

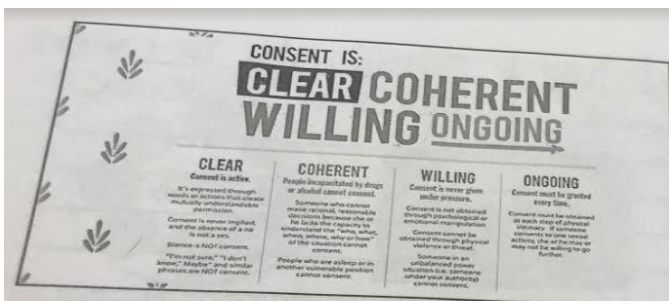
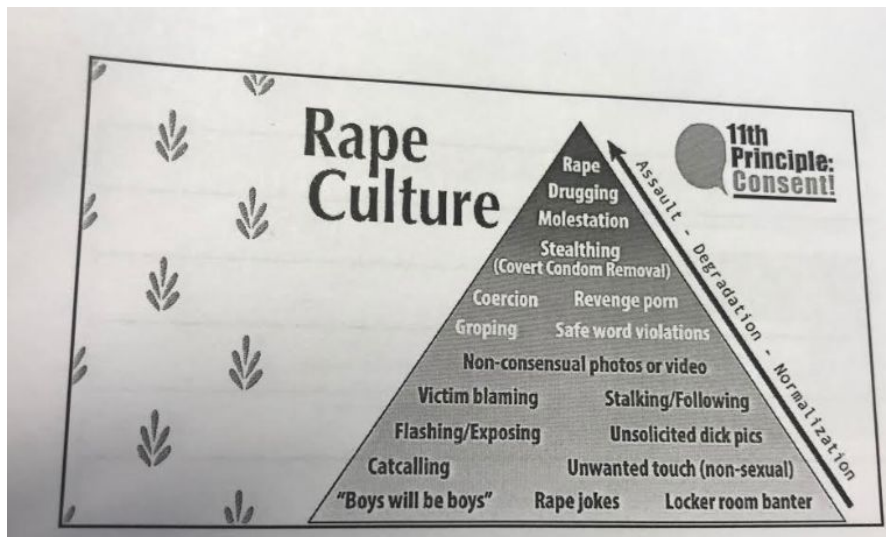


Recently, on January 26th, 2019 I went to Chicago to participate in a training workshop for the program 'Our Music My Body.' On this Saturday afternoon I learned a lot about the program, and how to volunteer for it. 'Our Music My Body' is a campaign that was created to raise awareness about sexual harassment and help protect people from harassment at concerts, music festivals, etc.

The group has a table at many concerts and festivals, such as LollaPaloosa, where it both spreads awareness about sexual harassment and protects potential victims of harassment by allowing them to have a safe space and also deescalate the situation.

At this training I learned about the presence of sexual harassment in the music scene. For example, 90% of women are known to be harassed at concert. I also learned about the impact of Our Music My Body in these concerts. Not only is Our Music My Body the only well known organization that raises awareness for sexual assault at concerts, its presence at the concerts has helped countless people find their way out of violent and unsafe situations.

At the training, we developed a greater understanding of the meaning of sexual and domestic violence, rape culture, consent and more keywords that applied to harassment.



Clear = consent is active

Coherent = people incapacitated by drugs or alcohol cannot consent

Willing = consent is never given under pressure

Ongoing = consent must be granted every time.

The training also taught us how to 'support a survivor who discloses.' In this case we were prepping for victims who had just experienced harassment, but this list can be applied to anyone in need.

Supporting a Survivor Who Discloses

- DO -

1. Create safe space for the survivor to share their story
2. Acknowledge the harm **BUT FOLLOW THEIR LEAD**
3. Validate feelings and actions.

