



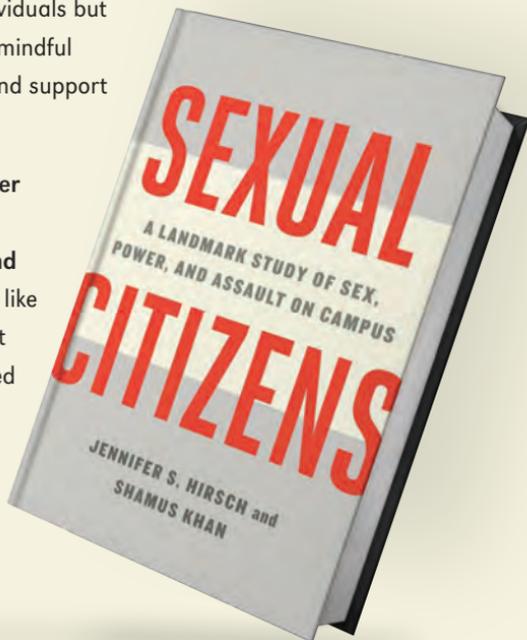
SOME THOUGHTS BEFORE READING THIS BOOK:

Sexual Citizens is an important book that examines a new way to conceptualize sexual assault in an effort to better understand how to prevent it and make meaningful shifts in our culture around healthy sexuality and healthy relationships. As employees at a Higher Education institution, the content of this book is deeply relevant to our engagement not only with individual students, but also our approach to addressing and shifting the climate around sexual violence. Part of what makes this book so successful is the way it weaves in personal narratives from students who have experienced sexual assault on their campuses.

While these narratives are part of the success, they can also be hard for the reader. Whether or not you've experienced sexual assault or know someone who has, the stories in this book may or may not lead to reflection on your own life experiences. While it is important for our community to better understand these experiences and the impact they have not only on individuals but the entire community, we want to be mindful that this is not the only way to learn and support positive cultural change.

We've included some tips to consider when reading this book, as well as resources available through MIT and the community. Additionally, if you'd like to engage with this book's themes but not read the book itself, we've included links to a video and review that summarize the overall message.

We're so glad you've chosen to join us on this journey.



SUPPORT RESOURCES:

MIT

My Life Services

(hr.mit.edu/worklife/mylifeservices) provides MIT faculty, staff, postdocs and their families 24/7 access to a network of experts who are available to help with life concerns. They can help assist with finding a counselor or therapist. Consultations are available by phone, video or text-message. (844) 405-5433

Community

Boston Area Rape Crisis Center

(BARCC) (barcc.org) empowers survivors of sexual violence to heal, including through individual and group counseling, and provides education and advocacy for social change to prevent sexual violence. Reach their hotline by phone 24/7 at (800) 841-8371.

RAINN (rainn.org) is a national network that provides free, confidential, 24/7 support through their phone hotline and online chat. (800) 656-4673

Fenway Health

(fenwayhealth.org/care/behavioral-health) provides support, including counseling and support groups, for LGBT survivors of domestic violence, sexual assault, police harassment and hate violence.

CONSIDERATIONS FOR READING:

- Try to be mindful of when you read the book. Try to read when you know you have time and not right before attending something important or right before bed.
- Take breaks while reading.
- Create ideas for ways to take care of yourself after reading the book, such as taking a walk or watching something enjoyable on TV.
- Try putting on your “professional” hat and think about how in your MIT role you can support your students who may have experienced assault and/or are working to prevent it.
- Consider reading the book with your colleagues and while wearing your higher education professional hats, discuss it together.
- Seek support! MIT and external resources are listed on this side.

OTHER WAYS TO ENGAGE:

- <https://tinyurl.com/sexualcitizensvideo>
- <https://tinyurl.com/sexualcitizensreview>



If you have questions about how to support a student experiencing sexual violence, please reach out to the Violence Prevention and Response (VPR) confidential advocates at 617-253-2300 or emailing vpradvocate@mit.edu and notify the Institute Discrimination & Harassment Response (IDHR) team if you're considered a responsible employee by visiting idhr.mit.edu or emailing idhr@mit.edu.