



SHATTERING THE RED ZONE.

UNDERSTANDING AND COMBATting RAPE
CULTURE ON COLLEGE CAMPUSES

VERSION: 1.1

paveSurvivors.org

ABOUT PAVE



Promoting Awareness | Victim Empowerment (P.A.V.E.) is a 501(c)(3) non-profit organization founded in 2001 by survivor and advocate, Angela Rose. After surviving sexual assault, Angela realized that her university had no student organizations dedicated to supporting survivors and raising awareness around on-campus sexual violence. So, she created one, founding the first PAVE chapter at the University of Wisconsin-Madison, which is still in operation at the university today. Since then, it has grown into a non-profit organization dedicated to survivors.

OUR MISSION:

We support and empower victim-survivors and strive to prevent sexual violence through education, advocacy, and community action.

OUR VISION:

We envision a world free of sexual violence where where all survivors are supported as they heal from trauma.

SURVIVORS.ORG

After 20 years of supporting survivors and preventing sexual violence, PAVE launched Survivors.org to make it simple for survivors to find help after experiencing sexual violence.

Survivors.org is not a direct service provider. Rather, Survivors.org is a tool that makes it easier for survivors to take control of their healing and find the resources they need to thrive. We do so by offering three main types of support: survivor resources, holistic healing, and community.

In early fall of 2024, PAVE will be launching a new version of Survivors.org with additional features, and improvement to our current site. Follow us @PAVEInfo on Instagram to stay in the loop about updates.



#SHATTERINGTHEREDZONE

#SHATTERINGTHEREDZONE



Shattering The Red Zone is an annual campaign by Promoting Awareness | Victim Empowerment (PAVE) dedicated to raising awareness and shattering the silence about college sexual violence, specifically by raising awareness on the period during the fall semester where sexual assault is most prevalent.

UPCOMING EVENTS

This fall, PAVE/Survivors.org will be hosting several events dedicated to #ShatteringTheRedZone. Register for them all for free here.

#SHATTERINGTHEREDZONE

**SHATTER THE
RED ZONE
SUMMIT 2024**

SEPT 27TH

9:00 AM PST | 11:00 AM CST | 12:00 PM EST

paveSurvivors.org

#SHATTERINGTHEREDZONE

**LET'S TALK
TITLE IX UPDATES**

JOIN US FOR A TRAINING BY:

**KNOW
YOUR IX**
A PROJECT OF ADVOCATES FOR YOUTH

THURSDAY, OCTOBER 10TH
4 PM PST / 6 PM CST / 7 PM EST

REGISTER FOR FREE ON SURVIVORS.ORG

paveSurvivors.org

#ShatteringTheRedZone

**Survivors.org
Book Club**


10/3, 10/10, 10/17,
10/24, 10/31
11 AM PST, 1 PM CST, 2 PM EST

**CW: sexual violence, bullying, PTSD,
self-harm, strong language**

Join Us Every Thursday in October as We Read
and Discuss *Speak* by Laurie Halse Anderson

Register for free at:
Survivors.org

paveSurvivors.org ❤️



paveSurvivors.org

INDEX

RED ZONE BACKGROUND	5
WHAT IS CONSENT?	7 & 8
WHAT IS COERCION?	9 & 10
RELATIONSHIPS	11-13
STALKING	14-17
SUPPORTING SURVIVORS	18 & 19
RAPE CULTURE	20 & 21
IMPACT ON EDUCATION	22 & 23
SEXUAL HARASSMENT IN ACADEMIA	24 & 25
SUBSTANCES	26-29
PARTY CULTURE	30 & 31
GREEK LIFE	32 - 37
RESOURCES	38 - 43
BYSTANDER INTERVENTION	44 - 46
GET INVOLVED	47

WHAT IS THE RED ZONE?

The Red Zone is the time of year, taking place from the beginning of the fall semester to the beginning of Thanksgiving Break, when the majority of college campus sexual assaults happen



WHY DOES

THE RED ZONE HAPPEN?

- Navigating parties and new social situations
 - lack of social support
 - added pressure to impress peers
- Easier access to drugs/alcohol
 - students may be using substances for the first time
- During greek “Rush Week,” fraternities are often hosting large parties
- Students in unfamiliar environment
- A lack of effective prevention and education programs
 - both before and after entering college
- A culture that encourages drinking and hooking-up simultaneously, treating sex as a conquest

HOW COMMON IS SEXUAL ASSAULT ON-CAMPUS?

23.6% of on-campus crimes are sexual assaults

(NCES (2022))

90% of college students don't report campus sexual assault

National Sexual Violence Resource Center

63% of college men self-reported acts that qualify as sexual assault or attempted sexual assault

National Center for Campus Public Safety (2013)



WHO IS IMPACTED BY THE RED ZONE?

Many survivors choose to not report or disclose that they have been sexually assaulted. This is a completely valid and okay choice to make, however, this can make it hard to know the true scope of sexual violence, and the rates of sexual assault on-campus are likely higher than research tells us it is.

26%

of undergraduate women have experienced sexual assault during college

AAU Campus Climate Survey (2019)

7%

of undergraduate men have experienced sexual assault during college

AAU Campus Climate Survey (2019)

25%

of undergraduate transgender students have been sexually assaulted during college

Association of American Universities

Students of all genders, races, ethnicities, sexual orientations, and social groups are impacted by the red zone. Sexual violence is not a gendered issue and anyone can be a survivor or perpetrator.

