

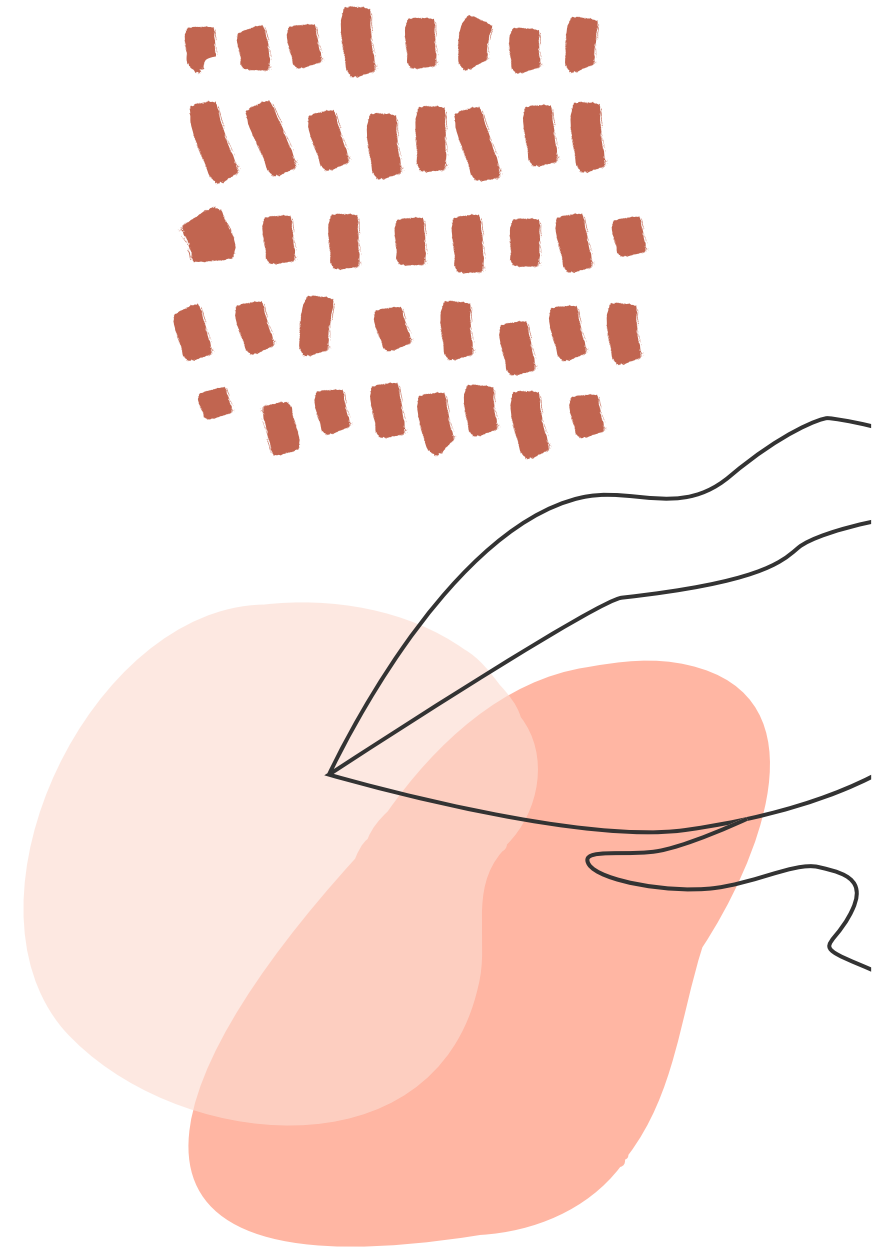


# Intimate Partner Sexual Violence (IPSV)

Presented by Debra Wingfield, Ed.D.

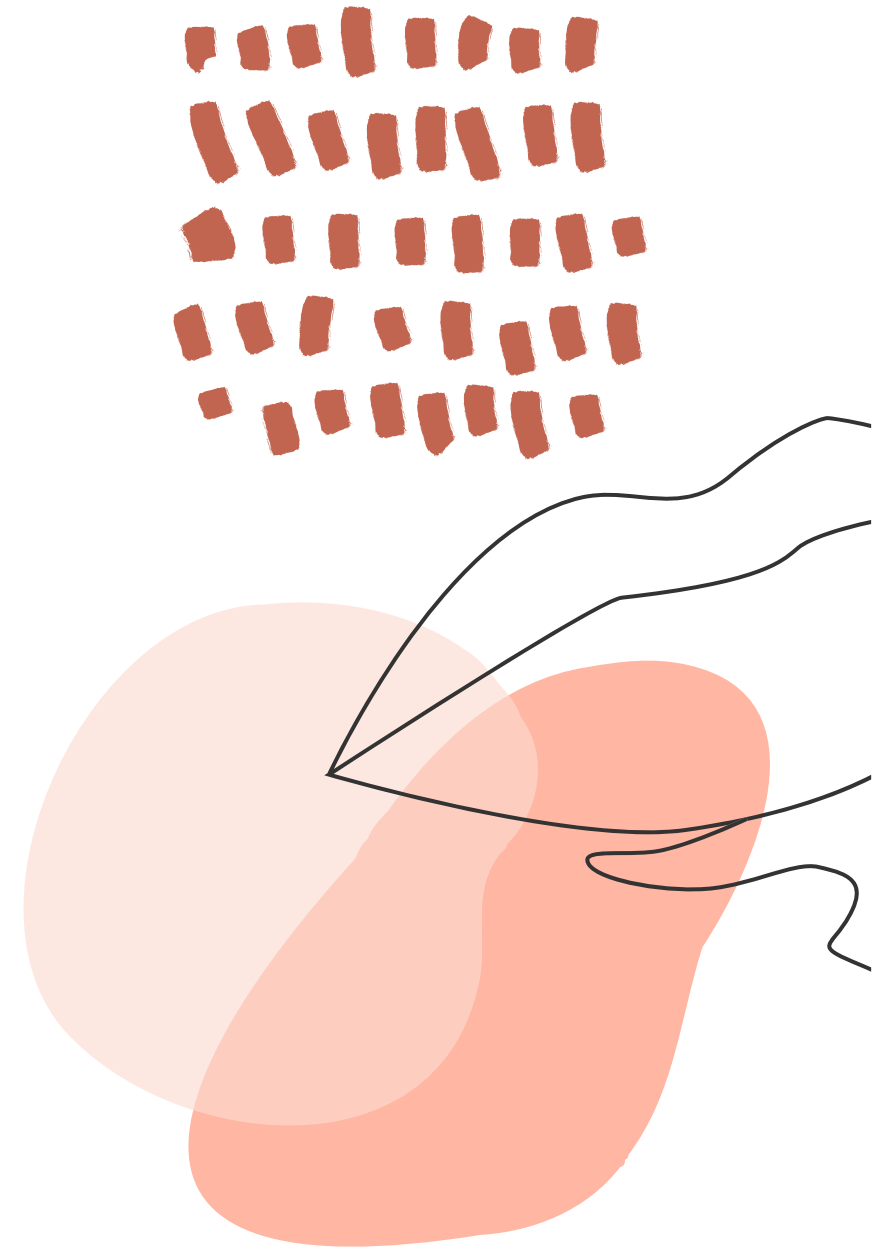
# COURSE OVERVIEW

- Educate advocates about sexual issues that may come out as a result of advocacy with survivors
- Help identify forms of Intimate Partner Sexual Violence (IPSV) that are more subtle, along with more overt forms of sexual violence
- Address reproductive coercion, interplay of porn addiction and IPSV, and human trafficking
- Untwist scripture related to sexuality/defining healthy sexuality
- Identify resources to share with survivors



***"Sex has the power to touch the deepest dimension of what it means to be human and alive to God; therefore, it stands to reason that it is hated more than any other dimension of humanity by a kingdom that opposes the glory of God. There is a power that uses sexual violation as its choice means to turn the human heart away from the Creator. This opposition to beauty and innocence is at the core of all sexual harm."***

Allender, Dan. Healing the Wounded Heart (p. 32).





# Cautions

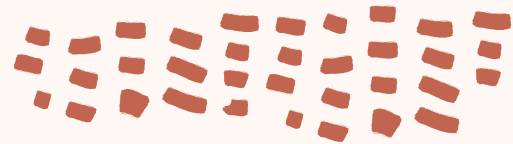
## Course Triggers

- Management of triggers/tools

## How to Respond to Disclosures

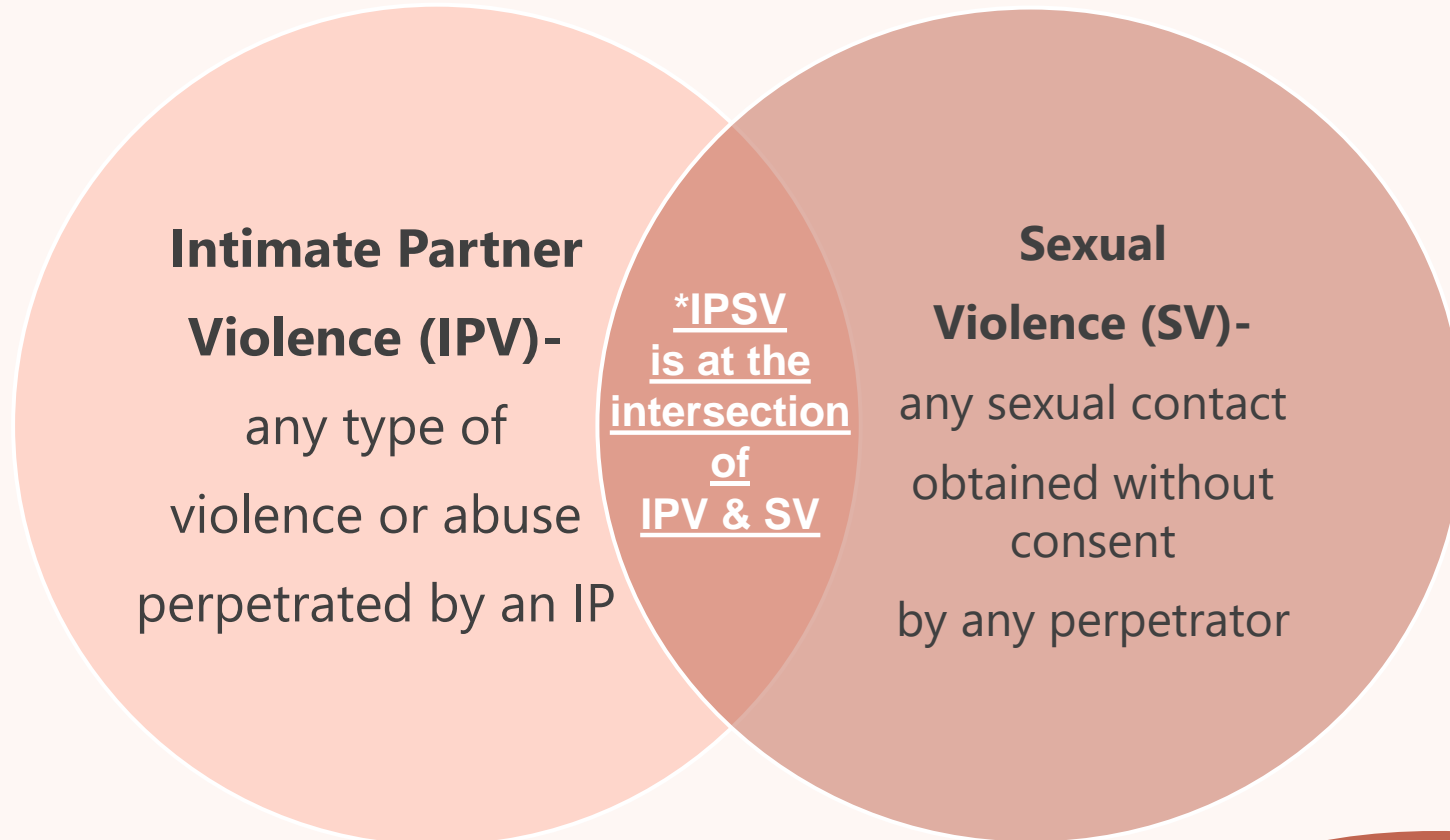
- Do not panic
- Remain neutral
- Gentle questioning where appropriate
- How to use humor appropriately to lighten topic
- Referrals for therapy

**Intimate Partner Sexual Violence  
is another form of  
Coercive Control**



# IPSV: Foundational Definitions

- **Intimate partners (IP)**- a range of relationships such as spouses, boyfriends/girlfriends, dating partners, and ongoing sexual partners



# Conflicting Definitions

**Varied terminology is used to describe similar or distinct forms of victimization (such as “rape,” “forced sex,” “sexual coercion,” “sexual aggression”)**

- IPSV can range from “rape and sexual assault” to “more complex and subtle behaviors” including use of coercion, threats, or blackmail to obtain sexual acts; forced consumption of pornography; and reproductive abuse



