

**DIGGING UP THE ROOTS OF SEXUAL VIOLENCE:**

**Rejection, Entitlement & Masculinity**

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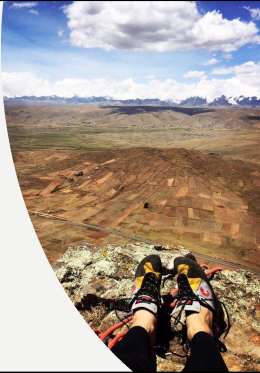
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**Hey, I'm**

Jenna Harper  
 She/her  
 Prevention & Education Manager  
 Sexual Assault Resource Center  
[jennah@sarcoregon.org](mailto:jennah@sarcoregon.org)  
 503-869-0576



Sexual Assault Resource Center | sarc.org | 503-626-9100

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**WHO IS SARC?**

**SARC**  
SEXUAL ASSAULT RESOURCE CENTER

- Support line
- In person support
- Case management
- Counseling
- Prevention

• 24 Hour Line: 503-640-5311




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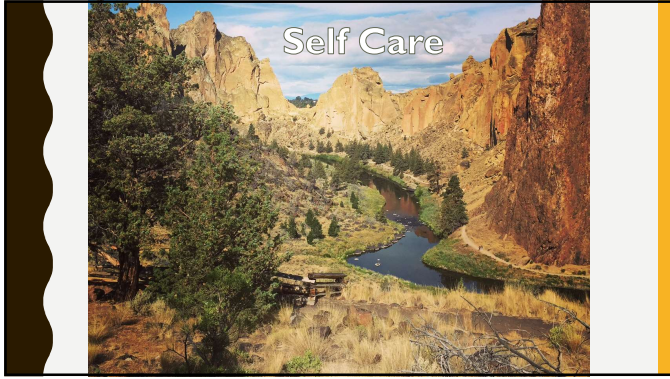
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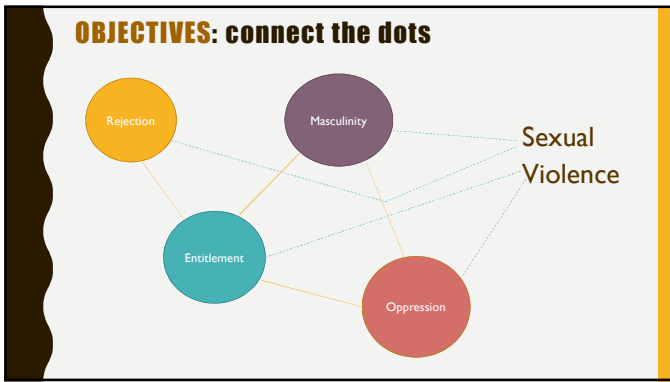
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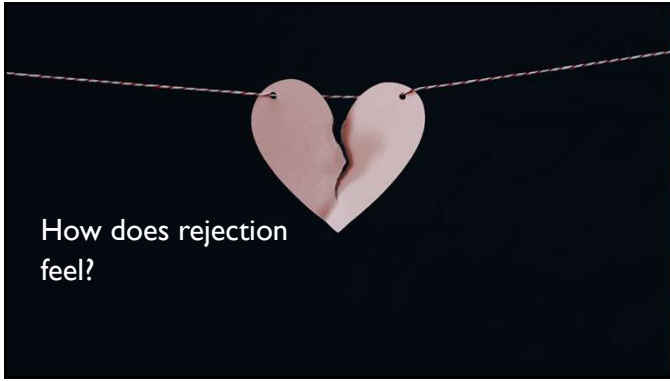
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### REJECTION HURTS

- Don't get what you want
  - Disappointment
- Are sad about losing someone or the potential

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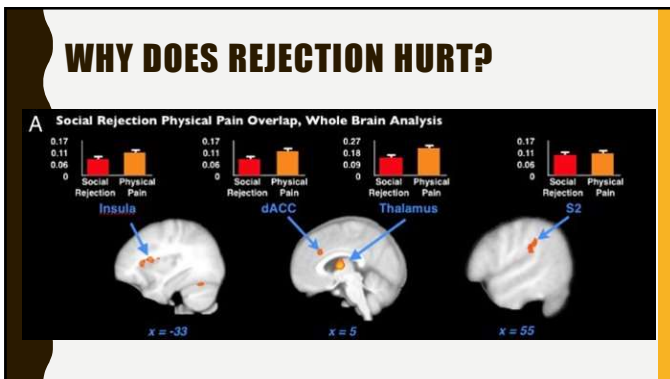
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### PAIR SHARE

- What do you say to a friend who is rejected by someone they like?
- What do you say to yourself when you are rejected?

