

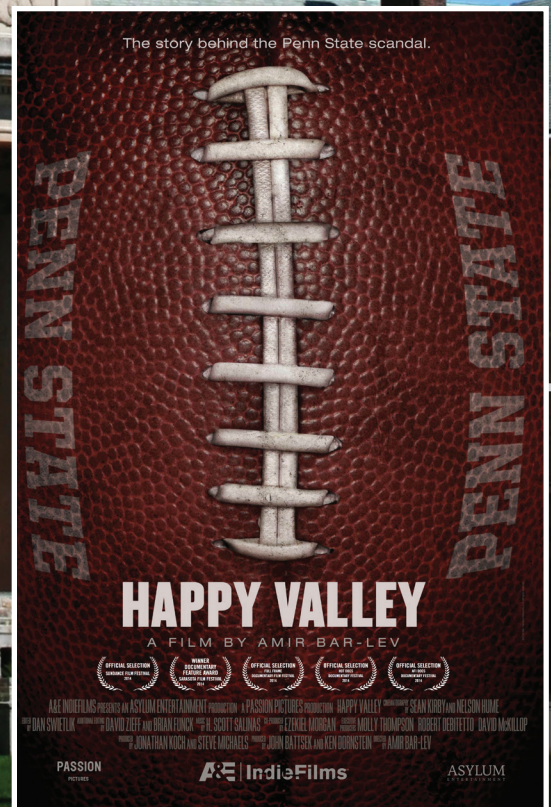
HAPPY VALLEY

EDUCATION AND RESOURCE GUIDE

The town of State College, the home of Penn State University, lies at the heart of an area long known as Happy Valley, and its iconic figure for more than 40 years was Joe Paterno, the head coach of the school's storied football team. His program was lauded for not only its success on the field but also for the achievement of the students in the classroom.

But in November 2011, everything came crashing down on Paterno and Penn State. Former Assistant Coach Jerry Sandusky was charged with 40 counts of child sex abuse, many of which took place on the university campus. Filmed over the course of the year after Sandusky's arrest, *HAPPY VALLEY* chronicles the ensuing firestorm that unfolded in Happy Valley. Director Amir Bar-Lev takes a multidimensional look at this complicated and tragic tale and creates a parable of guilt, responsibility, and identity for a small town caught in the glare of the national spotlight.

NOTE: *HAPPY VALLEY* is an intense film that provides an opportunity for viewers to explore issues of sex abuse, trauma and ethics. College campuses, community centers and other organizations may want to screen the film and lead workshops and discussions about sexual abuse. This film can serve as a resource for people who may have been victims of abuse or know someone who has been abused.



LEARN MORE ABOUT THE FILM AND HOW TO SCHEDULE
A SCREENING AT YOUR CAMPUS:

www.gooddocs.net/#!happy-valley/c18zz

A&E IndieFilms

EVERY **2** MINUTES ANOTHER AMERICAN IS **SEXUALLY ASSAULTED** AND NEARLY HALF OF THE VICTIMS ARE **UNDER THE AGE OF 18**.

Child sexual abuse encompasses a broad spectrum of unwanted sexual behaviors between an adult and a minor or between two minors. Every two minutes another American is sexually assaulted and nearly half of the victims are under the age of 18. Child sexual abuse is a widespread problem affecting a child's emotional, mental, and physical well-being.

No matter the circumstances, children cannot consent to any form of sexual interaction. The absence of force or coercion does not diminish the abusive nature of the conduct, but it may cause the child to feel responsible for what has occurred. Adult survivors may experience long lasting psychological and/or physical consequences.

The sexual abuse of children can include physical contact and non-contact behaviors such as:

- fondling
- intercourse
- prostitution/exploitation
- obscene conversations over the phone or internet

73% of survivors who were sexually assaulted knew their abuser previously. Perpetrators can be anyone who interacts with the child, including a friend, family member, or an authority figure.

Male survivors of child sexual abuse experience the same harmful effects of sexual abuse as their female counterparts. Males are less likely to disclose abuse than females. They often face specific challenges when disclosing, due to societal standards of masculinity and sexuality.

