

# The Birds and the Bees and Everything Not So Nice: How to Have Meaningful Conversations About the Realities of Sexual Violence



MEREDITH OSBORNE & HELENA POPEJOY  
OUTREACH ADVOCATES  
WICHITA AREA SEXUAL ASSAULT CENTER

# Intentions

- Introduction
- Increase skill in having difficult conversations
- Acknowledge intersectional framework of advocacy as educators
- Harness authenticity

# Introduction

## Outreach Areas:

- Campus
- Addictions
- Youth
- Education
- Spanish Speaking
- LGBTQ
- Incarcerated



## Wichita Area Sexual Assault Center

[Outreach] [Child, Youth & Adult Therapy]

[Hospital Advocacy] [Court Advocacy]

[Support groups] [24-hour crisis counseling]

[Educational Programs] [Referrals]

[Volunteer & Practicum Opportunities]

Free & confidential services for survivors of sexual assault  
Call us anytime, day or night.

(316) 263-3002

# Campus Advocacy



## **CAMPUS ADVOCATE** MEREDITH OSBORNE

As your campus advocate, I am an extension of WASAC—I do not work for the university. I am purely available for support. Chatting with me is free and confidential. We can talk through options, reporting and explore resources available to you. I am also more than happy to be a safe space and a listening ear. You have choices every step of the way. I am here for you.

Wichita State University - Lindquist 301

Appointment Only  
Virtual Option Available

To schedule, contact:  
Phone: 316.263.0185  
Email: [meredith@wichitasac.com](mailto:meredith@wichitasac.com)

## *healing from trauma support group*

**FACILITATED IN PARTNERSHIP WITH  
WICHITA AREA SEXUAL ASSAULT  
CENTER AND COUNSELING AND  
PREVENTION SERVICES**

Trauma has touched many lives in different ways. This group is an opportunity to create a safe space and a path to healing. Members will participate in various activities and discussions. All students are welcome.

Thursdays, 1 p.m. via zoom  
contact [meredith@wichitasac.com](mailto:meredith@wichitasac.com)  
to register  
Begins 2/04/2021

 **#WSUWeSupportU**  
Counseling and Prevention Services

 Wichita Area Sexual Assault Center

# Definitions-Laying Foundation

- Critical Race Theory - How the law intersects with issues of race and to challenge mainstream approaches to racial justice.
  - White supremacy (societal racism) exists and maintains power through the law
  - Transforming the relationship between law and racial power, and also achieving racial emancipation and anti-subordination more broadly, are possible
- Sexist Paradigm- Example or pattern of prejudice/ discrimination based on sex, discrimination against women, behaviors, conditions, or attitudes that foster stereotypes of social roles based on sex
- Intersectional framework- focus on marginalized communities and how multiple forms of oppression interact with sexism

# Challenges as Educators

- Difficult/ taboo topic
- Common misconceptions
- Cultural barriers
- Inability to gauge reactions
- Own personal bias/ experiences
- Fear of public speaking
- Remaining mindful of audience and trauma responses

# Challenges as Participant

- Reaction vs. response
  - Reaction: animal brain
  - Response: thoughtful activity



(Rodney D. Smith & Stephenie K. Smith with Sophic Solutions, LLC)

# Common Responses

- Blame
- Defensiveness
- Curiosity
- Empathy
- Sensitivity
- Guilt
- Denial
- Anger



# Trauma Responses

- Dissociation
- Humor
- Defensiveness
- Leaving the space
- Inability to focus
- Body language (sweating, fidgeting)
- Disclosure

# Harness Authenticity

- How do I show up in a way that is true to me and safe for others?
- Don't confuse emotional reactivity with authenticity
- Connect with your purpose
- Embracing your qualities/ personality traits
- Navigating self-disclosure (Boundaries around vulnerability)

# Closing

- This is hard & that's okay!
- Building a world free of sexual violences hinges on our ability to have hard conversations
- Mutual change process (educator/ participant) -- we are learning from each other

*“When I dare to be powerful -  
to use my strength in the  
service of my vision, then it  
becomes less and less important  
whether I am afraid.”*

*-Audre Lorde*