

Sexual Assault Awareness Month 2024

April is Sexual Assault Awareness Month (SAAM). At Santa Monica College (SMC), our goal has always been to provide support for survivors of sexual assault as well as raising community awareness about sexual harassment, crime, and abuse and educate communities on how to prevent it. SAAM prevention is only achieved through commitment, change, equity, and respect.

During this time, we want the whole SMC community to know that you are not alone. While sexual violence does not just occur in April during this month at SMC, we annually provide a special focus to spotlight the issues.

We have created on ground and virtual events and a list of resources to provide support, education, virtual gathering and learning for victims and survivors of sexual assault and all those who are allies and care about them.

Events

Stay connected and engaged by checking out the events below.



“Beyond Sex” Toolbox Series **Consent and Intimate Partner Violence**

Date: Tuesday, April 2, 2024

Time: 11:15 a.m. to 12:35 p.m.

Location: [click to register](#)

About the Workshop

In recognition of Sexual Assault Awareness Month which occurs in April, we want to discuss consent and intimate partner violence. Movements like #MeToo are empowering people to speak out about sexual harassment and sexual assault. This session will cover consent, sexual assault, and other emerging issues such as intimate partner violence. With a special guest speaker. Hosted by the Office of Human Resources.

HRInquiries@smc.edu

Sexual Assault Awareness Month 2024

Presenter

Marisa Faynsod Clinical Social Worker & Community Outreach Coordinator Marisa is a Licensed Clinical Social Worker, National certified Sexual Abuse Counselor, and certified training the Cognitive Behavioral Intervention for Trauma. She provides therapy for sexually abused children and their families and is a crisis counselor. Her primary focus is on education prevention for college students, camp staff, and the Los Angeles community. She trains law enforcement and agencies in best practices for reporting and referring victims of sexual abuse.



Giving Voice to Our Emotions Poetry Workshop

Date: April 16, 2024

Time: 11:15 a.m. to 12:35 p.m.

Location: Student Equity Center, Multi-purpose Room

About Workshop

Poetry workshop inviting you to pay attention to your body and to write guided by your somatic sensations. Sexual trauma disconnects us from our bodies, and our healing journey often involves re-engaging with this part of ourselves, specifically with our emotions. If emotions aren't processed and released, they'll stagnate and resurface. The workshop will focus on how you can use poetry to start befriending your feelings and see them as helpful guides, not something to resist.

Presenter

Karo Ska (she/they) is a South Asian and Eastern European gender-fluid writer living on unceded Tongva land. Their writing focuses on identity, mental health, survivorship, and the intersections of trauma and politics. They are a teaching artist for Community Literature Initiative's Poetry Publishing class, author of *loving my salt-drenched bones* (World Stage Press, 2022), and are currently working on a memoir. They believe that writing is a craft and a restorative tool for well-being. Their classes focus on utilizing poetry to rejuvenate ourselves while improving our practice of language through the use of lyrical and literary elements.

If you need an accommodation due to a disability to participate, please contact the Center for Students with Disabilities at dsps@smc.edu or 310-434-4265 at least 5 business days prior to the event.

Sexual Assault Awareness Month 2024



Denim Day: Wednesday, April 24, 2024

Wear Denim!



Workshop: Wednesday, April 24, 2024

Art + Empowerment in honor of Denim Day

Time: 4:00 pm – 6:00 pm

Location: SMC Art Department Complex (RM 118)

Join Art Therapist and SMC Alumni Saba Harouni alongside SMC's Art department for an evening of food and art making. To commemorate Denim Day, we invite you to explore your inner voice and healing strategies through making and building art. Everyone participating will work on their own art pieces and can contribute to a larger dialogue as a group building a quilt of denim swatches. Denim, Materials, Food, Refreshments & More will be provided.

For more information contact Emily Silver, Art faculty Silver_Emily@smc.edu | [Other Denim Day Activities](#)

If you need an accommodation due to a disability to participate, please contact the Center for Students with Disabilities at dsps@smc.edu or 310-434-4265 at least 5 business days prior to the event.

Sexual Assault Awareness Month 2024



“Beyond Sex” Toolbox Series

Understanding Unconscious Bias and Microaggressions: Examples and Impact

Date: Tuesday, April 23, 2024

Time: 11:15 a.m. to 12:35 p.m.

Location: [click to register](#)

About the Workshop

This is part one of a two-part series related to Understanding Unconscious and Conscious Bias. Our brains are wired to recognize patterns and make generalizations that often bias our judgements that can often result in subtle forms of prejudice and microaggressions. It is important we address these biases and become more self-aware, especially when they can negatively affect our views about other people because of their gender, ethnicity, sexual orientation, socioeconomic status, weight, level of ability, etc.



