

# Peer Education for Sexual Assault Prevention



# Ground Rules

- Teleconference number is 571-372-4600 code 72645#
- Text chat and private chat
- PowerPoint slides
- Questions – Polling and Discussion
- Please place your phone on mute (\*6)
- Use the Chat Line to ask your questions. We will address all questions.

**Disclaimer:** Our intent is to present information on lessons learned in sexual assault prevention. A portion of the presentation you are about to see was created by individuals not associated with the Department of Defense. The views, opinions and statements of the individual participants do not necessarily reflect the official policy or position of the Department of Defense. Viewing of this presentation on Department of Defense property or any related participation by the Department of Defense or its employees, officers, or agents is for discussion and educational purposes and should not be construed as an endorsement of the organization or its contents, nor reflective of any policy or position of the Department of Defense.

# Agenda

- Ground Rules
- Purpose
- Welcome & Introductions
- Peer Education Programs
  - Naval Station Great Lakes – “MVP”
  - US Naval Academy – “1 in 4”
  - Binghamton Univ “20:1”
- Discussion
- Questions
- Survey

# Purpose

Webinar participants will discuss elements of effective sexual assault prevention education and lessons-learned

Common elements:

- Peer to peer education
- Small-group, interactive approach
- Comprehensive training curriculum
- Gender-specific training groups
- Adapting training content to audience

Discussion:

- How participants can adapt the lessons learned from these programs to their prevention education program

## Poll Question

How did you hear about this webinar?



# Naval Station Great Lakes Training Support Center



## Bystander Intervention Training Program

- Provides prevention education to new A-school students through junior and senior enlisted facilitators
- Trained by Mentors in Violence Prevention (MVP)
- Part of a comprehensive training curriculum



# United States Naval Academy



## Sexual Harassment and Assault Prevention and Education (SHAPE) Program

- Provides prevention education to the 4,500-member Brigade of Midshipmen
- Facilitated discussions about sexual harassment and assault
- Empowers midshipmen with increased awareness and bystander intervention skills



*State University of New York*

**20:1 Sexual Assault Prevention Program**

DARA RABOY-PICCIANO, LCSW-R

&

RANDALL M-J EDOUARD, MSEd



# History of the 20:1 Program



- 2004 Fraternity Peer Education program
- Held Focus Groups to understand and identify program needs
- First developed Empathy Program
- As the need arose, additional program Tiers were developed
- Program expanded over the years, becoming a credit-bearing internship
- Presenting to other student groups



# A Three-Tiered Approach Focus on Greek Life and Athletics



## For Men

- **Tier One:** Empathy-based program
- **Tier Two:** Awareness-based program (sexual consent)
- **Tier Three:** Bystander intervention program

## For Women

- **Tier One:** A Program for Women (Not a risk reduction program)
- **Tier Two:** Awareness-based program (sexual consent)
- **Tier Three:** Bystander intervention program

# A Typical 20:1 Program



- Small group: 20-30 students
- Discussion around what is sexual assault and sexual consent
- Use of Consent Game© gets at practical application, biases, perception, and developing skill set through discussion
- Use of realistic scenarios
- Brief film with statistics
- How we begin and end presentations in a meaningful way



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# What Worked for 20:1 at Binghamton



- Small groups with lots of interaction
- Men talking to men
- Peers talking to peers
- Gender balance with presenters: who presents to men or women?
- Real-life scenarios
- Relevant program: Adaptive to campus culture

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# 20:1 Limitations and Challenges



- Selection process of peer educators: what happens when a peer is of questionable character
- Conflicting values: Example: Some fraternities more interested in their reputation than preventing sexual assault
- Support for the program: Greek Leadership, Athletics, etc.
- Sustaining the program: moving from volunteers to internship
- Gaining credibility with student groups
- Educators' experience levels