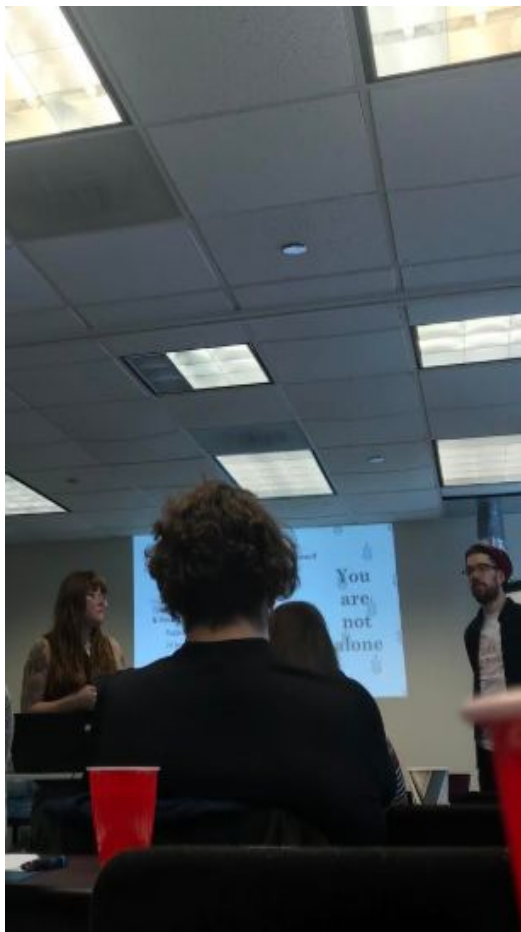
- DO NOT -

1. Ask probing questions
2. Overpromise solutions
3. Speak ill of the person causing harm.

**I believe you.
It's not your fault.
I'm here to help.**

Ways to help victims:

"I believe you. It's not your fault. I'm here to help."



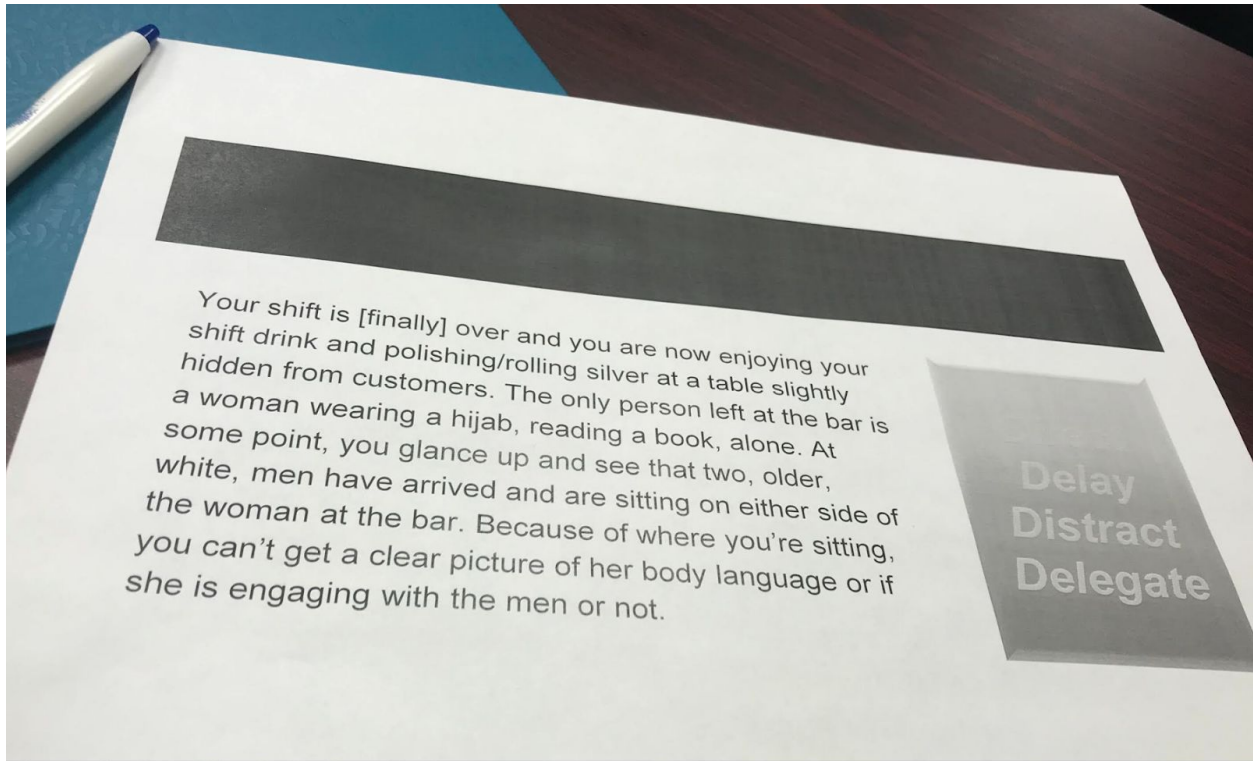
Distract = distracting either the victim or the perpetrator from the situation
eg. diversions, jokes, etc.

