

Ama Doo Alchini Bighan, Inc. (ADABI)

- ❖ **P. O. Box 1279**
- ❖ **Chinle, Arizona 86503**
- ❖ **Phone: (928) 674 - 8314**
- ❖ **Fax: (928) 674 - 8218**
- ❖ **On Highway U.S. 191 - ½ Mile west of Chinle Jr.
High school**





ADABI'S MISSION

In collaboration with communities within the Chinle Agency and surrounding areas, ADABI promotes prevention of Sexual Assault and Domestic Violence while fostering safety and healing.





Who is ADABI ?

ADABI is a private, non-profit, community-based domestic violence and sexual assault crisis intervention, advocacy, prevention, and safe home network program. ADABI serves victims of intimate partner violence in the Chinle Agency of the Navajo Nation.





ADABI'S VISION

A community where everyone lives
violence free and spiritually whole lives.

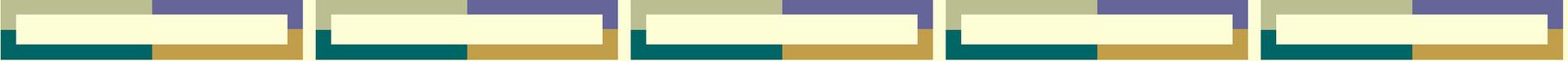




ADABI STAFF
Rosita M. Charles
Sexual Assault Program
Coordinator

MY CLANS ARE

- Natcho dine'e tachii'nii nishli
 - Ashi'hi ei bashishchiin
 - Kin'ya'ani ei dashichei
 - Tabaaha ei dashinali
-



Understanding SEXUAL VIOLENCE

Sexual violence violates a person's trust and feeling of safety. It can occur anytime a person is forced, coerced or manipulated into unwanted sexual activity





This includes the following:

- Sexual Contact
 - Sexual Assault
 - Aggravated Sexual Assault
 - Seduction
 - Incest
 - Date Rape
 - Alcohol & Rape
 - Sexual Harassment
- 



SEXUAL CONTACT

Means any direct or indirect fondling or manipulating of any part of the genitals, anus or female breast.





SEXUAL ASSAULT

A person commits sexual assault if he or she intentionally or knowingly engages in sexual intercourse or sexual contact with any person without consent of that person.





AGGRAVATED SEXUAL ASSAULT

A person commits aggravated sexual assault if he or she intentionally or knowingly in the course of committing sexual assault or attempted sexual assault:

1. Causes bodily injury to the victim;
 2. Uses or threatens to victim by use of a deadly weapon;
 3. To force, or attempt to force the victim to submit to sexual assault by threat of kidnapping, death, or serious bodily injury to be inflicted upon any person.
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SEDUCTION

A person commits seduction if he or she has sexual intercourse or sexual contact with another person, not his or her spouse, if the other person is less than 16 years old.





INCEST

A person commits incest if he or she knowingly engages in sexual conduct with another who is related to such person by whole or half-blood, an ancestor or descendant, a brother or sister, or an uncle, niece, aunt, nephew or first cousin.





DATE RAPE

Sometimes called acquaintance rape, is a sexual act committed against you by someone you know without your consent.





ALCOHOL can lead to RAPE

- * Alcohol can lower self-control and cause someone to act on aggressive, angry feelings.
 - * Often the rapist, the victim or both have been drinking.
 - * Alcohol can lower perception and judgment.
 - * The ability to protect ones self from violence can lead to rape.
- 

Drugs and Rape

- In most acquaintance rape cases, both people had been drinking and/or using drugs.
- At least two drugs have become known as the “Date Rape” drug.





Date Rape Drugs

- Rohypnol (“roofies,” “roaches,” “larocha”)
- Gamma – hydroxybutyric acid (“G”)

Both drugs cause sleep and amnesia. The ability to remember is impaired even more when these drugs are taken with alcohol and/or other drugs.





SEXUAL HARASSMENT

When someone talks about sex, gestures, or touches another person in a sexual way that makes the other person uncomfortable.





SEXUAL HARASSMENT

includes

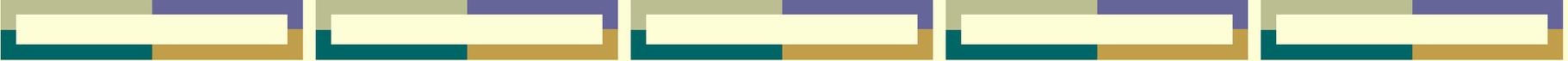
- Comments about your body or gender.
 - Jokes, remarks, teasing.
 - Hints and threats that you will lose your job or get a bad grade, etc. if you refuse to have sex with the harasser.
 - Insulting sounds.
 - Obscene gestures.
 - Touching or pinching your body.
 - Staring at your body.
- 



A HIDDEN CRIME

Sexual violence that occur within the Navajo Reservations have led to significant underreporting and high rates of sexual abuse. With this there is a widespread sexual abuse committed by relatives and other family members. A majority of these assaults are not reported. Because, this reflects denial, shame, and distrust for the respect of clanship.





FEAR OF LEGAL ACTIONS

Many women do not report sexual violence due to the high level of mistrust, and a majority of women fear banishment and exclusion by their clan relatives and immediate family members. Even more so, by not understanding the Navajo Nation Legal system, because.....