**Developed by  
Di Macleod 2011**

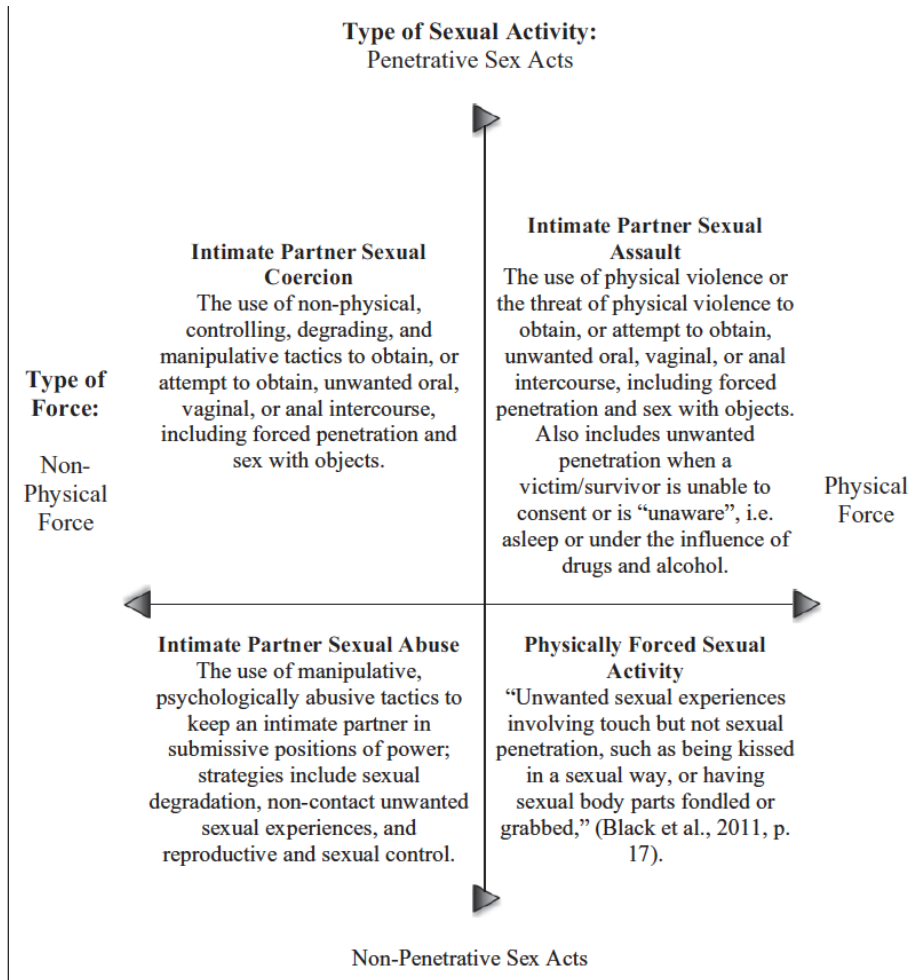
Inspired by and adapted from the Power & Control Wheel, developed by Domestic Abuse Intervention Project



# IPSV: A proposed classification system

- Since existing IPSV definitions tend to vary by type of **force** and **sexually abusive act**, a helpful, newer classification system was proposed
- All forms of IPSV fall within **4 quadrants** characterized as a spectrum of forcefulness by invasiveness

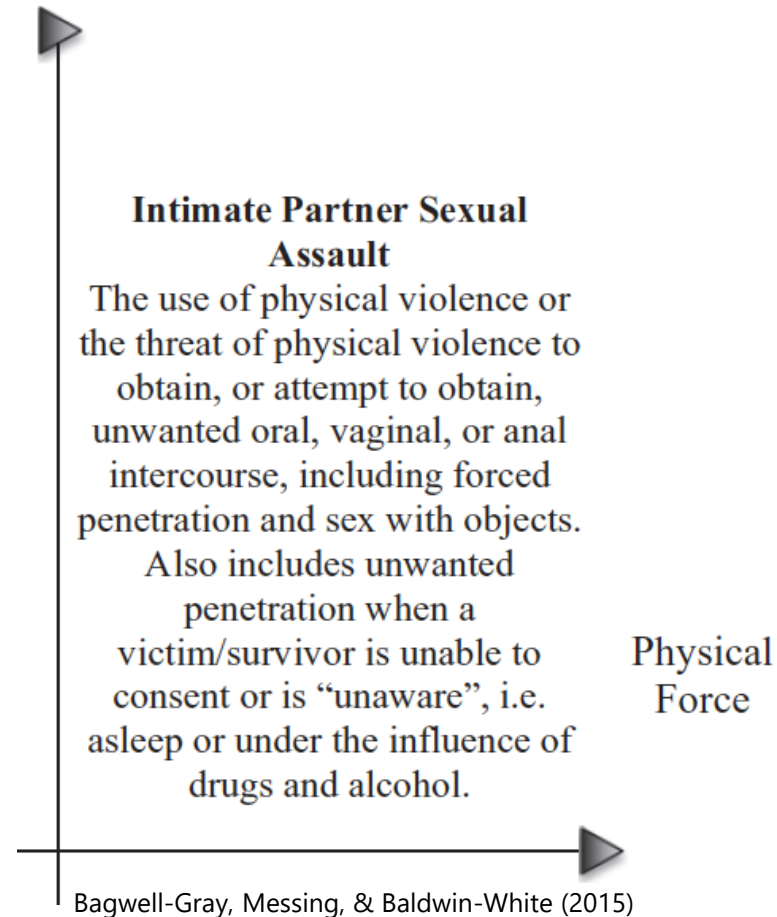
Bagwell-Gray, Messing, & Baldwin-White (2015)



# 1. Intimate partner sexual assault

(top right quadrant; high force & high invasiveness)

- Penetrative, sexually abusive act obtained through physical force



## 2. Intimate partner sexual coercion

(top left quadrant; low force & high invasiveness)

- Highly-invasive sexual violence obtained through manipulative tactics and control rather than physical force

Type of Force:

Non-Physical Force

### Intimate Partner Sexual Coercion

The use of non-physical, controlling, degrading, and manipulative tactics to obtain, or attempt to obtain, unwanted oral, vaginal, or anal intercourse, including forced penetration and sex with objects.

Bagwell-Gray, Messing, & Baldwin-White (2015)



**Take a mindful moment!**

**PAUSE...BREATHE**

**Grounding exercise**

# More on Sexual Coercion

- **One of the most subtle manifestations of male sexual violence against women** (Smith et al., 2017)
- **Relationships with IPSV are characterized by ongoing fear, coercion, and control** (Logan et al., 2015)
- Unwanted sexual penetration that occurs after a person is pressured in a non-physical way. Tactics include:
  - Telling lies
  - Making untrue promises
  - Wearing someone down/continually using verbal pressure to have sex
  - Threatening to end the relationship or spread rumors
  - Showing displeasure or getting angry
  - Using influence or authority

(National Intimate Partner and Sexual Violence Survey, 2016/2017; Koss et al., 2007; Smith et al., 2017)

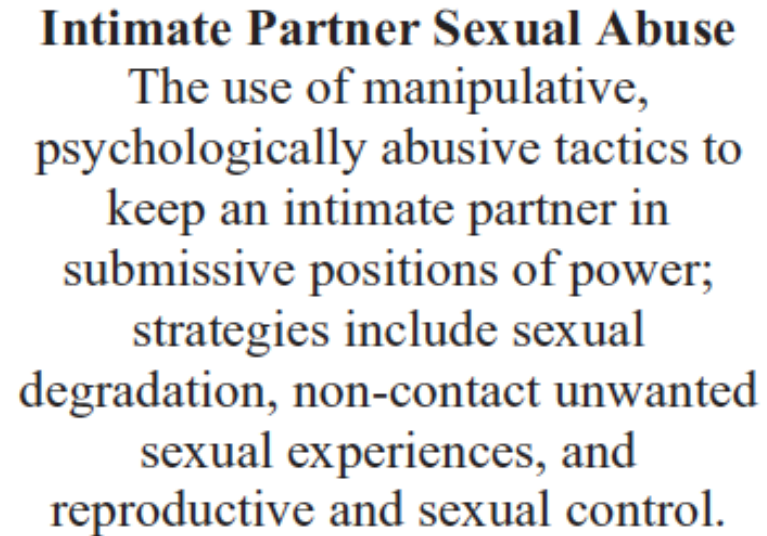
# More on Sexual Coercion

There is a “lack of knowledge around how coercive tactics, blackmail, and implicit threats can be used as strategies to force women into having sex without the perpetrator having to utilize physical force. Instead, social discourse and sex education tends to focus on simplistic “no means no” messaging. Consequently, **women are left wondering whether what they have experienced is a form of violence, or simply normal relationship behavior**, particularly when they have no frame of reference with which to compare it.” (Tarzia, 2021)

# 3. *Intimate partner sexual abuse*

(bottom left quadrant; low force & low invasiveness)

- Coerced, or physically forced; not necessarily used to obtain specific sexual act
  - This type of sexual violence is not penetrative and not physically forced (and may or may not involve coercion).



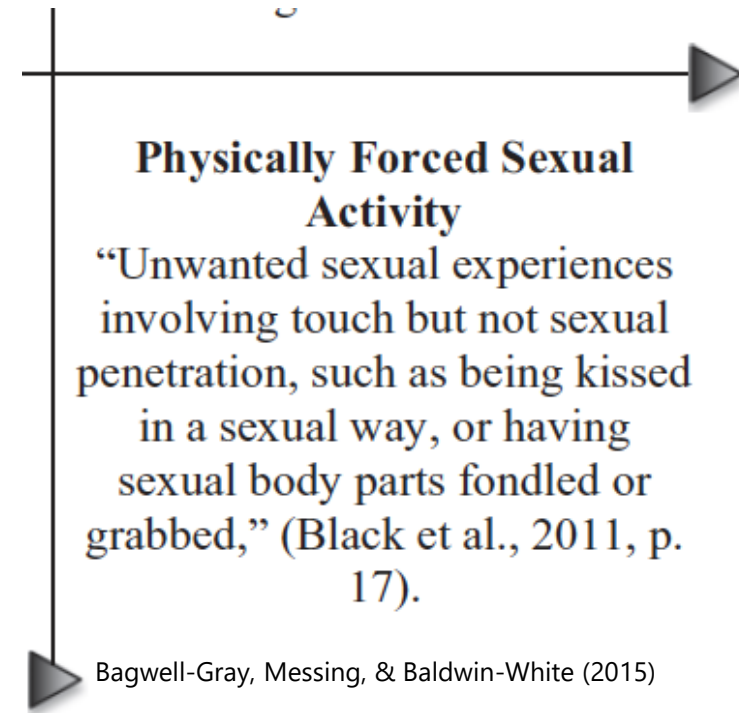
**Intimate Partner Sexual Abuse**  
The use of manipulative, psychologically abusive tactics to keep an intimate partner in submissive positions of power; strategies include sexual degradation, non-contact unwanted sexual experiences, and reproductive and sexual control.

Bagwell-Gray, Messing, & Baldwin-White (2015)

## 4. *Intimate partner physically-forced sexual activity*

(bottom right quadrant: high force and low invasiveness)

- Non-penetrative sexually abusive acts that are physically forced; “unwanted sexual contact”

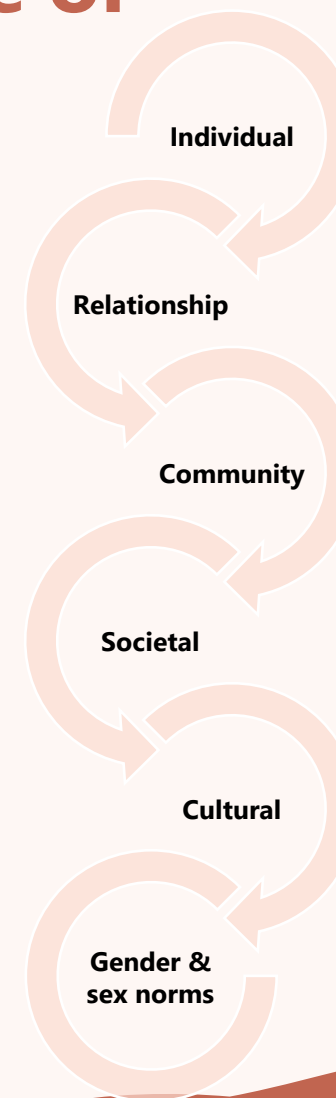




# Factors that promote and normalize the use of sexual violence in intimate relationships

## Beliefs, norms, and myths identified in research

- Sex within relationships is a private matter
- “Real rape” is only perpetrated by strangers in dark alleyways rather than something that happens at home (“stranger danger rape scripts”/rape myths)
- Sex within a marriage is a “wifely duty” (internalized sense of duty)
- Biological imperatives/male sex drive myths- men are assumed to be naturally sexually insatiable; “men need sex” (Logan et al., 2015)
- Women are assumed to secretly enjoy being sexually pursued (Tarzia, 2015)
- Acceptability of pornography
- Patriarchal cultural scripts- limiting female agency and sexual autonomy
- Cognitive consistency framework- being in a committed relationship may mitigate negative perceptions of sexual violence, because it motivates people to ignore or minimize threats in relationship (Arriaga & Copezza, 2011)



# Unique Impacts/Effects of IPSV

**Likely to differ substantially from experiences of physical or emotional abuse- due to humiliation and betrayal of trust** (Easteal & McOrmond-Plummer, 2006)

**Differs greatly from rape or assault by stranger in that victims are far less likely to disclose IPSV** (Cox, 2015; Wall, 2012)

**Can lead to more severe mental health outcomes than other types of SV** (Tarzia, Thuraisingam, et al., 2018)

**Associated with higher risk of homicide than other types of violence** (Campbell & Soeken, 1999; Barker, Stewart, & Vigod, 2019)

**Teen and unwanted pregnancies** (Barber et al., 2017; Basile et al., 2018)

**Health consequences- such as injury or sexually transmitted infections** (Campbell, 2002)

# IPSV Statistics/Prevalence

Challenges with defining sexual violence complicate prevalence estimates...