Embracing our body’s sacred love language: An aromatherapy Workshop

Date: April 25, 2024

Time: 11:15 a.m. to 12:35 p.m.

Location: Student Equity Center, Multi-purpose Room

About the Workshop

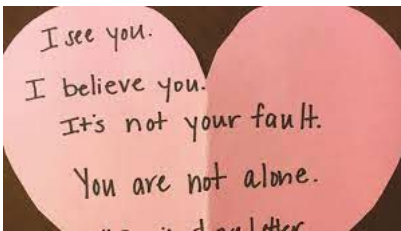
Description: In this workshop we identify and understand our body’s reactions to trauma and stress as a sacred teaching; a love language. We will learn how herbs and herbal remedies can be practical tools to support you and your body through feelings of anxiety, depression, uneasiness, and stress as you navigate the world.

Sexual Assault Awareness Month 2024

Presenter

Laura Hasbun is the Founder of Maracuya Botanicals LLC. She produces herbal wellness products and facilitates workshops designed to help uplift and guide people along their journey through life. Thanks to her grandmother's love for plants, Laura has always been surrounded by the healing power of plants and herbal remedies. Her work ranges from helping people manage physical pain, anxiety, healing from childhood and ancestral traumas, and much more. Her intention through Maracuya Botanicals, and as a survivor, is to support the health, healing, and connection between people and their bodies.

If you need an accommodation due to a disability to participate, please contact the Center for Students with Disabilities at dsps@smc.edu or 310-434-4265 at least 5 business days prior to the event.



"Beyond Sex" Toolbox Series

Supporting Survivors of Trauma

Date: Tuesday, April 30, 2024

Time: 11:15 a.m. to 12:35 p.m.

Location: [click to register](#)

About the Workshop

This workshop will provide you tools to apply a "trauma-informed" framework when responding to survivors, including what to say and how to actively seek to decrease re-traumatization with students and colleagues and prevent secondary trauma. With a special presenter. Hosted by the Office of Human Resources. HRInquiries@smc.edu

Presenter

Marisa Faynsod Clinical Social Worker & Community Outreach Coordinator Marisa is a Licensed Clinical Social Worker, National certified Sexual Abuse Counselor, and certified training the Cognitive Behavioral Intervention for Trauma. She provides therapy for sexually abused children and their families and is a crisis counselor. Her primary focus is on education prevention for college students, camp staff, and the Los Angeles community. She trains law enforcement and agencies in best practices for reporting and referring victims of sexual abuse.

Sexual Assault Awareness Month 2024



“Beyond Sex” Toolbox Series

Understanding When Biases can Lead to Unlawful Conduct

Date: Tuesday May 7, 2024

Time: 11:15 a.m. to 12:35 p.m.

Location: [click to register](#)

About the Workshop

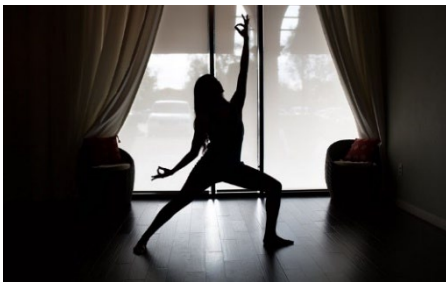
This is part two of a series related to Understanding Unconscious and Conscious Bias. This workshop will provide participants with a comprehensive understanding of the various forms of biases, and how they can evolve into behaviors that may violate the law. You will be provided with knowledge and tools to be more self-aware, and with information and resources regarding your rights and how to report inappropriate and/or unlawful conduct.

<https://smc-edu.zoom.us/meeting/register/tZUufuGhpiMpH93skBpAaDHxTqLS13rweHgR>

Other Activities

Attend a SAAM Event: Join from anywhere!

Stay connected and engaged any time by checking out the events below.



Meditation, Yoga and Mindfulness

In Honor of Sexual Assault Awareness Month

Ground and breathe your way into a gentle and peaceful.

practice in the healing power of meditation, yoga and mindfulness

Click to [Join the Meditation, Yoga and Mindfulness Activities](#)

Sexual Assault Awareness Month 2024

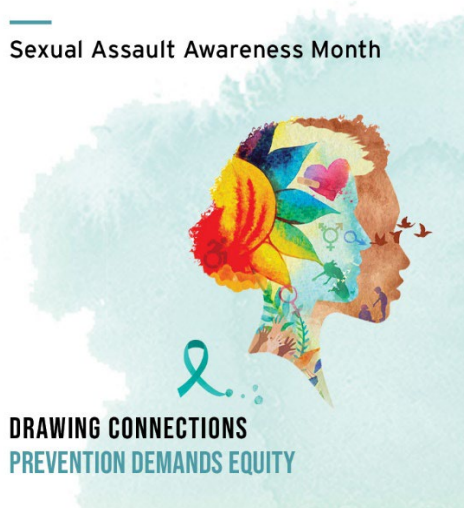


Empowerment Self Defense Training

Click to [Request an Empowerment Self Defense Training](#)

Peace Over Violence is offering Empowerment Self-Defense courses. They provide psychological awareness and verbal skills, not just physical training. Instructors utilize two cameras via Zoom—one for audio and one to display full range of motion for body movement throughout the class. Virtual self-defense classes can be provided in English and Spanish.