64%

of multiracial trans/gnc students were sexually harassed

AAU Campus Climate Survey (2019)

58%

of gay male students were sexually harassed

AAU Campus Climate Survey (2019)

25%

of current or former student athletes reported being sexually assaulted or harassed by someone in a position of power on campus

Lauren's Kids

LET'S TALK

ABOUT CONSENT

BEFORE YOU MAKE YOUR MOVE
REMEMBER YOUR CONSENT MOVES

Mutual

Parties must agree mutually and freely without any use of deception. No one is withholding information that would cause the other person to not want to engage in sexual acts with them

Ongoing

Consent is an ongoing process and can be taken back at any time. Throughout the sexual activity, consent is asked for and given, especially if the sexual act changes to a different sexual act

Verbal

Consent must be communicated, consent is not implied through a look or through clothing. If the individual is unable to verbally consent, they must communicate their consent using their primary method of communication

Enthusiastic

Free from hesitation, coercion, fear, and any other form of influence other than genuine interest in sexually engaging

Sober

In order to give informed consent, one should be free from significant cognitive impairment from the use of alcohol and/or other drugs

HOW CAN I BE SURE I HAVE CONSENT?

CONSENT CHECKLIST



- I DIRECTLY ASKED MY PARTNER FOR CONSENT
- MY PARTNER RESPONDED "YES" WHEN I ASKED FOR CONSENT
- MY PARTNER'S "YES" WAS ENTHUSIASTIC, NOT HESITANT
- MY PARTNER IS CONSCIOUS AND CAPABLE OF SAYING "NO"
- I ASKED FOR CONSENT BEFORE TRYING SOMETHING ELSE
- I HAVE NOT OFFERED ANYTHING IN EXCHANGE
- I DID NOT CONTINUE TO ASK IF "NO" WAS THE FIRST ANSWER

CONSENT IS MORE THAN

"YES" MEANS "YES"

"YES" DOESN'T ALWAYS MEAN "YES." PEOPLE CAN BE COERCED AND PRESSURED INTO GIVING A "YES." THE ABSENCE OF A "NO" DOESN'T MEAN YOU HAVE CONSENT. PEOPLE CAN BE PUT IN POSITIONS WHERE GIVING A "NO" IS NOT POSSIBLE.

WHEN IS A "YES" NOT CONSENT?

- If the "yes" was given after someone begged.
- If the "yes" was given out of fear or pressure.
- If substances were used to receive a "yes."
- If something is promised in exchange for a "yes."
- If one person is a minor and the other is an adult.
- If someone is lying about contraceptives or STI's.

WHEN MIGHT SOMEONE NOT SAY "NO?"

- If they are unable to verbally communicate.
- If they are frozen in fear.
- If they fear consequences of saying "no."
- If they are not conscious or are intoxicated.
- If the sexual contact happens suddenly.
- If someone is being pressured or threatened.

COERCION

THE ACT OF USING PRESSURE, THREATS, ALCOHOL OR DRUGS, OR FORCE TO ENGAGE IN SEXUAL ACTIVITY WITH SOMEONE

23.6% 10.9%

of women

of men

have been sexually coerced in their lifetime*

*This study uses a definition of coercion only referring to coercive sexual penetration. We believe any sexual act can be coercive. Therefore, the numbers are likely higher.

(Basile et al. 2022)

Sexual coercion can take form in many different ways. Contrary to popular belief, coercion is mostly verbal and emotional, not physical. The tactics the abuser uses can make you feel pressure, guilt or shame, or as though you owe that person in the form of a sexual act. It can also look like egging you on, asking persistently, or refusing to accept your response until your “No” becomes a “Yes”. Coercion can also be someone badgering you or yelling at you. These advances can sound like, “C’mon, what do you expect?”, “You already got me all worked up.” and, “If you really loved me, you’d let me do it.” **They can make you feel like it's too late to say no or they may use your past sexual history to try and convince you to do something you're refusing at the moment.** Another incredibly common form of coercion is to use drugs or alcohol to render the person incapable of providing consent or dissent.

Sexual coercion is a type of sexual abuse that is a lot **more common than people may believe it is.** Some survivors don't even realize they were coerced until the relationship has finally stopped and they can see things from a different perspective. Many survivors blame themselves for “giving in,” and may have trouble recognizing that they were coerced into giving a “yes,” and not label their experience as sexual assault.

Survivors who are sexually assaulted by coercion also face victim-blaming from others who believe they should have “just said no.” In reality, people can be put in situations where saying “no” is not safe, they fear there will be consequences for saying “no,” or are unable to say “no.”

No person is ever required to have sex with someone else, no matter the relationship between the two people. Consent should be freely communicated and can be taken back at any moment. Sexual contact made through coercion is sexual assault. Sexual assault by coercion is just as valid as sexual assault by force or incapacitation, and these survivors are not responsible for what happened. The blame lies with the person who felt entitled to someone else's body and used coercion in order to get the response they wanted.

COERCION

WHAT CAN COERCION LOOK LIKE?



BADGERING, PESTERING

A "Yes" obtained after you have already received a no, begging, or pleading is not actually a "Yes."



SUBSTANCES

Using substances to alter someones state of mind in order to have sexual contact with them.



QUID PRO QUO

A favor or advantage granted or expected in return for something.



PEER PRESSURE

Pressuring to conform to "what others are doing."



SHAMING

Insulting or passing a judgement on someone if they refuse.



LIES, DECEPTION, MANIPULATION

Being dishonest about oneself or misleading the person in any way.



POWER IMBALANCE

When someone in the relationship is in a position of power, the person not in power may feel pressured to say "Yes" or continue the relationship.



SEXTORTION

Sending harmful messages online to silence or get compliance from the victim.



CYBERBULLYING

Threatening to expose sexually private information.



THREATENING

Threatening to harm, break-up with, or spread lies about someone for not engaging.

