

Welcome, this web conference will begin soon

# **Sexual Violence Prevention during the COVID-19 Pandemic: Adapting in an Ever-Changing Landscape**

**Workshop Six: Wrapping Up This Series:  
Where do we go from here to prevent  
sexual violence during COVID-19?**



# Meet Our Facilitators and Hosts



Mo Lewis  
Prevention Specialist,  
National Sexual Violence  
Resource Center



Tori VandeLinde  
Project Coordinator,  
VALOR/  
PreventConnect  
she/her



Imelda Talamantes  
Latinx Services  
Coordinator, VALOR/  
PreventConnect  
she/her



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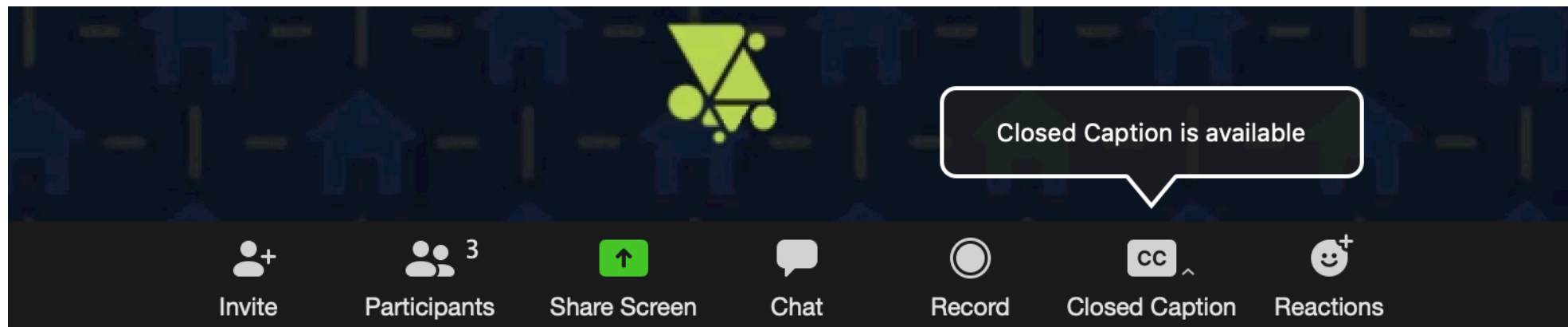
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# How to use Zoom

- ▶ Text chat
- ▶ PowerPoint Slides
- ▶ Polling Questions
- ▶ Phone
- ▶ Closed Captioning
- ▶ Web Conference Guidelines



# Sexual Violence Prevention during the COVID-19 Pandemic: Adapting in an Ever-Changing Landscape

**Workshop Six: Wrapping Up This Series:  
Where do we go from here to prevent  
sexual violence during COVID-19?**



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# Objectives

- ▶ Describe key takeaways from the web conference series *Sexual Violence Prevention During COVID-19: Adapting in an Ever-Changing Landscape*
- ▶ Identify strategies to sustain and adapt sexual violence prevention efforts during a continual and prolonged crisis
- ▶ Discuss opportunities for continued connection and learning during the COVID-19 pandemic beyond this web conference series

What has been your biggest takeaway/lesson learned about preventing sexual violence during the COVID-19 pandemic?

Text Chat Question



Chat

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To: **Everyone** ▼

Type message here...