...however, we know IPSV is widespread!

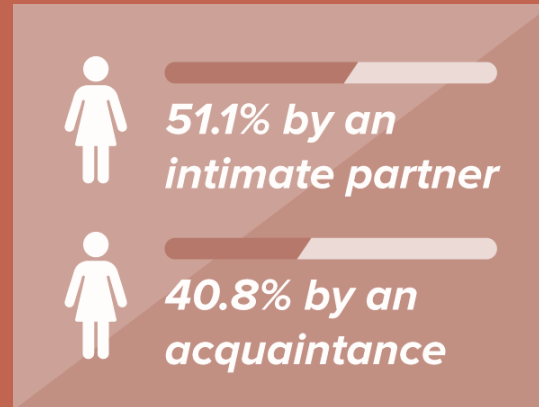
Almost **1 in 5 women** (19.6% or 24.5 million) in the US reported any contact sexual violence by an IP in their lifetime

Of the specific types of contact sexual violence, **10.5%** of women (13.2 million) reported rape, **13.7%** (17.1 million) sexual coercion, and **8.0%** (10 million) of women reported unwanted sexual contact by an IP in their lifetime

In the 12 months before the survey, **3.2%** of women (4 million) reported any contact sexual violence by an IP, with **2.5%** (3.1 million) reporting sexual coercion, **1.0%** (1.3 million) rape, and **0.9%** (1.2 million) of women reporting unwanted sexual contact by an IP

# IPSV Statistics/Prevalence

- About **half (51.1%)** of **female victims** of rape reported being assaulted by an IP



National Intimate Partner and Sexual Violence Survey: 2010 Summary Report

- **13.2%** women suffered nonphysical sexual coercion at some point in lifetime
- **74.7%** cases- perpetrator was current or former IP

US National Survey of Sexual Violence, 2010-2012



STIGMA

MYTHS

## Caution

IPSV prevalence rates may be **underestimated** because, for a variety of reasons, women in relationships may be hesitant to consider or call the sexual violence that they experience "rape" or "forced sex."

SHAME

SILENCE



**Take a mindful moment!**

**PAUSE...BREATHE**

**Grounding exercise**

# Amnon and Tamar

# 2 Samuel 13: 1-19

- An account of sexual assault/rape
  - 11 But when she took it to him to eat, he grabbed her and said, "Come to bed with me, my sister." 12 "No, my brother!" she said to him. "Don't force me! Such a thing should not be done in Israel! Don't do this wicked thing. 13 What about me? Where could I get rid of my disgrace? And what about you? You would be like one of the wicked fools in Israel. Please speak to the king; he will not keep me from being married to you." 14 But he refused to listen to her, and since he was stronger than she, he raped her. 15 Then Amnon hated her with intense hatred. In fact, he hated her more than he had loved her. Amnon said to her, "Get up and get out!"
- Amnon's **deception, his heart/motivation**



# Issues of Consent



It is important to understand what makes something consensual. First, in order to consent, one must have the capacity to choose...Second, consent means it is safe to say no. If you are five and he is forty, if he is the boss and can fire you, if someone has the power to ostracize you from your community, consent is not possible because it is not safe to say no.

-Diane Langberg

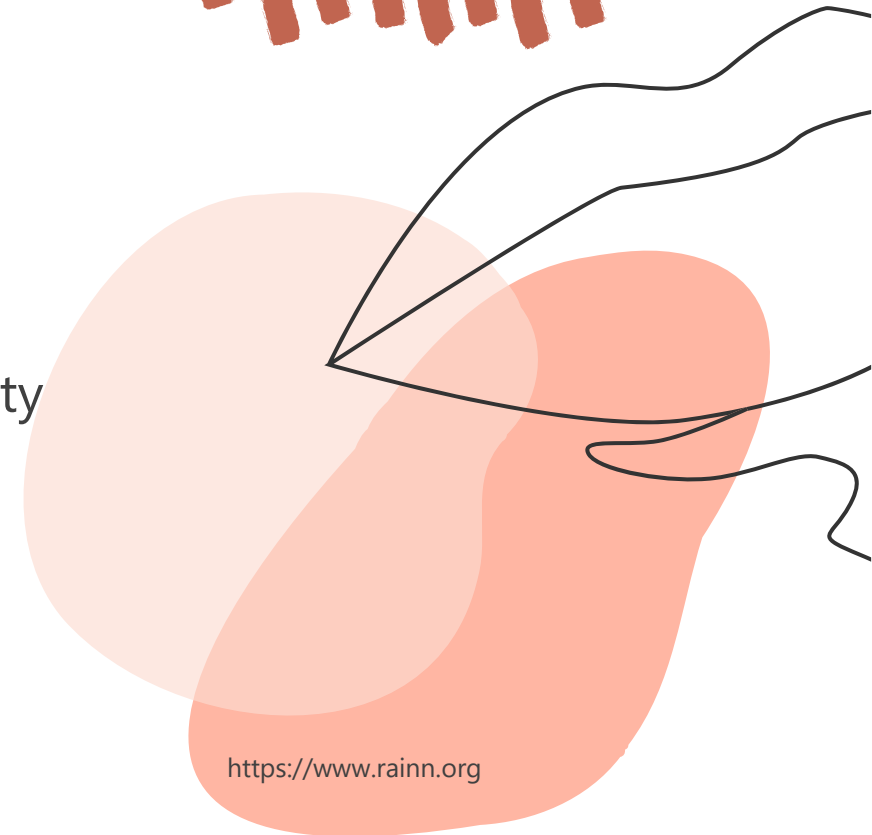




# What is Consent?

While legal definitions of *consent* may vary by location and circumstance, the general concept is always the same:

- **Consent** is an ongoing process of discussing boundaries and what you're comfortable with
- An agreement between participants to engage in sexual activity
- Clearly and freely communicated- communication should happen every time, for every type of activity
- Can be withdrawn at any time!



# Issues of consent

**IPSV is often described in the literature as involving a sex act that is:**

- unwanted,
- against the victim's will,
- or without the victim's *consent*

**Can be confusing**

- Perpetrator and victim may have previously engaged in consensual sexual activity
- Permission to engage in a sexual act should not be assumed because you've done it in the past
- If you are pressured into sex when you didn't want to, that is not "consent"

**Women reported that education and information about sexual relationships did not cover "gray areas" where consent was more ambiguous**

- What is okay/not okay in terms of sex in a partnership
- Experiences seem to be more accepted by society when perpetrator is someone you know

# Newer Model of Consent

In addition to clear verbal consent, the presence of cues that communicate “yes” are also important (sometimes referred to as *enthusiastic consent*)

Looking for the presence of a “yes” rather than the absence of a “no”

Can be expressed through non-verbal cues that may include: positive body language like smiling, maintaining eye contact, and nodding

**These cues alone do not necessarily represent consent,** but they are additional details that may reflect consent.

# Caution on Bodily Responses

“**Physiological responses** like an erection, lubrication, arousal, or orgasm are **involuntary**, meaning your body might react one way even when you are **not consenting** to the activity. Sometimes perpetrators will use the fact that these physiological responses occur to maintain secrecy or minimize a survivor's experience by using phrases such as, ‘You know you liked it.’ **In no way does a physiological response mean that you consented to what happened.** If you have been sexually abused or assaulted, it is not your fault.”

<https://www.rainn.org>

# Purity Culture

**Started as a well-intended way to keep kids from having premarital sex. Instead...**

- Distorts healthy male/female friendship; took away the ability of people to learn how to date and have healthy relationships
- Sets girls up as “gatekeepers” of boys
  - *“Purity culture tells girls that they are the **gatekeepers** of boys’ sexuality and both their purity and the boys’ purity hinges on them. Purity culture tells boys they always want sex and they are supposed to push and see whether the girl will hold the line of purity.”* Lauren Sawyer, Allender Center Fellow
- Sets up virginity as a commodity
  - *“One such dangerous proposition is viewing a women’s virginity as a “commodity” which is gained or surrendered during marriage. Hence, the husband is considered to be “**owning**” his wife’s sexuality and thus cannot be charged as having a nonconsensual sexual encounter or intimacy.”* Banerjee, D. & and Sathyanarayana Rao, T. S. (2022)





# Marital Rape

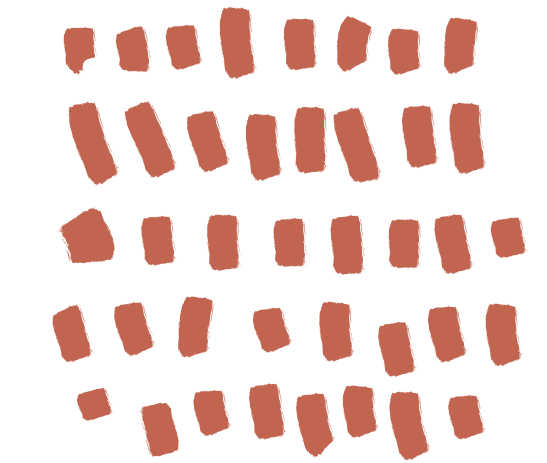
Consent is needed in marriage.  
The marriage certificate does not equal automatic consent.

# Marital Rape

**Defined as  
“forcible  
sexual assault  
or violence by  
one spouse  
towards the  
other”**

**Marital rape is  
mostly, but not  
exclusively,  
experienced by  
women**

**Concept of  
“consent” has  
long been  
neglected in  
marriages**



Banerjee, D. & and  
Sathyanarayana Rao, T.  
S. (2022)

# Marital Rape

**Legal protections did not exist until more recently...**

**“Marital rape exemptions”** (by which a man could not be convicted of rape if the victim was his wife) existed in all states throughout most of the 20th century

Not eradicated until 1970-1980s

Not criminalized in all 50 states until 1993





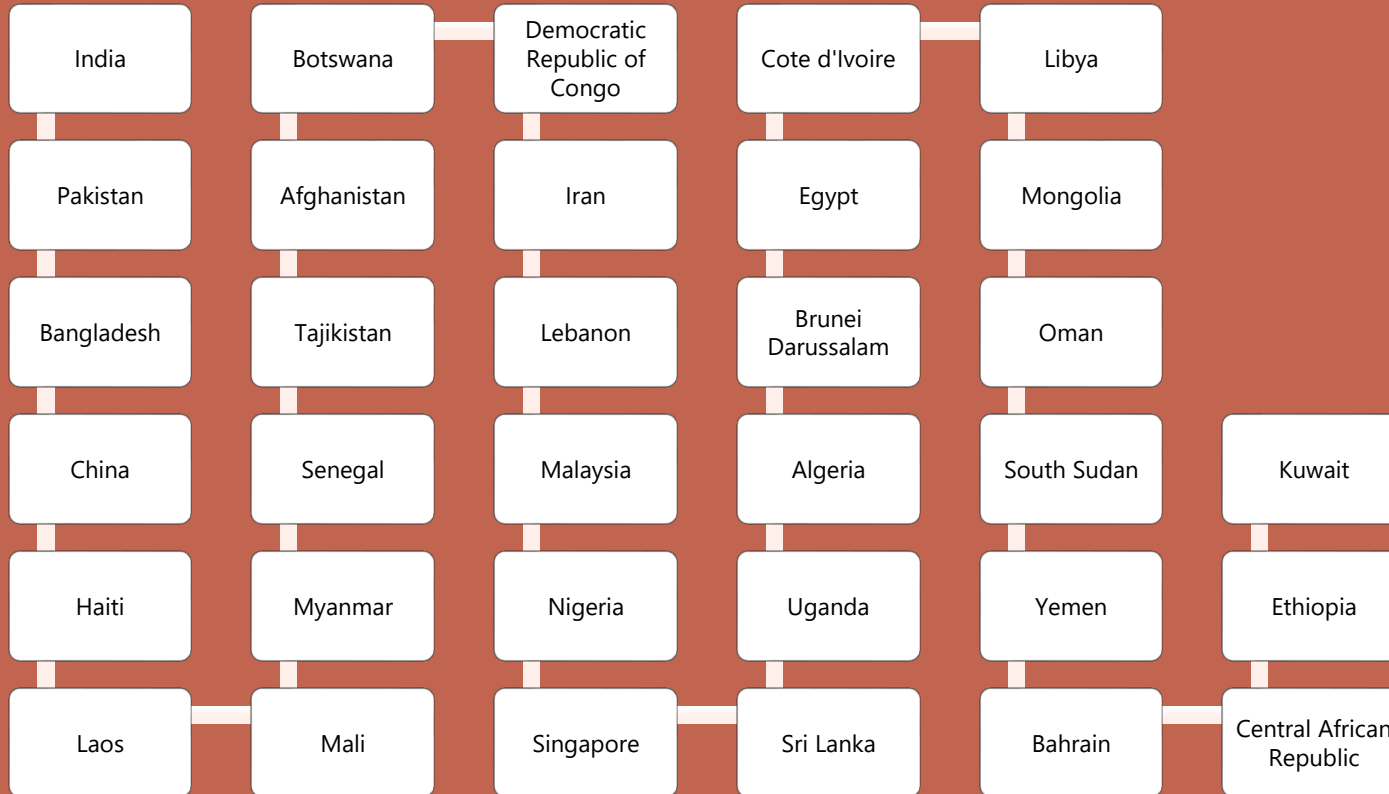
**Take a mindful moment!**

**PAUSE...BREATHE**

**Grounding exercise**

# Marital rape is not recognized in many countries...

- About **34 countries** in the world have not yet criminalized marital rape, most being developing nations, including:



# Common Misconceptions about Marital Rape

**Influenced by:  
societal/cultural  
"rape myths"  
and  
twisted  
scripture/religious  
ideologies**

- Rape can't occur within intimate relationships.
- Sex is a wife's "duty."
- Her body is not her own/is her husband's property (headship teachings).
- She does not have the right to "withhold"/say no to her husband.
- He "needs" release.
- It's not rape if I stay with him or return to him.
- It's not rape if I sometimes enjoy sex with my husband.
- It's not rape if you haven't brought it up before, or if you still love him.

# Additional Sustaining Factors

legal gray areas

lack of tailored policies

cultural invisibility

popular media stereotypes

gender expectations

lack of public awareness

lack of research

# Confusion: Is It Sexual Abuse?

**40-45%** of men who use coercive control also sexually abuse their wives.

Coercive controllers' sense of **entitlement** spills over and perverts what God intended to be a blessing- they enjoy the **power** they are exerting over their wives

Some are forced to do things that are uncomfortable or even painful, yet do not see it as abusive because the husband has **used scripture** to tell her that she have **no right** to refuse any of his demands.

-Joy Forrest, *Called to Peace: Companion Workbook*





# Untwisting 1 Cor. 7:4-5

Note the mutuality in these verses. Paul actually makes the sexual relationship reciprocal between husbands and wives.

- 4 The wife does not have authority over her own body but yields it to her husband. **In the same way, the husband does not have authority over his own body but yields it to his wife.** 5 Do not deprive each other except perhaps by mutual consent and for a time, so that you may devote yourselves to prayer.
- Joy, Darby Strickland, and Chris Moles on “When Scriptures are Used to Oppress” - <https://vimeo.com/368672088 - t=240s>

# Common Responses to Sexual Abuse in Marriage

**Denial**

**Rationalization**

**Minimizing**

**Dissociation**

**Placating**

**Normalizing**

**Self-soothing**

**Self-Numbing**

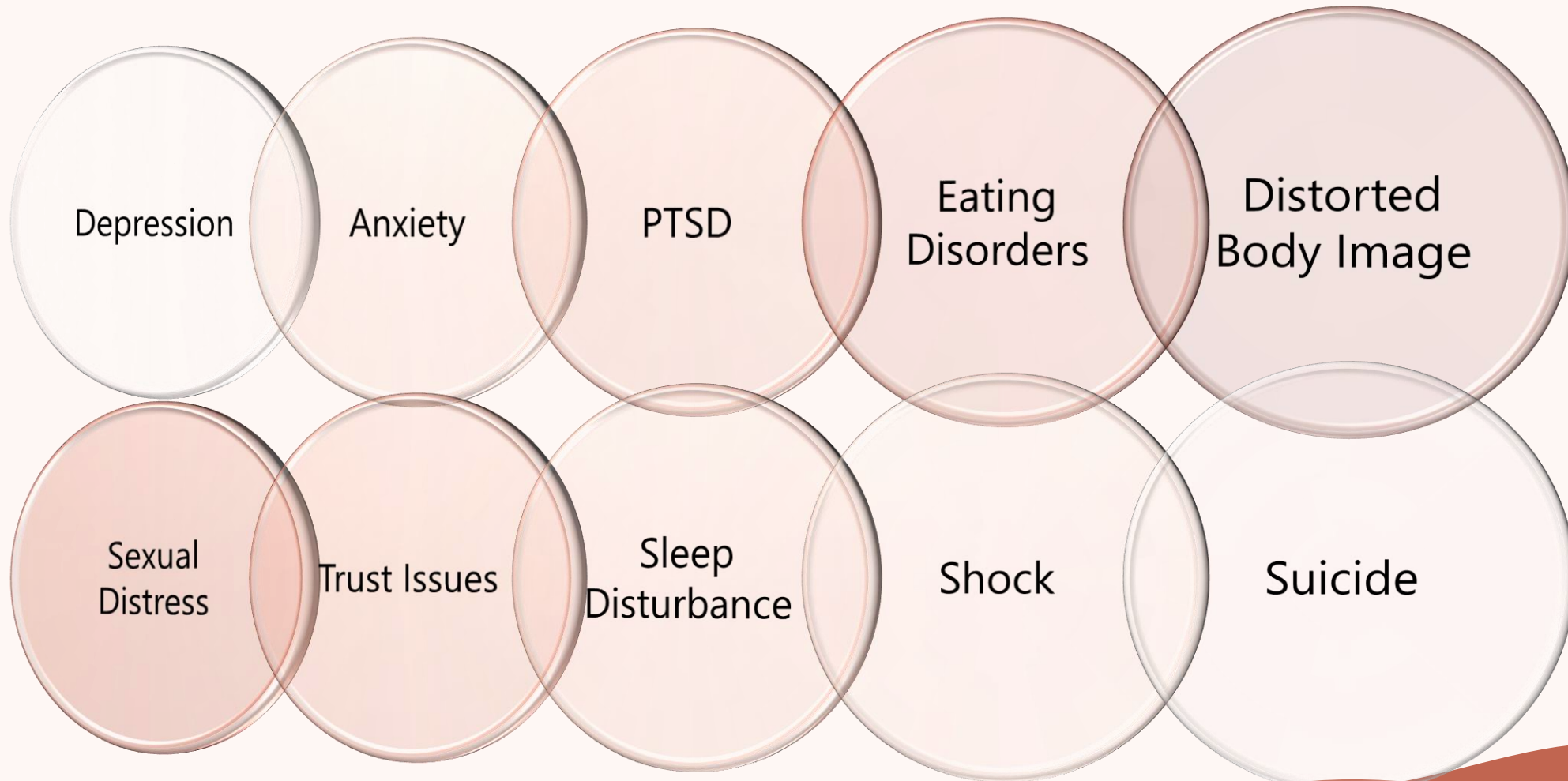
**Confusion and shame associated with fawning during IPV**

**Confusion and shame associated with bodily responses**

**Impact of violence on arousal template**

Darby Strickland & Chris Moles

# Effects of Marital Sex Abuse:





# Impacts of Marital Rape

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Studies show that effects of partner rape are more severe and last longer than stranger rape.

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Survivors of partner rape experience the highest degree of physical injury and are more likely to have been raped multiple times.

---

Many victims of sexual abuse by a spouse or partner find themselves confused- they wonder if it was truly abuse if they agreed to it.

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The bottom line is **that if you felt pressured to do something you didn't want to do, it most likely was abuse.**

**Healing is  
always  
possible with  
God!**

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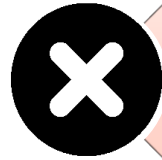




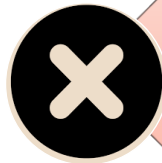
# Reproductive Coercion

*or Reproductive Control*

# Defining Reproductive Coercion



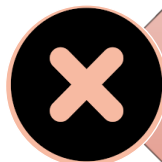
Behavior that interferes with the **autonomous** decision-making of a woman, with regard to reproductive health



When a male partner attempts to get his female partner pregnant **when she does not want to be**



A form of **coercive control** that may be associated with increased fear and IPV, and may interfere with sexual health decision making



Similar to, *but different from* IPSV (such as forced sex or forced condom nonuse) because the specific intention with RC is **pregnancy**



A variety of **tactics** can be used to assert reproductive control and force pregnancy



# Types of Reproductive Coercion

## Pregnancy Coercion

- Pressuring or threatening a partner in order to promote their getting pregnant

## Abortion Coercion

- Pressuring, threatening, or forcing a partner to have or not have an abortion against their wishes

## Birth Control Sabotage

- Interference with a partner's use of birth control

Miller et al., 2010; Trister Grace, K. & Anderson, J.C., 2016

# Examples

Trister Grace, K. & Anderson, J.C., 2016

## Pregnancy Coercion

physical violence, threats of physical violence, or forced sex; telling a partner not to use birth control; more subtle forms of coercion may include threats to withhold resources, end a relationship, or to have a baby with someone else, monitoring of menstrual cycles and gynecology appointments, purchasing ovulation/pregnancy test kits

## Birth Control Sabotage

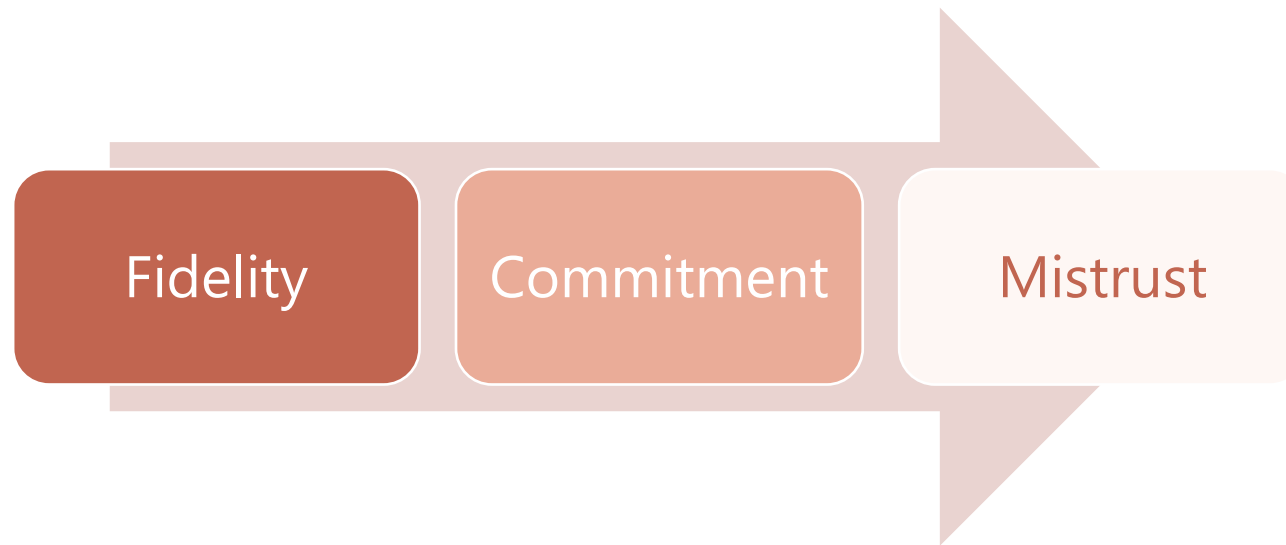
refusing to wear a condom or taking off or damaging a condom, interfering with access to healthcare for contraception or disposing of pills with/without a partner's knowledge, removing contraceptive patch, IUD, or vaginal ring, failing to withdraw when the "withdrawal method" was agreed-upon for contraception, lying to partner about being infertile, scaring a partner with exaggerated risks of oral contraceptives

## Abortion Coercion

controlling outcome of a pregnancy (i.e., pressure to continue a pregnancy or pressure to have an abortion), threatening to harm a partner or baby if she *does not* have abortion, or threatening to harm her if she *does* have abortion; excessive badgering; making her do things that would interfere with ability to have abortion

# Emotional Manipulation

- Actions can range from **overt** to more **subtle** interference with reproductive choices
- Emotional manipulation tactics to coerce unprotected sex when women ask for condom use include questions of:





# Prevalence Statistics: Rates of RC

- Across community samples seeking reproductive health services, DV services, and adolescent mothers

**14-74%**



- U.S. prevalence estimates

**8-16%**



- U.S. population lifetime prevalence rates

**4.8%**



- International research estimates

**5-30%**



# Co-occurrence with other IPV

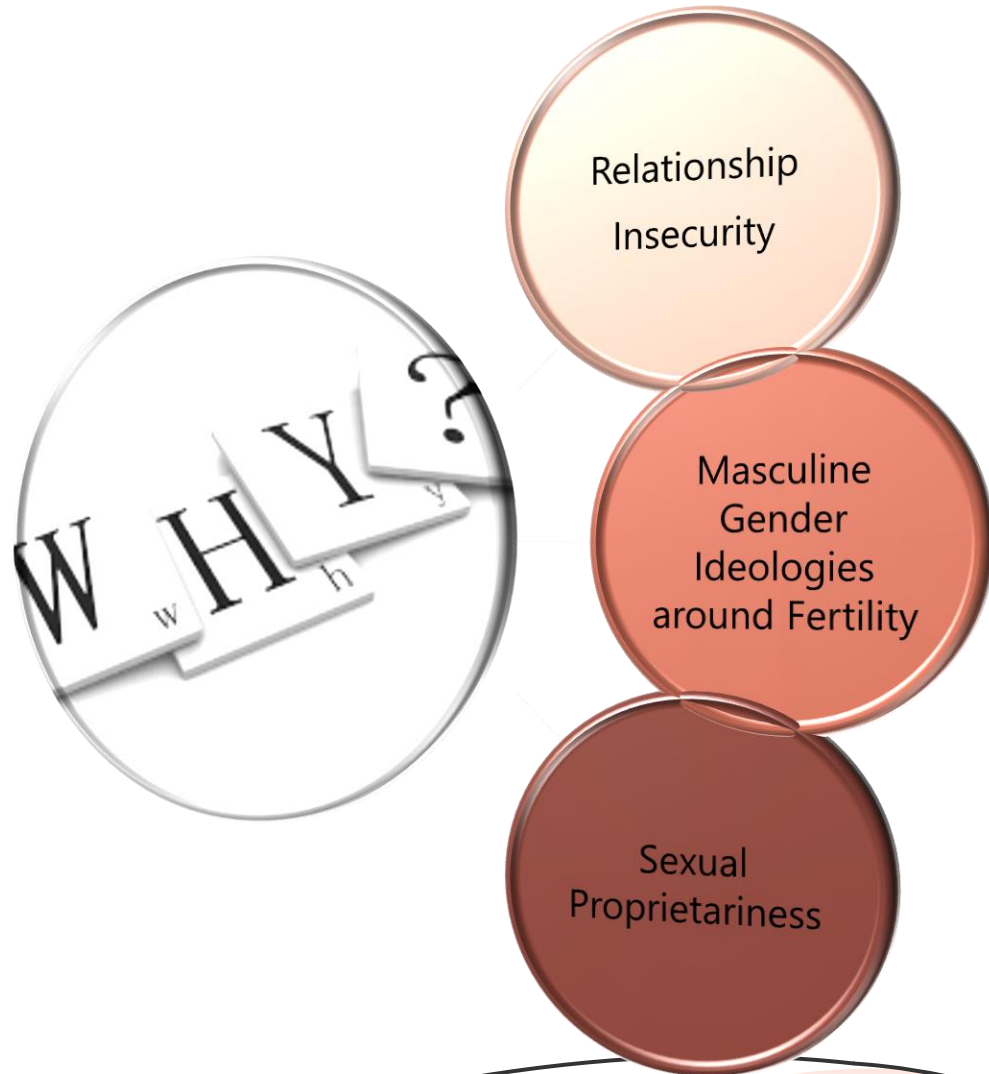
- **Conflicting evidence**

- Reproductive coercion only **sometimes** occurs within the context of other forms of IPV
- Some studies show associations with **physical and sexual violence**, while others do not
- It is unknown whether violence precedes RC, or RC might be a precursor to escalating physical and sexual violence



Miller et al., 2010; Moore et al., 2010; Thaller, J., & Messing, J.T., 2016; Trister Grace, K. & Anderson, J.C., 2016

# Hypothesized Perpetrator Motivations



Miller et al., 2007; Moore et al., 2010; Rosen, 2004

# Unintended pregnancy

- As may be expected, studies show **more unintended pregnancies** in women who had experienced reproductive coercion
- Both *pregnancy coercion* and *birth control sabotage* are factors impacting unintended pregnancy

Borrero et al., 2015; Miller et al., 2012

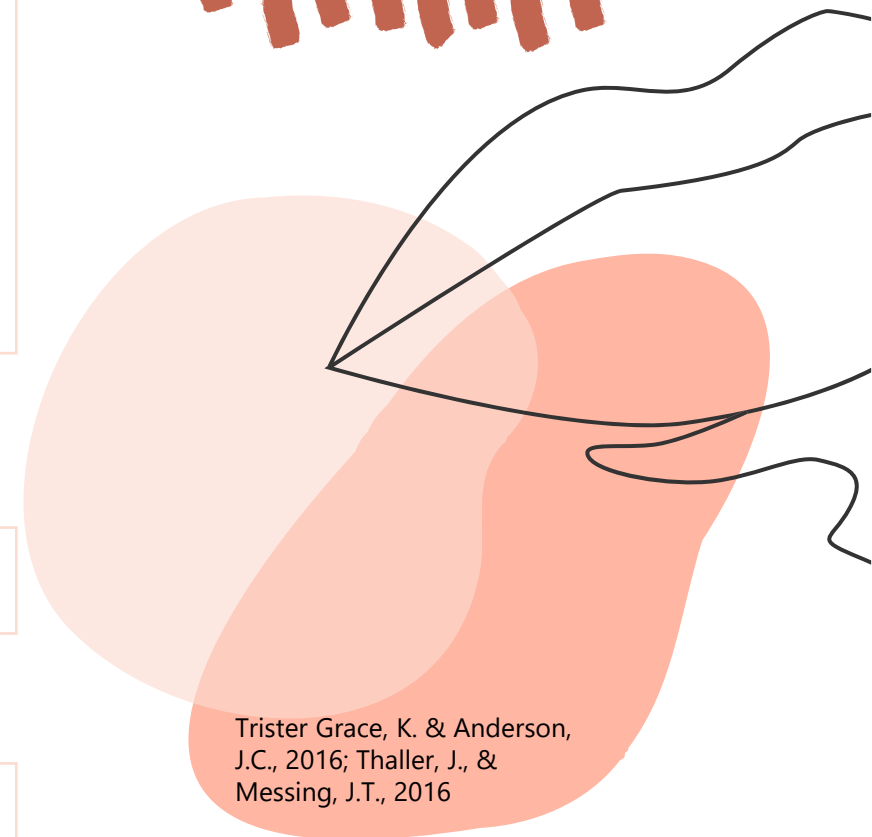
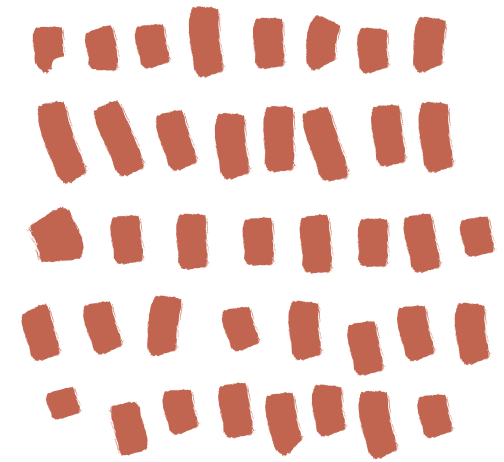
# Intervention

**Current solution:** to educate women on how to obtain long acting and less detectable methods of contraception to hide from their partners

- **This may help women experiencing reproductive coercion to avoid unintended pregnancy, BUT...**
- **It does little to treat the root cause of the issue; this will not stop perpetration of abuse!**

Additional research is needed on perpetrators' motivations to inform prevention/perpetrator-centered interventions that shift responsibility for ending abuse away from the victim

Routine screenings and counsel (in private) for reproductive coercion, in conjunction with IPV screenings, at healthcare appointments is needed



Trister Grace, K. & Anderson, J.C., 2016; Thaller, J., & Messing, J.T., 2016



**Take a mindful moment!**

**PAUSE...BREATHE**

**Grounding exercise**

# Pornography

*“Pornography plays a key role in women’s experiences of male violence in private places.”*

(Walter DeKeseredy and Marilyn Corsianos, 2016, p. 57)



But I tell you that anyone who looks at a woman lustfully  
has already committed adultery with her in his heart.

- Matthew 5:28 -



# Pornography & Implications for IPSV

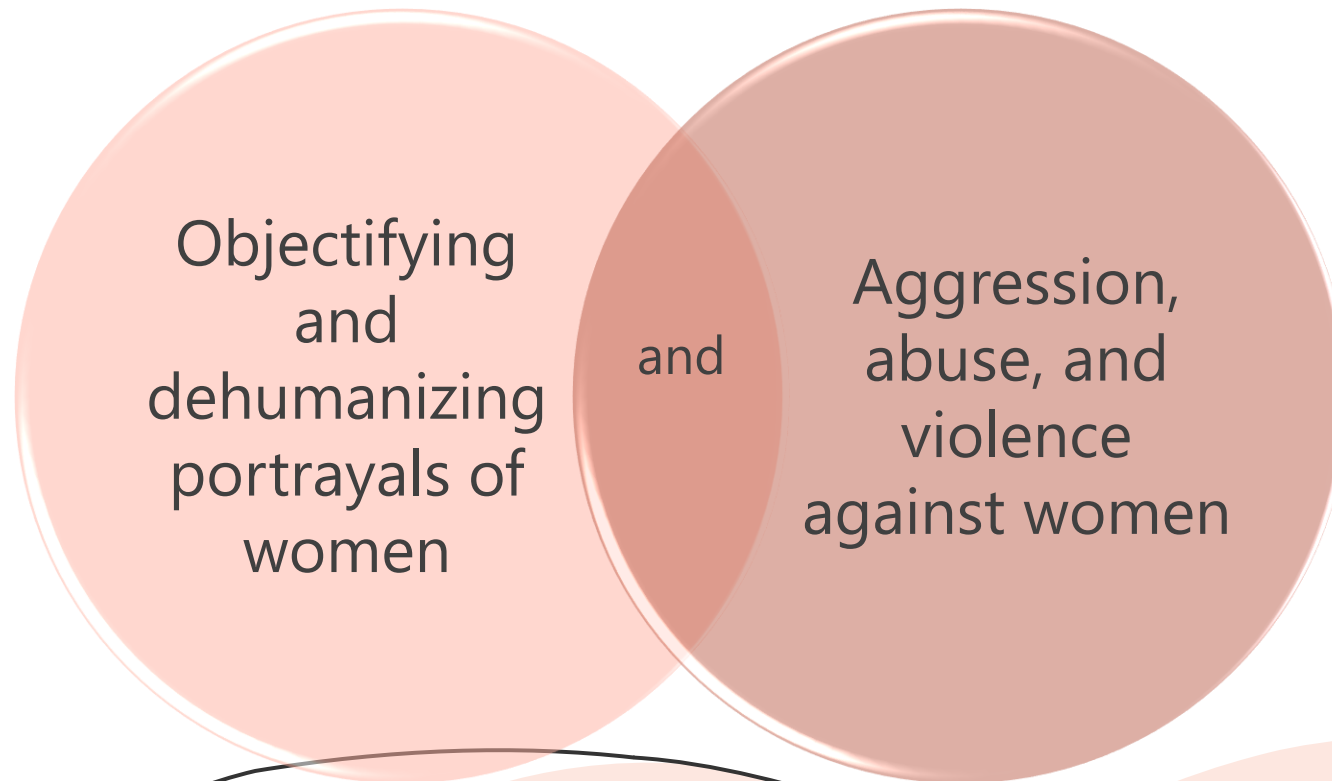
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**How does constant access to digital media content affect domestic violence and IPSV?**

Increased exposure to media aggression influences an individual's perceptions of DV, and could, subsequently influence the perpetration of abuse.

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***Porn frequently contains...***



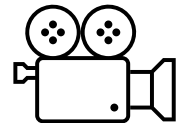
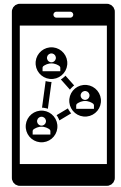
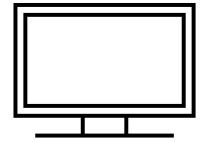
# Objectification of Women (TV, Social Media, Music & Porn)

Women are commonly depicted as victims and sex objects through TV and social media.

- Found to increase attitudes which are supportive of violence, specifically sexual violence, against women (United Nations Commission on the Status of Women)

Porn abuse websites depicting violence against women amount to 60 million combined per month.

