over-protective.
- Insisting the survivor take any action, report to the police, go to a support group, call a crisis line, tell their story to the police, or make a blanket body if they don't want to.
- Blaming, accusing or judging.
- Asking too many questions.
- Jumping into rescue mode.
- Assuming the survivor does or doesn't want to be touched. Some people can't stand a hug at this point, others can't make it without one.
- Telling anyone else about your conversation without permission.
- Offering support beyond your limitations.

Give people choices

In working with sexual assault and abuse survivors, it's essential to give people choices often and whenever possible. When a survivor was assaulted, their choice was taken away from them. Giving people choices is an essential part of the process of re-empowerment.

During the workshop and in talking with survivors, you should avoid pressuring a survivor to do anything, including making a blanket or talking about their experience. Within the workshop format, EVERYTHING is optional for survivors. Survivors are the experts on their own needs and resources. They have already been through an experience where their "NO" was not respected. It will never help to push someone towards what you think they need to do.

Examples – choices you can offer:

- Spain or pink
- Blanket or quilt
- Inside or outside
- Talk or be silent
- Draw, write or skip
- Bring the music you want to hear
- Display your blanket in the local exhibit or keep it at

Maintain boundaries

Survivors of interpersonal trauma have had their boundaries violated, usually multiple times, sometimes up to the point that they don't even feel they have them (or have a right to them) anymore. When in a facilitator's role, maintaining boundaries is how you can signal to someone that you are safe. If you break a boundary, even in "positive" direction and with good intentions, giving out personal information that you would not normally share to connect with them, stepping into a rescuer role, etc that signals that you are someone who will break boundaries, i.e. you are not safe.

Know your own limits

There's a general guideline in the world of trauma counseling: "Don't open a box you can't close." This is especially important to bear in mind if you are a facilitator who does not have a strong background in mental health care training or experience. Most people who attend a workshop might need support, witnessing, or compassionate listening, but will be able to cope on their own after they leave the session. However, it is possible that you could unintentionally cue a survivor past the point where you can safely support them. If you sense that a survivor needs more support than you are able to give (and there is nothing wrong with you being clear about your own capacity as a support person) you can connect them to resources, like a local crisis center or hotline. Check out the "what to do if..." section for some additional resources.

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Post Traumatic Stress Disorder (PTSD)

PTSD is a clinical designation – a mental health diagnosis that quantifies the more extreme reactions some people have to trauma. Not everyone who experiences a trauma will end up with PTSD. However, many survivors of sexual assault and abuse deal with these difficulties, at least temporarily, even though their symptom profile may not call for a PTSD diagnosis. While everyone experiences PTSD differently, there are three main types of symptoms:

1. Re-experiencing the traumatic event
2. Avoiding reminders of the trauma
3. Increased anxiety and emotional arousal

Other common symptoms of PTSD:

- Anger and irritability
- Guilt, shame, or self-blame
- Disturbed eating patterns
- Feelings of mistrust and betrayal
- Depression and hopelessness
- Negative thoughts and feelings
- Feeling alienated and alone
- Physical aches and pains

Adapted from work by Marlene Davitz, M.A., and Joanne Siegel, Ph.D. at healingcircle.org

1. Re-experiencing:

- Intrusive, unwanted memories of the event
- Flashbacks (acting or feeling like the event is happening again)
- Nightmares (either of the event or of other frightening things)
- Feelings of intense distress when reminded of the trauma
- Intense physical reactions to reminders of the event (e.g. pounding heart, rapid breathing, nausea, muscle tension, sweating)

2. Avoidance and numbing:

- Avoiding activities, places, thoughts, or feelings that remind you of the trauma
- Inability to remember important aspects of the trauma
- Loss of interest in activities and life in general
- Feeling detached from others and emotionally numb
- Sense of a limited future (you don't expect to live a normal life again, get married, have a career)

3. Anxiety and emotional arousal:

- Difficulty falling or staying asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hypervigilance (on constant "red alert")
- Feeling jumpy and easily startled

Positive ways of coping with PTSD:

- Learn about trauma and PTSD
- Join a PTSD support group
- Challenge some of the perceptions
- Reframe faulty thinking and self-blame
- Avoid alcohol and drugs
- Practice relaxation techniques
- Pursue outdoor activities
- Get good sleep and exercise regularly
- Confide in trusted confidants
- Spend time with positive people
- Spend time with animals
- Spend time in nature

7

Tools Available Online

ABOUT NEWS MAKE A QUILT SQUARE WORKSHOPS EVENTS VOLUNTEER RESOURCES ENGLISH / ESPAÑOL

THE MONUMENT QUILT Workshops

HOSTING A WORKSHOP **RESOURCES FOR FACILITATORS**

SIGN UP TO HOST A WORKSHOP

go workshops in 30 days! Starting in October for Domestic Violence Awareness Month and continuing through November, The Monument Quilt weaves an organizations signed up to host a workshop. Help us reach our goal by Nov 30 and start planning your Monument Quilt workshop today! Your workshop can happen now or at a later date.

Join the movement to support survivors and sign on to the campaign today! Sign up using the form below!

SELF CARE!

If you are planning on hosting a workshop, make sure you also plan how you are going to take care of yourself.

What is something nice that you have done for yourself recently?

it's okay if no emotions come up until later. Or if none come up at all.

Breathe.

survivors heal in community

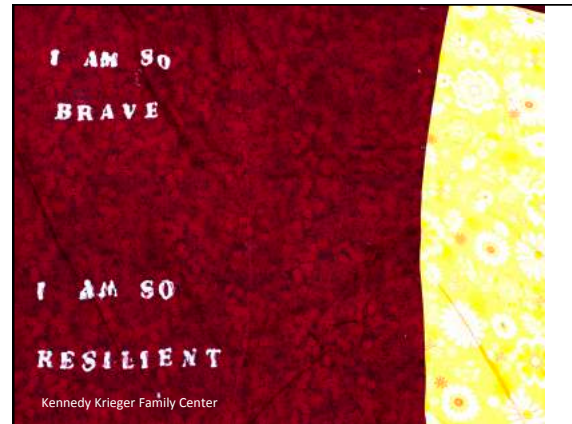
Adapting the workshop to your community.

Some things to ask yourself:

- Who is your workshop for?
- Do the attendees already know each other?
- Will the group meet once or multiple times?
- Is the workshop an intentional space for a certain group of people like LGBTQ survivors, teens, Women of Color, or male survivors?
- Have the survivors in the group already shared the stories or will some be sharing their stories for the first time?

VIP MUJERES WOMEN'S SUPPORT GROUP

A group of women are gathered outdoors on a grassy area, sitting on a large red quilt. They are smiling and posing for a photo. The quilt has various patterns and colors, including red, white, and blue. The background shows a body of water and trees.



UpsettingRapeCulture.com

TheMonumentQuilt.org