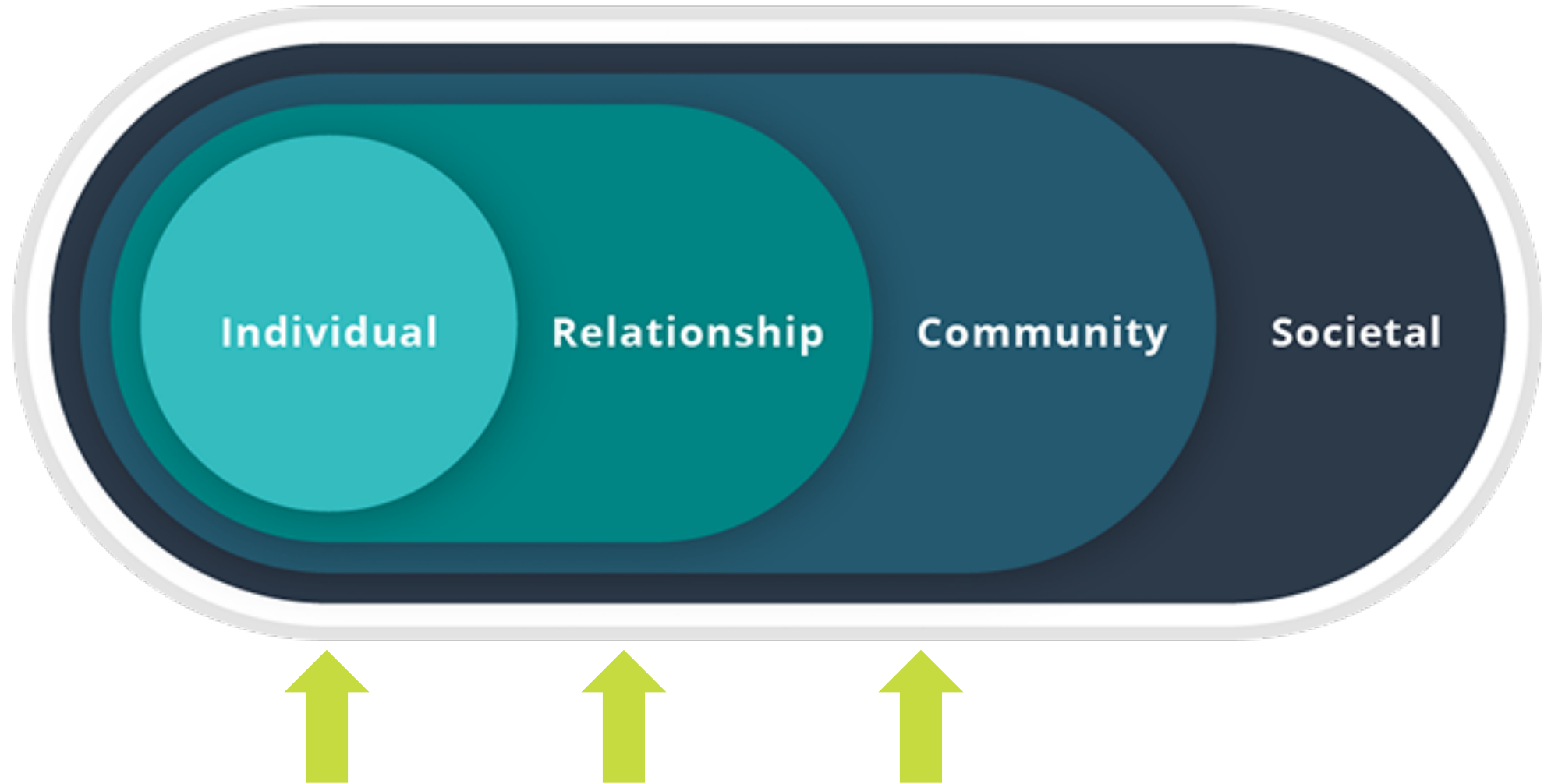
The series ends for now, the pandemic doesn't

# **Sexual Violence Prevention during the COVID-19 Pandemic: Adapting in an Ever-Changing Landscape**



# Polling question

# About this web conference



# Meet Our Guests



Jenée Johnson  
Movement Builder & Thought  
Leader  
she/her/hers

# More Presence



The Key To Liberated Relationships *Jenée Johnson* 

'i love myself.'  
the  
quietest.  
simplest.  
most  
powerful.  
revolution.  
ever.