Research shows a link between pornography use and the belief that men should dominate sexual encounters and women are sexual objects.





# Cultural Shift around Pornography

## What is “*pornification*?”

- We live in a “pornified culture”- porn consumption is increasingly **normalized** and largely **legitimized**; especially for young men
- Pornography and pornographic imagery are “fragmenting and blurring” into traditionally non-pornographic forms of culture (Tyler & Quek, 2016, p. 1,5) and everyday life
- Technology- ease of access

**Result:** porn has become the **cultural authority** on sexuality- a “how to” guide/sexual manual

(Dines, 2010; Lim et al., 2016; Lim et al., 2017; Rissel et al., 2016; Tarzia & Tyler, 2020)

# Porn as a cultural authority

Mimicking acts from porn- could limit the conditions under which women feel **free to refuse** when partners want to involve or imitate porn in their own sex lives

Porn used as a "**grooming tool**" for "normalizing"

Women are positioned as "sexually servicing" their male partners, rather than being **equal partners** participating with enthusiastic consent; at the cost of not just pleasure, but wellbeing and safety

Tarzia & Tyler, 2020

# Pornography used as a part of abuse



Coerced or forced to watch pornography;  
being shown porn under threat



Having sexual images taken or distributed  
without consent or against will



Coerced or forced to be filmed/make  
pornography



Porn used by perpetrator as a manual for  
carrying out abuse (imitating)

Tarzia & Tyler, 2020

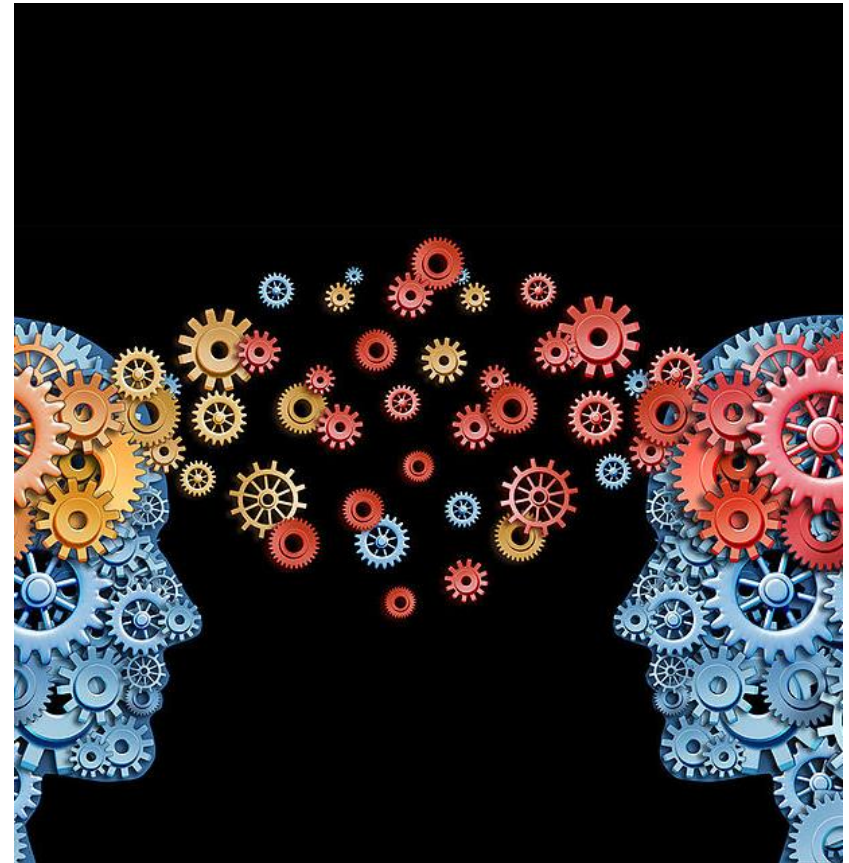
# Pornographic Style of Relating (PSR)

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**Andrew Bauman**, licensed mental health therapist, talks about a *Pornographic Style of Relating (PSR)*

- “When pornography becomes your primary teacher or guide in your sexual development.”
- He offers 6 ways of living out of a **PSR** & contrasts these with a **restored/redeemed view**:
  - **Control (freedom)**
  - **Objectification (honor)**
  - **Speed (gradual)**
  - **Hunger (desire)**
  - **Isolation (community)**
  - **Fantasy (authenticity)**

<https://andrewjbauman.com/a-pornographic-style-of-relating/>





# Human Trafficking

*"...a form of modern day slavery."  
"...the business of stealing freedom for profit."*

(Polaris)

# What is Human Trafficking?

## THE A-M-P MODEL

### ACTION

Induces,  
Recruits,  
Harbors,  
Transports,  
Provides,  
or Obtains

### MEANS

Force,  
Fraud,  
or  
Coercion

### PURPOSE

Commercial Sex  
(**Sex Trafficking**)  
or Labor/Services  
(**Labor Trafficking**)



# Recognizing Sex Trafficking

---

## **Someone may be experiencing sex trafficking if they:**

---

Want to stop participating in commercial sex but feel scared or unable to leave the situation.

---

Disclose that they were reluctant to engage in commercial sex but that someone pressured them into it.

---

Live where they work or are transported by guards between home and workplace.

---

Work in an industry where it may be common to be pressured into performing sex acts for money, such as a strip club, illicit cantina, go-go bar, or illicit massage business.

# Trafficking Intimate Partners



**Myth:** "Traffickers target victims they don't know."

**Reality:** Many survivors have been trafficked by *intimate partners*, including spouses, and by family members, including parents.

# Trafficking Tactics

## Myth:

It is always (or usually) violent/involves kidnapping or physically forcing someone into a situation.

**Reality:** Most human traffickers use *psychological means* such as **tricking**, **defrauding**, **manipulating** or **threatening** victims into providing commercial sex or exploitative labor.



**Take a mindful moment!**

**PAUSE...BREATHE**

**Grounding exercise**

# Trafficking Tactics



\*Adapted from Duluth Power & Control wheel

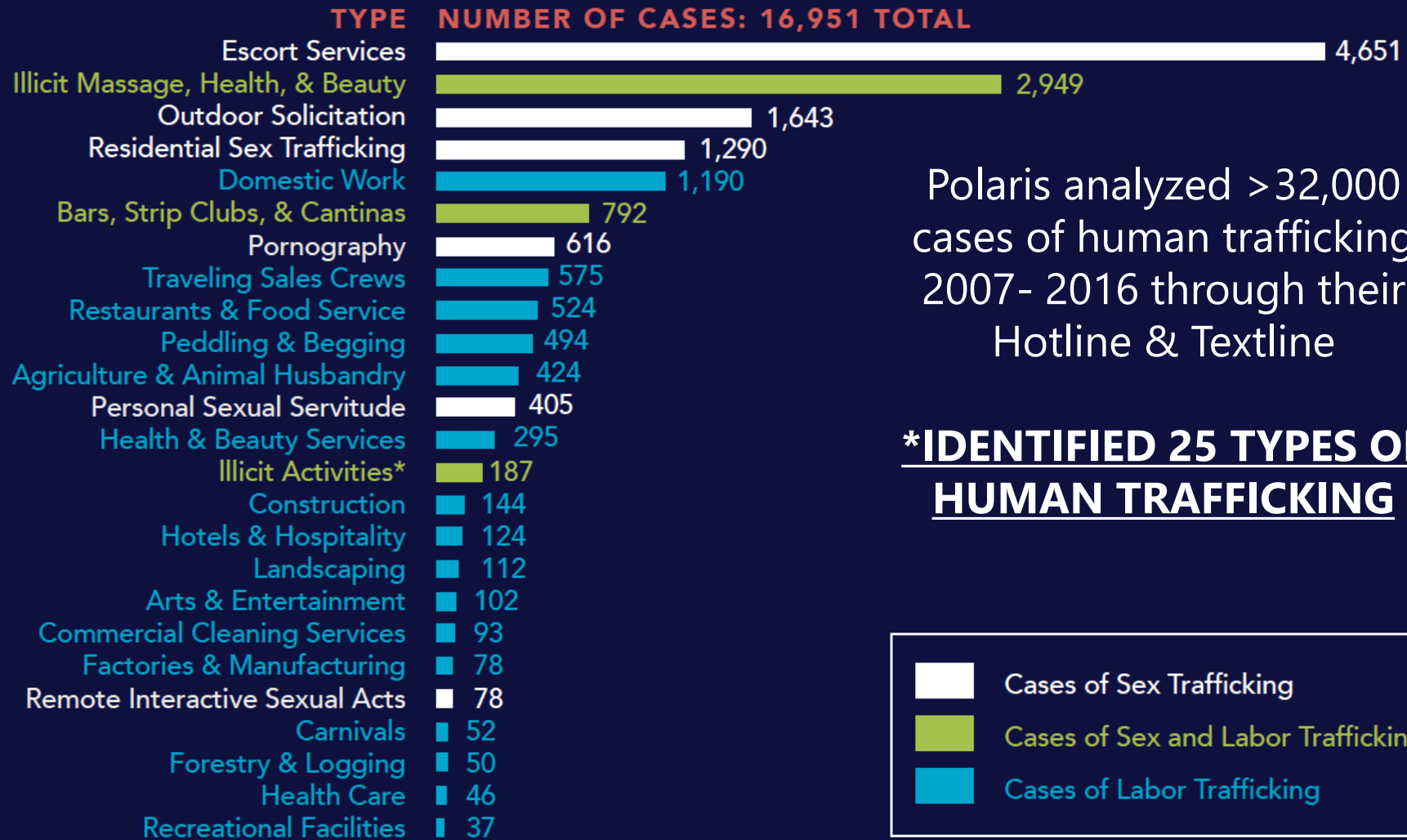
# Statistics

How Many People are Trafficked in the U.S. Yearly?

**2017:** Polaris-operated National Human Trafficking Hotline and BeFree Textline

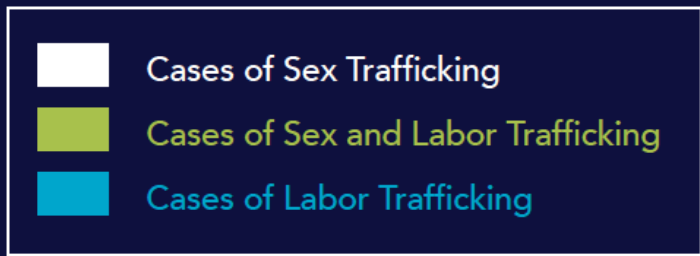
**8,759 cases of human trafficking reported**

- 10,615 individual victims
- nearly 5,000 potential traffickers
- 1,698 trafficking businesses



Polaris analyzed >32,000 cases of human trafficking 2007- 2016 through their Hotline & Textline

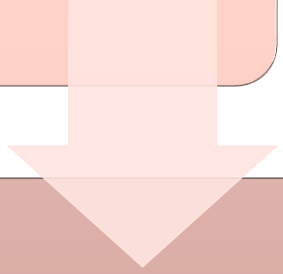
**\*IDENTIFIED 25 TYPES OF HUMAN TRAFFICKING**





# Addressing the Problem

**The Trafficking Victims Protection Act (TVPA)**, as part of the **Violence Against Women Act (VAWA)**, is the centerpiece of US antitrafficking efforts.



Antitrafficking efforts are aimed at prevention and criminal prosecution rather than the **protection of victims and recognition of unjust oppression and welfare of victims and families**



# Intimacy & Healthy Sexuality

*"Safety and security are necessary for intimacy." -Sheila Wray Gregoire*

# What is Intimacy?

**Intimacy in Relationships** is your close proximity to another person or group emotionally, mentally or even physically.