HEALTHY RELATIONSHIPS

ARE BUILT ON A FOUNDATION OF:



Respect

Partners have respect for:

- personal space
- alone time
- bodily autonomy
- emotions



Honesty

Honesty is maintained through:

- being direct, but kind
- telling the truth
- keeping promises
- not hiding important information
- sharing when something upsets them



Communication

Communication is:

- non-combative & respectful
- honest
- direct
- frequent
- free from manipulation



Empathy

Empathy looks like:

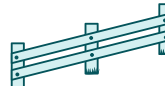
- being respectful of each other's emotions
- not dismissing feelings
- validating emotions
- trying to see things from your partner's point of view
- having an emotional reaction when your partner is hurt, by you or someone else



Trust

Trust looks like:

- upholding obligations
- honest communication
- creating a safe space for emotional honesty
- not exposing private information or images without consent
- not pursuing or flirting with others in a closed relationship
- believing that your partner is not lying to or cheating on you



Boundaries

Boundaries are set and respected regarding:

- personal space
- alone time
- bodily autonomy
- emotions



Equity

Equity looks like:

- not prioritizing one person's needs over the other
- equitable distribution of responsibilities
- accommodating for disadvantages or disabilities
- not relying on gender roles to dictate responsibilities



Affection

Affection looks like:

- consensual physical touch
- expressions of love and words of encouragement
- understanding how your partner expresses and receives love
- acknowledging and resolving emotional distance



Compromise

Compromise looks like:

- decisions are made together
- one person doesn't make all the decision
- not forfeiting your rights to bodily autonomy or ignoring your feelings for the sake of the other person
- understanding and respecting each other's needs and wants

HEALTHY RELATIONSHIPS

All relationships exist on a spectrum ranging from healthy to abusive, with unhealthy relationships lying somewhere in the middle.

Things to note about unhealthy relationships:

- Just because a relationship doesn't meet all the criteria of a healthy relationship doesn't mean it is abusive by default.
- Slipping into unhealthy behaviors happens in most relationships from time to time, and this doesn't mean the relationship is abusive.
- Being on the lookout for unhealthy behaviors from ourselves and our partners helps us identify work that needs to be done to get back to a healthy place before it becomes abusive.

Signs of an unhealthy relationship:

- Toxic Communication
- Controlling Behaviors
- Constant Stress
- Dishonesty
- Ignoring Needs
- Hoping For Change
- Inability To Apologize
- Lack of Trust
- Low-Self Esteem
- Narcissism
- Codependency
- Grand Gestures Early On

ROOMMATE ABUSE

is domestic violence.

DOMESTIC VIOLENCE

- violence that occurs within the home amongst any members of the household. It includes, but is not limited to:
 - stalking
 - harassment
 - mental, emotional, physical, economic, and technological violence

DOMESTIC VIOLENCE CAN OCCUR BETWEEN INTIMATE PARTNERS, BUT IT CAN ALSO OCCUR BETWEEN PARENTS AND THEIR CHILDREN, OR ANY PEOPLE WHO LIVE TOGETHER.

POWER IMBALANCES IN ROOMMATE RELATIONSHIPS

imbalances in power can contribute to or make it difficult to leave an abusive roommate situation

- **Group vs Individual**
- **Couple vs Individual**
- **On the lease vs subtenant**

Differences In:

- age
- amount paid/space occupied
- how long the parties have lived in the current residence
- relationship to the landlord
- identity of any sort

BARRIERS TO LEAVING AN ABUSIVE ROOMMATE SITUATION:

- financial constraints
- lack of social support
- self-doubt
- school dorm policies
- hopes to repair relationship
- unable to find new roommate

WHAT CAN ABUSE LOOK LIKE IN A ROOMMATE RELATIONSHIP?

PHYSICAL

limiting your access to the home or shared spaces

throwing things, slamming doors
any form of physical violence
(punching, kicking, etc)

never cleaning up after
themselves

VERBAL

threats of violence or of not
paying rent

insults, name-calling, hate-
speech

FINANCIAL

refusing to pay rent unless you
do something

negligence with paying rent on
time

forcing you to pay more than
agreed upon

refusing to purchase their share
of any shared goods

WHAT IS

STALKING?

PAVE defines stalking as a type of harassment directed at an individual involving persistent, repeated contact and attention. However, the legal definition of stalking can vary depending on where you live, and oftentimes these definitions do not serve to protect survivors. Whether or not the harassment someone experiences qualifies under their state's definition of "stalking" does not invalidate the survivor's experience

STALKING CAN LOOK LIKE:



lingering near
places you
frequent



tracking
your
location



unwanted
gifts, letters,
or emails



showing up
where you are
uninvited



learning and
following your
daily routine



monitoring
you using
spyware



harassing or
threatening
behaviors



persistently
trying to
contact you



sending
others to
contact you



trying to
contact you
through
friends

These are not all of the actions that constitute stalking, however, they provide examples of different tactics a stalker may use.

WHAT DO I DO IF

I'M BEING STALKED?

First and foremost, **no one deserves to be stalked**, and no one should have to engage in certain behaviors or make changes to their life as a result of stalking. It is an unfair reality for stalking victim-survivors. Here at PAVE/Survivors.org, we are careful when providing tips such as these, because it may come across as though someone is at fault if they did not take certain steps to "prevent" the stalking.

The truth is **no one is at fault for being stalked, and not taking certain steps does not mean the victim-survivor did anything wrong or deserved to be stalked**. The blame always lies on the stalker. It is a scary reality that victim-survivors can do everything in their control to respond to the stalking and still continue to be stalked. There is no way for us to prevent something that is solely enacted by someone else.

However, many stalking victim-survivors feel helpless, completely unsure how to respond to the stalking. For that reason, here are some steps you can take to respond if you become a victim-survivor of stalking.

CREATE A SAFETY PLAN

- Reach out to local or national resources for help creating a safety plan for your unique situation
 - As a student, you can also reach out to Title IX for support, even if you don't intend to file a report.
- If you feel safe enough to do so, tell the stalker once to leave you alone so they know their behavior is not wanted, then, cease all contact, even if it is negative.
 - Even though it is obvious to us that their actions are inappropriate and classified as harassment, some stalkers may try to find a loophole and if they are not told the behavior is not wanted, they can argue that in court.
- Trust your instincts
- Tell family, friends, coworkers, and neighbors about the stalking and what they should do if they encounter the stalker. provide a photo if possible
- Try switching up common routes you take and your regular schedule if possible
- Install additional security if possible, such as home surveillance or additional locks
- Share on a neighborhood app that there is a suspicious person in the area to keep others on alert for your stalker
- Travel/go out with at least one other person as often as possible
- Check your electronics for spyware
- Turn off location sharing services
- Have an emergency bag packed
- Identify escape routes in your home, place of work, or school
- Block all of their accounts and numbers
 - Instagram has a feature to block all accounts an individual may make

WHAT DO I DO IF

I'M BEING STALKED?**REACH OUT FOR RESOURCES**

Reach out to a local domestic violence or victim's rights program. You can find local providers on [Survivors.org](https://www.survivors.org). As a university student, Title IX can help connect you with additional resources on and off-campus.