—  
*nayyirah waheed*

#DAILYCALM

Calm



Jenée Johnson



Jenée Johnson



Mindfulness is being present to what is... paying attention on purpose



Jenée Johnson



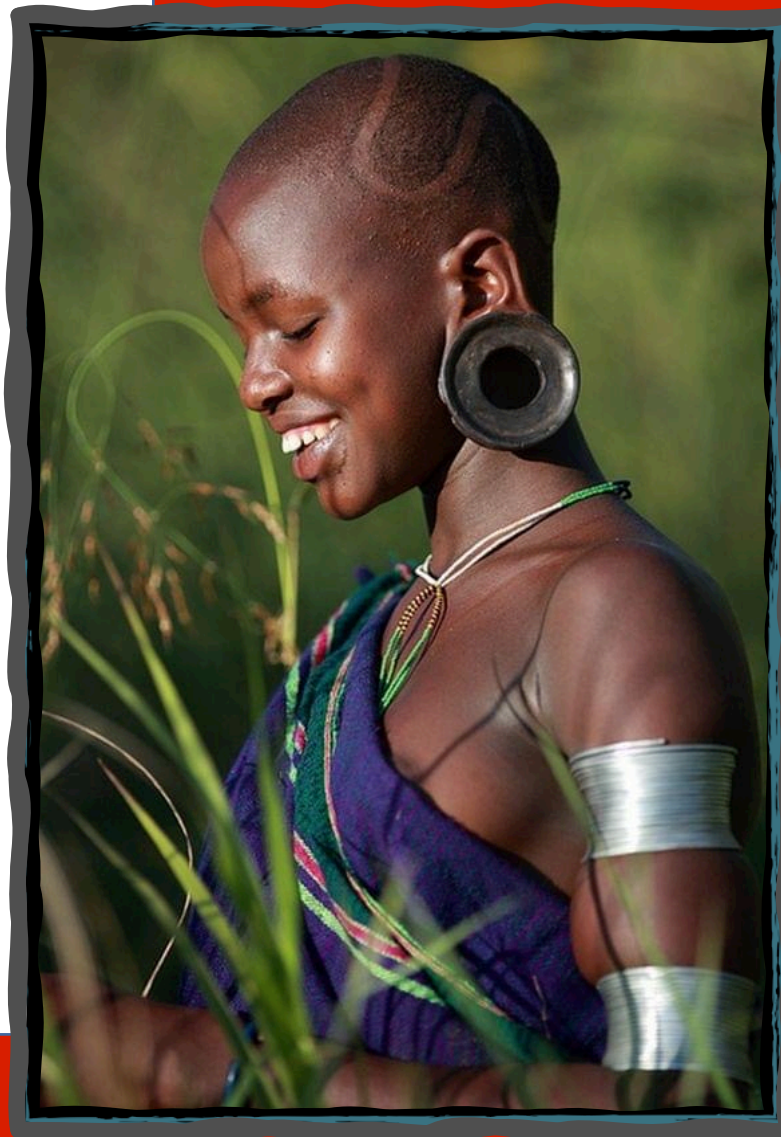
“Ultimately I see mindfulness as a love affair-  
with life, with reality and imagination, with the  
beauty of your own being, with your heart and  
body and mind, and with this world.”

- Jon Kabat Zinn



Jenée Johnson

Calm  
Clarity  
Happiness



Jenée Johnson

---

# *Focused Attention*



Jenée Johnson

# Emotional Intelligence



“Essential human competencies such as self-awareness, self-control, and empathy, and the arts of listening, resolving conflicts and cooperation.”

~ Daniel Goleman

Jenée Johnson

# *Micropractice: three breaths*

- *Attention to breath*
- *Relax body*
- *Ask: What's important now?*



Jenée Johnson



**S**TOP

**T**AKE A BREATH

**O**BSERVE

**P**ROCEED MINDFULLY

# The Ultimate Practice For Your Journey

## Loving Kindness and Self-Compassion



Jenée Johnson

“Without inner  
change, there can  
be no outer change.  
Without collective  
change, no change  
matters.”

~ Angel Kyodo Williams



Jenée Johnson





“You’re not obligated to win. You’re obligated to keep trying to do the best you can do every day.”

~ Marian Wright Edelman

Jenée Johnson



# Jenée Johnson

Mindful Movement Builder, Public  
Health Professional, Thought  
Leader and Founder of The Right  
Within Experience

**[Jeneejohnson.com](http://Jeneejohnson.com)**

How can you sustain yourself to continue preventing sexual violence during the COVID-19 pandemic?

Text Chat Question



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Type message here...

