Preventing Sexual Violence is Possible:
A Case Example from an Indian Reservation in South Dakota

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Interpersonal Violence Research Laboratory: What We Do

How do we prevent sexual and related forms of violence?

How do we most effectively support survivors in the aftermath of violent victimization?
Community-led approaches to develop and evaluate strengths-focused, culturally grounded initiatives to prevent sexual and related forms of violence

Minoritized populations, including Native Americans and LGBTQ+ populations
Case Example: Preventing Sexual Violence on an Indian Reservation
Sexual Assault Among Native Americans

Source: https://www.nsvrc.org/blogs/unique-tool-connecting-american-indian-alaska-native-survivors-services-they-need

Colonization & Multiple Historical Traumas

Yet, Highly Resilient

More than 1 in 2 American Indian/Alaska Native women have experienced sexual violence.

1 in 4 American Indian/Alaska Native men have experienced sexual violence.

Source: https://www.nsvrc.org/blogs/unique-tool-connecting-american-indian-alaska-native-survivors-services-they-need
<table>
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<th>Strategy</th>
<th>Approach</th>
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| S Promote Social Norms that Protect Against Violence | • Bystander Approaches  
  • Mobilizing men and boys as allies |
| T Teach Skills to Prevent Sexual Violence          | • Social-emotional learning  
  • Teaching healthy, safe dating and intimate relationship skills to adolescents  
  • Promoting healthy sexuality  
  • Empowerment-based training |
| O Provide Opportunities to Empower and Support Girls and Women | • Strengthening economic supports for women and families  
  • Strengthening leadership and opportunities for girls |
| P Create Protective Environments                   | • Improving safety and monitoring in schools  
  • Establishing and consistently applying workplace policies  
  • Addressing community-level risks through environmental approaches |
| SV Support Victims/Survivors to Lessen Harms       | • Victim-centered services  
  • Treatment for victims of SV  
  • Treatment for at-risk children and families to prevent problem behavior including sex offending |
No Means No Worldwide’s IMpower

– **Program Overview**
  – 12 hours
  – Identification of risk
  – Responding to risk
    • Verbal skills
    • Physical skills
  – Empowerment/Self-esteem
Outcomes for Middle and High School Girls

Knowledge about effective sexual assault defense strategies

Increase confidence to stop/avoid a sexual assault

Reductions in sexual assault and sexual harassment

“I learned that I am worth defending”
Interdisciplinary Collaboration: Community Engagement

Selection of the Intervention

Community buy-in

Data ownership and dissemination of findings

Community immersion
Working alongside community members and engaging UNL students and postdoctoral scholars to make impactful, meaningful, and sustained change in the lives of minoritized (yet highly resilient) populations is a tremendous honor that has deep personal and professional significance.
Remember everyday why you chose this line of work and allow that to be your source of perseverance. Surround yourself by those who will support you personally and professionally. Make meaningful connections with the communities you wish to serve and allow yourself to be impacted by them. Make space for humor and laughter. Allow setbacks and rejection to motivate you. Be bold and do it in a way where others will listen. Be humble. Listen, really listen.
THANK YOU!

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