

Sexual Assault Prevention

Overview

One in five women and one in sixteen men experience sexual assault while in college/university. Sexual assault continues to be a very serious issue across every campus. In order to address this issue, we all need to be part of the solution.

The first step is understanding what sexual assault is, and then learning prevention techniques, as well as learning strategies for being an engaged bystander to interrupt situations before something happens, and knowing how to support someone who's experienced sexual assault. Working together, we can create a culture of respect and mutual support.

Reminder: Sexual assault can be a difficult topic for survivors to discuss. It is essential that discussion leaders are sensitive to the needs of students who have been affected by these types of crimes and allow them to participate in ways that feel comfortable to them. Consider notifying students beforehand that the discussion will include sensitive subjects such as sexual assault and providing resources if they need additional support.

Prepare

Before you photocopy the student handout, add phone numbers, addresses, and/or URLs for campus offices and services that relate to the prevention of, and response to, sexual assault to the Campus Resources section. If you plan

to do the role-play activity, be sure that your presentation team includes counselors who can address any concerns or reactions students may have, as role playing may bring up emotional responses.

Discuss

Begin by sharing the statistics in the Key Facts section below. Tell students that because sexual assault and consent impact so many people in our community, it's important to understand these terms, learn to recognize the warning signs, and learn how to best support survivors. Working together, we can create a safer community for everyone. Ask students to define *sexual assault* and *consent*, and what types of behaviors qualify for each. Share the definitions from NoMore.org provided on page 12. Then ask:

- How did the NoMore.org definitions compare to those shared by the group?
- What are situations that might make sexual assault more likely?
- How might you protect yourselves during these situations?
- What are examples of consent?
- What are examples of something that might seem like consent, but isn't?
- What are some ways you could help if you see a situation in which someone cannot consent?

Key Facts

1 in 5 women experience sexual assault while in college/university.¹

1 in 16 men are sexually assaulted while in college/university.²



90%

of assault victims on campuses do not report the assault to police.³

72%

of rapes (or more) go unreported to any official organization or agency (e.g., law enforcement or university officials).⁴



¹ Association of American Universities, aau.edu/sites/default/files/%40%20Files/Climate%20Survey/Executive%20Summary%2012-14-15.pdf and Canadian Federation of Students-Ontario, cfsontario.ca/wp-content/uploads/2017/07/Factsheet-SexualAssault.pdf

² National Institute of Justice, www.ncjrs.gov/pdffiles1/nij/grants/221153.pdf

³ National Sexual Violence Resource Center, nsvrc.org/sites/default/files/publications_nsvrc_factsheet_media-packet_campus-sexual-assault.pdf

⁴ Association of American Universities, aau.edu/sites/default/files/%40%20Files/Climate%20Survey/Executive%20Summary%2012-14-15.pdf

Handout

Distribute copies of the *Sexual Assault Prevention* handout and allow students time to review the strategies for interrupting a situation that might lead to sexual assault in the “Stand Up, Don’t Stand By” section of the sheet. Go more in depth on each tip at nomore.org/learn/while-its-occurring. Show the Uber and NO MORE video “How to Prevent Sexual Assault and Create a Safer Community” (URL below).

Next, invite students to role play some real-life bystander scenarios presented by NO MORE (URL below). As a reminder, be sure to have colleagues available to help students who may have emotional responses. Challenge students to think of exactly what they would say or do to handle the situation. Once students have had time to consider their response, reveal the suggested course of action. Invite students to consider how multiple strategies might be effective and how their own personality, skill set, and comfort level will determine how they respond to a given situation.

Wrap-Up

Review the community resources available both on campus and nationally. Speak about your campus’ specific approach to sexual assault prevention. Highlight additional

opportunities for students to get involved with sexual assault prevention student groups, volunteer with local rape crisis centers, or engage in awareness campaigns. Invite students to share how they will use the skills they’ve learned to care for their friends and community members.

Share Out

Share this part of the toolkit with community members who can play an important role in helping students create a caring culture on campus such as dorm managers, mental health counselors, campus religious leaders, and health services administrators. Also share with those who can play a role in helping students stay safe off campus, such as club and restaurant owners, and apartment managers.