From the web conference

# **Sexual Violence Prevention during the COVID-19 Pandemic: Adapting in an Ever-Changing Landscape**

## **Workshop One: Creating Emergent Spaces for Sexual Violence Prevention during COVID-19**



# Meet Our Guests



**Shareen El Naga**  
MSW Student Class of  
'23 at UNC Chapel Hill  
she/her/hers



**Montia Daniels**  
Campus Y Co-President  
UNC Chapel Hill '22  
she/her/hers

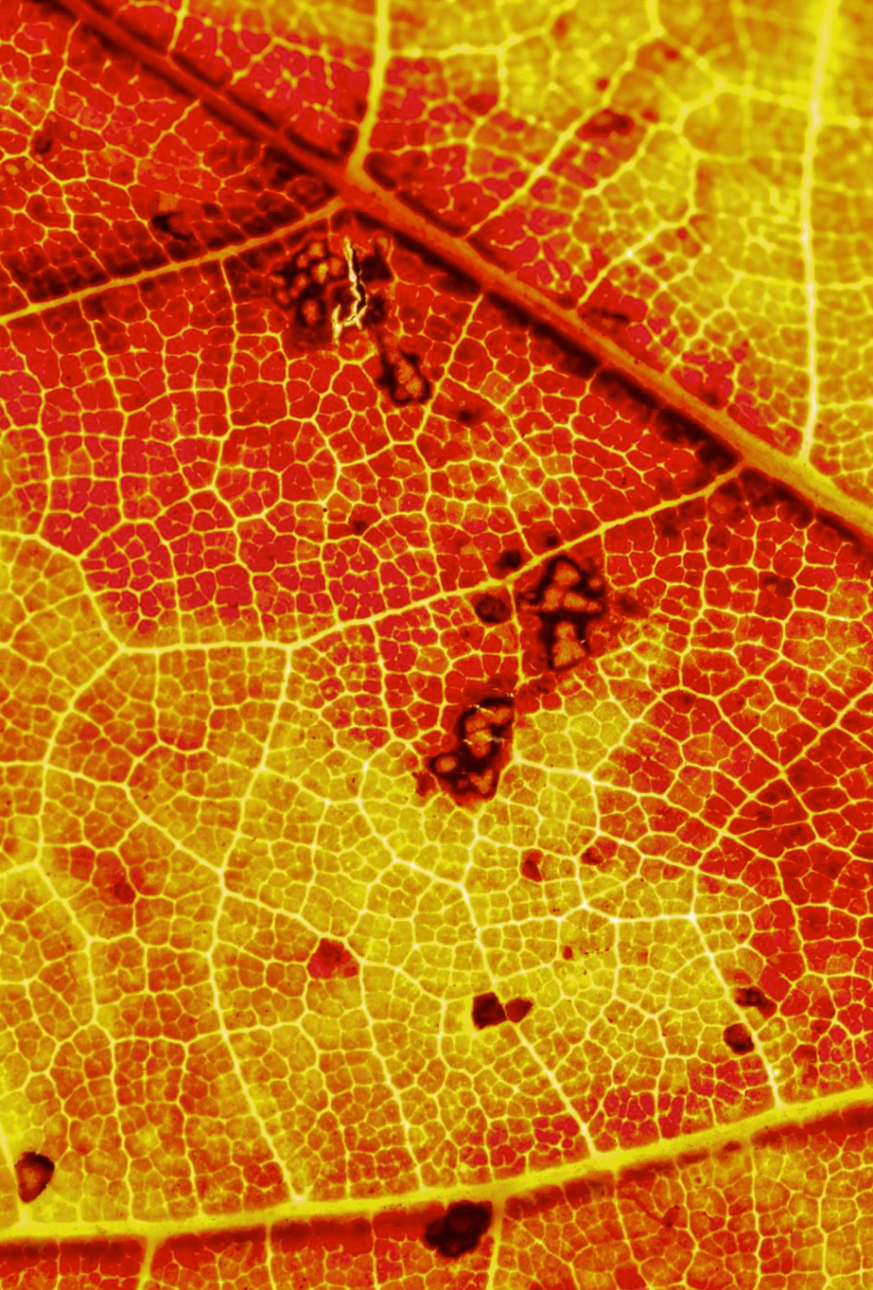


**Chris Croft**  
Prevention Education  
Program Manager,  
NCCASA  
they/them/theirs

# Emergent Space

Based on the frameworks established by  
adrienne maree brown in *Emergent  
Strategy: Shaping Change, Changing  
Worlds*





# Principles of Emergent Strategy

---

- Has a fractal nature, acknowledging the relationship between small and large.
- Is adaptive.
- Emphasizes interdependence and decentralization.
- Is non-linear and iterative.
- Fosters resilience and opportunities for transformative justice.
- Continues to create more possibilities.



## Continues to create more possibilities

The goal is to create new frameworks, ideas, practices, and groups using the emergence framework.

It also ensures that the work done in the emergent space can be applicable outside of the space in order to continue creating and growing.



I shall be a bestselling writer.

After Imago, each of my books will be on the bestseller lists of LAT, NYT, PW, WP, ~~etc.~~, etc.

My novels will go onto the above lists whether publishers push them hard or not, whether I'm paid a high advance or not, whether I ever win another award or not.

This is my life. I write bestselling novels. My novels go onto the bestseller lists on or shortly after publication. My novels each travel up to the top of the bestseller lists and they reach the top and they stay on top for months (at least two). Each of my novels does this. So be it! See to it! I will find the way to do this. So be it! See to it!

My books will be read by millions of people.

I will buy a beautiful home in an excellent neighborhood  
I will send poor black youngsters to Clarion or other writer's workshops  
I will help poor black youngsters broaden their horizons  
I will help poor black youngsters go to college  
I will get the best of health care for my mother and myself  
I will hire a car whenever I want or need to.  
I will travel whenever and wherever in the world that I choose.  
My books will be read by millions of people!  
So be it! See to it!

