

Annex II. Sensitization scripts following the Café Dialogue

1. General comments

- Show people in all its diversity, in order to 1) speak to and to include as many people as possible, 2) indirectly strengthen the message that everyone can be a victim of sexual violence and everyone can be an assailant. Even better is to tackle two populations/ groups at the same time: female LGBTQ+, gay migrants, male older adults.
- Show that violence occurs within relationships, friendships and between acquaintances. This tackles the image of the stranger in the bushes.
- Campaigns should be published repeatedly
- Victims should be warned in advance before sexual violence is showed in series, advertisements, etc. A trigger warning is thus strongly advised
- Don't put attention on a myth itself: when people see the statement "only women are victim of rape", they tend to memorize/ understand only this statement (the myth) instead of seeing/ understanding the refutation that follows the statement.
- To reach vulnerable groups, detectable algorithms and word search behavior on the Internet can be used.
- The campaigns must be adapted to, be (partly) elaborated by and published according to channels that reach the target audience. This is also the case when talking about the 'general public': people from different age groups, origin, and so on use different media, frequent different places and are attracted to different images. To ensure this is done right, create campaigns in participation with target audience or organizations representing this group.
- Always name organizations/ aid agencies that provide help to victims, assailants and their environment.

2. Care

	Target audience	Message(s)	Target(s)	Content
Script 1	General Public/ Older adults	<ul style="list-style-type: none"> - It is never too late to get help - Find help if you have difficulty processing, if the effects are still present or if the effects pop up years after the violence took place; if you feel you are struggling - Tell someone you trust, don't keep this to yourself 	<ul style="list-style-type: none"> - Contradicting the myth "Just forget about it" - Contradicting the myth that "Sexual violence has no lasting effects" - Encourage disclosure of (historical) sexual violence and stimulate help-seeking behavior - Contradicting the myths that "only girls can be victimized", "sexual violence is being raped by a stranger" and assailants and "victims come from the same group/population" 	<ul style="list-style-type: none"> - Stories of people telling about the abuse they have been through, the help they sought out and the relief that came when they got the help. - Also show where people can go to in need of help. It is important to show different stories, with people of different ages (e.g. a 20-year-old, 35-year-old, 60-year-old and 80-year-old) having experienced sexual violence at different ages (as a kid, as a teenager, as an adult, as an older person, ...) - Short versus longer times to disclose (e.g. 3 days, 6 months, 5 years, 25 years, 60 years) - Different types of sexual violence they endured (unwelcome touching, unwelcome kissing, asking to masturbate, being asked for a nude picture and then sending it to friends, ...) - Different settings where the sexual violence took place (at home, going out, being with friends, ...) - Different situations (being drunk thus not being able to consent, freeze in reaction to the sexual violence, going home with someone but not giving consent to certain sexual behaviours, ...) - Different perpetrators (family member, friend, ex-partner, an acquaintance, a stranger)

				<ul style="list-style-type: none"> - Different consequences of the sexual violence (fear of going outside, dressing differently, less trust in people, PTSD, depression, relationship issues, impact on parenting, ...) - Different people they consulted (doctor, psychologist, family member, partner, gynecologist, friend, ...) <p><i>Could also be a judicial script about filing a complaint (see 'judicial approach')</i></p>
Script 2	Applicants for international protection (AIPs)	(Same as script 1)	(same as script 1)	<p>Stories of people telling about the abuse they have been through in the past/ since they arrived in Europe/ Belgium, the help they sought out and the relief that came when they got the help.</p> <ul style="list-style-type: none"> - Creation of this campaign in different languages is important. Research what the main prevalent languages for AIP's in Belgium are and create the campaign of script 1 in these languages. - To reach this group, use the venues available. For example, hand the information to them when they arrive in the center, through information sessions, ... - Repetition is key. Most AIP's experience sexual violence when they arrive in Europe or Belgium, so they might need the information also a longer time after arrival. - Show them where/ to whom they can go to, what their rights are and that it is safe for them to go there. <p>Show different stories of:</p>
		<ul style="list-style-type: none"> - It is never too late to get help - Find help if you have difficulty processing, if the effects are still present, if you feel you are struggling - Tell someone you trust, don't keep this to yourself 	<ul style="list-style-type: none"> - Contradicting the myth "Just forget about it" - Contradicting the myth that "Sexual violence has no lasting effects" - Encourage disclosure of (historical) sexual violence and stimulate help-seeking behavior - Contradicting the myths that "only girls can be victimized", "sexual violence is being raped by a stranger" and assailants and "victims come from the same group/ population" 	

