



**It's On Us Workshop:
Sexual Assault Awareness 101**

Sign In!



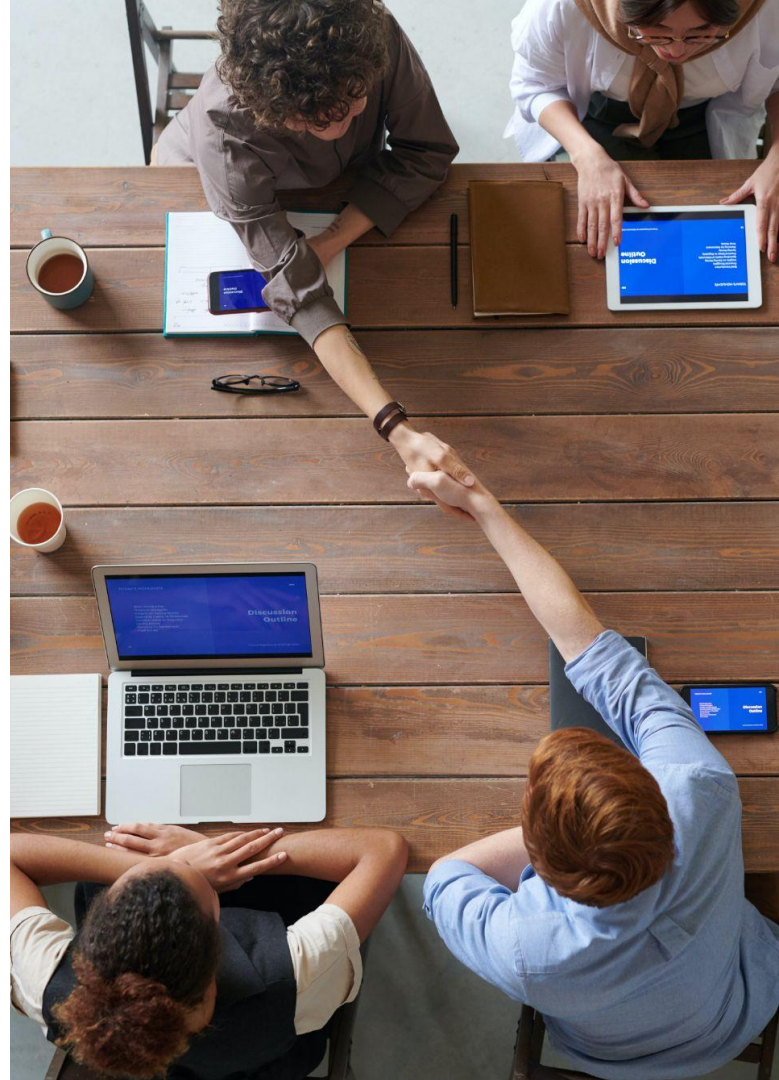
Contents

- Introductions
- What Does Sexual Assault Awareness Mean?
- It's On Us Definitions
- National Policies and Protections for Survivors of Sex Crimes
- Title IX, Clery, VAWA
- Sexual Assault as a Public Health Issue
- Available Programs on Sexual Assault Awareness
- Getting the Word Out!

Workshop Agenda

- Presenter Introduction
- Overview of It's On Us
- Overview of Educational Material and Focus Areas
- Facilitator's Guide
- Sexual Assault Awareness 101 Workshop Training
- Questions

INTRODUCTIONS



OVERVIEW OF IT'S ON US



Started in 2014 by President Obama and Vice President Biden to bring as many students and campus community members into the conversation and raise awareness around sexual assault.

To date, over 440,000 persons have taken the “It’s On Us” pledge to combat college sexual assault, and today our hundreds of chapters have held over 6,000 educational and organizing events in 31 states and Washington, D.C.