Programs that support survivors of domestic violence will often work with stalking victim-survivors even if the stalker is not a former/current intimate partner. The same goes for women's/children's services, they can often help you even if you do not identify as a woman. If for whatever reason they are unable to directly support you, they can often direct you to someone who can.

KEEP A LOG

Try to keep track of every time the stalker comes into contact with you, attempts contact with you, or enacts any other stalking behavior. Take photos of or preserve any relevant evidence, including screenshots and witness information. SPARC has an example of [a stalking log](#) that you can use to track important information.

DESCRIBE IN DETAIL:

- Who did it and how do you know who they are?
- What exactly did you see and hear?
- What was said to you and by whom?
- Was damage caused? If so, what and how?
- How did it make you feel (were you emotional, angry, upset, frightened etc)?
- Did anyone else witness the incident/behavior? If they did then note their name, address and telephone number and any other details known to you, e.g. place of work.

PLEASE KEEP:

- phone texts and answer phone messages on landlines and mobile phones;
- relevant letters;
- video / photos;
- objects used in incidents;
- anything else which is relevant to the harassment or antisocial behavior.
- the person making the entry should sign, date and time each entry.

NATIONAL RESOURCES FOR STALKING SURVIVORS**National Domestic Violence Hotline**

Everyone deserves relationships free from domestic violence.



1.800.799.7233



text "START" to 88788

Connections for Abused Women and their Children

They offer legal advocacy services and can help you get an Order of Protection or restraining order.



773.278.4566

Victim Connect Hotline

A weekday phone, chat, and text-based referral helpline operated by the National Center for Victims of Crime.



855.484.2846



855.484.2846 or
[VictimConnect.org](https://www.victimconnect.org)

WHAT DO I DO IF

I'M BEING STALKED?**FILE REPORTS**

Try to file a report with either the police or campus security every time the stalker comes into contact with you, presenting the evidence you've logged. Explain that the harassment is not just a one-time occurrence, and provide the responding officers with the report number of any prior reports you've made. In order to get a stalking charge or a protective order, it's important to establish a pattern. In some cases, your petition for a protective order may be dismissed if there are no reports made.

PETITION FOR A PROTECTIVE ORDER

Every state has a slightly different process when it comes to filing, but here is generally what to expect:

- Request an application from the court clerk's office.
- Fill out the application and submit it.
- When you submit, a judge may decide to enact a temporary restraining order (TRO) until the court hearing.
- A court hearing will be scheduled to determine if there is reason to enact a longer-term protective order.
- When the order expires, you are able to motion to have it extended.
- Carry a copy with you at all times.
- Provide a copy to places you frequent such as your work, the security at your apartment, or your school.

WomensLaw.org
Because knowledge is power.

**HAS DETAILED INFORMATION ON
FILING FOR A PROTECTIVE ORDER
IN EACH U.S. STATE.**

It isn't fair that you have to take this all on. You shouldn't have to spend time, money, or alter your life in any way because of unwanted stalking behaviors. Remember: it isn't your fault if your stalker targets you in any way, and you don't deserve to be stalked even if you don't take any of these steps. You did nothing to invite this into your life.

If you still need help finding the resource that is right for you, you can reach out to SurvivorSupport@PavingTheWay.net

paveSurvivors.org

RESPONDING TO DISCLOSURE

DO:

REMEMBER SURVIVORS ARE:



BELIEVE

Remind the survivor that you believe them.

Ex: "I believe you and thank you for sharing with me."

RESOURCES

Let the survivor know there are resources available for them.

Ex: "There are organizations for survivors- would you like help contacting any?"

AFFIRMATIONS

Remind the survivor of their strength and courage.

Ex: "Thank you so much for your courage in sharing with me."

VOICE

Let the survivor know they have a voice and you hear them.

Ex: "If you are comfortable sharing, how do you feel today?"

EMPOWER

Remind the survivor that you believe them.

Ex: "I believe you and thank you for sharing with me."

VALIDATE:



Validation can look like:

- "Thank you for sharing this with me"
- "It makes sense that you would react that way"
- "I understand how hard it was to share this"
- "What was done to you was not okay"
- "I believe you"
- "It must have been hard to go through this alone until now, but I am here for you"

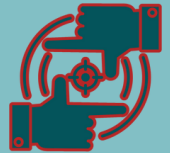
LISTEN ATTENTIVELY:



Attentive Listening Looks Like:

- Undivided Attention
- Body language
- Listening to understand, not to respond
- Noticing verbal and non-verbal cues
- Refraining from giving advice unless asked

KEEP THE FOCUS:



- Now is not the time to share your experiences. They are the focus of the conversation.
- Sometimes survivors may feel invalid due to their response to what happened or may feel alone in their experiences. If you can relate, it can be validating to share a short anecdote to let them know they're not alone, but always bring the focus back to them and their story.