Sexual Assault Awareness Month



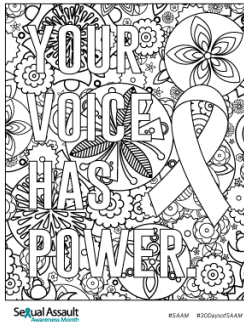
[National Sexual Violence Resource Center \(NSVRC\)](#)

NSVRC has many activities ideas [click here](#) for more information.

[Participate in the #30DaysofSAAM on Instagram](#)

Wear teal, the color of sexual violence prevention, and share your selfie or create a photo collage with your friends, co-workers, teammates, etc.

Sexual Assault Awareness Month 2024



Heal through Coloring

[More coloring pages can be found here](#)

More Ways to Get Involved

Host a SAAM Event: Choose an event to host or create your own.

Spread the word on social media: Check out [social media guidance](#), [graphics](#), and [gifs](#) to help make your voice heard.

Donate to your [local rape crisis center](#) or an organization that provide services to survivors in your area. You can also consider [supporting NSVRC's work](#) to create safer communities and help survivors.

Join a Blog

[SAAM Blogs](#)

Check out some of the blogs below:

1. [SAAM2023 Glossary of Terms](#)
2. [A Survivor's Guide to Understanding Therapeutic Healing Pathways](#)
3. [Social Justice Booklist for Children, Teens, and Young Adults](#)
4. [Preventing Online Sexual Victimization of People with Developmental Disabilities](#)
5. [Bystander Intervention Online](#)
6. [Don't be a Noob - Talk to Boys About Online Safety](#)
7. [We Can Build Healthy Social Norms Online](#)
8. [Reentry into a Digital World](#)
9. [We Can End Digital Victim-Blaming: How to Support Survivors of Sexual Violence Online](#)
10. [Five Offline Strategies to Build 'Sexual Citizenship' Online](#)
11. [Five Takeaways from the First-Ever Completely Virtual SAAM](#)
12. [Six Ways You Can Support Survivors Online During SAAM](#)
13. [Start at Home: Modeling Healthy Behaviors Keeps Kids Safe](#)
14. [This Sexual Assault Awareness Month, Remember Incarcerated Survivors](#)
15. [Sexual Violence: We Know How to Stop It](#)

Sexual Assault Awareness Month 2024

I want to do more at SMC

SMC has student clubs

Click [here](#) to find out about these student clubs

[Break the Silence](#)

[Gender Sexuality Alliance](#)

[Period Club](#)

Join one of the Student Equity Center Advisory Groups

Gender Equity Center

Racial Justice Center

Pride Center

Dream resource Center

For more information contact Valeria Garcia, Project Manager, Student Equity Center at garcia_valeria_p@smc.edu

If you need to talk to someone

For Students

[Center for Wellness and Wellbeing](#) 310-434-4503

24/7 Emotional Support: Call 1-800-691-6003

[Health Services Center](#) 310-434-4262

[Ombuds Office](#) 310-434-3986

For Employees

[EASE \(Employee Assistance Services for Education\)](#)

1-800-882-1341

Other Confidential Support Services/Hotlines -- 24/7 and Free

[Santa Monica Rape Treatment Center](#) 424-259-6000

1250 16th Street, Santa Monica 90404

[Center for Pacific Asian Family Hotline](#) 1-888-339-3940

[LGBT National Help Center](#) 1-888-843-4564 or National Youth Talkline 1-800-246-7743

[RAINN](#): 1-800-656-HOPE (4673)

[National Domestic Violence Hotline](#): 1-800-799-7233

[National Human Trafficking Hotline](#): 1-888-373-7888 (TTY: 711) or text them at 233-733

[Suicide Prevention Hotline](#): 1-800-273-8255

Click here for [Other SMC and community support services](#)

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Advice and Self Care

[National Sexual Violence Resource Center - list of centers in EVERY state and territory](#)

[A Toolkit for Survivors During COVID-19](#)

[Self-Care for Sustainability and Impact Workbook](#)

[Student's Guide to Radical Healing](#)

Any questions about the events or resources contact

Lisa Winter, Assistant Director, Human Resources, Compliance and Title IX

310-434-4225 | [Winter lisa@smc.edu](mailto:lisa@smc.edu)