There are many warning signs of child sexual abuse. Some may include:

PHYSICAL MARKERS

- Bloody, torn, or stained undergarments
- Bleeding, pain, itching, burning, bruises, or swelling in genital areas
- Broken bones

BEHAVIORAL SIGNS

- Inappropriate sexual knowledge or behavior
- A fear of physical contact
- Unexplained mood changes/suicidal and self-harming behaviors

VERBAL CUES

- Sudden outbursts
- Describing their body in a negative way or in an adult-like sexual manner
- Reports receiving special treatment or having a secret with an older friend

GET HELP: NATIONAL SEXUAL ASSAULT HOTLINE — IT'S NEVER TOO LATE TO GET HELP — AND YOU DON'T HAVE TO GO IT ALONE.

THE NATIONAL SEXUAL ASSAULT HOTLINE PROVIDES FREE, CONFIDENTIAL SUPPORT 24/7

- CALL 800.656.HOPE (4673) TO BE CONNECTED WITH YOUR LOCAL RAPE CRISIS CENTER.
- VISIT ONLINE.RAINN.ORG TO CHAT ONE-ON-ONE WITH A RAINN STAFF MEMBER.

73% OF SURVIVORS WHO WERE **SEXUALLY ASSAULTED** KNEW THEIR ABUSER **PREVIOUSLY.**

SIX WAYS TO RESPOND TO A SURVIVOR

By using the correct language, you can have a profoundly positive impact and help survivors feel safe and in control.

1.

"I'm sorry this happened." Acknowledge that the experience has affected their life. Phrases like "This must be really tough for you" and "I'm so glad you are sharing this with me" help to communicate empathy.



2.

"It's not your fault." Survivors may blame themselves, especially if they know the perpetrator personally. Remind the survivor, maybe even more than once, that they are not to blame.

3.

"I believe you." It can be extremely difficult for survivors to come forward and share their story. They may feel ashamed, concerned they won't be believed, or worried they'll be blamed. Leave any "why" questions or investigations to the experts—your job is to support this person. Be careful not to interpret calmness as a sign the event did not occur—everyone responds differently. The best thing you can do is to believe them.



4.

"I'm here to listen." Remind your friend that you are there to listen. An assault can be challenging for a survivor, and they might be making difficult decisions, such as going through the judicial process.

5.

"Are you open to receiving medical attention?" The survivor might need medical attention, even if the event happened a while ago. Ask directly, "Are you open to seeking medical care?"



6.

"You can trust me." If a survivor opens up to you, it means they trust you. Reassure them that you can be trusted and will respect their privacy. Always ask the survivor before you share their story with others. If a minor discloses a situation of sexual abuse, you are required by most states to report the crime. Let the minor know that you have to tell another adult, and ask them if they'd like to be involved.

JOIN THE FIGHT AGAINST SEXUAL VIOLENCE

NO ACTION IS TOO SMALL TO MAKE A DIFFERENCE.

1. VOLUNTEER. Volunteer at your sexual assault crisis center or on-campus organization.

- Search for volunteer opportunities at a center near you: volopps.rainn.org.
- Contact your school's health or counseling center for on-campus opportunities.

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VOLOPPS.RAINN.ORG

SHARE THE
NATIONAL SEXUAL ASSAULT HOTLINE
(800.656.HOPE) AND
ONLINE.RAINN.ORG
TO LET MORE PEOPLE KNOW
THAT HELP IS AVAILABLE.

2. SUPPORT SURVIVORS. Ensure that survivors have access to the care they deserve through the National Sexual Assault Hotline.

- \$10 provides help for one survivor through the National Sexual Assault Hotline.
- Host a fundraiser or donation drive for RAINN with your friends or campus organization.

3. BECOME AN ONLINE AMBASSADOR. Share crucial resources and engage your friends with the power of social media.

- Share the National Sexual Assault Hotline (800.656.HOPE) and online.rainn.org to let more people know that help is available.
- Connect with RAINN on social media to stay informed about issues related to sexual violence: RAINN01 on Facebook, Twitter, Instagram and Pinterest.

RAINN
RAPE,
ABUSE &
INCEST
NATIONAL
NETWORK

Peaceful Hearts Foundation

Matt and Kim Sandusky were engaged to be married when their worlds were turned upside down. In November of 2011, Matt's adoptive father, Jerry Sandusky, was arrested for sexually assaulting at least ten young boys. Many months and incredible amounts of soul searching, strength and courage led Matt to contact authorities about the abuse that he had suffered at the hands of his adopted father. The storm that followed would be one that Matt and his family could never have imagined or prepared for. Through personal pain and heartache and healing, they created Peaceful Hearts Foundation with the goal of fostering an environment where survivors and loved ones can come together to share their experiences and receive compassion, help and support, unconditionally.

Visit www.peacefulheartsfoundation.org to learn more.