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PITTSBURGH ACTION AGAINST RAPE

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www.paar.net

March 2009



April is Sexual Assault Awareness Month

Join PAAR and Allegheny County's Men Against Sexual Violence ([MASV](#)) to promote respect and stop sexual violence during April, Sexual Assault Awareness Month.

Have you heard or seen: a sexist comment or joke? a gender stereotype? advertising that objectified men or women? song lyrics put down women or glorified violence?

NOTICE what you see and hear. That's the first step in prevention. The take the next step and speak up.

1. "I don't find that funny."
2. "I'm uncomfortable with sexist jokes or comments please don't make those comments."
3. "I support equality for men and women. I don't judge women or men based upon looks or assumptions. I respect individuality."

TAKE ACTION in the next few hours, days and weeks and confront the judgments and beliefs that encourage sexual violence.

Come to PAAR's Lecture Series!

Issue: 4

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On April 4, 2009 Pittsburgh Action Against Rape will host its annual signature event to celebrate the courage, trust and healing of survivors of sexual violence. This event will again be held in the Grand Ballroom at Soldiers & Sailors Memorial Hall. As part of the event, there will be a silent auction to help PAAR raise funds.

This evening celebrates the healing and inspiration of sexual assault survivors. Pittsburgh Action Against Rape, the second oldest rape crisis center in the nation and a national leader in rape crisis services, is solely dedicated to the issue of sexual violence.

This signature event to benefit Pittsburgh Action Against Rape will be an

If you or someone you love has been a victim of sexual violence, please consider coming to as many of these lectures as you would like. Or perhaps, you work with a client who may benefit from hearing more about healing from sexual violence? These lectures are open to the public and are an opportunity to gather information as well as an opportunity to make connections between sexual violence and things that many individuals experience in their healing process.

~ Registration is not necessary. ~

If you have a disability or require specific accommodations, please contact us in advance so that we may best serve you.

Meets Wednesdays 6:30pm - 8:30pm Cost: No Fee

April 1st, 2009
Exploring treatment modalities for trauma
Presenter: Christie Hudson, PAAR

April 8th, 2009
Developing healthy sexuality
Presenter: Jennifer Sims, PAAR

April 15th, 2009
Dissociation: Understanding and managing it
Presenter: Nancy Fair, PAAR

April 22nd, 2009
Boundaries and assertiveness
Presenter: Mohini Wagle-Schmitt, PAAR

What is MASV?

The Men Against Sexual Violence (MASV) initiative began in July of 2001 across the state of Pennsylvania to include men in preventing sexual violence.

PAAR is working with men in Allegheny County to promote Allegheny County's MASV group.

Goals of MASV

- To engage men in working together with other men and women to eliminate sexual violence
- To increase outreach to male survivors of sexual violence and improve access to supportive services

Join MASV April 13th at 6pm at PAAR. We'll be discussing plans for Sexual Assault Awareness Month and ways to work together to create safe and healthy relationships. Please call PAAR if you would like to get involved! 412-431-5665

evening of dancing to the sassy sounds of Jimmy Sapienza's Five Guys Named Moe, food provided by one of Pittsburgh's premier caterers, Catered Elegance, and fabulous auction items.

All proceeds benefit PAAR. For information and reservations please contact Lisa Kadlecik at 412-431-5665 or e-mail us at friends@paar.net. The cost of the event is \$85 per person. Buy your tickets [online here](#). Come celebrate and be inspired....

[Join Our Mailing List!](#)

Pittsburgh Action Against Rape

TAKE ACTION Test yourself: Can you correctly define sexual violence?

Sexual violence includes:

- a) sexual harassment in the workplace
- b) rape
- c) any unwanted sexual behaviors
- d) all of the above

Email your answer to PAAR's Education and Training Program Director, Julie Evans at juliee@paar.net. The first correct answer will receive a free t-shirt, stadium cup, pens and materials to distribute and to take action in your community!

Thanks for all who participated in last month's Take Action Test yourself. The correct answer is:

According to the Centers for Disease Control (CDC) and Prevention, the goal of the primary prevention of sexual violence is:

- a. to stop it from happening in the first place.**

The Centers for Disease Control and Prevention advocates stopping the initial perpetration and victimization of sexual violence, thus creating a safe and just world without sexual violence. PAAR is working to build capacity within Allegheny County to meet this challenge. Please continue to educate yourself and join us in this endeavor.

Join us every month in taking action!

This Affects Everyone. **What will U do about it?** www.paar.net

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