## Types of Intimacy -



Emotional Intimacy



Intellectual Intimacy



Experiential Intimacy



Spiritual Intimacy



Physical Intimacy

## Key factors in any intimate relationship -



Trust



Safety



Acceptance



Compassion



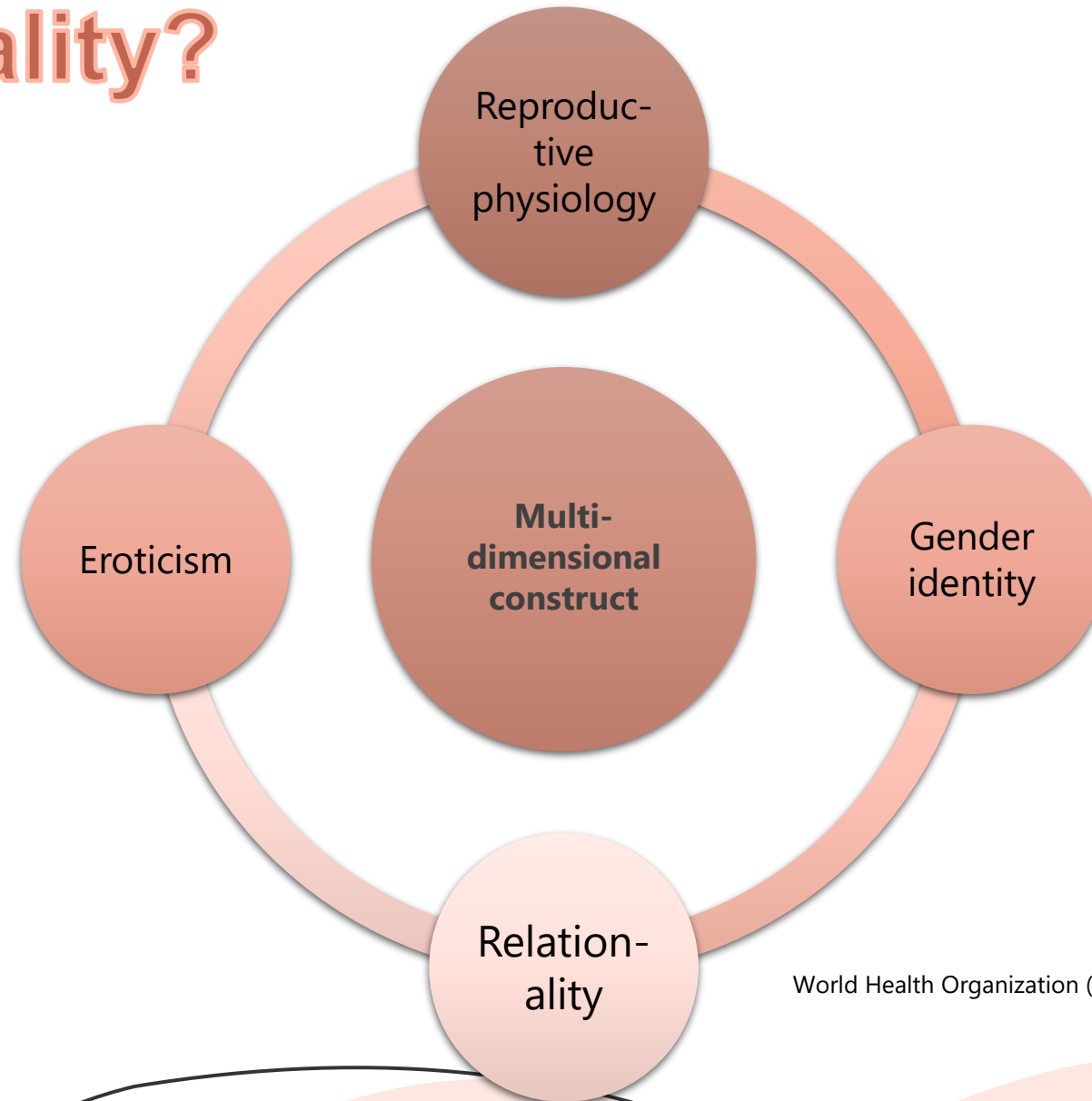
Honesty

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freepik



# What is Sexuality?

- Merriam-Webster broadly defines “**sexuality**” as “the quality or state of being sexual”.
- Cannot be reduced to simply sexual behaviors and sexual beliefs
- Is an aspect of identity
- Importance of integrated sexuality for development of sexual health

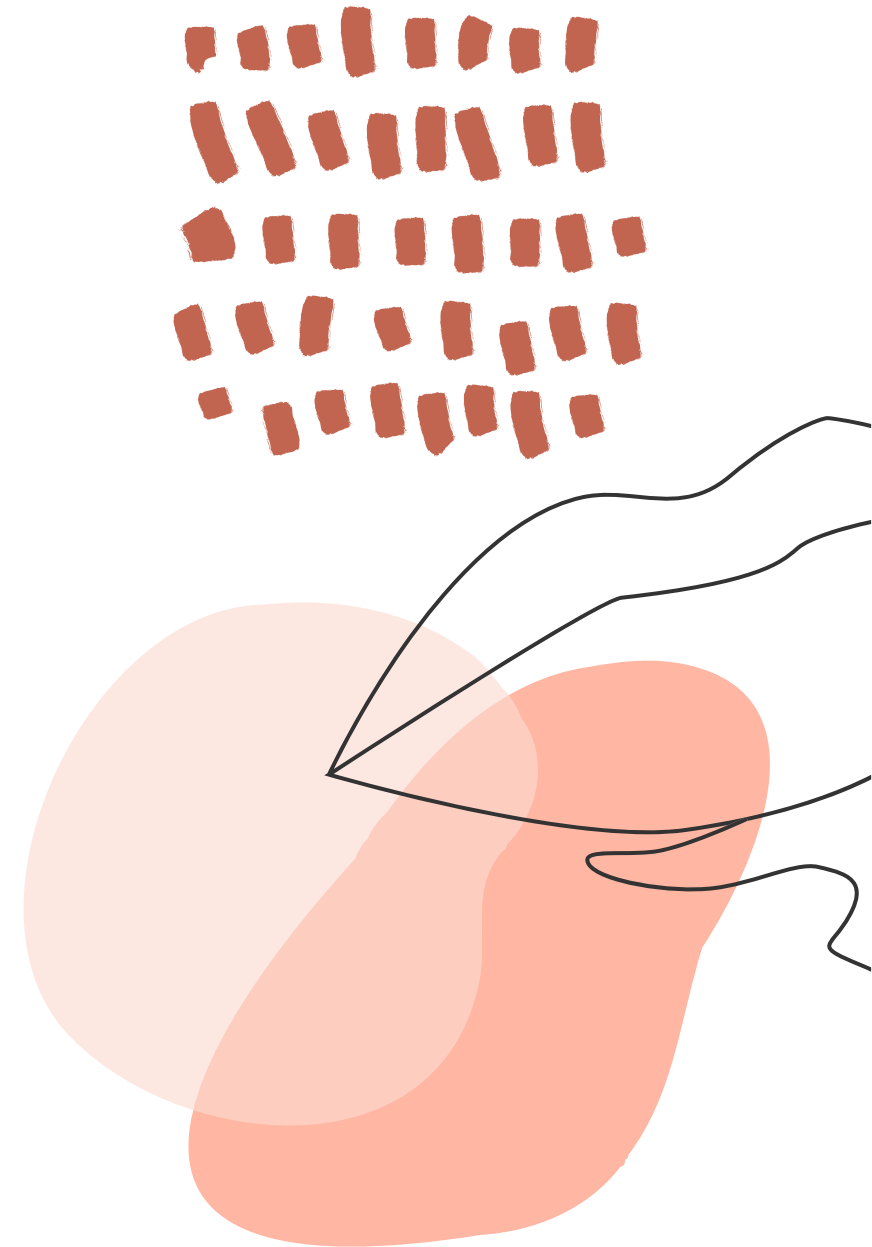


World Health Organization (WHO)

# Healthy Sexuality

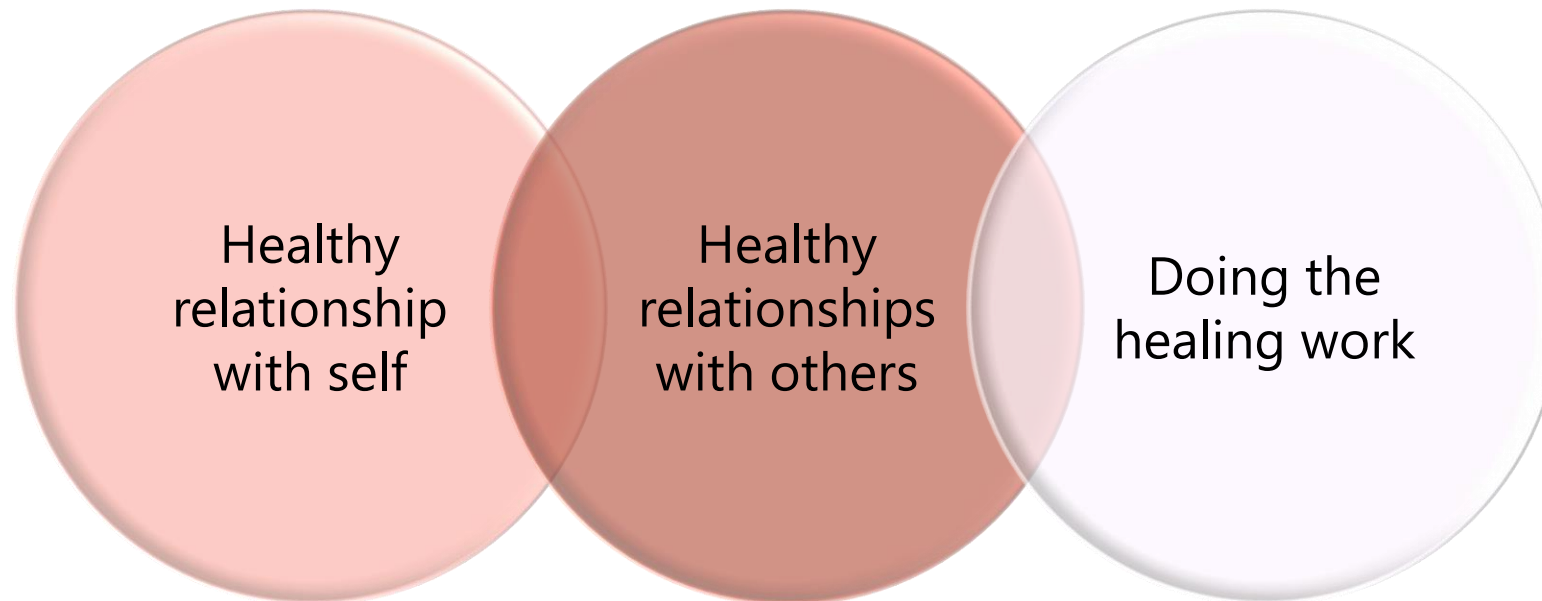
According to the CDC, “**sexual health**” is:

- “a state of well-being in relation to sexuality across the life span that involves **physical, emotional, mental, social, and spiritual dimensions**”
- “an intrinsic element of human health and is based on a **positive, equitable, and respectful** approach to sexuality, relationships, and reproduction”
- “**free of coercion, fear, discrimination, stigma, shame, and violence**”



# Healthy Sexuality

**Starts with:**



# Healthy Sexuality & the Bible

**Sexuality is a good gift from God. It was His idea, not ours.**

- “The man said, ‘This is now bone of my bones and flesh of my flesh; she shall be called ‘woman,’ for she was taken out of man.’ That is why a man leaves his father and mother and is united to his wife, and they become one flesh. Adam and his wife were both naked, and they felt no shame.” (Genesis 2:23-25)
- “Drink water from your own cistern, running water from your own well. Should your springs overflow in the streets, your streams of water in the public squares? Let them be yours alone, never to be shared with strangers. May your fountain be blessed, and may you rejoice in the wife of your youth. A loving doe, a graceful deer— may her breasts satisfy you always, may you ever be intoxicated with her love.” (Proverbs 5:15-19)
- “How beautiful you are and how pleasing, my love, with your delights! Your stature is like that of the palm, and your breasts like clusters of fruit. I said, ‘I will climb the palm tree; I will take hold of its fruit.’ May your breasts be like clusters of grapes on the vine, the fragrance of your breath like apples, and your mouth like the best wine.” “I belong to my beloved, and his desire is for me. Come, my beloved, let us go to the countryside, let us spend the night in the villages. Let us go early to the vineyards to see if the vines have budded, if their blossoms have opened, and if the pomegranates are in bloom— there I will give you my love.” (Song of Solomon 7:6-12)

# God's Standards

## **God ordained sex in marriage, not sexual immortality (which includes coercion and rape)**

- "Marriage should be honored by all, and the marriage bed kept pure, for God will judge the adulterer and all the sexually immoral." (Hebrews 13:4)

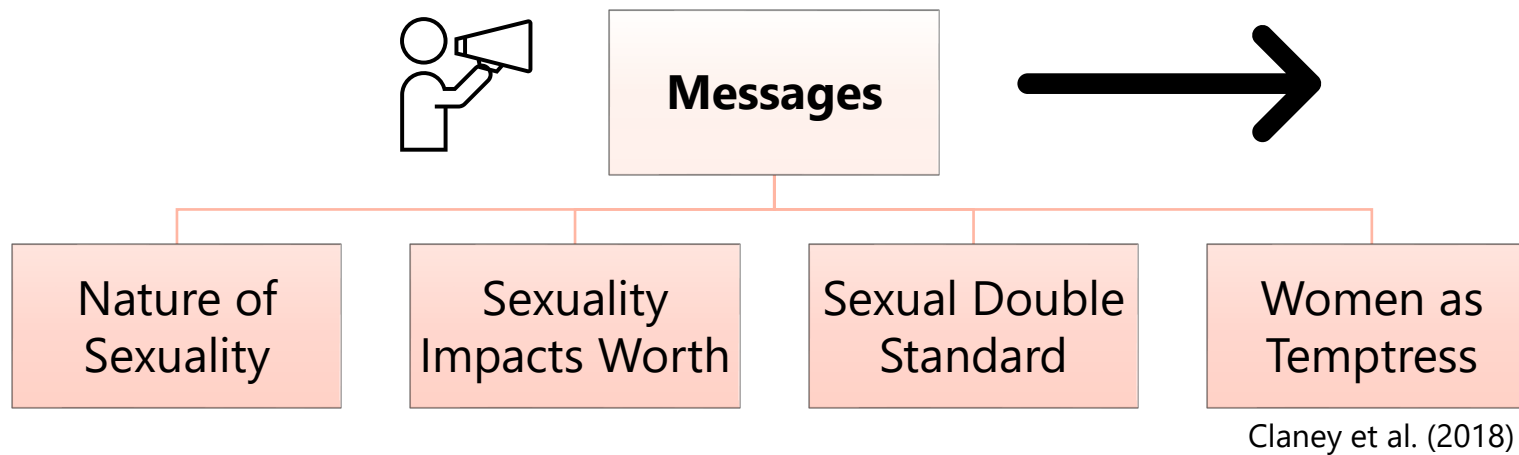
## **How men are to treat their wives**

- "Husbands, love your wives, just as Christ loved the church and gave himself up for her to make her holy, cleansing her by the washing with water." (Ephesians 5:25-33)