# 20:1 Data Collection



- 20:1 has been gathering data since 2005
- Analyzed separately 2005-2007 data and 2008-2010 data
- Most current pre/post surveys from 2010-2013 period are being analyzed this semester (Fall 2013)
- Short surveys: gathered both qualitative and quantitative data before and after education program that look at several things, including:
  - Understanding of sexual assault and sexual consent both pre and post
  - Victim blaming attitudes and rape myth beliefs both pre and post
  - Self-reported victimization and perpetration behaviors
  - Anticipated behavioral changes
- All groups received either Tier One or Tier Two of the educational components offered in the 20:1 program
- New survey for the Bystander Intervention program will be analyzed in Spring 2014



# 20:1 Data Analysis



## 2005-2007

- This Data Group included over 240 students
- All fraternity men

## 2008-2010

- This data group included over 500 students
- As the 20:1 program expanded, presentations were no longer delivered to only fraternities or only men
- 180 fraternity men
- 161 sorority women or women in profession fraternities
- 118 male athletes
- 85 female athletes



## 2005-2007

- 7.7% (18) responded in the affirmative to the question: Do they believe they had engaged in behaviors that met the definition of sexual assault?
- At the same time, 41.5% of the men (97) did not feel they had committed a sexual assault either before or after training
- 130 men (55.6%) felt they would alter their behavior
- Qualitative data indicated these men wanted to participate in creating cultural change but did not know what to do
- This pointed out the need for the 3rd training Tier focusing on bystander behavior