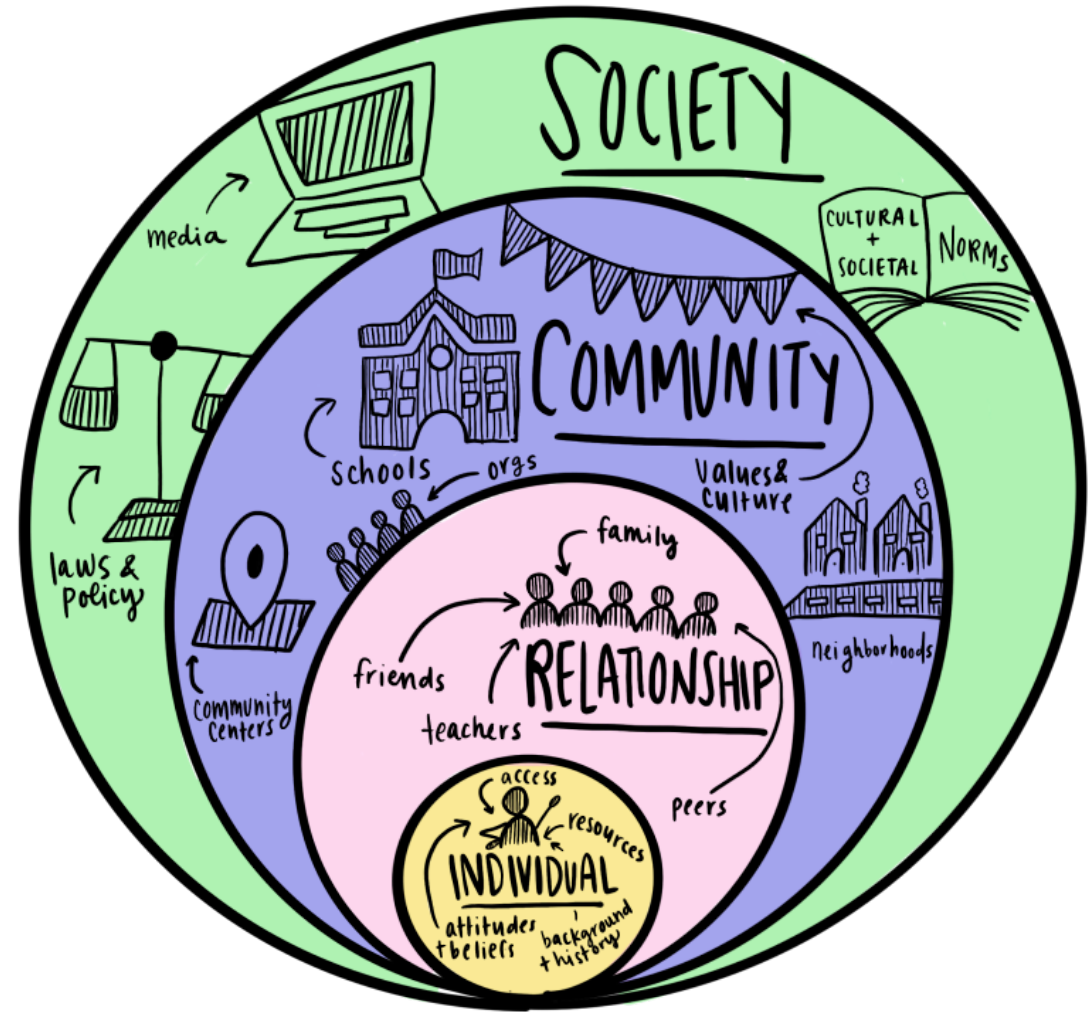
## Octavia Butler's Manifestations as a Way to Create More Possibilities

Octavia E. Butler, notes on writing, "I shall be a bestselling writer..."

1988. Huntington Library, Art Collections, and Botanical Gardens. © Estate of Octavia E. Butler.

# Octavia Butler and Community Impact

Octavia Butler started with her individual journey but it has created an impact on multiple communities.



# Where Community Fits Into Reimagination

- Community doesn't start with you -- it often starts with all the people that have come before you
- Approaching community from a historical, communal view instead of an individualistic view
- Recognizing that oppression works to divide, not unify on multiple levels-- humans (i.e. individuals) and our systems.