Resources

- Uber and NO MORE: How to Prevent Sexual Assault and Create a Safer Community [video]: nomore.org/campaigns/driving-change-with-uber
- NO MORE Real-Life Bystander Scenarios: nomore.org/learn/bystander-scenarios
- Rape, Abuse & Incest National Network: [Rainn.org](https://www.rainn.org)
- Don’t Stand By Bystander Intervention Campaign: dontstandby.org

Key Definitions

Sexual Assault — Forced or coerced sexual contact without consent – the presence of a clear *yes*, not the absence of a *no*. Sexual assault is a crime motivated by a need to control, humiliate, dominate, and harm. It can take the form of rape, incest, oral sex, child sexual abuse/molestation, exposing/flashing, harassment, fondling or unwanted sexual touching above and under clothing, forcing a person to pose for sexual photos. Examples of force may include displaying a weapon, physical battering, and immobilization of the victim.¹

Consent — Consent is a voluntary, enthusiastic, and clear agreement between the participants to engage in specific sexual activity. If clear, voluntary, coherent, and ongoing consent is not given by all participants, it’s sexual assault. There is no room for ambiguity or assumptions when it comes to consent, and the rules don’t change for people who have engaged in sexual activity before.²



¹ NO MORE, nomore.org/learn/resources/#KnowMore

² NO MORE, nomore.org/learn/understanding-consent

Reproducible Student Handout

Sexual Assault Prevention

Think About Safety

- **Call authorities when in danger.** If you or someone you know needs immediate help, call 911.
- **Trust your instincts.** If something doesn't feel right, it probably isn't.
- **Stay alert.** Be aware of your surroundings and limit distractions like phone use and headphones.
- **Check on others.** If you see someone who looks like they're uncomfortable or intoxicated, check in with them directly. Ask if they need anything or help them find their own friends so they can go home safely together.
- **Don't go alone.** Go with a friend or group of friends: watch out for each other; and always leave together as a group.
- **Keep personal details private.** Be careful about posting personal information online; consider disabling geolocation settings on your social media.
- **Meet in public.** Meet first dates and new friends in public places.
- **Have an exit plan.** Make a plan ahead of time for how you will handle uncomfortable or difficult situations; coordinate your plans with your friends.
- **Watch your drink.** Keep your eyes on your drink at all times; only drink from containers you open or drinks that you see being opened or made and poured; if you think you may have been drugged, get help immediately.

THE ONLY PERSON RESPONSIBLE FOR SEXUAL ASSAULT IS THE PERPETRATOR, BUT WE CAN ALL TAKE STEPS TO LOOK OUT FOR EACH OTHER'S SAFETY AND HELP PREVENT SEXUAL ASSAULT BEFORE IT STARTS. CHECK OUT THE TIPS BELOW. WHAT CAN YOU DO TO STAY SAFE ON CAMPUS?

Stand Up, Don't Stand By

We all play a role in preventing violence and looking out for each other's safety. Your own safety is key in deciding when and how to respond to sexual violence while it's occurring.

If the situation is already violent or looks like it's escalating quickly, don't intervene directly. Call 911.

If it's safe to intervene, these strategies can help defuse the situation:

- **Distract.** You can disrupt the situation by talking. Strike up a conversation about anything. Your goal is to prevent a situation from getting worse, or to buy enough time to check in with the potential survivor and ask them if they are okay.
- **Direct.** Check in with the person you're concerned about to make sure they're okay. Ask if they need help or someone to stay with them. You can also see if they'd like to grab a bite with you to help remove them from an uncomfortable situation.
- **Delegate.** Enlisting allies, like another friend, can defuse the situation much more smoothly than trying to go it alone. You can also look for someone else who might be in a better position to get involved—for example, tell the bouncer, find an RA, look for the person's friends, or call the authorities.



Supporting Survivors of Sexual Assault

Knowing what to say to someone who has experienced sexual assault can be overwhelming. Remember that you don't need to be an expert, you just need to be a friend.

- Listen without judgment.
- Let them know that you believe them.
- Remind them that what happened is not their fault.
- Ask what you can do to help.
- Support their decisions.
- Seek support if you are feeling overwhelmed.

Learn more at NoMore.org.

Take Care of Each Other

How can you and your friends take care of each other? Talk about all the tips above and remind each other that you're there to talk to one another.



Hotlines

These national hotlines offer free, confidential services to anyone who has been affected by sexual assault, including a survivor's friends and family.

U.S.

- Crisis Text Line: Text HOME to 741741 to text with a trained Crisis Responder about any type of crisis.
- National Sexual Assault Hotline: 1-800-656-HOPE (4673)
- National Helpline for Male Survivors of Sexual Abuse or Assault: tin6.org/helpline/

Canada

- Crisis Text Line: Text HOME to 686868 to text with a trained Crisis Responder about any type of crisis.
- Québec Sexual Assault Helpline: 1-888-933-9007
- Ontario Coalition of Rape Crisis Centres (OCRCC): sexualassaultsupport.ca/support
- Association of Alberta Sexual Assault Services: aasas.ca/get-help
- Sexual Assault Services of Saskatchewan: sassk.ca/finding-support
- Find your YWCA: ywcacanada.ca/find-your-ywca

Campus Resources



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