- People of different ages (e.g. a 20-year-old, 35-year-old, 60-year-old and 80-year-old) having experienced sexual violence at different ages (as a kid, as a teenager, as an adult, as an older person, ...)
- Short versus longer times to disclose (e.g. 3 days, 6 months, 5 years, 25 years, 60 years)
- Different types of sexual violence they endured (unwelcome touching, unwelcome kissing, asking to masturbate, being asked for a nude picture and then sending it to friends, ...)
- Different settings where the sexual violence took place (at the asylum center, in their home country, on their journey to Belgium, but with the emphasis of having experienced sexual violence as a refugee in Belgium/ Europe)
- Different situations (freeze in reaction to the sexual violence, having to undergo sexual behaviour in return for money/ resources, experiencing child sexual abuse as a kid, ...)
- Different perpetrators (a stranger, friend, ex-partner, an acquaintance)
- Different consequences of the sexual violence (fear of going outside, dressing differently, less trust in people, PTSD, depression, ...)
- Different people they consulted (doctor, family member, psychologist, partner, gynaecologist, friend, ...)

		<i>Could also be a judicial script about filing a complaint (see 'Judicial approach', script 3)</i>	
Script 3	<p>General Public/Professionals</p> <ul style="list-style-type: none"> - The reaction you give to someone who tells about the sexual violence they experienced, is important and makes a difference - You can make a big difference by being supportive and helping where you can 	<p>Teach people how to support someone in their environment who has been through sexual violence</p>	<ul style="list-style-type: none"> - Give tips on how to support someone who has been through sexual violence, like for example: 1) listen to their story; 2) Don't ask questions on why they did this or that, because this can feel accusatory to the victim; 3) Ask what you can do to help. Can you maybe find a professional to talk to, assist this person to the doctor, contact an organization that can provide help?; ... - E.g. how can I help as a friend or family member? (https://www.seksueelgeweld.be/ik-ben-vriend-familieid) - E.g. "I owe you support" from the It's On Us-campaign: https://www.youtube.com/watch?v=Vb_corMlxSw - Tips could also include tips on how to save evidence e.g. Like the tips shown in this video: "What to do after sexual assault": https://www.youtube.com/watch?v=upHlbJOUoAE&t=2s
Script 4	<p>Professionals</p> <ul style="list-style-type: none"> - When you suspect a person having been victimized, ask about it. Victims often want to talk about it, but it isn't easy. Being asked 	<ul style="list-style-type: none"> - Contradicting the myth that "Victims will come forward themselves if they need help" - Have attention for and enhance an open communication on (possible) sexual violence with everyone 	<ul style="list-style-type: none"> - Show that when a doctor suspects that the patient has been through sexual violence (recently or in the distant past) but the patient doesn't talk about it directly, they can show an open attitude and communicate in an open way. This is a signal to the person that they can talk about it if and when they want to.

- after it makes it easier to talk about it.
 - Let victims know that whenever they want to talk about it, they can
 - Include asking for sexual victimization when an older adult comes to you with mental health problems.
 - Mental health problems in older age can still be the result of sexual victimization earlier in life.
- (with a special attention to older adults, men, LGBTQI+ and people with a migration background/ AIP's)
- Professionals should address sexual violence routinely to create opportunities for victims to come forward
 - Professionals should create disclosure enhancing environments
- Especially give attention to groups who are vulnerable to sexual violence and/ or are not generally seen as possible victims of sexual violence: older adults (both recent and historic sexual violence), male persons, LGBTQI+, people with a migration background/ AIP's, ...
 - Show a person in a caregiving context (at the doctor's office, being cared for by a nurse) having flashbacks to the sexual violence while having a conversation with the caregiver about the struggles they are going through (depression, anxiety, PTSD, hazardous alcohol use, ...). Show that this person is not telling everything and that the caregivers senses this, eventually doing a general statement like the following: "We see that someone who experiences these kind of difficulties or has these complaints, they often have experienced sexual violence".
 - Show that the patient decides the pace: if this person doesn't want to get into it at the moment, it's this person's choice. The main message is to be open and show open communication.
 - Include the fact that it is not easy for a person to talk about the experience of sexual violence and that the caregiver has a responsibility to good care, thus also including asking if they have experienced sexual violence.
 - E.g. 'Onder vier ogen' trains professionals on how to talk about sexual health with patients/ clients

<https://www.sensoa.be/als-professional-praten-over-seksuele-gezondheid>)

