Introduction:

Thank you for having us, we are 20:1. (Explain that you are from the fraternity peer ed sexual assault prevention program) You may have seen our shirts or slogans around campus, and you may have wondered why our shirts say “Your mother, your sister, your girlfriend.” We will explain that later in the program.

We are here today to talk to you about what we as men can do to prevent sexual assault.

- We are not here to blame you as male athletes or to preach to you. While some sexual assaults do occur in around athletics or fraternity houses, it is not a predominately an athletic or fraternity problem. Sexual assault is a campus wide problem.
- We want you to understand what sexual assault is.
- We want you to be prepared if you are aware that a woman has been sexually assaulted.
- Again, no blame, we assume you don’t want to sexually assault or rape someone; we are here to show you that you as athletes and leaders on campus can help make a difference and prevent sexual assault.

Disclaimer:

Some parts of the presentation can be graphic. You may know someone that is a survivor of sexual assault. If at any point you feel uncomfortable, please feel free to step outside for moment.

According to the National Crime Victimization Survey, statistics show that over 90 percent of the time rape survivors are female and 98 percent of the time offenders are male. During the program we will refer to the perpetrator as male and the victim as female. However, victims and offenders can be of either sex.

If anyone would like to speak further about the subject in a private manner, we will be available after the program and resources will also be made available to you.
Overview:

The basic aspects of the program:

- To explore the definitions of sexual assault
- To explore and discuss consent
- To show and discuss a police training video that describes a rape situation
- To discuss the victim experience
- To talk about how to help a sexual assault survivor
- To discuss other ways you can help decrease the incidence of sexual assault
- To discuss questions

Program:

Discuss the definition of sexual assault and rape.

**Non-Consensual Sexual Intercourse**: (RAPE)

- Any sexual intercourse: anal, oral or vaginal
- However slight
- With any object
- By a man or woman upon a man or woman
- Without effective consent

**Non-Consensual Sexual Contact**: (All other sexual assault)

- Any sexual touching (including disrobing or exposure)
- However slight
- With any object
∞ By a man or a woman upon a man or woman
∞ Without effective consent

*National Center for Higher Education Risk Management (NCHERM)

∞ Include the statistic that 80 percent of rape victims have known their offender for at least one year.

Pass out the orange bookmark.

Discuss the definitions of consent (on handout)
Include:
∞ One act of sex is not consent for another act of sex (Give example)
∞ Incapacity sex: Who is driving the car
∞ Consent is not the absence of a “no”, but the presence of a “yes”
∞ The person that is initiating the sexual act is responsible for establishing consent

Show the police training video: (this video is of a high ranking police official speaking to other officers during training. He tells the story of a male officer that is violently raped by two other males in the streets while on duty. The point of the video for our presentation is to entice the fraternity men in the audience to empathize with a rape victim. They can identify with this story of a male victim).

Try to remain present in the room as much as possible to help prevent the men from laughing or playing around.
After the video, discuss the parallels from the man in the video to a woman as a sexual assault survivor:

Ask for Reactions to Film and let Discussion Happen

Situation 1 (20:1 Presenter 1)

When the cop moved the trash can
∞ He doesn’t know what’s going to happen to him; he went about doing his normal job.
In a parallel situation to woman’s experience, most incidents arise out of everyday, “normal” situations.

- A trusted male friend or a new guy that she’s been hooking up with might misinterpret her signals and begins to take control of her.
- At this point she might not be thinking that she is about to be raped. Maybe all she wanted to do was kiss him, but instead he has sex with her. There is not always a signal that a sexual assault might or is about to occur.

**Situation 2 (20:1 Presenter 2)**

**The cop is told not to make a move**

- The officer’s first reaction is to comply with his attacker. He knows he is being threatened and he is remaining still so he can try to figure out what is going on.

**Victim’s overwhelming fear**

- In a similar fashion, a victim’s initial reaction is to be scared and freeze up.
- Because most commonly a victim is with a trusted friend, when that trust is violated, an overwhelming sense of fear takes control of her body. She becomes unresponsive and paralyzed.

**Situation 3 (20:1 Presenter 3)**

**The cop is told to get on his knees**

- In the video, when the officer gets on his knees, we all know what’s about to happen to him.
- Who knows what anyone would do in a situation like this.
- In this case however, the police officer chose to value his life and comply with whatever the assailants wanted him to do.