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### SYMPATHY & CARE

I'm sorry 🙄

You'll find someone else

I'm here for you 😊

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### PUTTING THEM DOWN TO BUILD YOU UP

They're a loser anyway 🙄

You're too good for them 😏

I'll beat them up 😡

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## PUTTING THEM DOWN TO BUILD YOU UP

- Insulting and name calling
- Harassing
- Spreading rumors
- Revenge porn

The things we do to protect our egos

Why, though?

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## BUILDING YOURSELF UP

It wasn't the right match

I deserve love



I love myself

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## PUTTING YOURSELF DOWN

I'm not \_\_\_\_\_ enough for them



No one will ever go out with me



There's something wrong with me




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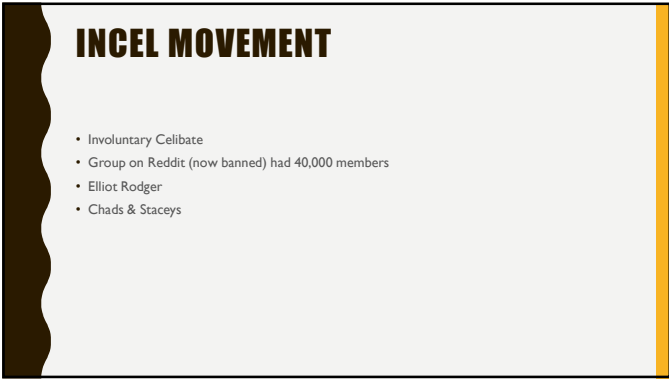
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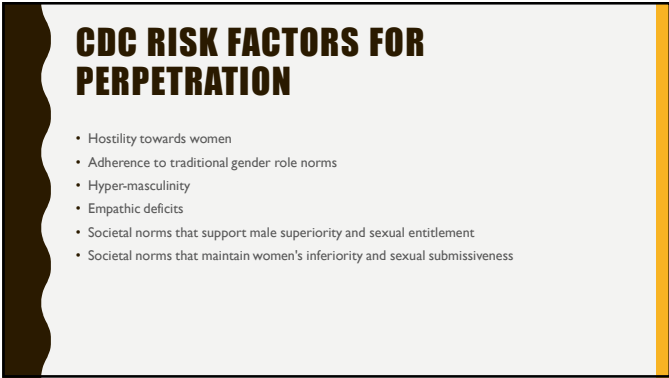
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## INCEL MOVEMENT

- Entitlement
- Resentment
- Misogyny
- Black pill
- Mostly white, male, heterosexual
- Southern Poverty Law Center: hate group

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## ELLIOT RODGER

- "Supreme gentleman"
- Killed 6, injured 14
- University of California, Santa Barbara
- 2014

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## "SMILE"

- At another point, Rodger poured a Starbucks latte on "two hot blonde girls" because they didn't smile back at him. Page 100: "They deserved the punishment I gave them. It was such a pity that my latte wasn't hot enough to burn them. Those girls deserved to be dumped in boiling water for the crime of not giving me the attention and adoration I rightly deserve!"



Why is it hard to set boundaries?

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## TORONTO BUS

- Alek Minassian
- 10 dead 14 wounded
- Pledged allegiance to "incel rebellion"
- 2018

<https://www.vox.com/world/2018/4/25/17277496/incel-toronto-attack-alek-minassian>

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## TALLAHASSEE YOGA SHOOTER 2018

- Killed himself and two women, injured 4
- Self proclaimed misogynist
- YouTube channel 2014, Beierle in films calls women "sluts" and "whores" and lamented "the collective treachery" of girls he had gone to high school with.

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## TALLAHASSEE YOGA SHOOTER 2018

- "There are whores in — not only every city, not only every town, but every village," he said, referring to women in interracial relationships, whom he said had betrayed "their blood."
- "I'd like to send a message now to the adolescent males ... that are in the position, the situation, the disposition of Elliot Rodger, of not getting any, no love, no nothing. This endless wasteland that breeds this longing and this frustration. That was me, certainly, as an adolescent," Beierle said.