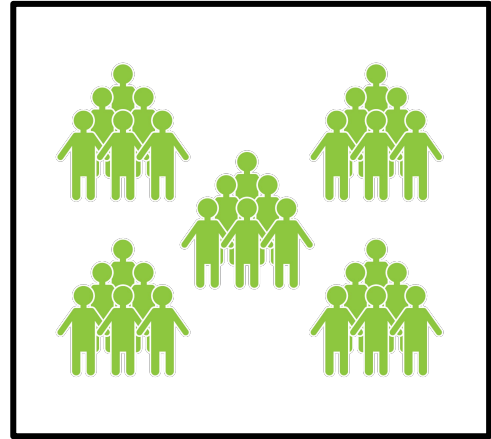
Campaign → Program

OVERVIEW OF 2023 EDUCATIONAL PROGRAMMING



Our 2023 vision:

To create in-house programming and resources for students that gives them the training and tools they need to end sexual violence on college and university campuses.



Process:

- Conducted an analysis of national programs and existing best practices
- Held interviews and focus groups with students, staff, and administrators across the country
- We developed peer-to-peer resources that address the existing needs identified
- Conducted a pilot program to test each of the resources

Most national prevention programs include the following components:

Community
engagement

Bystander
Intervention

School's
response

It's On Us Focus Areas

Survivor
Support

Bystander
Intervention

Sexual Assault
Awareness

Gaps in Existing Education and Training Programs for Campuses

An HBCU Story

- Lack of resources
- Lack of funding
- Intersectional issues present challenges in addressing gender bias

National LGBT Roundtable Report

- Need to include the voices of LGBTQ students when building response
- Need to encourage social justice education

National Campus Conduct Roundtable

- Need adequate training for investigators and hearing board
- Need a decentralized decision-making authority

WORKSHOP FACILITATOR'S GUIDE



EDUCATIONAL VIDEOS



As Obama's 'It's On Us' Program Turns 5, Powerful PSAs Get Personal on Sexual Assault

'I Owe You' campaign shows the many facets of support

By David Griner | September 19, 2019



Christina - I Owe You Consent

[Video](#)

I Owe You Consent is Christina's survivor story. She is a former student and current survivor activist. She shares the story of a night when she did not consent to any sexual activity and the effects that night has had on the rest of her life.

Play Christina's video at a training, a sporting event, and any place where you have an audience.

- [Discussion Questions](#)



he did not win

He did not win.



**Sexual Assault Awareness
& Consent Education as Tools
for Campus Culture Change**

WHAT IS SEXUAL ASSAULT AWARENESS?



Sexual Assault Awareness is...

Programs, trainings, or events that provide awareness on the meaning of consent, the prevalence of, and policies related to campus sexual assault.

Components:

- **Programs:**
 - What are your rights?
 - How is your school providing this information?
 - How often do you receive this information?
- **Events:**
 - How do you make people aware of this issue?
- **Trainings:**
 - Who is providing this information to the rest of your campus community?

Definitions

Sexual Assault

- Sexual contact or behavior that occurs without explicit consent of the victim
- Includes rape and unwanted sexual touching, among others

Sexual Harassment

- Unwelcome sexual advances, requests for sexual favors, and other verbal or physical harassment of a sexual nature in the workplace or learning environment
- Does not have to be of a sexual nature; can include offensive remarks about a person's sex in general

Dating Violence

- Physical, sexual, emotional, or verbal abuse from a romantic or sexual partner
- Includes emotional/verbal abuse, sexual assault/rape, and physical abuse

Definitions

Domestic Violence

- Pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship
- Includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation

Stalking

- Engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for his or her safety or the safety of others or suffer substantial emotional distress

NATIONAL POLICIES & PROTECTIONS FOR SURVIVORS



Federal Laws that Protect You on Campus

TITLE IX

- Title IX of the Education Amendments of 1972 is a federal law that prohibits discrimination on the basis of sex in federally funded educational programs and activities.
- Title IX declares that sexual harassment and sexual violence are prohibited forms of gender discrimination.
- Sex discrimination can include sexual harassment or sexual violence, such as rape, sexual assault, sexual battery, and sexual coercion.

(a) *General.* Except as provided elsewhere in these Title IX regulations, no person shall, on the basis of sex, be excluded from participation in, be subjected to discrimination under any . . . education program or activity operated by a recipient that receives Federal financial assistance.