**Desire to avoid violence**

- Because most men are larger and stronger than most women, many women instantly become intimidated.
- In a sexual situation where their trust is being violated, many women remain calm in order to avoid a violent situation.
- Even though 70% of women try to physically resist the sexual attack, they end up being overpowered both physically and psychologically.

**Situation 4 (20:1 Presenter 4)**

**Fear of STI's/STD's**

- A victim of rape has to face the real fear of possibly being infected with an STI or STD (Sexually Transmitted Infection, Sexually Transmitted Disease)
According to the Center for Disease Control and Prevention, 1 in every 500 college students is infected with HIV. One out of every five US adults is infected with genital herpes.

For women survivors of rape there is the additional fear of possible pregnancy. With women survivors of rape, about 5% result in pregnancy.

Situation 5 (20:1 Presenter 5)

The humiliating hospital visit
- Recall the officer’s reactions and possible feelings of waiting in the room and going through the rape examination and giving the report of what happened.

Another painful process (rape exam)
- The rape examination for women is painful and degrading, more so than a gynecology appointment. Ask the men in the audience if they can imagine what that must feel like.
- Once again another stranger is probing her insides, gathering evidence and treating her injuries just after an already traumatizing experience.
- Her physical injuries can heal, but what about her mental ones?

Situation 6 (20:1 Presenter 1)

The cop is asked, “Did you fight?”
- Recall the fellow officers’ reactions in the video to the rape victim. They asked him if he fought back. The victim responds that he was just trying to stay alive; they were going to shoot him.
- Recall the officer’s friend approaching him and suggesting that this interaction had happened before willingly and that this time it just got out of hand. (Ask the men to imagine how they would feel or react).

A woman is asked the same questions
- Similar questions are asked of a survivor of rape: Where were you? Were you drinking? What were you wearing? Were you wearing sexy clothes? Did you lead him on? Did you have sex with him before this? Did you scream or yell or say no? Did you fight back, scratch his eyes or kick him in the balls?
- None of these are valid questions
- The victim is just trying to stay alive. She was not asked to be raped. No one is ever asked to be raped.

What we can do as men to help end sexual assault:

Communicate during intimate or sexual encounters (20:1 presenter 2)
- We as men should feel comfortable to use open, verbal communication during these encounters. Partners should talk about the physical
experiences you are sharing, your bodies, and what each of you wants or doesn't want. This involves listening!

It is ok to openly communicate during sex. *(Please feel free to use personal (appropriate) experiences as examples with the men in the audience.)*

**Unresponsive body language (20:1 presenter 3)**

- A woman may “freeze up” during an intimate or sexual encounter when a man is doing something to her that she does not want. This is a point where the man needs to check in and ask if she is ok.
- Some men might think that the woman just needs to be “loosened up.” Her non responsive behavior is not a sign of permission or opportunity to proceed.
- Proceeding during a “freeze up” could mean for a woman that she is being coerced or forced.
- This “freezing up” means that more communication needs to take place about what is happening.

**Cooperation does not equal consent (20:1 presenter 4)**

- Both parties have to agree to a sexual act. Just because a person is going along with a sexual act does not mean that they gave permission or agreed to do so. They might be uncomfortable with what’s happening or they might be overwhelmed by how fast things are moving.
- If you want to be sure that someone is consenting to a sexual act, JUST ASK. Ask if what you are initiating is ok.
- The person initiating the sexual act is the one responsible for getting permission.
- Again, consent is not the absence of a “no”, but rather the presence of a “yes.”

**STOP, ASK, and CLARIFY (20:1 presenter 5)**

- If you are not sure if you have consent, stop what you are doing, ask if it ok, and clarify what experiences you want to share together.

**How to help a survivor of sexual assault or rape (20:1 presenter 1)**

One has to realize sexual assault survivors react differently and find different things that assist in their recovery. Obviously, not every woman reacts the same way to being sexually assaulted.
The suggestions covered here are most helpful for a woman that comes to you just after she has been sexually assaulted. However, many of these suggestions will be helpful to you even if the victim comes to you several months or years after the assault.