Script 5	Professionals	- An unwanted touch - anywhere on the body – can feel threatening to victims of sexual violence.	- When investigating victims for other matters it's important that they ask if the person can be touched. Victims of sexual violence might not like being touched, even though it's 'just' on the arm for example. Sensitize professionals on this matter.	- It is important to explain why an unwanted touch can be triggering or feel threatening for patients. What seems an 'innocent' body part might not be innocent (for example, that can be a body part where the assailant touched this person). - Show for example how their nervous system goes into panic mode. - A caregiver can simply ask "can I touch you here?" or "I am going to take your arm and put it here, so I can (...) Is that okay for you?" - Give tips on how to ask the patient when the language is a barrier
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3. Judicial approach

	Target audience	Message	Target(s)	Content
Script 1	General public/professionals	<ul style="list-style-type: none"> - Everyone can be a victim of sexual violence - Everyone can be an assailant of sexual violence 	<ul style="list-style-type: none"> - The campaigns aim to counter stereotypes about gender and rape myths - Contradicting the myth that “older adults cannot become a victim of sexual violence” - Contradicting the myths “Only girls can be victimized”, “Sexual violence is being raped by a stranger” and “Assailants and victims come from the same group/population” - Showing what behaviors are illegal. When you think something was ‘not severe enough’, which comes up a lot, you won’t go to the police. This might be different when you are aware of the fact that a certain behavior is actually illegal. 	<ul style="list-style-type: none"> - Show that people respond differently according to the same story, just because it is told by different people out of which some don’t fit the profile of the ‘ideal victim’ or ‘the ideal assailant’. For example what happened to a (young) girl, an older adult, an LGBTI man, a migrant, ... This attacks the ‘ideal victim’-idea. - Show that perpetrators are often friends, (former) partners, acquaintances and family members. - Show that perpetrators don’t necessarily belong to the same ‘group’ (AIPs/ migrants can be victimized by Europeans, LGB can be victimized by heterosexual people, ...) - Give special attention to male victimization, since it’s more difficult for males to come forward with their experiences of enduring sexual violence and to seek help. - Give also special attention to older adults, LGBTI-persons and migrants/ AIP’s, since these are people who are vulnerable to experiencing sexual violence.
Script 2	Vulnerable groups/general	<ul style="list-style-type: none"> - Reporting the sexual violence can be a positive experience 	<ul style="list-style-type: none"> - Addressing the perception that victimization of sexual violence (any type) won’t be 	<ul style="list-style-type: none"> - Show stories of positive experiences with the police and with the legal system before, during and after reporting the sexual violence. Like for example they

public	taken seriously	<p>experienced enough privacy at the reception, police officers were understanding and empathetic, let them tell the story in their own pace, the interrogation took place in a comfortable room</p> <ul style="list-style-type: none"> - Pay special attention to stories of LGBTQ-persons and migrants/ AIP's who had positive experiences, since people from these groups tend to have more negative experiences - Make sure to include different types of sexual violence that are also illegal but less known (e.g. sexual harassment on for example the streets or in public transport, autopenetration (which is rape), rape within marriage, being forced to penetrate yourself in front of a webcam (which is rape), ...) 	
Script 3 General Public	<ul style="list-style-type: none"> - It's important to save evidence. You can still decide later whether you want to file charges. 	<p>taken seriously</p> <ul style="list-style-type: none"> - Improving the negative image with the police regarding reporting sexual violence, in particular with regard to minority groups - Showing what behaviors are illegal. When you think something was 'not severe enough', which comes up a lot, you won't go to the police. This might be different when you are aware of the fact that a certain behavior is actually illegal. <p>Many don't want to report the sexual violence at the moment and don't save evidence and don't do the forensic investigation, but if they change their mind later, it is often more difficult because the physical evidence is gone</p> <ul style="list-style-type: none"> - Showing the legal possibilities afterwards: forensic investigation and what is important here (e.g. not taking a shower). Some victims were 	<ul style="list-style-type: none"> - E.g. campaign in Germany: https://www.femnet-gegen-gewalt.de/downloads/PR_Flyer_Fraunnotruf_0114_KST_webKorr.pdf - Give tips on what to do and what not to do having experienced sexual violence: tips are for example: (source: https://www.slachtofferzorg.be/aanrading-en-verkrachting): go to a SACC when there's one near you (UZ Gent, het UMC Sint Pieter in Brussel en het UMC Luik); let the doctor run a medical exam on you within 72h after the violence; don't shower; when you suspect being intoxicated by someone else before the violence, it is important to do a

happy to have this knowledge beforehand. The more information they have before becoming a victim the better they can make a decision that feels well for them at that moment

