

Mental Health and Sexual Assault



Agenda

- Introductions
- Unpacking
- Discussion on mental health & sexual assault
- Break
- Coping + Self-care
- Narrative around sexual assault from an African lens
- Pop the stigma

Land Acknowledgement

"Toronto is in the 'Dish With One Spoon Territory'. The Dish With One Spoon is a treaty between the Anishinaabe, Mississaugas and Haudenosaunee that bound them to share the territory and protect the land. Subsequent Indigenous Nations and peoples, Europeans and all newcomers have been invited into this treaty in the spirit of peace, friendship and respect."

Introductions

- What is Thrive Mental Health?
 - Mental health and Mental Illness
 - Africans
 - School
 - Equip us to support ourselves
 - Identify coping skills and resources

Comfort Agreement

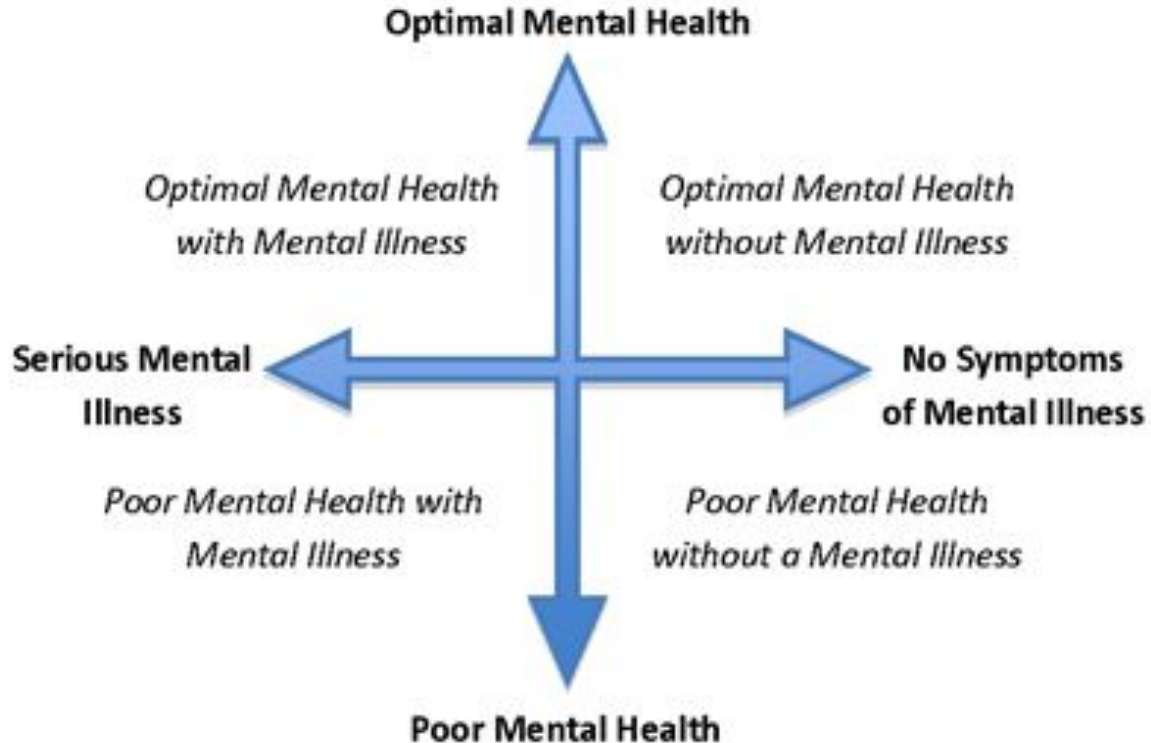
- a set of guidelines we want to co create with you to help us set intentions, create a shared sense of safety and value in this space

Mindfulness Exercise



Mental Health

What is Mental Health?



Mental Health Challenges

Different risk factors and causes including:

- Biological factors
- Life experiences
- Family history

Sexual Assault

What is Sexual Assault?

Sexual abuse is a sexual act, with or without physical contact, committed by an individual without the *consent* of the victim or, in some cases, and especially when children are involved, through emotional manipulation or blackmail.

Types of Sexual Assault

- Rape
- Non-consensual sexual contact
- Non-contact sexual abuse

What are some of the effects of sexual assault on one's mental health?

Effects on mental health

- Anxiety
- Depression
- Low self esteem
- ADHD
- Self-harm
- Substance Misuse
- Panic Attacks
- Acute Stress Disorder
- PTSD
- Trauma
- Vicarious Trauma

Trauma

Emotional response when an event overwhelms us. Some of the most common traumatic events can be:

- Physical
- Sexual
- Verbal
- Threatened with physical/sexual contact
- Witnessing violence against others

HAVE A  BREAK!

Mindfulness Exercise



Coping

- How you deal with situations whether positive or negative.
- Childhood defence mechanisms e.g. dissociating, rationalization, repression
- Healthy vs Unhealthy coping mechanisms



Self-Care

- What is self-care?
- Why should we self-care?
- How can we self-care?
 - Evaluate your coping skills?
 - Identify your self-care needs
 - Barriers & Facilitators for self-care
 - Build it!



Self-Care

- Collective Care
- Individual Self- Care

“Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

--Audre Lorde

Telling Our Stories

Discussion Time!

- Break out into groups
 - What is the narrative around sexual responsibility for women in African communities?
 - What is the narrative around sexual responsibility for men in African communities?
 - Reflect on your own experience with sexuality as an African. Remember, one African is completely different from another. One Nigerian is also completely different from another. Let's welcome each person's experience with respect.
 - What impact do these narratives have on men and women's mental health?

Pop The Stigma

1. Think about a myth or stigma relating to sexual assault and or consent OR one thing you want to leave in this space.
2. Blow up your balloon.
3. Write your myth or stigma on it.
4. Now pop eeeeeeeetttt!