Federal Laws that Protect You on Campus

Violence Against Women Act*

The Violence Against Women Act (VAWA) is a federal law that supports response to crimes of domestic violence, sexual assault, dating violence and stalking. It was signed into law in 1994 and has been reauthorized in 2000, 2005, 2013 and 2022.

Clery Act

The Jeanne Clery Disclosure of Campus Security Policy and Campus Crime Statistics Act is a federal statute requiring colleges and universities participating in federal financial aid programs to maintain and disclose campus crime statistics and security information.

The Violence Against Women Reauthorization Act amended the Jeanne Clery Act to afford additional rights to campus victims of sexual assault, domestic violence, dating violence, and stalking.

How These Laws Support Campuses

Prevention Education

Institutions are required to provide to students and employees, on an introductory and ongoing basis, prevention and awareness programs on the crimes covered above. These programs **must** include material on bystander intervention and risk reduction.

Student and Employee Rights

Institutions must provide victims of the crimes covered above with a written explanation of their rights. These rights include the option for a relocation/change of housing, transportation, or academic course assignment. They also include access to counseling services, legal services, and law enforcement notification.

Disciplinary Proceedings

All disciplinary proceedings must be conducted by trained parties at the institution — either individuals or panels of trained persons. Proceedings are required to be prompt, fair, and impartial, and must confer certain procedural rights to both the accuser and the accused.

WHAT IS CONSENT?



Consent is...

Consent is needed to participate in any sexual activity.

It is the permission that is or is not given for something to happen. Consent is about communication and respect for people's boundaries and bodies.

- If someone is under the influence, they cannot consent
- You always have the right to say no. A "yes" given under pressure is not consent.
- The lack of a "no" is not consent. If someone seems uncomfortable or hesitant, ask how they are feeling.
- A "yes" once does not mean there is ongoing consent. Check in with your partner to confirm that they are still enthusiastic about what you are doing.

Full Group Discussion

What are the benefits of asking for consent?

What are common myths people have about consent?

Small Group Discussion

Discuss the following based on the answers from the previous question:

- Where do you see any of these issues with consent in the campus community?
- How are these issues handled in the community? Do the current practices work? If not, how would we change them?

Next Steps

As a group discuss:

How do we build a culture of consent
and build safer spaces?

**The legal definition of consent may vary.

Visit apps.rainn.org/policy/ to find your state's law!

SEXUAL ASSAULT AS A PUBLIC HEALTH ISSUE



Mental Health & Sexual Assault

- Women who are sexually assaulted or abused are over twice as likely to have PTSD, depression, and chronic pain following the violence as non-abused women (Woods et al., 2005).
- An estimated 40% of rape victims suffer from severe emotional distress (requiring mental health treatment) (Miller, Cohen, & Rossman, 1993).
- 34.1% of students who have experienced sexual assault drop out, higher than the overall dropout rate (Mengo & Black, 2015).
- More than 40% of college students who were sexually victimized also reported experiences of institutional betrayal (Freyd, 2018)

Neurobiology of Trauma

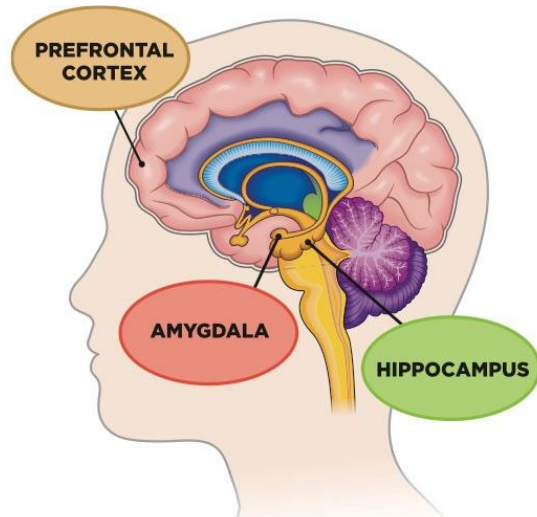
Trauma

- An event that combines **fear, horror, or terror** with actual or perceived lack of control. Trauma is often a life-changing event with **negative, sometimes lifelong** consequences.