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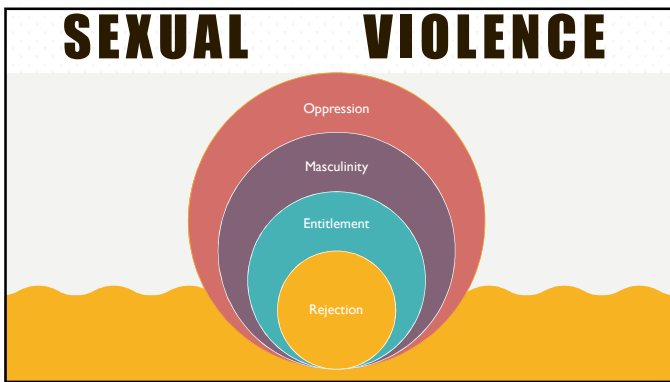
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- SO WHAT DO WE DO?**
- **Redefine rejection & build resiliency**
  - **Rigid gender roles**
  - **Masculinity**

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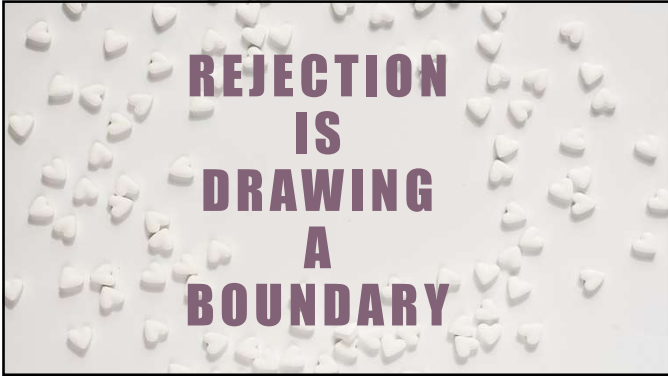
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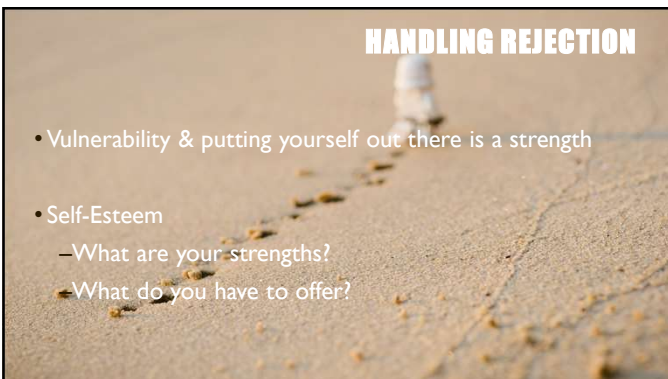
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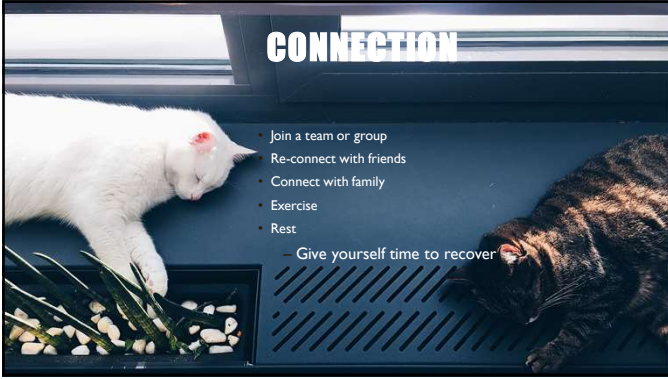
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**CONNECTION**

- Join a team or group
- Re-connect with friends
- Connect with family
- Exercise
- Rest
  - Give yourself time to recover

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**LEARNING OPPORTUNITY**

- Learning opportunity
- What have I learned about myself?
- What I need in a partner

*Thank U, NEXT*

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**RIGID GENDER ROLES**

- Language
  - Pronouns
  - Quit with the insults
- Stop slut shaming
- Expectations & Biases
- Make room and space
- Acceptance and tolerance

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**MASCULINITY**

- Teach boys and men it is okay to have a range of emotions (including crying)
- Re-define strength
- Believing that they can control their own bodies
  - Down with boys will be boys

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**TOGETHER WE  
CAN CREATE A  
CONSENT  
CULTURE**

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SARC

**QUESTIONS,  
COMMENTS, THOUGHTS**



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