# Community Building

- Community building starts with trust and is maintained with love.
  - Building trust by making oneself trustworthy-- especially for folks who hold identities of power/privilege
- Holding space for accountability and ways to maintain that accountability as we reimagine future systems



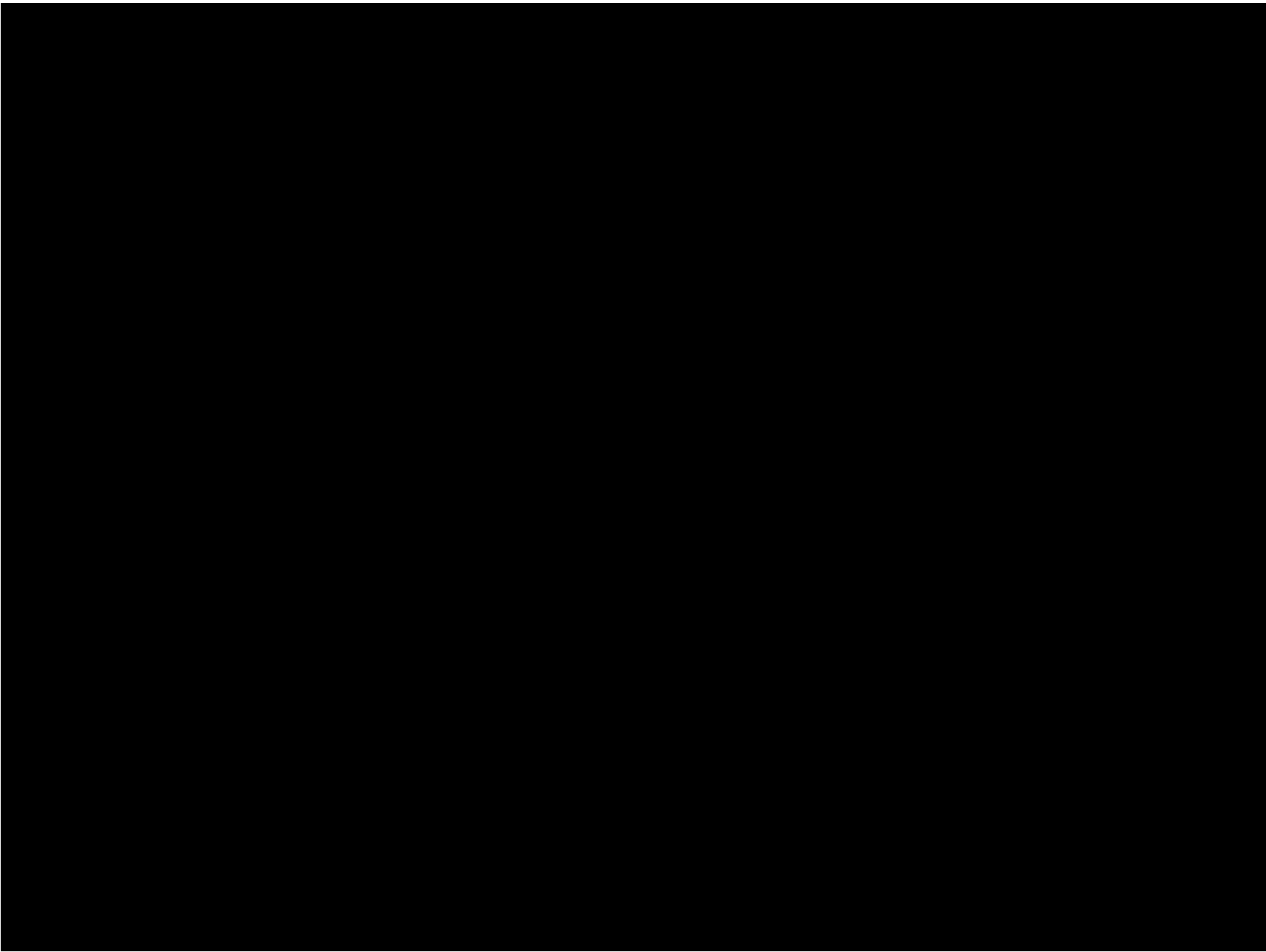


## Taking Action to Reimagine Begins with Critically Challenging Everything Around (and Within) Us

- The way we interact with systems-- and therefore, the way they interact with us, is *not* accidental
  - In other words, systems of oppression such as racism, sexism, capitalism, etc. are meant to oppress people.
  - We are socialized in ways that prevent us from actively challenging norms in order to create better possibilities.
- Your internal work to reimagine our world can manifest externally. So, do the internal work.

We stay in love with our own freedom. We make refuge for each other. How do we do it? With our movement, with our braveness, with our leaving, with our words, almost always with food involved.