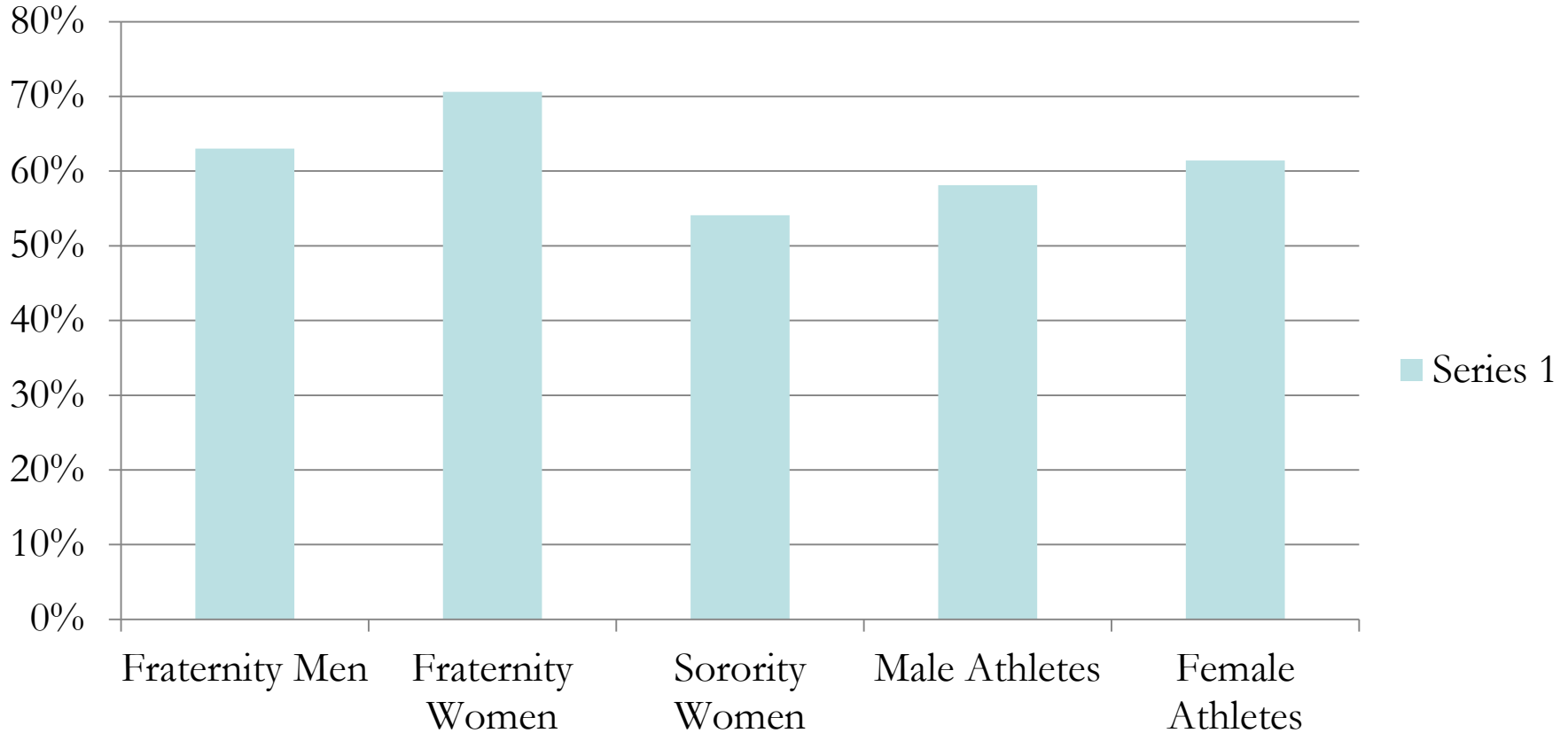


# 20:1 Data Analysis Summary 2008-2010



## A Better Understanding of Sexual Consent

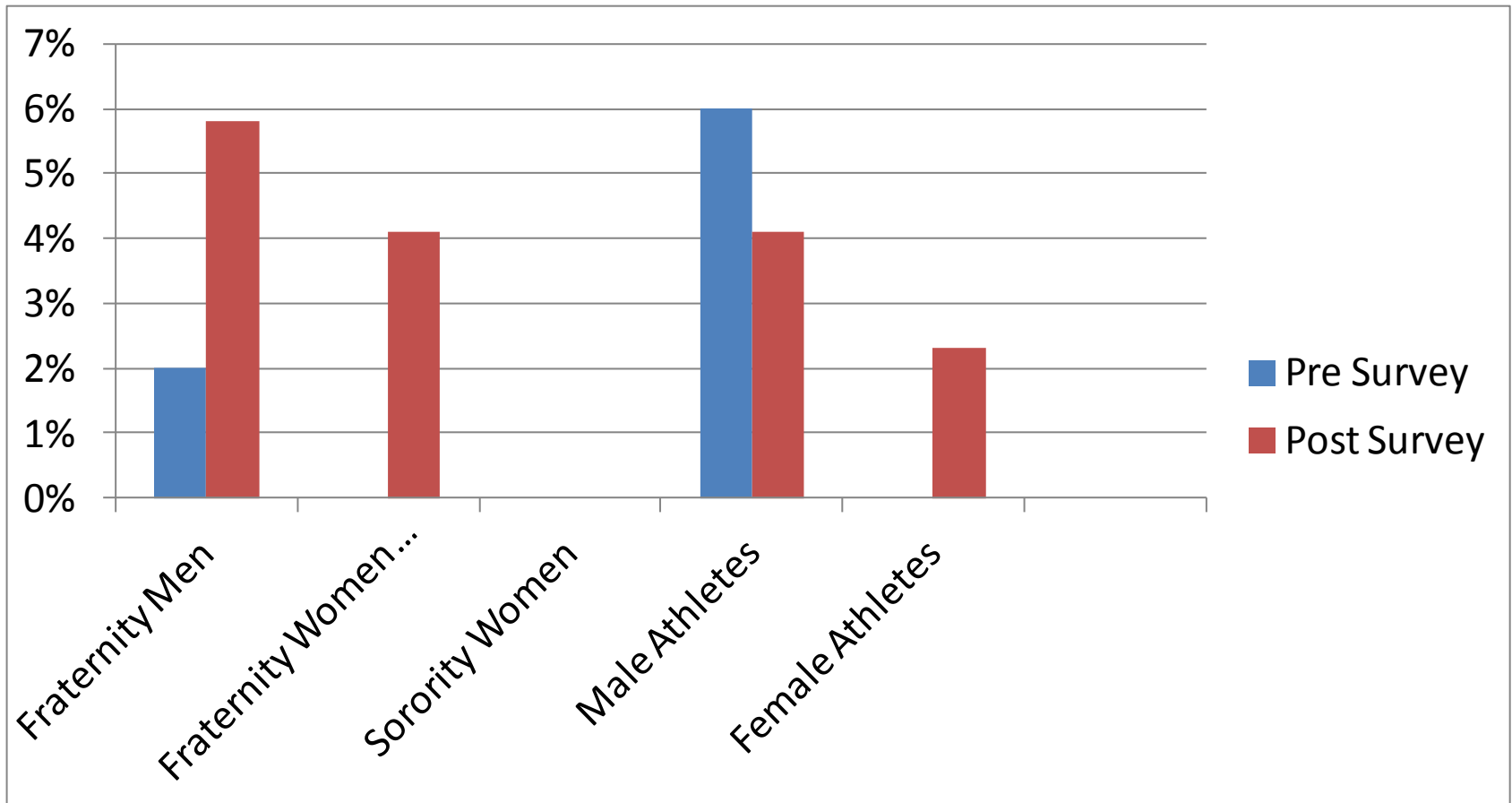
Series 1



