



**It's On Us Workshop:  
SEXUAL ASSAULT PREVENTION 101**

# Agenda

- Learning Outcomes
- Introductions
- Self-Care Check In
- Defining the Problem
- Understanding Perpetration
- Rape Culture
- Prevention Activities
- Toolkit Materials + Next Steps
- Self Care Reminder
- Post-Training Survey

# Learning Outcomes

Participants will recall the definitions and prevalence of sexual assault.

Participants will describe the root causes and risk factors of sexual violence perpetration.

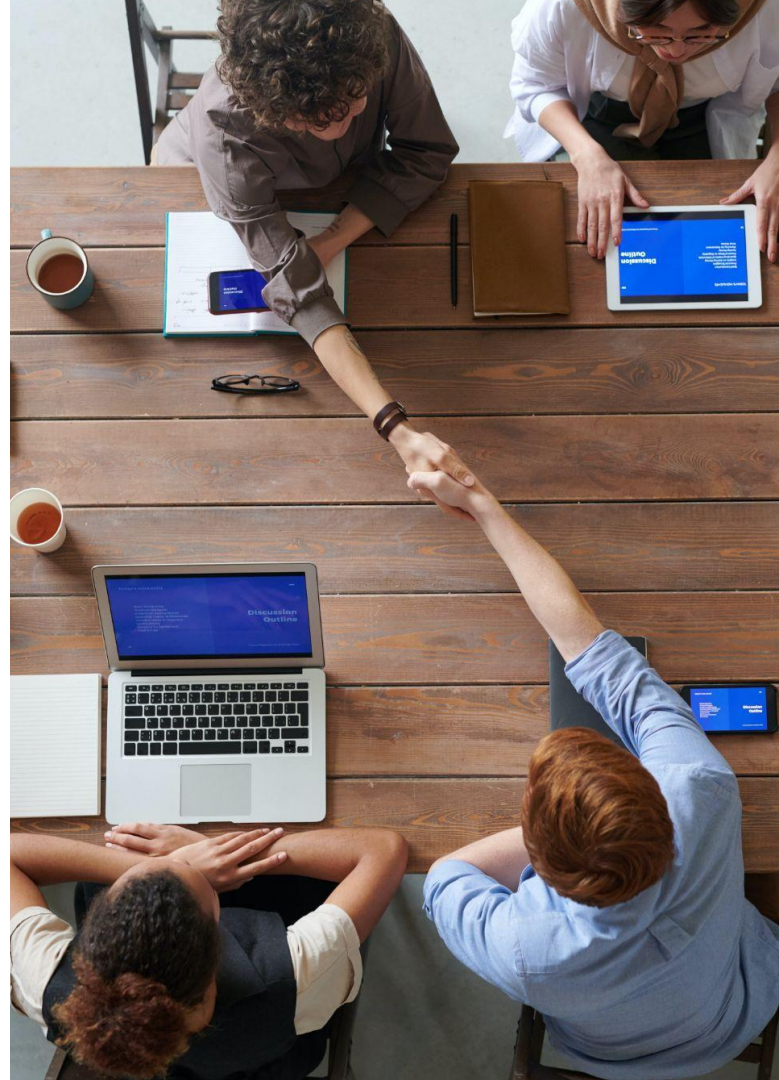
Participants will apply primary prevention strategy to incidents of sexual violence.

Participants will complete activities to learn about healthy sexual communication, rape culture, and motivations for sex.

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# INTRODUCTIONS

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# SELF-CARE CHECK

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# DEFINING THE PROBLEM

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## **MYTH or FACT?**

If women don't want to be sexually assaulted,  
they shouldn't dress in revealing clothes.

# MYTH

What a person wears has nothing to do with whether or not someone will assault them. Clothing is not an invite for sexual behaviors or attention.



## **MYTH or FACT?**

If people don't want to be assaulted they shouldn't  
lead people on.

# MYTH

Regardless of whether or not they were sexually interested in someone, flirting is not an invitation for sex or sexual behavior. Furthermore, people can always change their mind.

## **MYTH or FACT?**

It is impossible to “accidentally” rape someone.

# **FACT**

Sexual assault is not an accident, it is a decision to ignore or violate another person's will.

## **MYTH or FACT?**

Someone who has committed sexual assault may not realize what they did was sexual assault.