**Medical and Safety Needs (20:1 presenter 2)**
- If a woman comes to you after she is sexually assaulted, it is important for her to seek medical attention, especially within the first 3 days after the assault. This is to ensure that adequate evidence can be collected in case she decides later to press charges. The medical visit can also ensure STI testing, treatment of injuries (the possibility of internal injuries), and pregnancy counseling.
- **IMPORTANT:** It is her choice to go seek medical attention right away if she wants to. All you can do is suggest she go and offer to take her if she wishes.
- It is also important that she be safe from further danger. Find someone to stay with her in a safe place, if not you then offer to call another friend.

**Do not react violently (20:1 presenter 3)**
- Most guys would get angry and threaten violence if they found out that a close female friend or relative is the victim of sexual assault. It is important not to react violently.
- The victim has already dealt with the violent sexual assault or rape, she doesn’t need to see anyone else acting violently. She may also fear retaliation from her perpetrator if you react.
- Let her know, calmly, that you are there to help and support her.

**Listen (20:1 presenter 4)**
- Just listen to the victim. Talk less, listen more
- Do not ask questions about what she was wearing or where she was. She may interpret this as blaming her.
- Don’t try to suggest why the assault happened
- Do not judge her statements
- Follow her lead. She may want a hug or a touch, but she may not. Ask her if this is something she wants.

**Believe Her (20:1 presenter 5)**
- The most important factor in a woman’s recovery from sexual assault or rape is to be believed. If a victim comes to you, believe them.
- According to the FBI, only 8% of reported rapes are concluded false reports, but not all of the people making these judgments do so accurately. So at a minimum, 92% of the time that a woman is reporting a rape, it really happened.
- It is very important to believe the victim without blame or judgment.
Help Her to Regain Control (20:1 presenter 1)

- For a victim or rape, control was completely taken away from her. If a victim comes to you for help, help her to regain control by allowing her to make small decisions. Does she want to talk in your room or hers? Where would she like to sit? Ask if it is ok for you to hug her or not. Making these small decisions will help her to regain control and help her to make larger decisions later.

- Be patient with her and accept her decisions even if you do not agree with them, particularly her decision in getting help.

Realize Limitations (20:1 presenter 2)

- Recovery from a rape is a long and difficult process. The initial rape trauma syndrome can last for up to three months. One year or more is common for a more complete recovery.

- Refer the rape survivor to seek counseling. If they are a student, refer them to the Counseling Center on campus. Offer to walk her over there if this is helpful for her.

- Keep your conversations with the victim in confidence. Do not tell peers or friends about what happened.

- It is also normal for you to seek counseling yourself. Having a victim confide in you about the rape can bring about some very strong feelings that is not best talked about with the survivor. Also, you can speak with a counselor about how best to help the survivor.

Help Change Social Norms

- There are common things that men say to one another that may seem funny but could be hurtful to certain people. These kinds of comments should be challenged. (20:1 Presenter 3)

- Rape Jokes are not funny. Even comments such as, “We raped that other team,” or “that test raped me” are not ok. They are insensitive and could be unwittingly hurtful to other people. (20:1 Presenter 4)

- Challenge sexist comments and attitudes. Comments like, “take off your skirt” or “stop being a bitch” are demeaning to women. They support an attitude that women are weak and inferior. (20:1 Presenter 5)

- Challenge/Condemn abuse of women. Speak up and against a man that may brag about taking advantage of a woman or forcing himself upon her. Use other example you may think of. (20:1 Presenter 1)
Conclusion (20:1 Presenter 2)

Recite the most up-to-date statistic on rape survivors.

*All statistics are according to the United States Department of Justice – 2000

- One in four college women are sexually assaulted sometime during their four years at college.
- 60% of completed rapes that occurred on campus did so in the victim’s residence.
- Fewer than 5% of completed and attempted rapes were reported to law enforcement officials.
- In about 23% of rape incidents, the victim told someone, but most often not a family member or a college official.
- Reasons for not telling included:
  - Fear of reprisal by assailant;
  - Fear of being treated with hostility by police;
  - Fear of not being believed;
  - Not wanting family to know;
  - Not believing the incident was harmful or important enough to bring to the attention of authorities.

Ask for Questions/Comments

Explain what 20:1 stands for. We have been speaking for about an hour. In this country, 20 women are sexually assaulted every hour.