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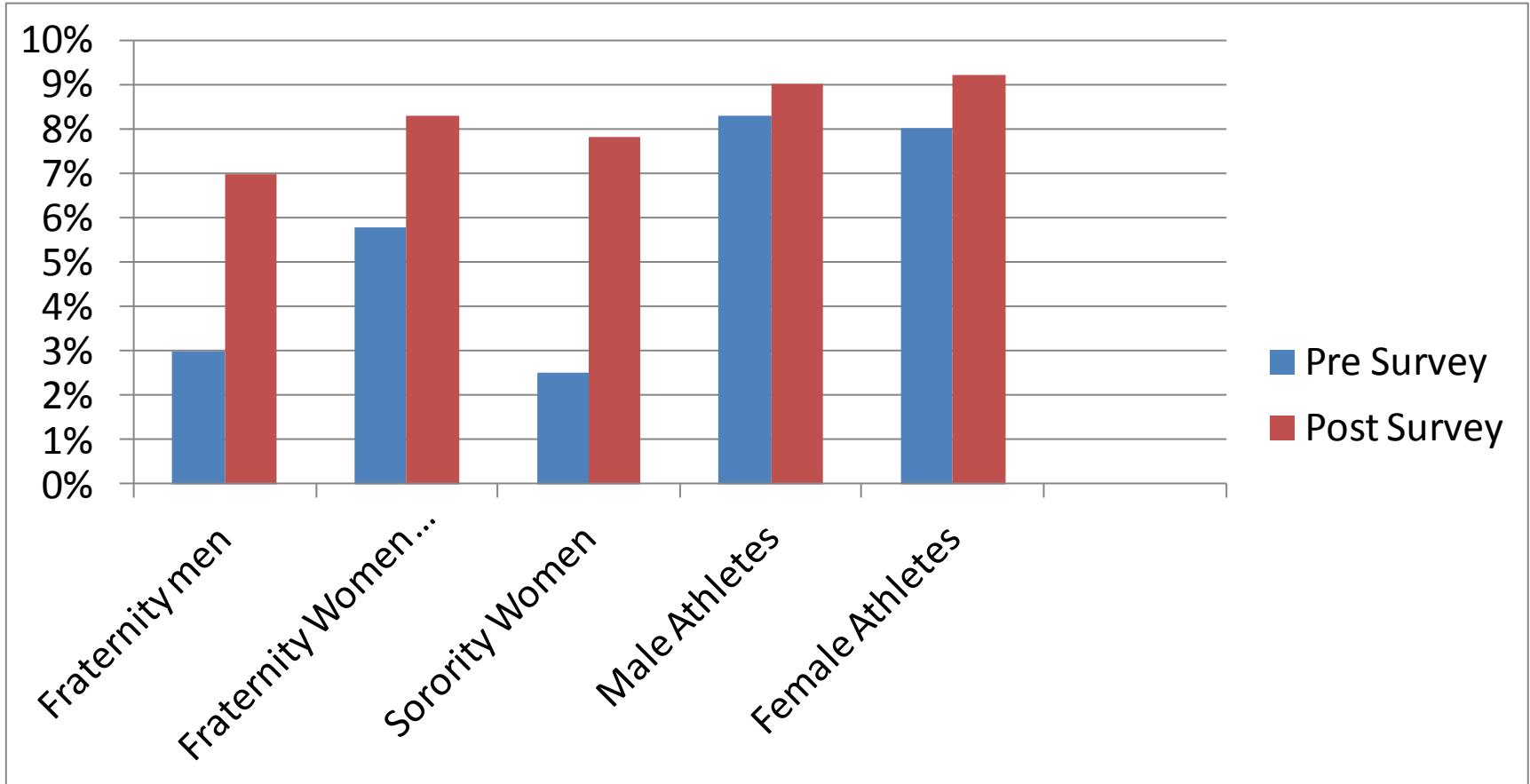
## Do they believe they had engaged in behaviors that met the definition of sexual assault?