RESPONDING TO DISCLOSURE

DON'T:



ASK QUESTIONS

- Don't ask for additional details on what happened, they will tell you if/when they want
- Don't ask what they were doing or wearing when it happened
- Questions can feel judgmental or add pressure to disclose things they otherwise wouldn't share

TRY TO FIX

- Oftentimes when someone is sharing with you, they are just looking for support and validation, they don't need you to try and "fix" what happened

MINIMIZE

- Sometimes when someone shares something difficult, we may try to make them feel better by using "at least" phrases, or even by comparing it to other experiences. In reality, this sends the message that the survivor is overreacting or that their response is invalid

REACT STRONGLY

- Try your best to manage your anger or shock at what they're sharing. It can be difficult to learn that this happened to someone you love, but extreme emotions may make the survivor regret disclosing or feel guilty for upsetting you

THREATEN

- As angry as you may be, do not threaten to harm the perpetrator. This will put another level of guilt and shame on the survivor and just give them another thing to worry about

SHARE

- Don't share what the survivor told you without permission. They may ask you to tell someone else on their behalf, but otherwise, it is a betrayal to discuss their experience with someone else

FORCE TO REPORT

- Survivors have already had control taken from them. Reporting can be traumatic and may not be part of the survivor's healing journey. They are not responsible for "stopping" the perpetrator

WHAT IS

RAPE CULTURE?

An environment in which sexual violence is prevalent and normalized.

WHAT DOES IT MEAN TO "NORMALIZE?"

a social process through which ideas or behaviors become socially acceptable.

HOW IS SEXUAL ASSAULT NORMALIZED?

- tolerance for sexually inappropriate behavior
- not holding perpetrators accountable
- "jokes" about sexual violence
- objectifying others
- victim-blaming
- rape myths

WHAT IS A "RAPE APOLOGIST?"

an umbrella term for someone who blames survivors, has a general disbelief in allegations of assault, and participates in the normalization of sexual violence

WHAT DOES A "RAPE APOLOGIST" LOOK LIKE?

- RELUCTANT TO BELIEVE SURVIVORS
- MAKES EXCUSES FOR SV/SA
- WRAPED DEFINITIONS OF CONSENT AND ASSAULT
- VICTIM-BLAMING
- BELIEVES FALSE ALLEGATIONS ARE COMMON
- OBJECTIFIES OTHERS
- MAKES "JOKES" ABOUT ASSAULT

RAPE CULTURE

IS BUILT ON A FOUNDATION OF

Sexism
Racism
Transphobia

Homophobia
Colonialism
Ableism

How does this foundation support rape culture?

SEXISM

ex: enforces the belief that women are objects for the sexual gratification of men

RACISM & COLONIALISM

ex: have erased the third gender seen in indigenous cultures; used sexual assault as a tactic to control

HOMOPHOBIA & TRANSPHOBIA

ex: place strict guidelines on our sexuality; often sexual assault is used to discriminate

VICTIM-BLAMING

any response that explicitly states or implies that the victim is to blame for the abuse they have experienced.

Why Do People Victim-Blame?

PRESERVING THE ASSUMPTIVE WORLD

The assumptive world refers to core beliefs about the world, which are strongly maintained and used as the foundation through which people navigate life, providing a sense of safety, stability, and security. When people are able to navigate through life believing that they have the ability to prevent getting sexually assaulted, they are rarely willing to challenge that belief because it provides them so much security.

THE INVULNERABILITY THEORY

Invulnerability theory is the theory that people blame victims in order to preserve their own sense of invulnerability. People, consciously and subconsciously, tend to view themselves as uniquely invulnerable to negative outcomes. As a result, they try to come up with reasons as to why someone else had a negative experience, such as sexual assault, in order to maintain the feeling of invulnerability that makes life feel more manageable.

THE HINDSIGHT BIAS

The hindsight bias refers to the tendency to view things as more predictable than they actually are. When it comes to sexual assault, people believe they could have predicted that the assault would have happened due to a range of situational and individual factors influenced by rape myths.

THE FUNDAMENTAL ATTRIBUTION ERROR

The fundamental attribution error is a cognitive bias in which people wrongly attribute the outcome of a situation to someone's character flaws and not external or situational factors. When people victim-blame survivors of sexual violence, they do so to maintain the belief that individuals have more control over their lives than they truly do, and that failing to prevent sexual assault is due to a character flaw.

THE JUST-WORLD PHENOMENON

The just-world phenomenon refers to the belief that that world is just and people "get what they deserve." Victim-blaming can happen when people believe the survivor must have done something to deserve or invite the assault. In reality, no one ever deserves to be sexually assaulted. The just-world is an idealistic myth that makes life easier to cope with, because it is scary to accept that bad things happen all the time to undeserving people for no reason.

PERPETRATOR LOYALTY

Many people wrongfully assume that the way they are treated by a person is the same way that person treats everyone else they encounter. As a result, they may try to come up with reasons to justify the assault and instead shift blame onto the survivor. People often act in selfish ways and don't want their life disrupted by something that wasn't done to them. In order to justify their loyalty, and preserve their relationship, they shift the blame.

IMPACT ON EDUCATION

75%

**OF TRANS
/GNC**

62%

WOMEN

48%

MEN

STUDENTS REPORT NEGATIVE EDUCATIONAL CONSEQUENCES AFTER EXPERIENCING SEXUAL ASSAULT

AAU Campus Climate Survey (2019)

EXPERIENCING SEXUAL ASSAULT ON-CAMPUS CAN MAKE IT HARD TO COMPLETE WORK OR ATTEND CLASSES DUE TO:

EMOTIONAL DISTRESS
INABILITY TO FOCUS
PERPETRATOR IN CLASSES

FEAR OF LEAVING DORM
FEAR FOR SAFETY
FEAR OF SEEING PERPETRATOR

LONG-TERM IMPACTS OF COLLEGE SEXUAL ASSAULT ON EDUCATION INCLUDE:

POOR ATTENDANCE ➡ DROPPED GRADES
LOWER GPA
LOSS OF SCHOLARSHIPS
TRANSFERRING SCHOOLS
SWITCHING MAJORS
INABILITY TO COMPLETE DEGREE
FEWER NETWORKING OPPORTUNITIES
CHANGING CAREER PLANS

40%

**OF COLLEGE SEXUAL
ASSAULT SURVIVORS**

took a leave of absence,
transferred, or dropped out
after seeking help from
their school

Know Your IX (2021)

35%

**OF SURVIVORS WHO
REPORTED TO TITLE IX**

were encouraged by their
school to take time off.

