

Ending the Epidemic of Sexual Violence in Indian Country

UNIVERSITY OF
Nebraska
Lincoln

 **IMpower United**

THE PROBLEM

SEXUAL VIOLENCE RATES AND IMPACTS

- 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 leads mental health, physical health, relationship/social, and academic problems.

THE SOLUTION

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.”



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!*



“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

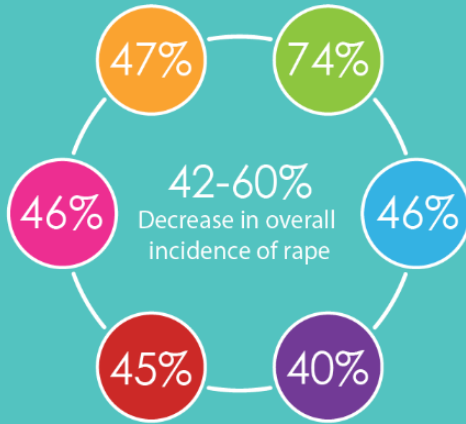
GLOBAL FINDINGS SPECIFIC TO IMPOWER

Here's what happens when IMpower comes to a school or community.

● Girls who used IMpower skills to stop a rapist in the year following a training

● Decrease in teen pregnancy-related school dropouts

● Decrease in early marriage



● Boys who witnessed physically or sexually assaultive behavior and successfully intervened to stop it

● Decrease in teenage pregnancy

● Decrease in general school dropout of girls



SCALING UP



WHAT WE WILL DO

Teach every Indigenous youth (550,000+) in the U.S. by 2050.

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 800,000 youth worldwide, including 2,000 Indigenous youth in the U.S., have received IMpower to date.



OTHER WORK

IN ADDITION TO PROGRAMMING & RESEARCHING, 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 strengths of the Lakota *oyate* (people) and 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!



Contact us for more information:

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