# 2008-2010

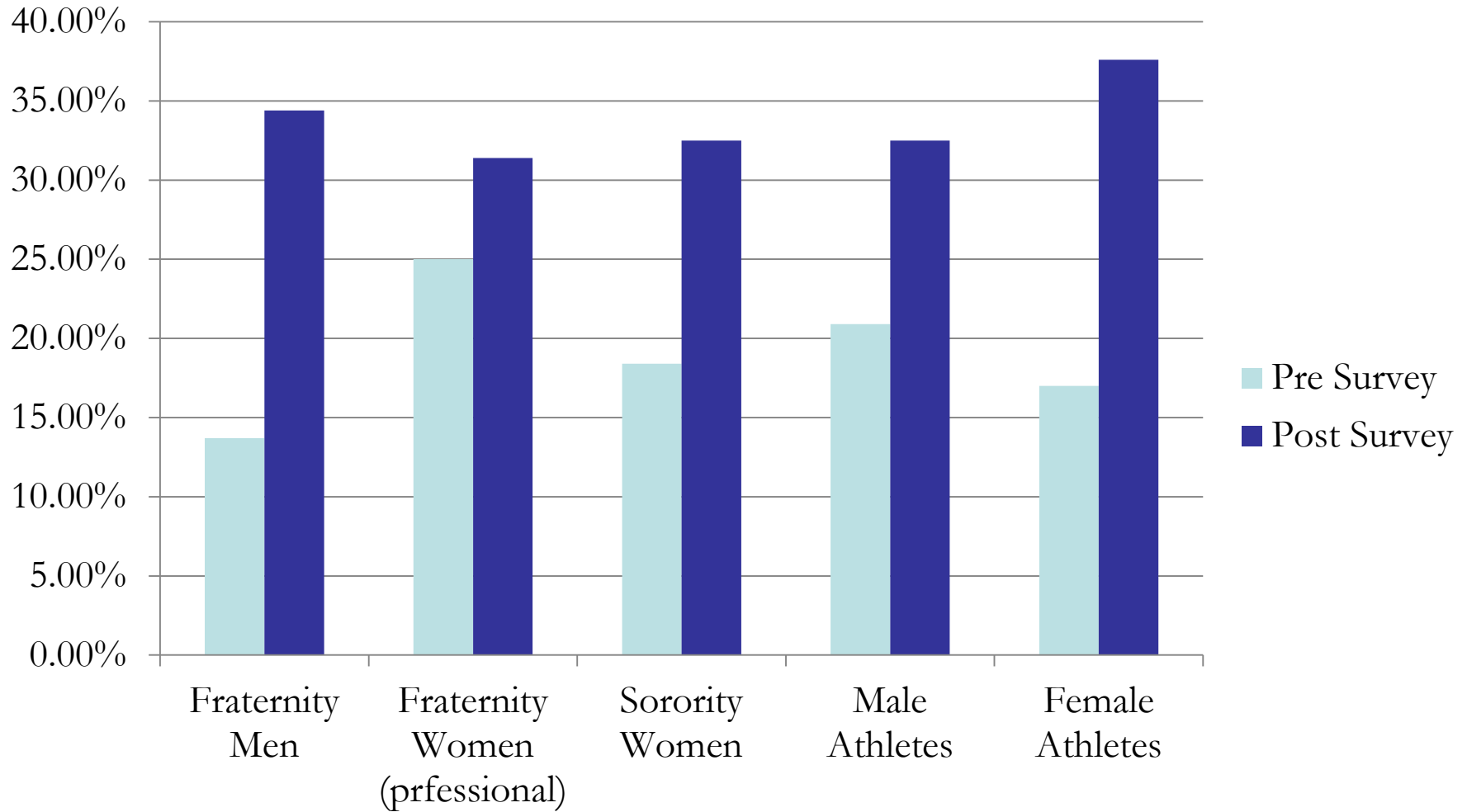
## Answering affirmative to being sexually assaulted





