

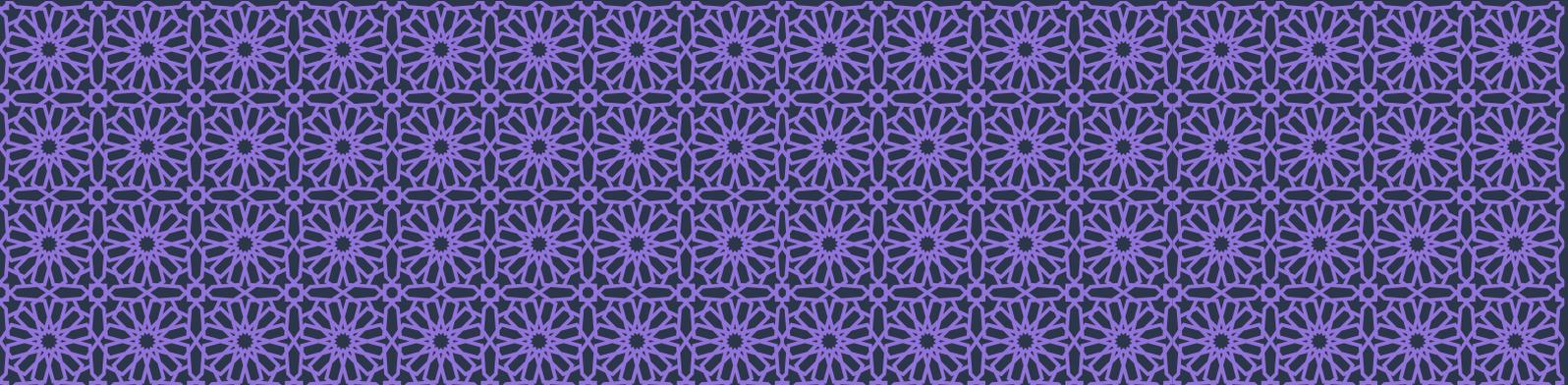
September 12, 2025

Sexual Violence, SORVO, & Wartime Rape Propaganda

Weaponization against the Palestinian people

Resource Handout for Grounding and Education





About This Resource

Learning about sexual violence, wartime rape propaganda, and the tactics used by aggressors to further genocides can bring up valid responses within our bodies that may lead to distress and emotional dysregulation. This handout contains guidance, educational information, and links to trusted external resources for emotional regulation and further learning.

Symptoms of Traumatic Distress

Some of these are PTSD symptoms, but that is not the only way you can be impacted by trauma. The important thing to remember is that you can experience PTSD symptoms even if your exposure to the trauma is second hand, as in through witnessing it happen to family, friends, or digitally to your community.

Physical reactions:

- Untreated injuries, difficulty being touched/examined
- Feeling dizzy, faint or weak
- High blood pressure
- lowered immune system
- Gastrointestinal complaints
- headaches, body pain, stomach pain, chest pain
- Genital, urinary or menstrual difficulties
- Difficulty sleeping or staying asleep

Psychological Reactions:

- Dissociation: physically present, mentally and emotionally absent
- Variable Emotions: sadness, agitation, irritability, powerlessness
- Distrustful of self and others
- Confused, Disorganized, Needing
- General Feeling of Lack of Safety
- Unable to Plan for the Future
- Loss of Identity
- Nightmares, intrusive memories of traumatic event

Social Reactions:

- Distrust
- Learned helplessness
- Dependency, Regression
- Shame and guilt
- Loss of roles, status, place in the social structure
- Grief, chronic fear
- Low self-esteem / Loss of dignity or respect
- Conflict with others
- Estrangement, social isolation

Respect Limitations: People react to stress/trauma in a variety of ways. Be patient, respect your own limited capacity to help everyone, and respect their limited capacity to receive help.

Coping/Grounding

To reorient yourself to your current time/place when anxious:

5 Senses Coping

Take a deep breath, name 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell, and 1 thing you can taste.

To reconnect with your body and soothe areas of tension:

Progressive Muscle Relaxation

While deep breathing, close your eyes. Gradually go through your body, from the top of your head, through your stomach, and all the way to your toes, gradually deep breathing certain areas of tension away.

When you need to feel comfort and safety:

Resourcing (calm place)

While deep breathing, close your eyes and imagine a space where you feel safe/comfort. It can be an imaginary landscape or a real space you have been. Imagine the sights, sounds, and smells that remind you of this place. Visualize the calming details as you comfort yourself.

When you need to slow down and feel calm

Deep Breathing

When we are stressed, we naturally begin to take shallow breaths, and when we take shallow breaths, our heart naturally begins to beat faster and our brain functions slower. The ability to pause, and take a few deep breaths can recenter your whole system, bringing more air to your brain and heart.

When you are holding anxious energy:

Supportive Movements

shake your whole body, stand with your feet flat on the ground, sway your arms side to side, hug yourself.

None of these are intended to be longterm solutions, what they are intended to do is help you cope with moments of severe distress, and bring you back to a centered state where you can make helpful decisions for yourself, instead of acting out of a sense of panic.

Resources

Palestine x Sexual Violence Resources

- **SORVO Report**
- No Perfect Victim: Wartime Rape Propaganda Report
- HEART to Grow
- Sexual Violence Prevention Association
- Fund Abortion Not War
- USCPR Palestine is a Feminist Issue
- Palestinian Feminist Collective: Palestine is a Feminist Struggle

THE NAP MINISTRY

“We believe rest is a form of resistance and name sleep deprivation as a racial and social justice issue.”

THE SHINE AP

The platform purposefully includes people of various ethnicities and identities throughout the guided meditations as a means of cultivating space for diverse, marginalized groups to be included in the picture of what self-care looks like.

Therapy Resources:

- Questions to Ask New Providers
- HEART Solidarity Therapy
- Inclusive Therapists
- Therapy for Black Women
- Queer & Trans Therapists of Color Network