

---

**April 2024 Newsletter**

1 message

---

**Karen McElhaney** <CenterforAbuseandRapeEmergencies@mailman.bloomerang-mail.com> Mon, Apr 22, 2024 at 10:36 AM

Reply-To: karen.mcelhaney@carefl.org

To: Gloria Rogoski &lt;rogoskigj@gmail.com&gt;



---

## April 2024 Newsletter

### Sexual Assault Awareness Month

---

#### **Yes It Is A Good Idea To Talk About Consent With Your Kids**

No one wants to think about their teenage children having sex. But the reality is they are ready to test the waters. At this time of year, young people are looking forward to good times and partying with their friends. It is time to dress up for proms, plan high school graduation parties and look forward to having fun at the beach all summer long.

It can be uncomfortable for some parents to have “the talk” about sex, personal boundaries and consenting to have sex. Both boys and girls need to learn to respect the bodily autonomy of others, and they need to be prepared to set their own boundaries and respond to situations that may cross that line.

According to the National Institutes of Health, between 40% and 60% of all rape victims are under the age of 18; most are adolescents. It is estimated that two-thirds of minors who have experienced sexual abuse were 12 to 17 years old when it first occurred. Women aged 16 to 19 are 4 times more likely to be sexually assaulted than women in all other age groups. RAINN reports that 13% of all students (undergraduate and graduate) experience rape or

sexual assault through physical force, violence, or incapacitation. Among undergraduate students, 26.4% of females and 6.8% of males experience rape or sexual assault through physical force, violence, or incapacitation. More than half of college sexual assaults occur in either August, September, October, or November. Many college campuses have ramped up orientation conversations about consent and rape. That is because students are at an increased risk during the first few months of their first and second semesters in college.

Often people believe empowering young girls to be self-confident or that taking self-defense or karate lessons will protect them from being assaulted. What they really need to learn is how to understand and speak up when physical touching or sexual contact is okay with them or not. Often young girls are taught to be polite and passive, while young boys are taught that being tough and aggressive makes them men. Boys can grow up not understanding the negative effects physical acts towards girls can create. They may dismiss pushing and holding a girl down or grabbing a girl's breast or butt as "no big deal". However, it is a big deal and a physical violation.

It is important not to forget that boys need the talk about giving consent, too. Boys also experience pressure and sexual assault. Young boys are often taught to not show emotion or express their feelings, so don't forget to have a conversation with boys about setting their own boundaries and how to respond under pressure from a compromising situation. Statistics show 91% of the victims of rape and sexual assault are female, and 9% are male. Since anyone can be at risk of being sexually assaulted, "the talk" needs to take place with all boys and girls. And in today's world, one of the biggest perpetrators of rape culture is social media. Rape culture upholds the idea that the survivors of sexual assaults are to blame for what happened to them, as well as the trivialization of sexual crimes. This shifts the blame away from the actual perpetrators of the crime and places it fully onto the victims.

Conversations about consent might feel uncomfortable to some parents, but it is important that they identify themselves as resources for accurate information and support for all sons and daughters. These conversations should also take place at younger ages using age-appropriate language. An alarming issue is teens who have been sexually assaulted when passed out and unable to agree to consent who are often more worried about their parents' finding out about how much they drank than about the assault. Some topics to consider:

- Does he or she understand how drinking and drugs can impair making a decision to declare his/her own boundaries and respect the boundaries of others?
- Define and share examples of affirmative consent. Just stating "don't have sex" or "don't rape" does not help young people understand violations of boundaries.
- Has she or he thought about how to respond if put in a situation being pressured to participate in physical or sexual contact?
- How does he/she react as a bystander to inappropriate, non-consensual sexual contact?

Teaching children and teens respect for their own and others' bodies helps empower them to make informed decisions and reduces the chances of their becoming victims. Asking for and obtaining consent shows respect for yourself and others. It also eliminates the ability of one person to hold power over another. This is why these conversations are important.

**Resources:**

<https://www.youtube.com/watch?v=h3nhM9UIJjc&list=PLwKLUKhFLWhYSvWTO1Km5ab-keY4tQRFF&index=6> (very young)

<https://www.youtube.com/watch?v=pZwvrXVavnQ> (teens)

<https://www.theguardian.com/society/2021/mar/21/teaching-consent-to-children-the-joke-is-where-it-starts-and-is-where-it-ends>

<https://goodmenproject.com/ethics-values/a-letter-to-my-son-about-consent/>



**C.A.R.E. Thanks  
Our Generous  
Donors**

**April is Sexual  
Assault  
Awareness  
Month**



Charlotte Bay Chapter - DAR  
Community Partner 2024

GFWC Port Charlotte  
Fills Hospital  
Response Bags  
for Survivors

SEXUAL ASSAULT AWARENESS MONTH  
LUNCHEON WITH GUEST SPEAKER:



Julie Weil

WED. APRIL 24, 2024  
12 PM



JOIN US FOR A LUNCHEON FEATURING SURVIVOR TURNED GLOBAL ADVOCATE, **JULIE WEIL**. HEAR HER HARROWING, YET INSPIRING JOURNEY FROM SEXUAL ASSAULT SURVIVOR TO FOUNDER OF THE *NOT JUST ME FOUNDATION*, SUPPORTING VICTIMS AND INFLUENCING LEGISLATIVE CHANGE.

Isles Yacht Club, 1780 W Marion Ave, Punta Gorda, FL  
RSVP Required -- Free to RSVP -- \$20 Donation Suggested  
Call 941-639-5499 to reserve your seat today!

Presented by



---

We Want to Hear from YOU!

---

C.A.R.E. would like to hear from you! We are looking for community needs for our outreach program. Is there a topic you would like to know more about? Did you know that C.A.R.E. offers educational presentations to local businesses?

Would you like to have us at your next event? Let us know by emailing

[admin@carefl.org](mailto:admin@carefl.org)

---

## *Quote of the Month*

---

**"The argument that 'boys will be boys' actually carries the profoundly anti-male implication that we should expect bad behavior from boys and men. The assumption is that they are somehow not capable of acting appropriately, or treating girls and women with respect."**

*Jackson Katz*

---

## *Our Funders*

---



**FLORIDA DEPARTMENT  
OF CHILDREN AND FAMILIES**  
[MYFLFAMILIES.COM](http://MYFLFAMILIES.COM)



**United Way  
of Charlotte County**



**Office for Victims of Crime**  
*Helping Crime Survivors Find Their Justice*



**Our Contact Information**

Center for Abuse and Rape Emergencies

PO Box 510234

Punta Gorda, FL 33951-0234

9416395499

<http://www.carefl.org>

[Unsubscribe](#) | [Manage email preferences](#)