



Ending the Epidemic of Sexual Violence in Indian Country



THE PROBLEM

SEXUAL VIOLENCE RATES

- Nearly half of Indigenous women in the U.S. are raped in their lifetime.
- Nearly 1 in 3 Indigenous high school girls in the U.S. have been forced to have sex in their lifetime.
- Nearly 1 in 10 Indigenous high school boys in the U.S. have been forced to have sex in their lifetime.

SEXUAL VIOLENCE IMPACTS

- Sexual violence leads to numerous short- and long- term negative outcomes including mental health, physical health, relationship/social, and academic problems.
- Rape costs more than \$122,000 per victim across their lifetime.

THE SOLUTION

IMPOWER: EMPOWERMENT-BASED, CULTURALLY GROUNDED, GENDER TRANSFORMATIVE PREVENTION TAUGHT BY LOCAL INDIGENOUS ADULTS

- Elementary school AND middle and high school girls' classes: understanding sexual violence; verbal and physical skills to use if someone is trying to force them to do sexual things.
- Middle school boys' classes: guide them on a healthy, positive journey to a Lakota culture-based manhood and build skills to manage life challenges.
- High school boys' classes challenging the myths that promote sexual violence, resisting harmful gender stereotypes, practicing consent, and learning bystander intervention skills.
- All classes include the Tell Campaign. Youth are encouraged to “tell and tell and tell until someone believes you and you get the help that you need.”



Contact us for more information:

WEBSITE: go.unl.edu/peacefulmeans PHONE: 605-430-9575 FACEBOOK: @PeacefulMeans

THE IMPACT

PRELIMINARY FINDINGS WITH INDIGENOUS YOUTH IN THE U.S.

- **80% reductions in sexual assault among middle and high school girls.**
- Increases self-defense knowledge, confidence in using skills in a sexual violence situation, and feeling safe among upper elementary school children and middle and high school girls.
- Youth report liking the classes, perceiving the classes as impactful, and sharing the skills they learned with others.
- *Additional findings forthcoming! Stay tuned!*



GLOBAL FINDINGS SPECIFIC TO IMPOWER

- **42% to 60% reductions in sexual violence wherever IMpower is taught.**
- Decreases in school drop-out and pregnancy related drop-out among girls.
- Boys who witnessed physically or sexually abusive behaviors, successfully intervened to stop it.

“I learned that I am worth defending.”

–Lakota Girl

“The instructors made me feel worthy enough to fight for.”

–Lakota Girl

“I will use what I learned to teach my children when I get old.”

–Lakota Boy

“The classes taught me to love myself and others.”

–Lakota Girl

SCALING UP

WHAT WE WILL DO

Teach every Indigenous youth (550,000+) by 2075 across the nation.

HOW WE WILL DO IT

Peaceful Means trains Indigenous instructors to deliver the curricula. Then, they train other instructors to do the same. Using this model, over 300,000 youth worldwide, including 2,000 Indigenous youth in the U.S., have received IMpower to date.



OTHER WORK

IN ADDITION TO DELIVERING PROGRAMMING AND RESEARCHING ITS IMPACT, AT PEACEFUL MEANS WE:

- Empower Indigenous students including tribal college students to be the future leaders of sexual violence prevention.
- Create a youth-led documentary on the story and impact of Peaceful Means.
- Engage in grant writing, fundraising, and other sustainability and expansion efforts. You can donate to us on our website!



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