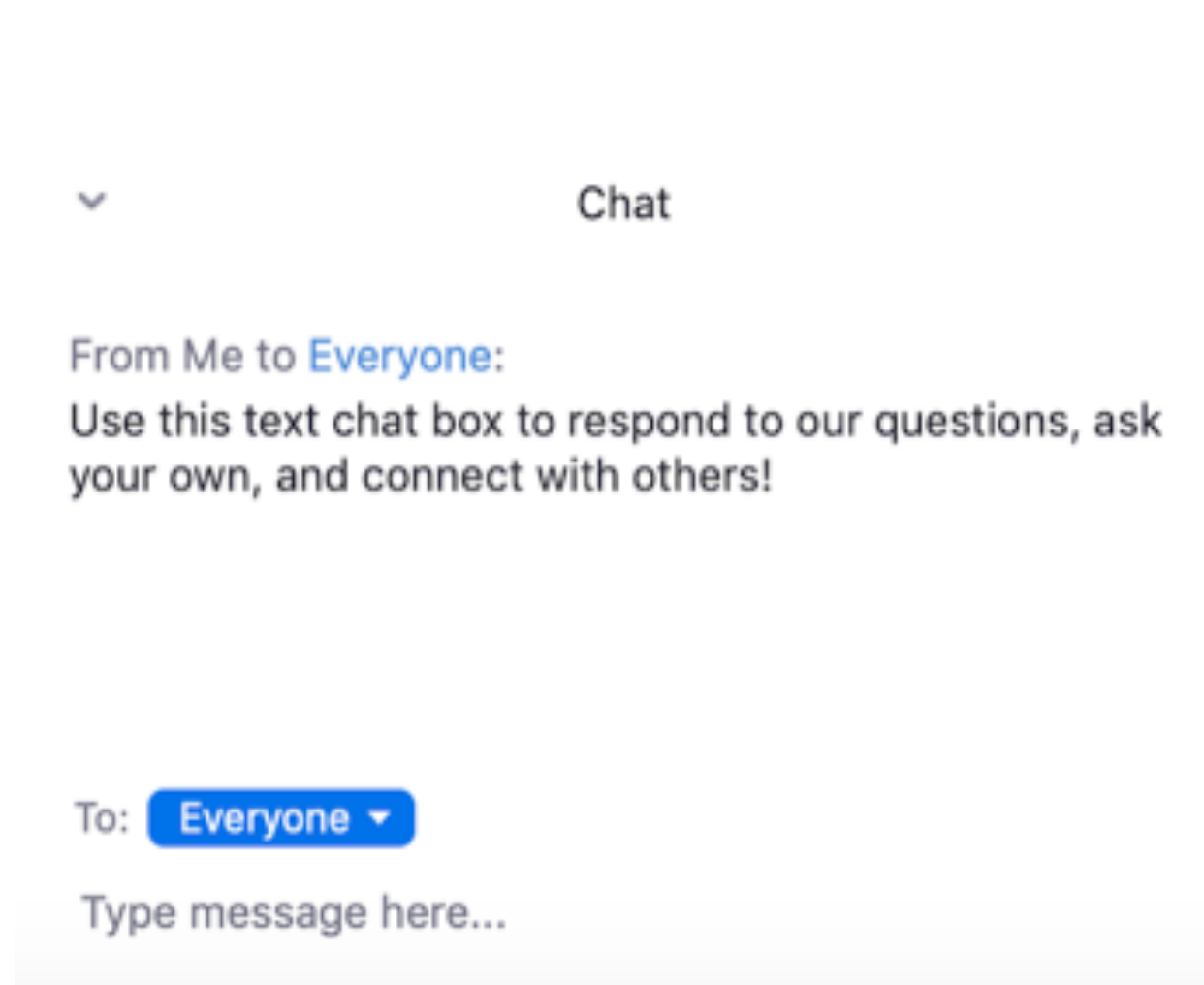
Alexis Pauline Gumbs





How can you sustain your  
partnerships and  
relationships to continue  
preventing sexual  
violence during the  
COVID-19 pandemic?

Text Chat Question



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# From the web conference

## **Prevención de la Violencia Sexual Durante la Pandemia de COVID-19: Adaptándose en un Entorno en Constante Cambio** **Sexual Violence Prevention during the COVID-19 Pandemic: Adapting in an Ever-Changing Landscape**

**Taller Número Cuatro: Prevención de la Violencia Sexual Durante COVID-19 en las Comunidades Latinx**  
**Workshop Four: Preventing Sexual Violence During COVID-19 in Latinx Communities**



# Meet Our Guests



Leticia Velez  
Organizer,  
Ya Basta  
she/her/hers



Pastor Benjamin Ortega  
Ministerios Fuente de Vida  
he/him/his

# YA BASTA Center Timeline

- *PBS Documentary - Rape On The Night Shift*
- *First Groups of Promotoras who broke Silence*
- *YA BASTA Coalition*

- *Preparation of the Training guide, materials and videos for the training sessions*
- *Workshops and trainings for Promotoras*
- *Conferences – Promotoras Guest Speakers*

- *Path to Maestria / Graduation in Sacramento*
- *Ya Basta theatre play*
- *Shero action week*
- *Law AB 547 signed by Governor Newsom*



# YA BASTA's Mission



Ya Basta is dedicated to educating and training janitors about their labor rights in order to eliminate and prevent sexual harassment and abuse in their workplaces.