# FACT

Unfortunately, our culture has normalized sexual assault to the point that many people believe using force or coercion or taking advantage of someone to have sex is acceptable. Although the person who committed sexual assault may not view what they did as sexual assault, any decision to force or coerce someone into a sexual activity when they do not want to is sexual assault.

## **MYTH or FACT?**

It was not rape if the person did not fight back.

# MYTH

When a person is scared, the emergency part of their brain kicks in. The brain send signals that override our decision-making abilities. It is not always possible to fight back. Sometimes it is even more dangerous to fight back.

# MYTH or FACT?

You can't leave someone with "blue balls."

# MYTH

People can change their mind about sexual activity at anytime. No one owes anyone sex at any point.



## **MYTH or FACT?**

“I was drinking” is not an excuse for sexual assault.

# **FACT**

There is no excuse for sexual assault.

People who have committed sexual assault may use drinking as an excuse, however, alcohol does not make a person more violent or aggressive.

## **MYTH or FACT?**

People who commit sexual assault/rape  
are “sexual deviants.”

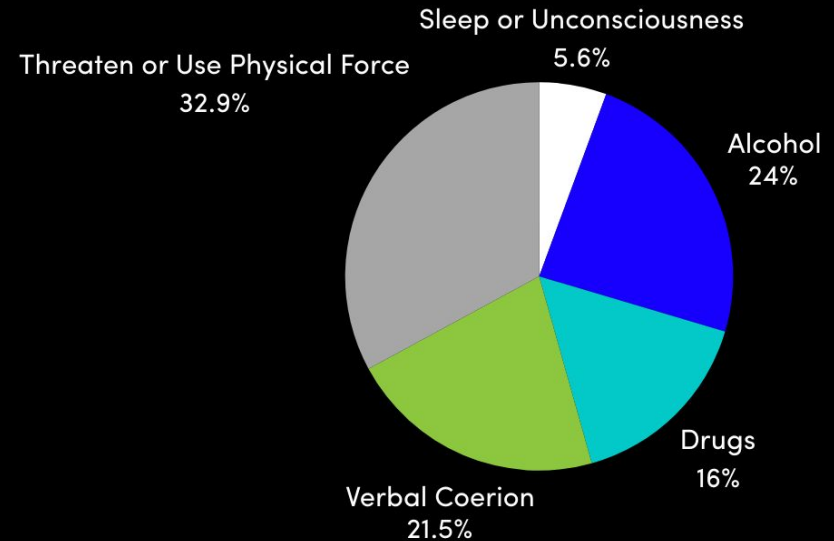
# MYTH

People who commit sexual assault/rape are extreme conformists to the violent Rape Culture we live in.

# Defining Sexual Violence

Any sexual activity that occurs without consent or when consent is not freely given. This includes sexual assault, which is unwanted sexual activity, such as touching or kissing without consent, or rape. (Center for Disease Control)

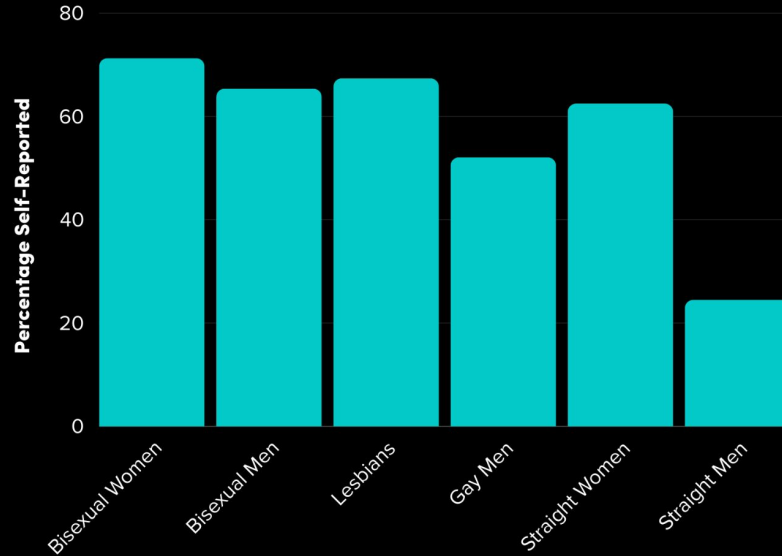
## Common tactics used to force sexual activity:





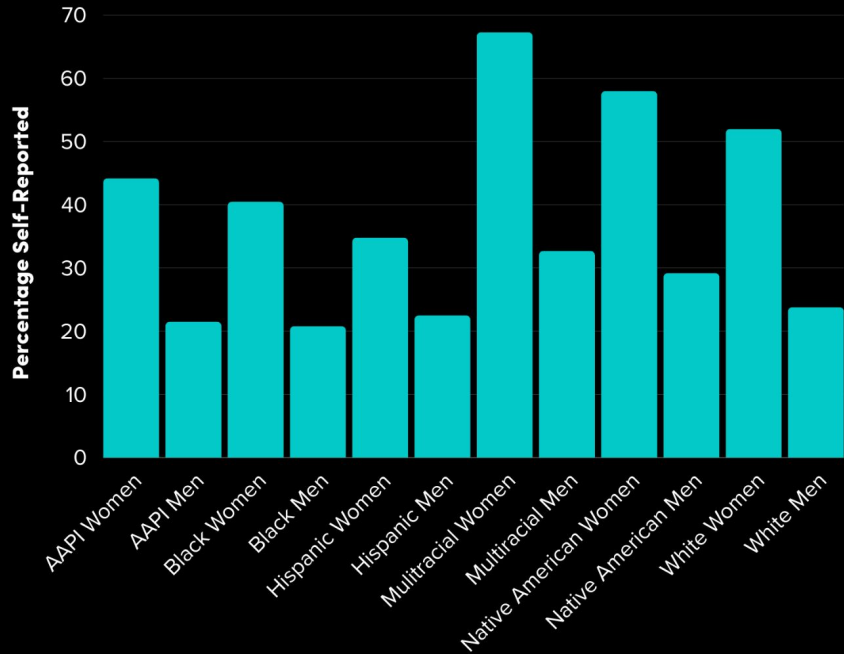
# US Rates of Sexual Violence: Gender X Race

- 1 in 4 women (26.8%)
- 1 in 2 trans people (**47%**)
- 1 in 26 men (3.8%)



# US Rates of Sexual Assault: Gender X Sexual Orientation

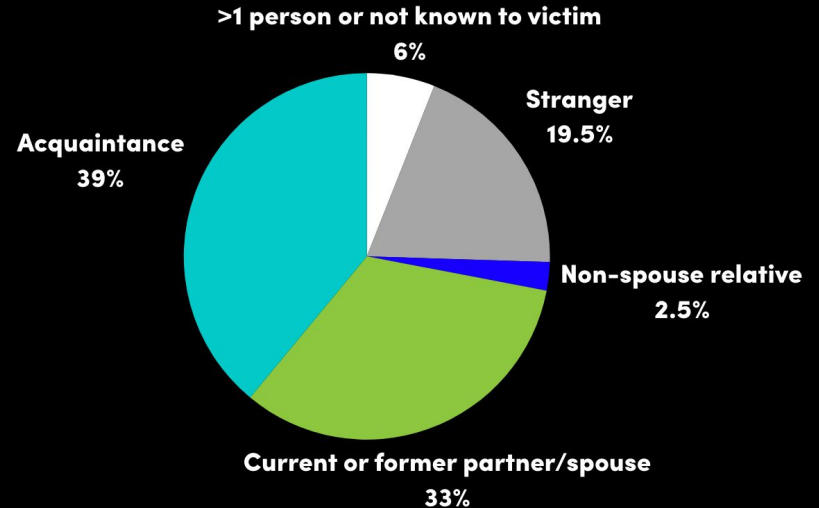
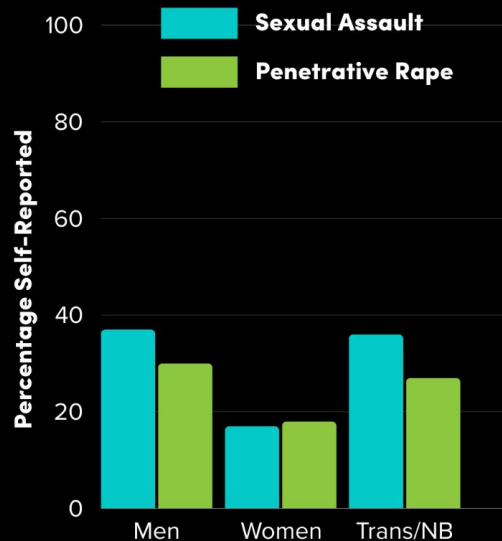
- Most sexual assault is intraracial, meaning between people who are of the same race.
  - Exception: Most sexual assault against Native American women is committed by White men.



