

THE  
"PAUSE BUTTON" CAMPAIGN  
toolkit for educators

KNOW WHEN TO USE  
YOUR PAUSE-BUTTON

SEXUAL ASSAULT IS NOT A GAME.

## what is the pause button campaign?

The New York City Alliance Against Sexual Assault created the Pause Button campaign to assist in preventing sexual violence by reducing perpetration.

The Pause Button Campaign is a sexual assault prevention poster whose target audience is boys ages 11 to 13. Its goal is to change attitudes that could contribute to sexual assault perpetration as boys mature. The campaign aims to reinforce boys' positive masculinity, respect boys' own moral compasses, and show boys how to not cross the line and sexually assault a peer. Developed with experts in teen and "tween" research and marketing, the Pause Button Campaign is the best poster we've seen for this audience.

The message is simple and effective: "Know when to use your pause button: sexual assault is not a game." Our research shows boys readily understood the message: one 9th grade boy said: "it's not a game. You get points in playing games, but you don't get points for rape."



## Implementing the Campaign...

- 1. Place the posters in strategic locations.** They should be easily visible in high-traffic areas, and in areas frequented by male youth (i.e. boys bathrooms or locker rooms).
- 2. Monitor the poster placements routinely.** Posters that have been torn down or defaced should be replaced.
- 3. Monitor impact.** Ask all staff to note when students approach them with questions or comments about sexual assault, using the included "Impact and Response Log."

## contact us

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web: <http://www.nycagainstrape.org>

## talking with youth about sexual violence

You may wish to involve the youth in your program in workshops or discussions around the poster. Here are some guidelines for discussing sexual assault, and the poster, in a classroom setting. Workshop curricula are available online at [pausebutton.org](http://pausebutton.org) -- a partial list is included in the "Resources for Educators" page of this guide.



### k set groundrules...

Set groundrules for your discussion. These should include **confidentiality and respectful dialogue**. Acknowledge that talking about this may be confusing or scary for some people. Depending on your program's rules, provide an option for anyone who feels that they need to leave the room during the discussion. Everyone should agree on the groundrules before you begin. You may also want to think about group size. Discussion groups should be **small enough** so that participants feel safe and comfortable.

**Acknowledge that there are probably survivors of sexual violence in the group.** You can share some statistics to illustrate this: approximately 1 in 3 girls and 1 in 7 boys are sexually abused by the age of eighteen. About 1 in 4 adult women and 1 in 12 adult men are survivors of sexual assault. These statistics suggest it is likely that there are survivors in your group. Encourage everyone to be mindful of this.

### l define sexual violence...

Before leading any discussion, **make sure you are comfortable defining sexual violence** to your group. You should begin the discussion with a clear definition: sexual violence occurs anytime a person is forced, coerced and/or manipulated into unwanted sexual activity. The sexual violence continuum includes attempted or completed rape, statutory rape, date and acquaintance rape, incest, child sexual abuse, sexual exploitation and sexual harassment, among other acts.

### m share resources...

Start by announcing the hotlines and services in the "Resources for Teens" page of this guide. It may be helpful to hand out photocopies of that page. As someone who works with young people every day, you may be able to "tell" that someone in the group is a survivor, if he or she seems particularly affected by the discussion. There may be other survivors whom you cannot identify. Without putting anyone on the spot, **make sure that everyone in the room knows there is help available.**

### 8 discuss the topic...

Begin your discussion by exploring the group's preexisting knowledge and beliefs about sexual violence. You may want to do this by reading through the **myths and facts** on the "Resources for Teens" page. Or, you can ask the group to share things they've heard about sexual violence: things they think are true, false, or aren't sure about. **Just make sure you know the facts!**

Next, engage the group in a discussion of the poster itself. The best questions to ask are open ended ones. Set limits to discourage any overly aggressive participants, and to draw others into the discussion. Here are some questions your group might consider:

**S** Did you notice these posters in the facility? What does it mean to use your pause button?

**S** What would you do if you saw a peer not using his pause button? An adult?

**S** What would you tell a friend who was being hurt sexually, by a peer or an adult? Who would you go to if you needed help for yourself or a friend?