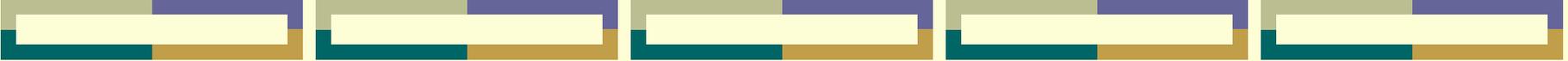




Implementation of “Nalyeeh”

Nalyeeh means the traditional, Navajo common law process for open discussion of an offense and the Navajo values which apply to that offense, the mediation and assignment of liability under this process, and the use of reconciliation, restorative justice, and reparation in place of fines and Jailing.

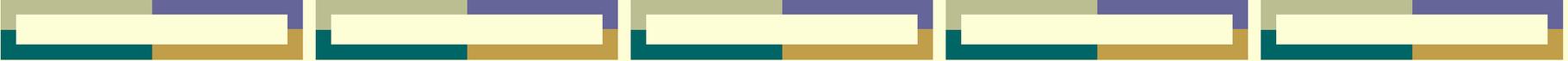




Devalued culture and Self-hatred

The most significant reason for Navajo women being underserved is due to lack of awareness on Sexual Violence. The devastation and shame of dealing with sexual violence by a clan relative, may bring dispute among the respected family and relatives. This reveals self-hatred and internal racism





If a victim of Sexual Violence is accused of

Being at fault

Or

Causing her own victimization,

The victim is forced to take responsibility
for another person's actions and behaviors

The victim is silenced

A rapist is given permission to continue to rape





IT IS NOT JUST SEX

Rape & Sexual assault are violent crimes of power and control that are acted through sexual means.

Rape can happen to anyone young or old, female or male. It is terrifying and traumatizing to experience a loss of power or control over one's body.





Remember Always Express What You Want Clearly

- Tell your friend/s, acquaintance, partner or date what your limits are before you get into a sexual situation.





Avoid Secluded Places

- Stay away from parks and deserted areas. Meet in a public place where there are a lot of people and plenty of lights.





Avoid Alcohol and Drugs

- Alcohol and drugs make it harder for a person to stay in control of the situation.
 - Be aware of how much your partner, acquaintance, friend or date uses alcohol and drugs.
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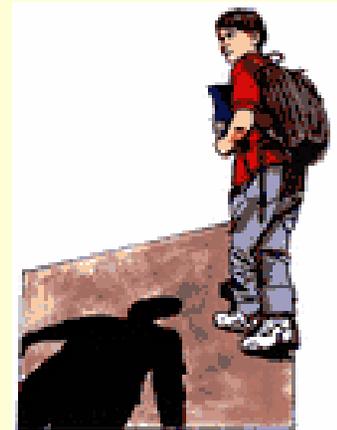
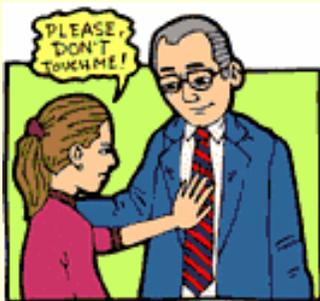
Drive Your Own Car

- If you have one, or go out with a group. Don't rely on friends, acquaintance or your date for transportation.



Risk Reduction Tips

- Be direct. Say “don’t touch me!” Demand respect.
- Act right away. Don’t give in to sexual demands.
- Get away. If you feel uneasy, leave. Trust your intuition - - and act on it!





Go With Your Instincts

- You may decide to run, scream, kick, hit or bite. Resist any way you think you need to.



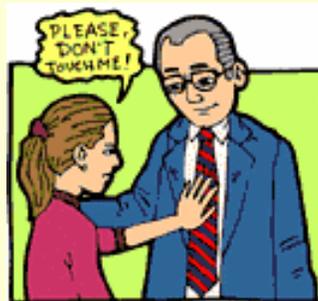
YOUR RIGHTS

- Dress the way you want to.
- Agree to have sex with someone and change your mind at any time.
- Be treated with respect at all times.



YOUR RESPONSIBILITIES

- **No one has the right to pressure or force anyone to have sex – ever. It doesn't matter if :**
 - Stand up for your rights.
 - Take an equal role in your relationships openly and honestly.
 - Talk about your sexual expectations, wishes and intentions.





Facts About Rape

- Myths About Rape Can Prevent Women From Learning and Taking Steps to Protect Themselves.
- Myths Can Make It Hard for Women to Report a Rape When It Happens.

Knowing the facts about rape can help women plan ways to protect themselves.



If You've Been Raped

- Get to a safe place.
- Go to a hospital – emergency room.
- Report the rape to police department.
- Seek counseling.

Remember . . . rape is never the victim's fault.





Your Goal Is Your Safety

- Cooperate if you think that resisting could lead to further harm or put your life in danger. Never feel guilty about anything you did or didn't do.





WHAT ADABI PROVIDES

- 24-Hour crisis intervention
 - Traditional and Spiritual guidance
 - Assistance w/ Police and Court
 - Safe House and Shelter
 - Emergency food and clothing
 - Referrals to other community resources
 - Community Education & Workshops
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How you can reach us

***Chinle: Monday – Friday 8:00am -5:00pm**

Ph# (928) 674-8314

***After 5:00 pm, weekends and holidays, call Chinle
PHS Emergency Room**

Ph# (928) 674-7090

***Persons w/disabilities or out of town services
please call 1-877-698-0899**

***Outreach offices:**

Tsaile: Tuesday-Thursday 9:00am – 3:00pm

Ph# (928) 724-6903

Pinon: Tuesday-Thursday 9:00am – 3:00pm

Ph# (928) 309-9936

