



Create cohesive, high-performing teams that foster trust & connection through small group discussions.



Unite through Activity

▶ **Sexual Assault Awareness and Prevention Month (SAAPM)** Find a SAAPM awareness activity for your group. Participate in a 5K awareness event, initiate a pinwheel garden to represent local assault numbers or organize your unit to hand out teal ribbons. Use the time to increase camaraderie while also bringing awareness to this important topic.

Related Resources

- ▶ Boundaries for Wellbeing – Dr. Senem Eren from TEDx Docklands (16:29): <https://www.youtube.com/watch?v=iPTARhWEZZw>
- ▶ TED Talk – Al Vernacchio: Sex needs a new metaphor. Here's one ... (8:21): <https://www.youtube.com/watch?v=xF-CX9mAHPo>
- ▶ DoD Safe Helpline – anonymous and confidential support for not only those who have been through a sexual assault, but also their loved ones: <https://safehelpline.org/>
- ▶ Military/Veterans Crisis Line providing free and confidential support for those in need for any crisis: <https://www.veteranscrisisline.net/get-help-now/military-crisis-line/>
- ▶ DoD Annual Report on Sexual Assault in the Military https://www.sapr.mil/sites/default/files/Annex_1_2018_WGRA_Overview_Report_0.pdf

BOUNDARIES - THE IMPORTANCE OF CONSENT AND RESPECT FOR OTHERS

April is both Sexual Assault Awareness and Prevention Month (SAAPM) and Alcohol Awareness Month. Consequently, it is a good time to have discussions about the importance of boundaries, respect and consent. Alcohol consumption affects an Airman's ability to exercise judgement, maintain good order and discipline, give and receive consent, and maintain boundaries among fellow Airmen.

Consent involves the permission for something to happen or agreement to do something. Alcohol can have an impact when determining if consent is truly present. In the 2018 Workplace and Gender Relations Survey of Active-Duty Members, it was found that alcohol was involved in a sexual assault event for 62% of victimized women and 49% of victimized men. Examples of alcohol affecting consent include: (1) inability to consent due to incapacitation, (2) impaired judgement causing someone to consent to sexual activity the individual would not have if sober, and (3) impaired ability to perceive the other person is denying or withdrawing consent. All these examples involve disregarding another person's boundaries when consent is not given or withdrawn.

Advances in technology have forced society to look at how to respond to situations of obtaining, creating, and sharing intimate digital images without a person's permission. Artificial intelligence and enhanced editing capabilities have expanded legal considerations on how to address the ability to create unauthorized, simulated, yet realistic looking digital images of people. As technologies continue to develop, society's understanding of boundaries and consent must be evaluated within the new context and possibly redefined.

Our reactions to someone's boundaries are a prime opportunity to show both respect and value for that person. Let's say someone at a party either decides not to drink alcohol or to limit consumption of it. If other partygoers pressure that person to drink, the person may feel like they are ruining everyone else's experience or they may feel guilt or shame, and then feel pressured to cross their personally set boundaries. On the other hand, if their boundaries are accepted and respected, it shows that person support and reduces the likelihood of them feeling alienated or isolated from the group. Displayed respect can also present opportunities to talk about the reasons behind the personal boundaries and bring about greater understanding and connection.

When it comes to consent and sexual activity, crossing boundaries causes damaging ripple effects that touch the lives of not only those directly involved in the incident but also friends, family members, coworkers, and many others. Respecting boundaries and ensuring consent shows people they are valued. It is a foundation of building good relationships and establishing a culture of respect.

WATCH...



Secretary of the Air Force Frank Kendall shares his message on sexual assault and sexual harassment – improving our one team to strengthen our one fight. (3:27)

<https://www.af.mil/News/Article-Display/Article/3381591/secretary-of-the-air-force-frank-kendalls-message-on-sexual-assault-harassment/>

Tea & Consent - A popular video using drinking tea to illustrate some basics about receiving and respecting a person's decision regarding consent. (2:49) <https://www.youtube.com/watch?v=fGoWLS4-kU>

Air Force Report: "Got Consent" – Sexual Assault Prevention (1:57) https://www.youtube.com/watch?v=5fV_BamoqBA

DISCUSS...