- toxicological investigation as quickly as possible , ...
- Give tips on what to do when the victim can't see a doctor for a medical examination immediately after the experience of sexual violence.
- Focus on finding help and psychological support first.
- Talk victims through the process as much as possible: what kind of evidence is collected and why? What will happen during this examination? Where will the evidence go and what are the different steps in this process?
- Focus on the nuance: the deadline of 72 hours is to collect traces, but this doesn't necessarily mean people have to report within this timeframe as well. They can decide later whether they want to report later.
- Show positive experiences on doing the medical examination (*see for example 'Care, script 1 and 2', applied in the case of the medical examination*)
- For application to AIPs/ migrants, beware of the following points:
 - o Creation in different languages is important. Research what the main prevalent languages for AIP's in Belgium are and create the campaign in these languages.
 - o To reach this group, use the venues available. For example, hand the information to them when they arrive in the

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- center, through information sessions, ...
- Repetition is key. Most AIP's experience sexual violence when they arrive in Europe or Belgium, so they might need the information also a longer time after arrival.
 - Show them where/ to whom they can go to and that it is safe for them to go there.
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4. Societal image and sensitization

	Target audience	Message	Target(s)	Content
Script 1	General public	When there is no consent for sexual behaviour, this is sexual violence.	- There have to be campaigns that enable (potential) victims, perpetrators and their families to recognize and acknowledge sexual violence.	<ul style="list-style-type: none"> - Information on healthy and positive sexuality is indispensable to talk about sexual violence, because these subjects are interrelated with each other. Knowing what healthy (sexual) relationships are, makes it easier to distinguish positive sexual behaviour from sexual violence. - E.g. 'Het Sensoa Vlaggensysteem' (vlaggensysteem.be) can support discussing sexual behaviour and is based on the notion that sexual behaviour is a continuum, ranging from positive sexual behaviour to severe sexual violence. Six criteria help to assess sexual behaviour - Explain what consent is in a simple and logical manner (e.g. "consent is tea": https://www.youtube.com/watch?v=oQbei5JGiT8) - E.g. for young people, the 'Is 't Oké'-campaign explains the different 'checks' a person can do to make sure they don't cross someone else's boundaries: https://www.sensoa.be/actueel/sensibiliseringscampagne-t-oke-niet-zeker-check-het-wil-seksueel-grensoverschrijdend-gedrag
Script 2	Older adults/	People also experience sexual violence at an older	- Raise awareness regarding sexual violence in older	- Show different scenes where older adults are victim of different behaviours of sexual violence

<p>professionals/ general public</p>	<p>age (so not only young people)</p>	<p>adults, both in the past and in old age, and both in the general public and towards professionals</p>	<ul style="list-style-type: none"> - E.g. Benidorm Bastards-style: older people making a scene/ addressing younger people on purpose to create a shocking image. Goes against prejudices regarding older adults (being asexual, always being polite and quiet, ...) https://www.youtube.com/watch?v=vupoEKlokZo - For example: <ul style="list-style-type: none"> o A scene where an older woman (75)'s skirt is pulled up by her friend, an older man (75). She reacts shocked, people around her do nothing o A scene where an older woman (80) kisses her friend, an older man (80). The man pulls himself back and shows emotions of shock/ disgust/ ...
<p>Script 3</p>	<p>General public</p>	<p>Victim blaming is very harmful</p>	<ul style="list-style-type: none"> - The campaigns aim to counter stereotypes about gender, victim blaming and rape myths - Show that victim blaming is 'accepted' when talking about sexual violence, but it's weird when you compare it to other crimes. The analogy makes it obvious that it is in fact odd to blame the victim; e.g. https://www.youtube.com/watch?v=51-hepLP8J4 - Show what victim blaming does to a person: it is secondary victimization. The same feelings of shame and guilt the victim feels and the judgements the victim tells themselves, are spoken out by other people that should care for them. This leaves a mark and makes it even more difficult to shake off these feelings.
<p>Script 4</p>	<p>General</p>	<p>As a bystander you have</p>	<ul style="list-style-type: none"> - For witnesses, there have to - Show what bystanders can do to react to sexual

public the power to change the situation and to help where you can
Letting know that sexual violence is not tolerated is a very powerful message

be campaigns that make citizens responsible for (re)action

violence in different situations:

- When they see it happening
 - When someone they know has been through sexual violence (*see also 'Care: script 3'*)
 - When someone they know has perpetrated sexual violence
- Show how they can react when seeing the sexual violence, what they can say afterwards and what aid agencies (for victims and for perpetrators) they can contact
 - E.g. how to help when you see sexual violence? (<https://www.allesoverseks.be/seksueel-grensoverschrijdend-gedrag#title3>)
 - E.g. how can I help as a friend or family member? (<https://www.seksueelgeweld.be/ik-ben-vriend-familieid>)