Direct = getting straight to the point
eg. directly asking 'do you need help?'

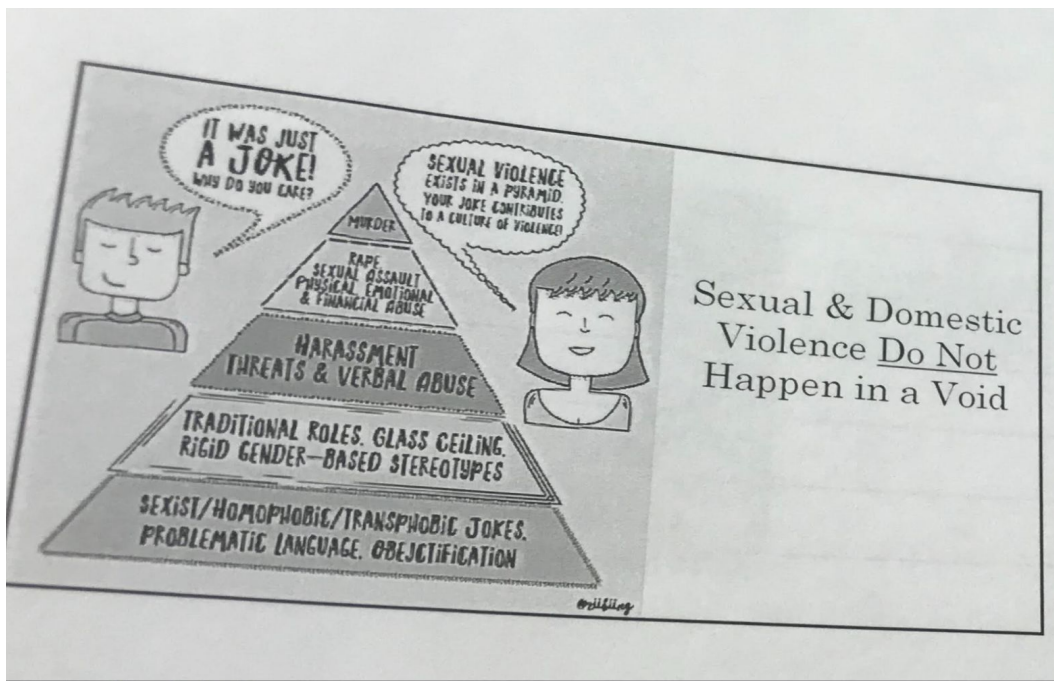
Delay = checking in with the victim after the situation occurs
eg. supporting them afterwards

Delegate = find someone else who can help
eg. find security, cops, etc. if the situation is unsafe for you

Additionally, we were given multiple scenarios of potential situations and asked what we would do. The four Ds, Distract, Direct, Delay and Delegate were there to help us decide our plan of action.



As a teenager growing up in early 2000s, this workshop really impacted me. I recognized that sexual and domestic violence are really ingrained in the society I live in. Items that are supposed to be meant for beneficial use (such as technology, social media, etc.) often make



issues worse. Sexual assault has become more and more prevalent over the years, but instead of being more aware I feel that youth are becoming more ignorant. This is exemplified by this pyramid of sexual violence above. I have heard countless sexist, homophobic, transphobic jokes and I am only sixteen. I strongly believe that the only way to ending sexual and domestic violence is to use the technology and resources we have for good. I also firmly believe that participating in 'Our Music My Body' is a right step to take in the path leading to ceasing sexual and domestic violence.