Know Your IX (2021)

IMPACT ON EDUCATION

IN THEIR 2021 REPORT THE COST OF REPORTING, KNOW YOUR IX HIGHLIGHTS REAL-LIFE EXAMPLES OF HOW REPORTING SEXUAL VIOLENCE CAN IMPACT EDUCATION.



"SURVIVORS WERE EXPLICITLY TOLD BY THEIR SCHOOLS THAT IT WAS THEIR RESPONSIBILITY TO STAY AWAY FROM THEIR PERPETRATORS, INCLUDING WHEN CREATING THEIR COURSE SCHEDULES, WHICH LIMITED THE CLASS OPTIONS AVAILABLE TO THEM."

"I HAD TO CHANGE MAJORS AND MINORS IN ORDER TO AVOID CLASSES WITH THE PERPETRATOR. I HAD TO QUIT EXTRACURRICULARS (WE WERE ON THE SAME TEAM) AND SACRIFICE MY SCHOLARSHIP. I HAD TO MOVE OUT OF MY OFF CAMPUS HOUSE AND TERMINATE MY LEASE, IN ORDER TO MOVE IN THE DORMS SO THAT MY NO CONTACT ORDER WOULD APPLY. I ALSO HAD TO QUIT A JOB I HAD BEEN PREVIOUSLY WORKING AT WHERE HE APPLIED FOR, AS THE NO CONTACT ORDER DIDN'T APPLY OFF CAMPUS."

WHEN A SURVIVOR'S SCHOOL WOULDN'T INFORM HER OF HER RIGHTS UNDER TITLE IX SHE SPENT, "INORDINATE AMOUNTS OF TIME IN THE LAW LIBRARY, TEACHING HERSELF LEGAL TERMINOLOGY AND PROTOCOLS SO SHE COULD UNDERSTAND HER RIGHTS, LEAVING HER SCHOOLWORK TO SUFFER."

"A GRADUATE STUDENT SURVIVOR EXPLAINED THAT SHE WAS FORCED TO DROP TO PART-TIME STATUS AS WELL BECAUSE HER PERPETRATOR, WHO WAS A LECTURER AT THE SCHOOL, CONTINUED TEACHING DURING THE MORE-THAN-YEAR-LONG INVESTIGATION."

"WHEN ONE SURVIVOR DROPPED A CLASS SHE SHARED WITH HER ABUSER BECAUSE SHE WAS ON TRACK TO FAIL IT, SHE HAD TO PAY \$500 TO RETAKE IT."

"WHEN I STARTED HAVING SEVERE PANIC ATTACKS BECAUSE OF HIS PRESENCE ON CAMPUS, THEY FORCED ME TO DROP ALL MY CLASSES. I TRIED TO RE-ENROLL FOR THE NEXT SEMESTER BUT COULDN'T DO IT AND LEFT FOR GOOD OVER SPRING BREAK. BECAUSE OF MY FEDERAL LOAN STATUS, I CAN'T START OVER AT ANOTHER SCHOOL. I'LL NEVER GET THE DEGREE I SPENT YEARS WORKING TOWARD."

IN ACADEMIA

Sexual Harassment

Unwelcome sexual advances or gestures, requests for sexual favors, and other unwanted conduct of a sexual nature, especially in the workplace or other social settings.

- ★ institutions have their own definitions on what they define as sexual harassment

Sexual harassment
is about

POWER
not sexual
attraction

Coercion and Power

Those in a position of power over someone else can coerce them into sexual activity, tolerating harassment, or not reporting misconduct because those who are not in the position of power might fear the academic and/or career consequences.

Scope

19.5%

of all students who were sexually harassed were harassed by:

- faculty/instructor
- student teaching assistant
- research staff
- coach/trainer
- other faculty/staff

AAU CAMPUS CLIMATE SURVEY (2019)

Graduate students are more likely to be harassed by faculty or an instructor than undergraduate students

% of students who were sexually harassed where the perpetrator was a faculty member or an instructor

24%	vs	5.5%
graduate women		undergraduate women
18%	vs	4.3%
graduate men		undergraduate men

AAU CAMPUS CLIMATE SURVEY (2019)

IN ACADEMIA

Academia is built on a hierarchy.

for example:

Between Tenured and Untenured professors

Between PhD Students and their advisors



“The academic hierarchy, like other hierarchies, is a system in which people exercise power not by virtue of their personal talents but by virtue of the position they occupy.”

Tied Knowledge: Power in Higher Education

The hierarchy is set on maintaining itself.

Those in power believe they have earned the right to have power, and don't want those who challenge it to succeed.

Women who reported harassment were less likely to get recommended for promotions they were qualified for when compared to women with identical qualifications who had not (Hart 2019)

THE IMPACT

Students who experienced harassment by a faculty member were more likely to:

do poor work

miss class

be late for class

have worse physical health

have worse mental health

make excuses to get out of class

University of Texas System Campus Climate Survey 2018

idiosyncrasy credits

a concept in social psychology that describes an individual's capacity to acceptably deviate from group expectations.

When someone with high power, such as a professor with tenure, harasses someone else, they are less likely to receive real repercussions due to their idiosyncrasy credits or "star power" in the department or field.