# Demographics of Offenders

Anyone of any gender can commit violence against anyone of any gender.

Nearly 80% of offenders are someone known to the victim.



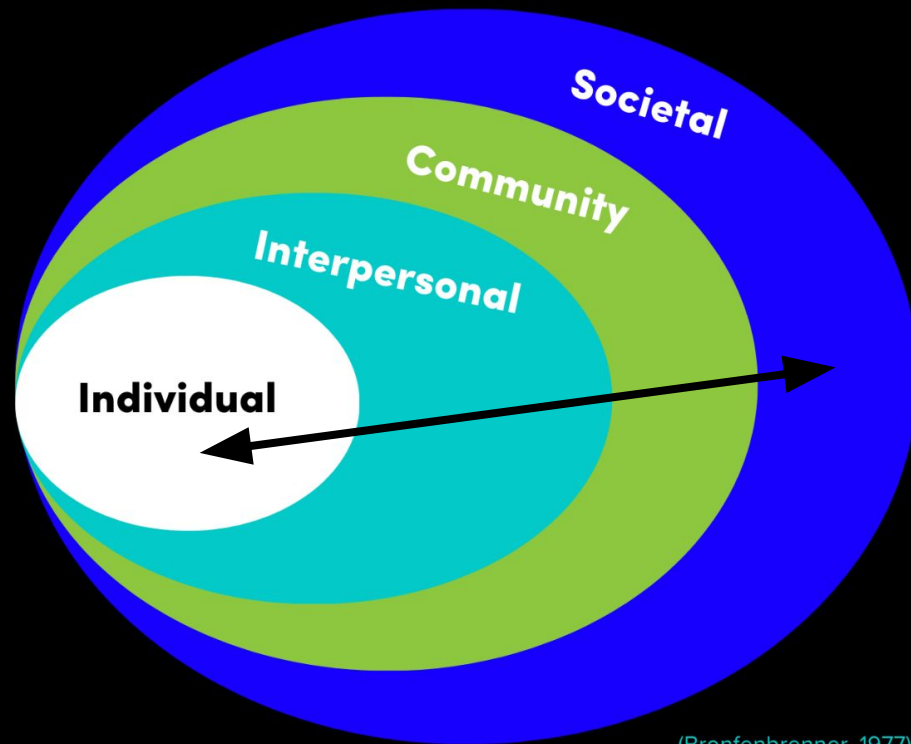
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# UNDERSTANDING PERPETRATION

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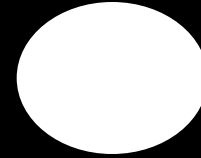
# Sexual Assault Perpetration Risk



(Bronfenbrenner, 1977)

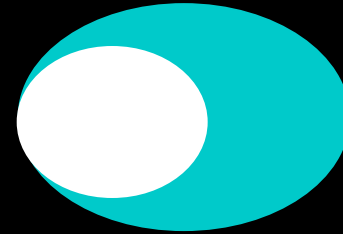
# Individual Level Risk Factors

- Experiencing abuse as a child
- Attitudes that support violence
- Heavy alcohol consumption
- Acceptance of rape myths
- Internalized homophobia or transphobia
- Inability to manage emotions



# Relationship Level Risk Factors

- Peer approval of violence
- Peer pressure to engage in violence
- Witnessing abuse
- Parental or familial norms that promote violence
- Challenges with interpersonal conflict



# Why do people commit sexual assault?



To assert power and dominance over another person.



They believe violence is acceptable when necessary.



To assert power or control in a given situation.



They believe they deserve or are owed sexual acts.



They believe that it's ok to "convince" someone to have sex.



They don't believe or refuse to accept someone's "No."



They have peers who hold violence-supportive beliefs.



They feel hostile about a person's social identity.