# resources for educators

## Z intervention and support

Seeing the poster or talking about sexual violence may trigger feelings and fears for young people. It is likely that some will disclose to staff. Here are some tips on talking to youth about their personal experiences with sexual violence.

**If a survivor discloses...** Remember, it is never the victims' fault. Listen in a non-judgmental manner. Try to help the survivor make decisions for him or herself, and offer information about available resources. Be supportive and let them know they're not to blame. If a victim requires medical attention, or is at risk for being sexually abused in the future, contact a rape crisis program immediately.

**If an abuser discloses...** Encourage them to find someone to talk to about their abusive or potentially abusive behavior. Offer to make a referral. Confront any excuses or blaming of others for their behavior. Tell them that there is zero tolerance for abuse, and that they need to get help to change this behavior. Abusing is a choice: they can choose to stop.

**Gay, lesbian, bisexual and transgender youth...** GLBT youth may have specific concerns around sexual assault. They may not think sexual violence occurs in GLBT relationships, and that what happened to them is an aberration. They may fear being "outed" to parents or peers. They may have been targeted because of their gender or sexual orientation. While rape crisis centers are an option for everyone, there are also specific GLBT resources available: call the NYC Gay & Lesbian Anti-Violence Project, 212.714.1141.

**Reporting the abuse...** Sexual violence includes a continuum of abuse. The abuse may have occurred in the past or recently. The child may or may not be at risk for further abuse. Some people who work with youth are mandated by the state of New York to report certain offenses. Your facility may have its own protocol for responding. These and other factors can be challenges as you work to be the best support you can for a child. For information, advice and support about your rights and responsibilities call: NYCLU Reproductive Rights Project: 212-344-3005 Your local rape crisis program: Safe Horizon Hotline, 212-227-3000

## F prevention

If you want to go beyond the discussion suggested in this toolkit, there are many curricula and workshop ideas out there for educators. A comprehensive list is available on the web at [www.pausebutton.org](http://www.pausebutton.org). Here are some resources to get you started!

*National Sexual Violence Resource Center*  
[www.nsvrc.org](http://www.nsvrc.org), 877-739-3895

*National Center for Victims of Crime*  
[www.ncvc.org](http://www.ncvc.org), 202-467-8700

*VawNet*  
[www.vawnet.org](http://www.vawnet.org), 800-537-2238

*National Violence Against Women Prevention Research Center*  
[www.vawprevention.org](http://www.vawprevention.org), 843-792-2945

*A Place to Start: A Resource Kit for Preventing Sexual Violence*  
[www.health.state.mn.us/injury/pub/kit/](http://www.health.state.mn.us/injury/pub/kit/)

*Best Practices of Youth Violence Prevention: A Sourcebook for Community Action*  
[www.cdc.gov/ncipc/dvp/bestpractices.htm](http://www.cdc.gov/ncipc/dvp/bestpractices.htm)

## hotlines

If you know or suspect a young person is being sexually abused, or if someone you know may be abusing a child...

*To report child abuse and neglect:*  
NY State Child Abuse and Maltreatment Register  
Hotline: 800-342-3720

*Information on options for reporting (this is not the same as reporting the abuse):*  
Childhelp USA National Hotline: 1-800-4-A-CHILD

*Referrals for adults at risk for sexually abusing a child; friends or family of a sexual abuser and/or victim; parents of children with sexual behavior problems:*  
STOP IT NOW! Helpline: 1-888-PREVENT

*Referrals for individuals with sexual behavior problems:*  
Sexual Abuser Treatment Referral: 1-802-247-3132

# resources for teens

## sexual violence: myths and facts

### hotlines

Safe Horizon 212.227.3000  
NYPD Special Victim Hotline  
646.610.RAPE  
Gay & Lesbian Anti-Violence  
Project 212.714.1141

### websites

[www.nycagainstrape.org](http://www.nycagainstrape.org)  
[www.teenwire.com](http://www.teenwire.com)  
[www.teenpcar.org](http://www.teenpcar.org)  
[www.arte-sana.com](http://www.arte-sana.com)  
[www.nyclu.org/thi](http://www.nyclu.org/thi)

### health care



#### confidential rape crisis counseling for teens

In NYC, you can talk with a rape crisis counselor, on your own. It will be confidential. Call

**Safe Horizon: 212.227.3000**  
to find a center near you.

#### medical treatment for teens

In NYC, you can get care to prevent problems that may result from forced sex, like sexually transmitted infections & pregnancy. You can do this on your own.

