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# **Sexual Assault Prevention Program**

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A Comprehensive Manual for Men's and Women's Programming on  
College Campuses

*A Peer Education Model for Greek Life and Athletics*

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## A Three Tiered Educational Approach to Sexual Assault Prevention

Tier One: Empathy-Based Program

Tier Two: Awareness-Based Program

Tier Three: Bystander-Based Program

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## Tier One: Empathy Based Program

*(Excerpts taken and adapted from: The Men's Program: A Peer Education Guide to Rape Prevention, 3<sup>rd</sup> Ed. By John Foubert)*

The First Tier is called the **Empathy-Based Program** and is based on John Foubert's book, 'The Men's Program: A Peer Education Guide to Rape Prevention' and utilizes The Police Rape Training Video. The peer educators use a combination of the video, excerpts adapted from John Foubert's workbook, sexual assault and consent definitions from Sokolow and Berkowitz (2002) to begin a discussion of empathy. Through this education the peer educators facilitate discussion to elicit victim empathy, awareness around consent, victim blaming and rape myths. The participants also begin to learn about how to help and listen to a victim who might come to them. Our model is modified to fit the campus culture at the University and to elicit the best response and facilitate the highest possible level of personal growth from our fraternity men. The program is in a continual process of adaptation and change to best meet the needs of the students. Below is an outline and "script" of our program. The "script" is adapted from Foubert's "The Men's Program".



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## **Outline**

- I. Pre-questionnaire
- II. Introduction to 20:1
- III. Disclaimer
- IV. Definitions: What is Sexual Assault? What is Consent? (Hand out “Know the Facts”)
- V. Introduce and Play DVD: “Police Sexual Assault Training” Video
- VI. Discussion of Video: Six scenarios
- VII. Conclusion: Statistics
- VIII. Questions, Comments and Discussion
- IX. Post-questionnaire

### ***Overview of Tier One***

The basic aspects of the program are to...

- Explore and discuss the definitions of sexual assault
- Explore and discuss the definitions consent



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- Show and discuss a police training video that describes a rape situation
- Talk about how to help a sexual assault survivor
- Discuss other ways you can help decrease the incidence of sexual assault
- Discuss questions
- Target audience: Fraternity Men / Men

### Introduce the program:

→“Thank you for having us, we are 20:1. 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 male college students and fraternity men can do to prevent sexual assault...

...We are not here to blame you as fraternity men or to preach to you. While some sexual assaults do occur in fraternity houses, it is not a predominately fraternity problem. It is a campus wide problem.

Again, we are not here to blame you as men or to preach to you. In fact as fraternity, Athletes, ROTC, etc. men we are here to talk to you about your role as leaders on this campus. In that leaders role or as emerging leaders other students look to you as an example of good character, someone to turn to in need, and someone who is a role model. It is because of your affiliation with this group that we come to you with the hope that you will take this message on and be leaders in your communities in the fight against sexual assault.

... We want you to understand what sexual assault is.

...We want you to be prepared if a woman comes to you after being sexually assaulted.



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...Again, no blame, we assume you don't want to sexually assault someone, we are here to show you that as fraternity men and leaders on campus we can help make a difference and prevent sexual assault."

### **Provide the 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 a moment."
- "According to the National Crime Victimization Survey, statistics show that over 90 percent of the time rape survivors are female and 99 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 gender."
- "If anyone would like to speak further about the subject in a private manner, please call one of our community resources - we will provide you that information in a few minutes."

### **Discuss the definition of sexual assault:**

- Ask the audience for their definition of sexual assault. Have a discussion.
- Give the audience the definition (say it clearly and slowly) "Sexual Assault is non-consensual sexual *intercourse* and non-consensual sexual *contact*."
- Now read each one individually. Again, speak clearly and slowly.

#### "Non-Consensual Sexual Intercourse is:

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 is:

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

\*National Center for Higher Education Risk Management (NCHERM)



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### **Discuss the definition of consent:**

→ Ask the audience for their definition of consent. Have a discussion.

→ Pass out the “know the facts” handout (colored bookmark). Point out the community resources and phone numbers. With the audience, read (clearly and slowly) the “WHAT IS CONSENT?” definitions from the handout...

#### Effective Consent:

→ “Effective Consent is informed, freely and actively given, mutually understandable *words or actions* which indicate a willingness to participate in mutually agreed upon sexual activity.

”Consent is not effective if it results from the use of physical force, threats, intimidation or coercion.”

”Consent for one act of sex is not consent for another act of sex.”

#### Incapacitated Sex:

→ ”Incapacitated sex is: to have sex with someone who you know to be, or should know to be incapable of making rational, reasonable decisions about a sexual situation is a violation of New York State Law.”

Both parties being drunk does not cancel the need for consent.

“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”

\*\*Emphasize the word “incapacitation”, not just the **use or presence** of alcohol or drugs.

“... So what does this all mean?”

“Consent can be established if the following four conditions are present:

1. Both participants are fully conscious;
2. Both participants are equally free to act;
3. Both parties have clearly communicated their willingness/permission; AND
4. Both parties are positive and sincere in their desires.” \*\*Berkowitz, 2002



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**KEY POINTS of CONSENT** (be sure to say these throughout the presentation):

- “Consent is not the *absence* of a “no”, but the *presence* of a “yes””
- “Stop, Ask, Clarify”
- “Consent for one act of sex is not consent for another act of sex.”
- “The person that is initiating the sexual act is responsible for establishing consent”

## **Police Rape Training Video and Adapted Script from The Men’s Program**

### ***Some Stats to Share:***

Read each clearly and slowly:

\*National Statistics about Sexual Violence on College Campuses  
([www.nyu.edu/sch/promotion/svstat.html](http://www.nyu.edu/sch/promotion/svstat.html))

- 1 in 4 college women report experiences that meet the legal definitions of rape or attempted rape.
- 1 in 5 college women are raped during their college years.
- 80-90% of sexual assaults are perpetrated by individuals known to the survivor.
- National Institute of Justice Study: Survivors of rape knew their attackers as...  
Fellow classmates (35%), Friends (34%), Boyfriends or ex-boyfriends (23%),  
Acquaintances (2%)



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- Nearly 60% of rapes occur in the survivor's residence hall.
- Fewer than 5% of attempted/completed rapes are reported to law enforcement...

81% of on-campus and 84% of off-campus sexual assaults are NOT reported to the police

- 1 in 12 college men admitted to committing acts that met the legal definition of rape.
- 35% of men report some likelihood that they would rape if they could be assured they wouldn't be caught or punished.

## In Conclusion:

- ❖ **REMEMBER: . AS (fraternity, Athletes, ROTC, etc. men you are leaders on this campus. Other students look to you as an example of good character, someone to turn to in need, and someone who is a role model. It is because of your affiliation with this group that we come to you with the hope that you will take this message on and be leaders in your communities in the fight against sexual assault.**

Ask the audience what they think 20:1 stands for.

“Our program name 20 to 1 represents a national statistic. Approximately 20 women are sexually assaulted every hour. (Recite the most up-to-date statistics on rape survivors). “Unfortunately the most recent numbers are even higher than when this program was formed in 2004. Today the numbers are actually about 23-24. So in the hour or so that we have been presenting to you, approximately 23-24 women have just been sexually assaulted.

End by saying “remember sexual assault can happen to anyone”, turn around to show the back of your shirt and say “your mother, your sister, your girlfriend”.



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**Questions, Comments, Discussion**

**Post-questionnaires**

For more information about The Empathy Based Program contact  
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