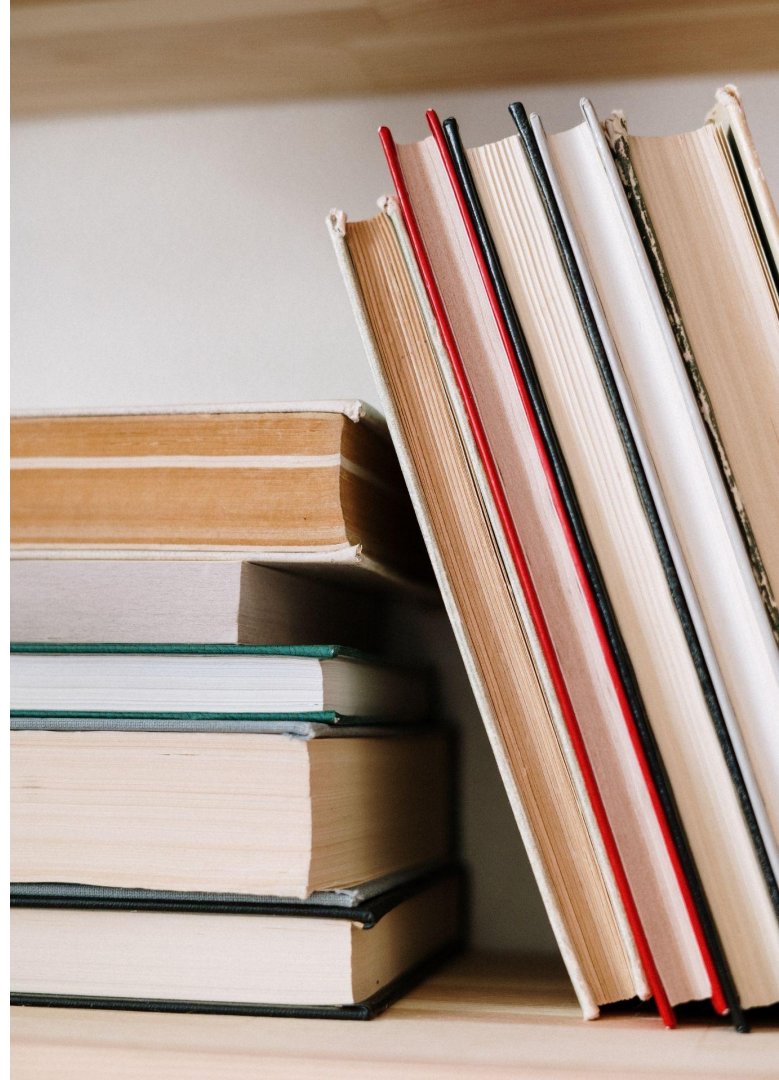
They believe that sexual violence is normal.