**If you were raped within the past 4 days, call 212.227.3000.** Ask to go to a SAFE center.

**If you were EVER raped, get care.**

#### NYC Clinics for teens:

##### Bronx:

Planned Parenthood 212-965-7000  
(Manhattan & Bklyn clinics too)

##### Manhattan:

The Door 212-941-9090  
Mount Sinai AHC 212.423.2999

##### Brooklyn:

HEAT 718-467-4446

##### Queens:

QHC Teen Program 718-883-6699

##### Staten Island:

Teen Rap Program 718-226-TEEN

**MYTH:** *Sexual violence doesn't happen often.*

**FACT:** **Sexual violence happens a lot.** Millions of women have been victims of rape. 1 in 4 teen girls have been sexually or physically abused, or forced by a date to have sex.

**MYTH:** *I don't know anyone who's ever been raped.*

**FACT:** **You probably do know someone who has been raped.** Victims of rape can be family members, friends, classmates, people in your community like doctors, nurses, engineers, clergy, teachers, children, adults and teenagers. More than half of all young adults know a sexual assault victim. Even if you don't know it, you could know a victim. That's why we have to let all our friends know that we take sexual violence seriously!

**MYTH:** *Rape is not a big deal. It is just sex.*

**FACT:** **Sexual violence is not "just sex."** It is overpowering and violating another person. **FACT: It is a big deal.** Victims can end up feeling numb, like being in a daze. It might be hard to remember the assault, or they might have a lot of unwanted memories or nightmares. They may have to stay away from places, thoughts or feelings that remind them of the assault. They may not be able to sleep or concentrate. There are a lot of reactions, and they are all normal. There is help out there. That's why we should always know where to tell a friend to go for help.

**MYTH:** *Only strangers commit real rapes.*

**FACT:** **Most people who commit rapes know their victims.** Whether it is a stranger or a friend, date, family member, spouse/domestic partner, classmate or someone from the community - anyone can commit sexual violence. It is always a crime, never the victim's fault.

**MYTH:** *Unless a weapon is used, it wasn't rape.*

**FACT:** **Sexual violence is forcing sexual acts against a person's will - period.** That means intimidation and threats, drugging someone against their will, taking advantage of someone who is drunk or high, or any way to bully someone or weaken their ability to say no. It doesn't matter if the rapist had a weapon, and it doesn't matter if the victim fought back.

**MYTH:** *If he bought dinner she "owes" him sex.*

**FACT:** **No one ever "owes" anyone sex.** Everyone has a right to say no, even if they've said yes before.

**MYTH:** *If it is really rape then the victim will report it immediately.*

**FACT:** **Most rapes are never reported to the police.** A victim might be afraid of being blamed for "letting it happen." Some victims blame themselves, even though it is not their fault. Others are too traumatized to report. These are just some of the reasons victims do not report until months, or even years later.

**MYTH:** *Rape only happens to women.*

**FACT:** **Men can be raped as well.** About 1 in 7 boys are sexually abused as children. About 7% of men were raped by men in their lifetime, and at least half of these men are straight.

**MYTH:** *Many women "cry rape" to get back at men, or for attention.*

**FACT:** **Less than 2% of rapes are false accusations, according to the FBI.** The attention gained by being raped is not something a person would want. When victims report rape, it is because they are hurt and deserve support and help, or they want to help stop the rapist.

*\*\* The sources for these facts, and more facts about sexual violence, are on the web: go to [www.pausebutton.org](http://www.pausebutton.org) to learn more!*