DRUG/ALCOHOL-FACILITATED SEXUAL ASSAULT

DRUGS & ALCOHOL

- Can make it harder to give and receive consent
- Can be used to remove one's ability to consent
- Can enable perpetrators
- Do not mean it was the survivor's fault
- Do not mean the perpetrator is blameless

DRUG/ALCOHOL-FACILITATED SEXUAL ASSAULT

- can happen when someone gives someone else a substance without their consent to incapacitate them in order to sexually assault them

10%
OF COLLEGE STUDENTS

who were assaulted said they suspected they had been given drugs or alcohol without their knowledge or consent prior to being assaulted

AAU Campus Climate Survey (2019)

- can happen when someone takes advantage of someone else who is incapacitated due to drugs or alcohol

75%
OF COLLEGE STUDENTS

who were assaulted said that they were drinking alcohol prior to the incident

AAU Campus Climate Survey (2019)

- can happen when someone who is using drugs or alcohol perpetrates sexual assault

56-66%
OF COLLEGE STUDENTS

who were assaulted said that the perpetrator had been drinking prior to the incident

AAU Campus Climate Survey (2019)

WHEN SEXUAL ASSAULT IS DRUG/ALCOHOL-FACILITATED

SURVIVORS FACE ADDITIONAL BARRIERS TO REPORTING:

VICTIM-BLAMING

Survivors were blamed more if they had been using drugs/alcohol

perpetrators were blamed less if they had been using drugs/alcohol

Gravelin, C., Biernat, M.,
Bucher, C.

DISCIPLINARY ACTION

Survivors fear that reporting will result in disciplinary action because they were drinking underage

- some schools have amnesty laws to protect students when something bad happens when drinking

WHEN I'M NOT SOBER?

CONSENSUAL SEX CAN HAPPEN AFTER USING SUBSTANCES.

So, why does PAVE state that consent is sober?

When we say sober, we mean free from significant cognitive impairment. We encourage people to have sex when they are sober rather than when they're under the influence because we know people may say "Yes" to something that they would not have consented to when they were sober. They may be too impaired to properly interpret and process what they are consenting to. Substances make it harder to determine if you have consent and if you want to consent. We also know that the use of alcohol increases instances of sexual violence. Typically, we advise people to abstain from having sexual interactions while under the influence for these reasons.

However, sexual interactions may happen while under the influence, and that doesn't inherently mean they are non-consensual. Both parties can be okay with being drunk during sex, both can be upset about it, and only one party can be upset about it. All these experiences are valid. When we decide to have a sexual encounter with someone who has been using a substance, we assume the responsibility of ensuring they are not significantly cognitively impaired. If we are approached and told that someone felt like they were too drunk to provide consent when we had a sexual encounter with them, we need to respect how they feel and we should validate their feelings rather than tell them it was their fault.

There is a spectrum of how substances impair our functioning. At the lower end of the spectrum, we may feel some effects of the substance, but as we inch closer to the other end of the spectrum, the less we are able to provide informed consent. It can be difficult to determine how impaired someone else is by substances, as everyone displays signs differently. For example, the majority of U.S. states have decided that a person with a BAC of .08% is too cognitively impaired to drive. However, it may take more alcohol to cause the same level of impairment in someone else. Or, someone may be even more affected by a substance at the same dose due to sex, medications, height, weight, and the use of additional substances.

CAN I CONSENT

WHEN I'M NOT SOBER?

SUBSTANCES

CONSENSUAL SEX CAN HAPPEN AFTER USING SUBSTANCES.

Someone also may become more intoxicated throughout the interaction as substances metabolize, which is why PAVE's pillar of consent, "Ongoing," is especially important in these situations. Despite how differently individuals can be affected by substances, we have collectively agreed that there is a certain threshold at which a person is too impaired and is no longer able to drive a car. This is the same when it comes to consent.

However, it is undoubtedly sexual assault when the person is visibly significantly cognitively impaired. If someone propositions you while they are significantly impaired, it is your responsibility to turn them down.

It is also undoubtedly sexual assault to deliberately give someone substances with the intent to have sexual contact with them. The use of substances also never excuses any abusive behavior of any kind. People can commit sexual assault and sexual violence while under the influence.

At the end of the day, sex under the influence of substances is not inherently non-consensual, but it makes it much more difficult to determine consent. All of these reasons are why we, overall, state that consent should be sober.

WHAT IS

NARCAN?

A BRAND NAME FOR THE OPIOID ANTAGONIST NALOXONE

WHAT DOES IT DO?

Narcan/Naloxone is a nasal spray that rapidly reverses the effects of a life-threatening opioid overdose. Can be used for drugs such as:

- Heroin
- Fentanyl
- Cocaine
- Oxycodone
- Hydrocodone (Vicodin)
- Codeine
- Tramadol
- & all other opioids

THINGS TO NOTE:

- ☒ EACH BOTTLE IS A SINGLE DOSE
- ☒ ONLY WORKS ON OPIOIDS
- ☒ EFFECTS ONLY LAST UP TO 90 MINUTES
- ☒ ONE DOSE MAY NOT BE ENOUGH
- ☒ YOU STILL NEED TO CALL 911, EVEN IF NARCAN IS ADMINISTERED
- ☒ IT CAN STILL BE ADMINISTERED IF THE PERSON ISN'T BREATHING

SIGNS OF OVERDOSE

- | | |
|--------------------|-------------------------|
| SHALLOW BREATHING | CHOKING/GURGLING SOUNDS |
| BLUE LIPS/NAILS | UNCONSCIOUS |
| DROWSINESS | SMALL PUPILS |
| FALLING ASLEEP | DIFFICULTY WALKING |
| DIFFICULTY TALKING | |

FAQ

IS NARCAN LEGAL?

Narcan is legal and available to purchase without a prescription at pharmacies or found in local community centers.

WHAT HAPPENS IF I GIVE SOMEONE NARCAN, AND IT TURNS OUT THEY AREN'T HAVING AN OPIOID OVERDOSE?

Narcan will not negatively effect someone who is not having an opioid overdose.

CAN NARCAN BE SELF-ADMINISTERED?

Narcan cannot be self-administered. If you are at risk for an opioid overdose, encourage those around you to carry it or inform them that you carry it.

SUBSTANCES

HOW TO ADMINISTER NARCAN:

ASSESS

- Check for signs.
- Yell "Wake up!"
- Gently shake.
- If suspected, move to step 2.

GIVE 1ST DOSE

- **ROLL** the person onto their side
- **HOLD** the nasal spray device with your thumb on the bottom of the plunger.
- **INSERT** the nozzle into either NOSTRIL.
- **PRESS** the plunger firmly to give the 1st dose.

