

## THIS REALITY: BEING BORN OF RAPE

Allowing this reality to become something that gets talked about and dealt with more openly, extensively and recreating our realities as a result of it if possible.

- 🌈 CLARITY about what we're doing, bringing this topic to the light of day and discussion, on several things, including that we want it to be of use, our time will be spent so as to be reaching a healing understanding for those who are dealing with this reality
- 🌈 BEING PREPARED – for the variety of responses we are going to get: outrage, stigmatized, thankful, disbelief, compassion, etc.
- 🌈 KNOWING WHO WE WANT TO REACH – Messages to Mothers, Parenting Kids of Rape, Messages to Grandparents & Extended Family.
- 🌈 The Significance of Finding Your Family and what that trauma is like
- 🌈 The Comfort from Community, in Groups and other Gatherings: essential healing - has yet to exist
- 🌈 Gathering other People's Stories (in readable format or in video format
- 🌈 Create an Interactive Website so folks can say 'You too!?!'
- 🌈 ACKNOWLEDGING that a birth from rape is both primary and secondary victimization of rape.
- 🌈 The rape – its place in the family history / family life – the effects and impact.

*Being born of RAPE does affect PARENTING.*

- What this reality does to our parenting – are we raising a child(ren) born of rape? Are we raising children, having been born of rape ourselves, and wondering what we are passing along?

*LOSS: Damaged by or obliterated by being born of rape are these -*

- THE SACREDNESS OF PREGNANCY
- THE INNOCENCE OF INFANCY
- THE ASSUMPTION OF TRUSTWORTHY EXTENDED FAMILY
- Coming to Terms With Being Born of Rape – the scars, the legacy, the hidden internalized oppression that can occur.
- (Example – Nearly two decades of childbearing years passed before I would allow myself to conceive, frightened of being marked by this ‘birthing violence’ – thinking I’m prone to passing along the rapist/biological father’s violent tendencies and messing up my kid).
- (Example: Just before mother died she told her adult daughter what had happened, how she came to be – the sense of peace that came with the truth being spoken aloud between them – not about mother dying, but about her telling – able to have mom, without ‘the shadow’ that neither created.)

*SECONDARY & PRIMARY VICTIMIZATION results of RAPE:*

- *Not being able to enroll tribally.*
- *Finding out your biological father is a priest.* EX: Both preteen girls raped in boarding school by this priest, both pregnant by him as well. Who knows how many births he is responsible for?
- Indian people marrying siblings because of this crime is a real potential issue.
- *Not being able to ‘come out’ of the family’s skeletal closet,* requested by birth mother’s family to keep silent so both families can keep going to the same small town church.

## IDENTITY ISSUES

- 🌈 A Sense of Belonging Destroyed or Damaged
- 🌈 Ostracized
- 🌈 Marginalized
- 🌈 Shamed, Humiliated
- 🌈 **The Vapor Dynamic** – has an ebb and flow impact throughout one's life, at different stages it means new problems.

## POSSESSING AN UNUSUAL SENSE OF STRENGTH

- 🌈 Eileen's, Maggie's, and other young woman's sense of strength emanating from this birth legacy – and yet, for others it is a lifetime prison, perhaps due in part to the culturally sanctified wall of shame around it and the ensuing silence – Helps us have valuable insights into other people's motives, helps us be more effective advocates.

- 🌈 PHYSICAL RESEMBLANCES – our actual physical beings and features can be triggers for our rape-surviving-parent.

- 🌈 Story of the woman whose Grandparents raised her baby – rapist 'father' had no contact, and as she struggled with herself the grandparents stepped in, and she was able to tell this child everyday, no matter what, I Love You ... the Mom and Grandparents were so honorable that the baby was inoculated against any self-hate and shame.

- 🌈 TRIBAL WISDOMS: Finding and sharing those tribes' wisdoms as they pertain to this reality – the one tribe who tell the child of rape 'your parents are not your parents – the spirits are your parents, you are special'