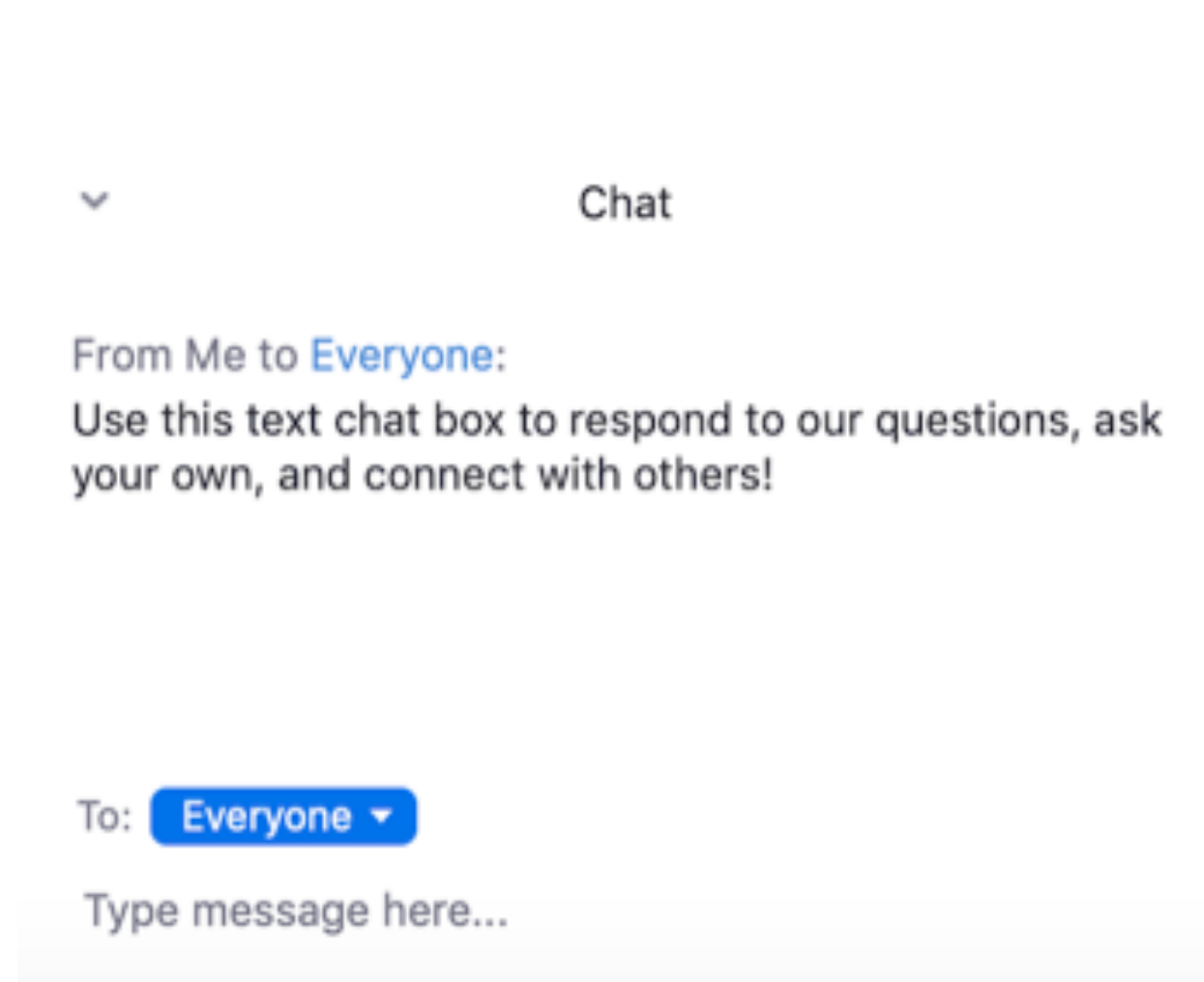






How can you support  
your communities to  
continue preventing  
sexual violence during the  
COVID-19 pandemic?

Text Chat Question

A screenshot of a text chat interface. At the top left is a small downward arrow icon. To its right is the word "Chat". Below this, the text "From Me to Everyone:" is displayed in a blue font. Underneath is a larger block of text: "Use this text chat box to respond to our questions, ask your own, and connect with others!". Further down, there is a "To:" label followed by a blue button with the text "Everyone" and a small downward arrow. At the bottom of the chat area is a text input field with the placeholder text "Type message here...".

▼ Chat

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