1. What role does communication play in establishing and maintaining boundaries within friendships, intimate relationships, and professional settings?
2. Are there times when boundaries may not be a good thing? How can we tell?
3. How do social media and digital communication platforms affect our understanding and practice of boundaries and consent?
4. How does societal pressure influence an individual's ability to freely give or withhold consent?
5. How do you set boundaries at work or in a professional setting? At home or in a personal setting? Between your work and professional life?

"In the military, we understand the importance of clear communication and boundaries. This extends to every aspect of our lives, including relationships where consent is paramount."

– Admiral William H. McRaven

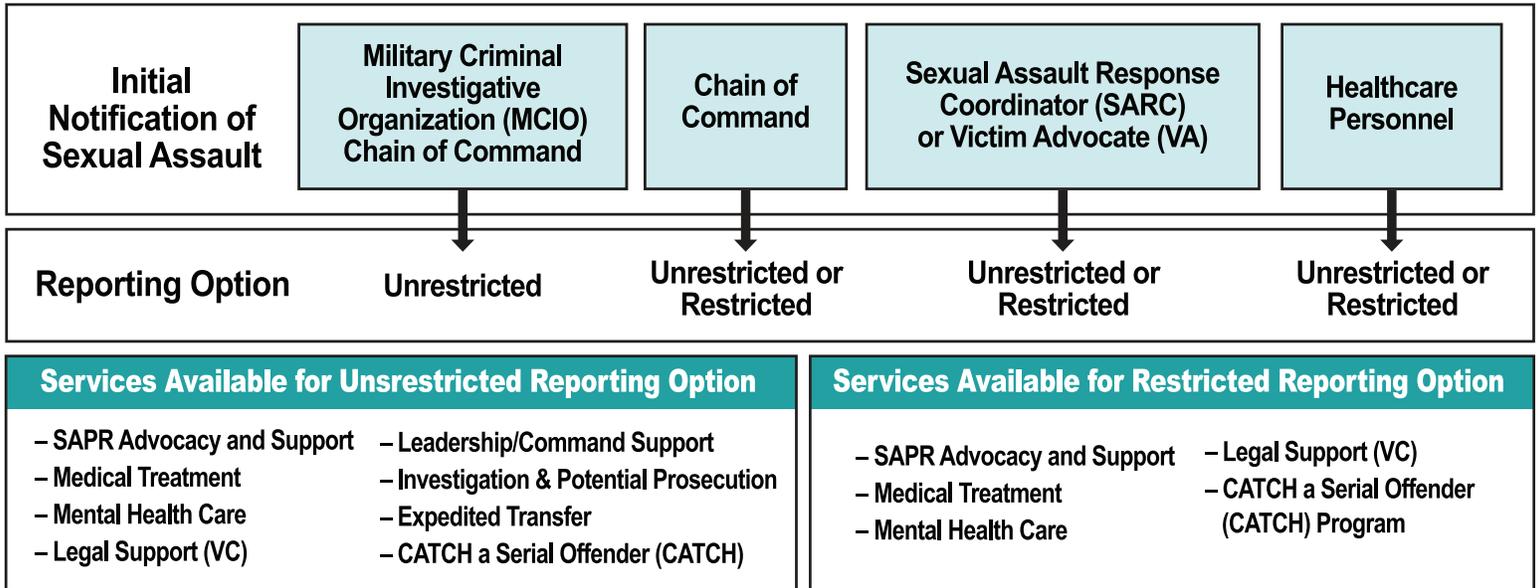
"Good order and discipline are critical in today's Air Force. As we enter Alcohol Awareness Month it is important to remember that excessive consumption of alcohol casts doubt on an individual's fitness and readiness, and when such persons are found to be drunk and disorderly, all doubt is removed."

– CMSgt David Wolfe, ACC



SEXUAL ASSAULT PREVENTION & RESPONSE

Reporting Options & Available Services



Resources



CATCH a Serial Offender Program

The CATCH Program gives people making a sexual assault report, where the name of the suspect is not known by law enforcement, an opportunity to anonymously submit suspect information to help the DoD identify serial offenders

For more information, contact your local Sexual Assault Prevention & Response Office.



To facilitate healing for survivors of sexual assault, DAFI 36-3003 Military Leave Program includes updates allowing survivor flexibility to take non-chargeable time off to seek services or recover from sexual assault.

For more info, see the DAF Memorandum to DAFI 36-3003.



Add your local Sexual Assault Prevention & Response office info here