## **Love is...**

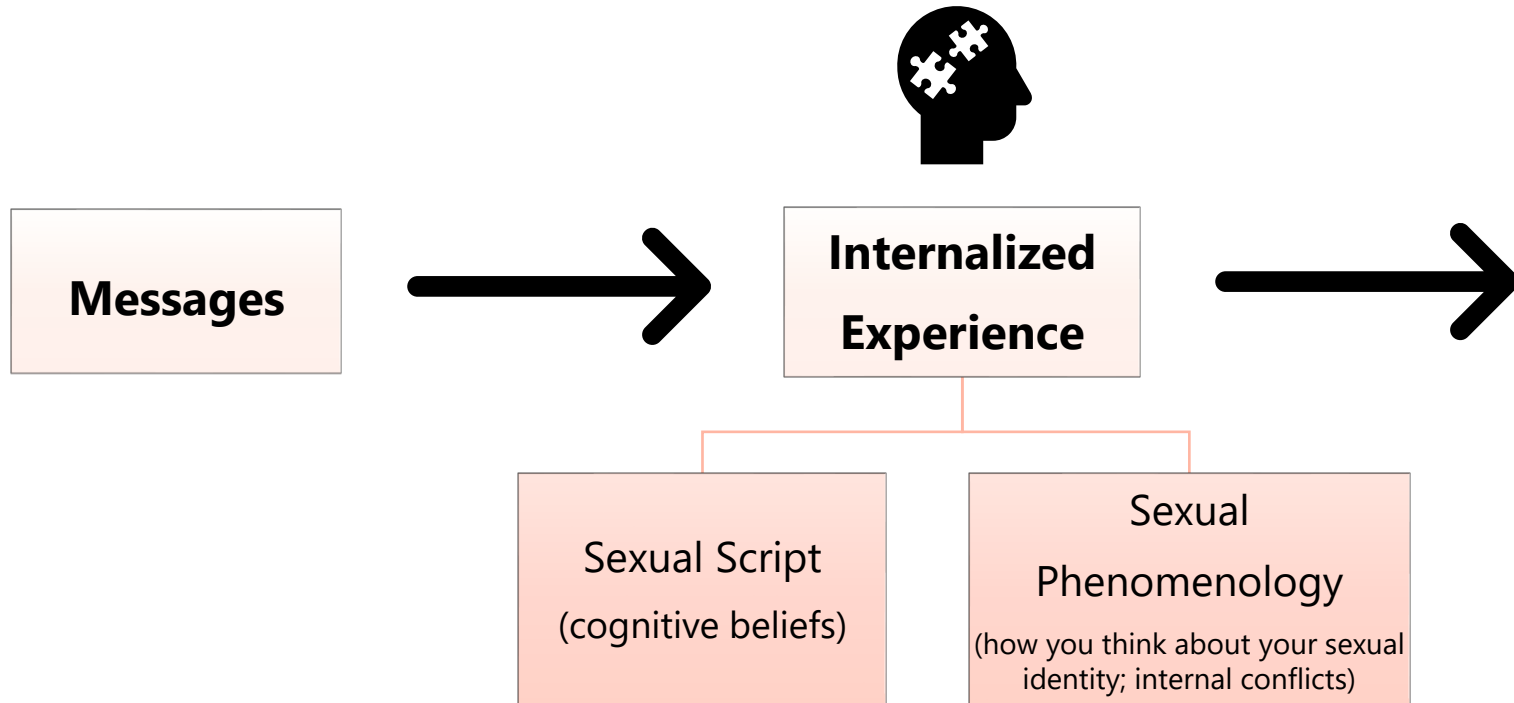
- "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. But where there are prophecies, they will cease; where there are tongues, they will be stilled; where there is knowledge, it will pass away.(1 Cor. 13:4-8)

# Christian Women: Theory of Sexuality Development, Exploration, & Management





# Christian Women: Theory of Sexuality Development, Exploration, & Management



Claney et al. (2018)

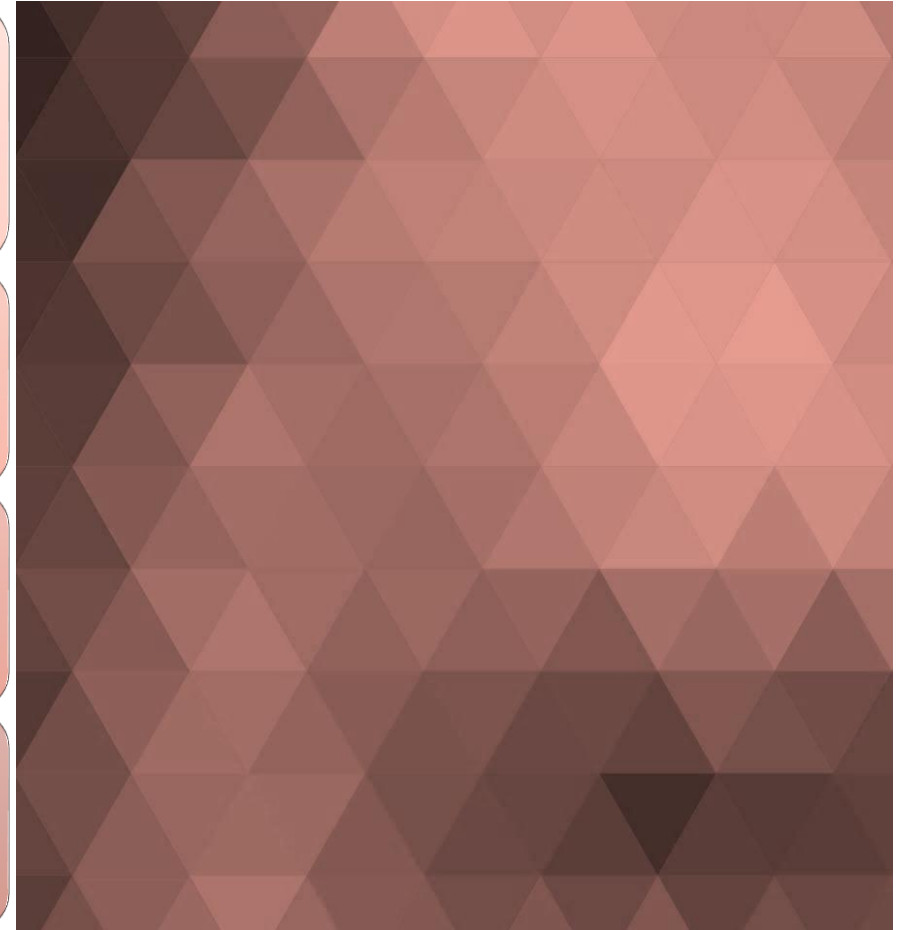
# Arousal Template

The total constellation of **thoughts, images, behaviors, sounds, smells, sights, fantasies, and objects** that arouse us sexually (Patrick Carnes, Ph.D.).

Our arousal templates and structures are formed in a variety of places, not just the bedroom.

They are formed by our **faith, family, friends, media** we consume, etc.

It registers at a **subconscious** level, according to Dr. Alexandra Katehakis.



# Conflict

## Between....

- Christian morals and sexual desire
- Sexual script (beliefs) and experiences of sexuality-inconsistencies led to negative self appraisals (views of sexuality and self-worth); consistency led to positive appraisals
- Sexual script and media or biblical standards
- Sense of self and external expectations placed on them as Christian women
- Religious culture and secular society



Claney et al. (2018)

# Christian Women: Theory of Sexuality Development, Exploration, & Management

Messages



Internalized  
Experience



Exploration &  
Management

Cognitive  
Exploration

Behavioral  
Exploration

Conflict  
Strategy

Claney et al. (2018)

# Healthy Sexuality

**for single, emerging adult evangelical Christian women, includes 3 main factors:**

accepting sexuality as an aspect of identity

integrating sexuality with other aspects of identity

maintaining consistency between sexual scripts and sexual experiences

Claney et al. (2018)

# Book Resources for Adults

## **Sheila Wray Gregoire** ("Bare Marriage")

- *The Great Sex Rescue: The Lies You've Been Taught and How to Recover What God Intended*
  - Surveyed 20,000 women about what they believed and looked at how it impacted their marriages and sex lives
- *The Good Girl's Guide to Great Sex: Creating a Marriage That's Both Holy and Hot*
- *The Good Guy's Guide to Great Sex: Because Good Guys Make the Best Lovers*
- *She Deserves Better: Raising Girls to Resist Toxic Teachings on Sex, Self, and Speaking Up*

## **Andrew Bauman**

- *How Not to Be an \*SS: Essays on Becoming a Good & Safe Man*
- *The Sexually Healthy Man: Essays on Spirituality, Sexuality, & Restoration*

## **Zachary Wagner**

- *Nontoxic Masculinity: Recovering Healthy Male Sexuality*



# Children and Healthy Sexuality

- Importance of prevention and education with youth
- Some resources for parents and youth
  - Sheila Wray Gregoire's *The Whole Story: The Talk for Parents & Kids* <https://baremarriage.com/the-whole-story/>
    - Versions for boys & girls
    - Versions for younger (10-13) & older (14-16)
  - Luke and Trisha Gilkerson's Sex Ed series- <https://www.intoxicatedonlife.com/store/product-category/sex-ed/>
  - Sheila Wray Gregoire's *She Deserves Better: Raising Girls to Resist Toxic Teachings on Sex, Self, and Speaking Up*
- Impacts of childhood sexual abuse
  - Dan Allender's *Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation* & workbook
  - Sharon Sheppard's *UNDONE: Hope for Healing from Childhood Sexual Abuse*
  - Links on course webpage



# Advocate Self Care: Best Care Practices

## What is “*vicarious trauma*” (VT)?

- Cumulative effects of working with survivors of traumatic life events, such as rape, incest, child abuse, or domestic violence

## How advocates can care for themselves when working with survivors of sexual assault/IPSV and ways to reduce the impact of VT-

- Self care skills (e.g., meditation, relaxation, and grounding techniques, exercise, journaling)
- Healthy boundaries and balance- also having non-trauma related interest and hobbies
- Awareness of our own thoughts and behaviors
- Having your own supports to process with
- Consult with CTP team when unsure of what to do

“Understanding Vicarious Traumatization-  
Strategies for Social Workers” By Shantih E. Clemans, DSW  
Social Work Today, 2004





# Resources for Victims

- Immediate danger- 911
- If in a safe place- call **National Sexual Assault Hotline 800-656-HOPE (4673)**, chat online with trained hotline worker at any time to get help- <https://hotline.rainn.org/online>, or use **RAINN mobile app**
- Speak with a mental health professional
- *Mending the Soul* support groups- <https://www.mendingthesoul.org/find-a-group>
- Books
  - Dan Allender's *Healing the Wounded Heart: The Heartache of Sexual Abuse and the Hope of Transformation* & accompanying workbook
  - Justin and Lindsey Holcomb's *Rid of My Disgrace: Hope and Healing for Victims of Sexual Assault*
  - Diane Langberg's *On the Threshold of Hope: Opening the Door to Healing for Survivors of Sexual Abuse*
  - Steven & Celestia Tracy's *Mending the Soul, Second Edition: Understanding and Healing Abuse* & accompanying workbook

"But flee sexual immorality! Every other sin a person commits is outside the body, but the person who is sexually immoral sins against his own body" (1 Corinthians 6:18).

**Not only are those committing acts of IPSV sinning against the victim, they are sinning against themselves.**

**Instead, God tells us:**

"Therefore do not let sin reign in your mortal body, so that you obey its desires. And do not offer any parts of it to sin as weapons of unrighteousness. But as those who are alive from the dead, offer yourselves to God, and all the parts of yourselves to God as weapons for righteousness" (Romans 6:12-13).

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