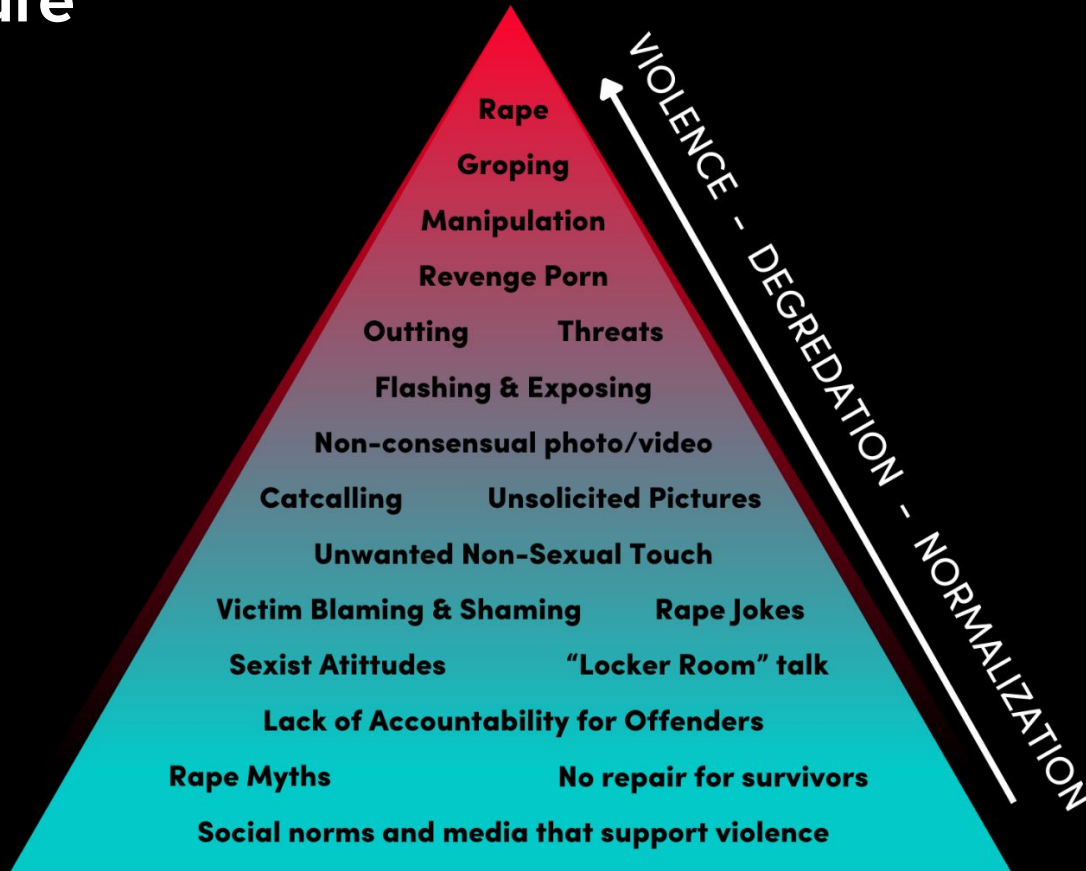
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# **RAPE CULTURE**

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# Rape Culture



## **Content Warning:**

**The next two slides contain examples of victim blaming statements. If you need to tune out for a moment, do what you need to do to take care of yourself. You can check back into the conversation when you're ready.**

# Victim Blaming and Silencing

Why didn't you just push them off?

What do you mean you didn't want sex?

What, are you gay?

Get over it. Don't be a pussy.



Why were you alone with them?

You shouldn't have lead them on.

Why didn't you yell or try to run?

You shouldn't have gotten so drunk.

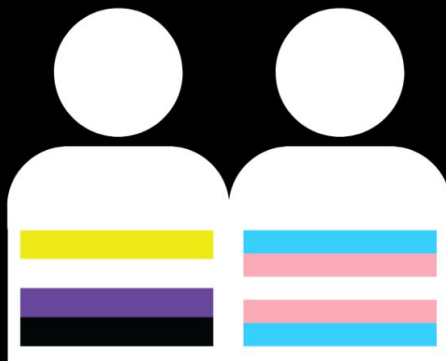
# Victim Blaming and Silencing

Why didn't you just push them off?

Don't perpetuate the stereotype!

Why were you alone with them?

What do you mean you didn't want sex?



You shouldn't have lead them on.

\*Fetishizing\*

You should have come out sooner.

You're so outspoken, why didn't you just say "No?"

They're queer too...are you sure you aren't overreacting?

You shouldn't have tricked them.