Neurobiology of Trauma:

- When we experience fear, our body releases a chemical that impairs our prefrontal cortex, where all of our logical decisions are made.
- **What:** how our bodies, including our brains, respond to trauma
- **Who:** individuals who experience trauma
- **Why:** neuroscience suggests that many common victim responses are the result of fear and trauma, not deception

Neurobiology of Trauma



FEAR

STRESS

TERROR



DETAILS
REMEMBERED

Neurobiology of Trauma

How it may present in a survivor:

- May result in a flat affect
- Fragmented and disorganized memory
- Rapidly changing emotions/mood swings

NIJ, *The Neurobiology of Sexual Assault*. Dec. 3, 2012.
<https://nij.gov/multimedia/presenter/presenter-ca-mpbell/Pages/welcome.aspx>

Institutional Betrayal

Wrongdoings perpetrated by an institution upon individuals dependent on that institution, including failure to prevent or respond supportively to wrongdoings by individuals (e.g. sexual assault) committed within the context of the institution.

Effects of Institutional Betrayal

Smith & Freyd, 2013:

- Those who experienced institutional betrayal reported greater:
 - Anxiety
 - Trauma-specific sexual symptoms
 - Dissociation
 - Problematic sexual functioning

Smith, C. P., & Freyd, J. J. (2013). Dangerous safe havens: Institutional betrayal exacerbates sexual trauma. *Journal of Traumatic Stress*, 26(1), 119-124.

DARVO

Defend, Attack, Reverse Victim & Offender

Trump's DARVO defense of harassment accusations



RON EDMONDS/AP

Supreme Court Justice nominee Clarence Thomas is escorted by Senator Strom Thurmond, second from right, and Senator John Danforth, right, while walking past Senator Joe Biden, the Senate Judiciary Committee Chairman, Sept. 10, 1991, prior to the start of Thomas's nomination hearing.

Effects of DARVO

Cameron, 1994:

- 72 sex abuse survivors
- 44% experienced complete denial by perpetrators
- 22% accused of misunderstanding
- 44% told they were crazy
- Harsey, Zubriggen and Freyd, 2017:
- 138 students

Results: the greater the DARVO exposure, the more likely the confronter experienced self-blame.

Activity

Watch the following clips and think about ways the characters are exhibiting DARVO or institutional betrayal

Example: Eighth Grade Car Scene



Real Life Example: R. Kelly



Discussion

- What stands out to you about these examples?
- Do either of these examples resonate with your experience on campus?
- How does institutional betrayal or DARVO impact someone who has already experienced trauma?
- What are some things your school is doing to help spread awareness of this violence?

CREATING EFFECTIVE SEXUAL ASSAULT AWARENESS PROGRAMS



A Comprehensive Program Will Include:

- Ongoing Training in different areas of sexual assault awareness.
 - Ex: school procedures, available resources on and off-campus, etc.
- Training for specific campus groups/communities.
Ex: greek life, athletics, freshman vs. seniors, multicultural centers, etc.
- Policies and Laws explained - both national, local, and on campus.
- Awareness Activities funded by the school and developed with students.

**Talk to your school about what they are
doing to combat sexual assault!**

QUESTIONS?



Post Training Survey

bit.ly/IOUPostTrainingSurvey



ON-CAMPUS:

DVACK Campus Advocate, Carly Tinkler

Pioneer Hall: 1st Floor

785.833.4328 (KWU)

785.827.5862 (24-Hour Hotline)

carlyt@dvack.org

Zoom by appointment

Free to all students and staff

Title IX Coordinator, Bridget Weiser

Pioneer Hall: Student Dev. 125

785.833.4325

Campus Security, 785.829.6017

OFF-CAMPUS:

Veridian Behavioral Health

400 S. Santa Fe, Salina, KS

785.452.6113 (Santa Fe)

730 Holly Lane, Salina, KS

785.452.4930 (Holly Ln)

Fees vary

Salina Police Department/Saline County

Sheriff's Dept.

255 N. 10th, Salina, KS

785.826.7210

Salina Regional Health Center

400 S. Santa Fe., Salina, KS

785.452.7000

Forensic Nursing, Emergency Room, etc. (24 hr)



THANK YOU

**For more information visit
ItsOnUs.org**