2008-2010

## Answering affirmative to anticipated behavioral change



# 20:1's Newest Program - ROTC



- AF Cadet volunteered to be a peer instructor
- Presenting to all cadets from five universities
- Planning to extend the program after this Pilot year



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## 20:1 – Elements of Effective Program



- Peer to Peer
- Cultural-specific (Greek Life, Athletics) content and messages
- Gender-separated groups
- Gender-specific presenters to males
- Gender-balanced presenters to females
- Interactive format
- Real-life scenarios
- Relevant/Adaptive
- Multiple education components
- Focus on sexual consent and bystander behavior
- Address victim-blaming and rape myths
- Address predatory behavior
- Encourage victim support
- Stringent instructor screening process

## Poll Question

- Are you currently using peer educators to provide sexual assault prevention education in your organization / installation?

## Poll Question

- Are you currently conducting gender-specific education programs?



## Discussion Question

- How could you adapt these peer education (20:1, MVP, 1in4) type programs to your community or Service installation?
- Use the Chat Line to answer.

## Discussion Question

- How do you adapt your prevention messages and scenarios to each level and/or unit to keep them relevant at your organization or Service installation?
- Use the Chat Line to answer.

# Questions?

## Points of Contact

For more information on these programs contact:

Naval Station Great Lakes Training Support Command:

CDR Olivia Bethea, XO: [olivia.bethea@navy.mil](mailto:olivia.bethea@navy.mil)

United States Naval Academy:

CDR Lyn Hammer, SARC: [hammer@usna.edu](mailto:hammer@usna.edu)

Binghamton University:

Dara Raboy-Picciano, LCSW-R: [piccian@binghamton.edu](mailto:piccian@binghamton.edu)

<http://www2.binghamton.edu/counseling/services/sexual-assault-peer-education/>

# Please Provide Feedback



Please click this link to take a brief Survey:

<http://www.surveymonkey.com/s/8V26FPM>

Hold the date: 15 January 2014 for the next  
DoD Sexual Assault Prevention Webinar

For more information, or to provide ideas for upcoming  
Webinars, contact:

CDR Debra Yniquez, Senior Training Officer, DoD SAPRO  
[debra.i.yniquez.mil@mail.mil](mailto:debra.i.yniquez.mil@mail.mil)

MAJ John Ruckauf, Prevention Officer, DoD SAPRO,  
[john.a.ruckauf.mil@mail.mil](mailto:john.a.ruckauf.mil@mail.mil)