**Three things to say  
when a friend  
discloses to you.**

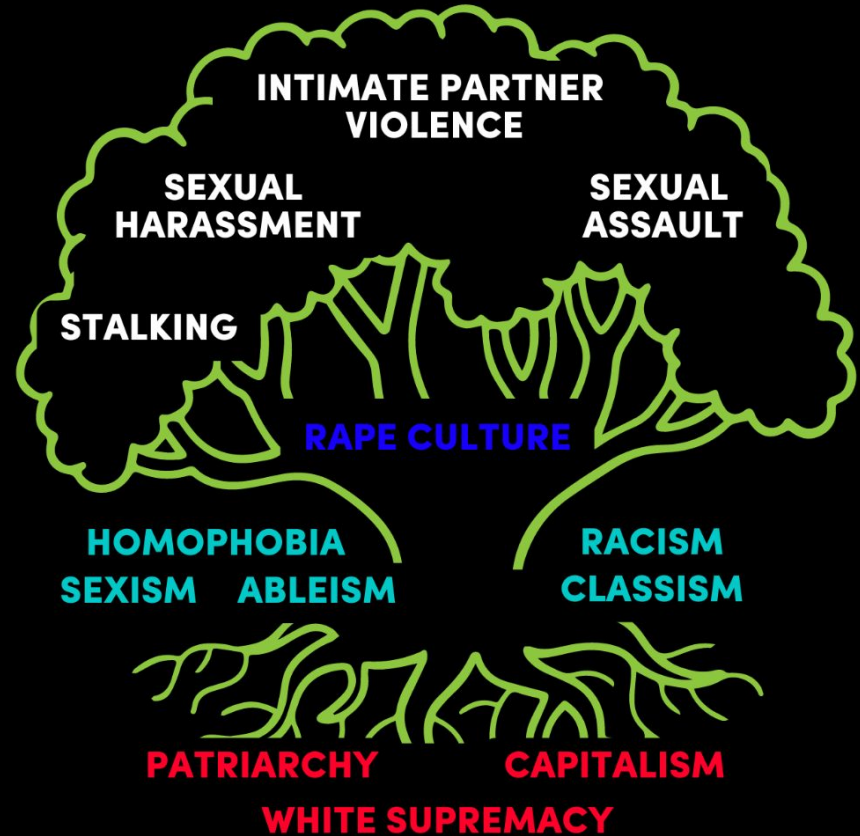
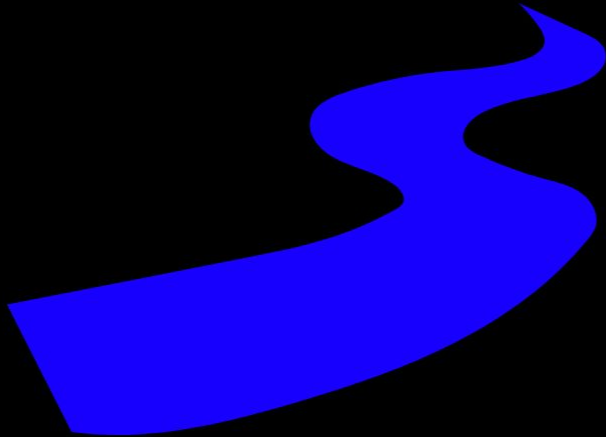
**I believe you.**

**It's not your fault.**

**You have resources.**

IT'S **NOT**  
ABOUT  
THE  
NAIL

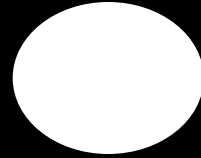






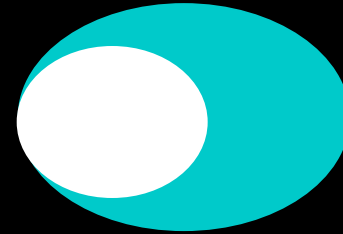
# Individual Level Protective Factors

- Emotion management skills
- Sexual communication skills
- Relationship communication skills
- Egalitarian beliefs
- Non-violence attitudes



# Relationship Level Protective Factors

- Peer promotion of healthy behaviors
- Peer acceptance of egalitarian norms
- Community responsibility in ending violence
- Problem-solving and healthy conflict skills
- Mentors or other authoritative figures who model healthy relationships



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# PREVENTION ACTIVITIES

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It's On Us Pizzeria

# Menu

## CHOOSE YOUR CRUST

Garlic Salted	\$3	Thin	\$2
Cheese Stuffed	\$3	Hand-Tossed	\$3
Pretzel	\$4	Detroit Style	\$4

## CHOOSES YOUR BASE

Garlic butter	\$3
Marinara Sauce	\$2
White Sauce	\$3
Pesto	\$4

## CHOOSE YOUR TOPPINGS

Pepperoni	\$4
Three Cheese	\$3
Bell Peppers and Onions	\$2
Sausage	\$4
Ham and Pineapple	\$5
Anchovies	\$6

## FULL MENU



Pizzas



Salads & Sides



Bread

# Reflection

- How did your conversation go?
- Was it an easy discussion?
- Did you disagree or have to negotiate at all?
- Did anything make the discussion difficult?
- Did you set any boundaries?



# Sexual Communication is...

- **Mutual** – anyone involved should be checking in with each other
- **Caring** – even if it's a casual hookup, it requires caring for each other's safety and wellbeing
- **Free from Pressure** – if it takes convincing, it's not consensual
- **Certain** – If you're unsure if you OR another person wants to do this, it's better to stop and check in or do something else altogether