

# Talk About Sexual Violence

PEER ADVOCATES  
TALK ABOUT  
SEXUAL  
VIOLENCE

For Self-Advocates  
with Intellectual/  
Developmental Disabilities

*It takes all of us to stop this silent epidemic!*

# The Purpose of the Project

It is very important that people with intellectual/developmental disabilities (I/DD) talk to each other about how to stop sexual violence and abuse.

Many people do not bring this topic up on their own. They may not know what sexual violence is—or how to describe it.



Women and girls with disabilities experience sexual assault four to ten times more often than those without disabilities. Up to 90% of woman with disabilities will experience sexual abuse during their life.



Almost 14% of men with disabilities will experience sexual assault during their life, compared to 4% of men without disabilities.

The *Talk About Sexual Violence* project shows how to create a safe place to have these very important conversations. With support from professionals and peers, people with I/DD can talk about sexual abuse and teach others how to prevent it.

You can find the *Talk About Sexual Violence* videos at [thearc.org/talk-about-sexual-violence](https://thearc.org/talk-about-sexual-violence)



## **KECIA WELLER**

“As self-advocates, we were partners in making the videos and tools that encourage people with disabilities to speak up about abuse and work together to stop it.”



## **JAMES MEADOURS**

“This conversation guide helps people with disabilities talk with their health care providers about sexual violence and what can be done about it.”

# 3 Step Guide

1. Think about how to talk with your health care provider
2. Talk with your health care provider
3. Speak up!

# 1. Think about how to talk with your health care provider about sexual violence

- Write down what you want to say and what questions you have
- Practice what you want to say
- Find a trusted person to help you
- It's OK to talk to your health care provider alone

## 2. Talk with your health care provider about sexual abuse

- Everyone has the right to safety
- If you or someone you know has experienced sexual violence, there is help available
- Health care providers are there to help
- It is never your fault

## 3. You can do it, speak up!

- Talk to your health care provider about what happened
- You can report it, too!
  - Call the police station or 911
  - Contact Adult Protective Services
  - Tell your Case Worker
- Contact a trusted person

# Final Words

## **KECIA WELLER**

There is help.

Many people experience abuse time after time in their life, like me. And victims usually know the person who is the abuser. We all need to know what abuse is and ways to prevent it.

We must speak up!

## **JAMES MEADOURS**

Together, advocates and allies can make a difference. We don't have to live in the shadows—we can share our pain, our stories, and our hope with others. As a male survivor I encourage other men to help us lead the conversation.

There is help.

# Acknowledgments

The Arc's National Center on Criminal Justice and Disability® and The Board Resource Center are grateful to all who made this project possible.

Thank you to James Meadours and Kecia Weller for their willingness to openly talk about their personal experiences and create powerful training tools for health care professionals.

We appreciate the WITH Foundation for funding this important project to educate health care professionals about sexual violence that happens to people with disabilities.

## **WITH FOUNDATION**

[withfoundation.org/tag/special-hope-foundation](http://withfoundation.org/tag/special-hope-foundation)

## **The Arc's NATIONAL CENTER ON CRIMINAL JUSTICE AND DISABILITY**

[thearc.org/criminal-justice](http://thearc.org/criminal-justice)

## **THE BOARD RESOURCE CENTER**

[brcenter.org](http://brcenter.org)