CALL 911

- Call 911 immediately after giving the 1st dose

WATCH & GIVE

- WAIT 2-3 minutes after the 1st dose to give the medicine time to work
- If the person wakes up: Go to Step 5
- If the person does not wake up:
- CONTINUE TO GIVE doses 2-3 minutes until the person wakes up
- It is safe to keep giving doses

STAY

- STAY until ambulance arrives: even if the person wakes up
- GIVE another dose if the person becomes very sleepy again
- You may need to give all the doses in the pack

Source: Narcan.com

PARTY CULTURE

& SEXUAL ASSAULT

PARTY CULTURE

The environment surrounding many college campuses that promotes partying, usually involving alcohol and/or drugs. This culture is synonymous with binge drinking and hooking up simultaneously.

HOW CAN PARTY CULTURE INCREASE SEXUAL ASSAULTS?

increased access to substances

power dynamics between fraternities & sororities

peers encourage hook-ups, treating sex like a conquest

dark, crowded, chaotic environments

power dynamics between upper and lower classmen

THE ROLE OF THE MEDIA

Media, such as TV, movies, and books, communicate social norms. When most movies and TV shows about college portray constant partying, drinking, and hookups, it sets students up to perceive party culture as the norm or the ideal, which is not the case for every student or campus. Students may feel like they are missing out if they aren't also engaging in these behaviors.

BEING AWAY FROM HOME

While some students begin partying in high school, others do not. When young people are away from home for the first time, they have more independence to engage in behaviors that their parents may not have allowed. Students who weren't allowed to party, but wanted to, may engage in risky behaviors because of their newfound freedom. Students from different backgrounds may not have been taught about substance use and may not be prepared to engage safely.

students who were drinking before they were assaulted

75%

of women

77%

of men

64%

of trans/gnc

students whose perpetrator was drinking before they committed assault

65%

of women

67%

of men

55%

of trans/gnc

PARTY CULTURE

& SEXUAL ASSAULT

PARTY CULTURE AS A BARRIER TO REPORTING

- Students are often afraid to report if something happens while they're under the influence of drugs and/or alcohol because they worry about getting themselves or others in trouble. However, some schools have amnesty policies which protect underage students from disciplinary action when they seek assistance for something that occurred while consuming substances.
- Sororities are only allowed to host events without alcohol, but fraternities are allowed to host events with alcohol. As a result, sororities rely on fraternities to host parties if they want to engage in party culture. When the survivor is in a sorority and the assault happened at a fraternity party, the survivor may be afraid to risk the social benefits sororities receive when they are on good terms with a fraternity.
- Survivors who are using substances at the time of the assault are often victim-blamed for being under the influence. Survivors may anticipate this response from others and not report as a result. Some survivors may also blame themselves for being under the influence of a substance and not report as a result of shame or guilt.
- If a survivor was incapacitated by drugs/alcohol, they may not remember many details, and they may feel as though there is "no point" in reporting.
- The dark, loud, and chaotic party environment, combined with substance use, can make it more likely that an act of sexual violence will go unnoticed by bystanders. Not only does this make it harder for people to intervene, but the survivor may not have witnesses to corroborate what happened.

GREEK LIFE

& SEXUAL ASSAULT

GREEK LIFE

FRATERNITIES & SORORITIES

are undergraduate student organizations intended to support students socially and academically

- a sorority or fraternity at a university is often a chapter of a larger organization
- greek life looks different in each school and chapter

RUSHING & PLEDGING

RUSH

the period during the first semester when students interested in joining a sorority or fraternity explore their options and find the right fit, typically by spending time with prospective sororities or fraternities at social events

THE DANGERS OF RUSH:

- The events that take place during rush can often take the form of parties where alcohol is present. Alcohol and drugs can be used to incapacitate and sexually assault someone, and this is very common on college campuses. Perpetrators may seek out individuals who are incapacitated by substances. Students, some for the very first time, are exposed to partying, alcohol, and drugs and they may not know their limits and overuse these substances. Many schools have moved rush into the second semester to try and lower these risks.

PLEDGING

members of the prospective sorority/fraternity "bid" or invite someone to become a member, and by accepting the invite, they become a "pledge" before they are fully initiated as a member

THE DANGERS OF PLEDGE PERIOD:

- Pledges may be hazed, or pressured into performing humiliating/harmful acts to "prove themselves." Ways that hazing can intersect with sexual violence include:
 - acts of sexualized violence directed towards the pledge
 - encouraging pledges to commit sexual assault
 - encouraging the over-consumption of alcohol/drugs

Sorority women are:

74%

more likely to be
sexual assaulted than
non-affiliated women

Fierberg, D., & Neely, C. (2018)

Fraternity men are:

3X

more likely to commit
sexual assault than
non-affiliated men

Journal of Student Affairs Research
and Practice Tatum Newberry
Foubert 2007

LET'S TALK

GREEK LIFE

& SEXUAL ASSAULT

DISAFFILIATION

the process by which greek chapters cut ties with their school's organized Greek Life system. A chapter may disaffiliate from their university when they grow frustrated with rules and regulations imposed by the university or college.

Most of the time, fraternities and sororities are affiliated with the university that all their members attend. This means that they reap certain benefits, such as:

- promotion
- campus safety resources
- educational resources
- hazing prevention training
- the ability to use the university's branding

while also being subject to the university's rules.

THE DANGERS OF DISAFFILIATION

Once a chapter disaffiliates, colleges can no longer:

- access/verify membership rosters
- suspend chapters that are in serious violation of event-planning rules
- oversee membership eligibility, recruitment processes, and timing
- standardize and enforce event safety measures
- restrict pledging and activity when a student's GPA dropped too significantly
- enforce chapter-specific training requirements and chapter-specific academic support initiatives

Nearly all fraternities at the University of Southern California (USC) disaffiliated from the university in 2022

- These disaffiliations came soon after:
 - A series of sexual assaults caused the suspension of several USC fraternities in fall 2021
 - USC strengthened its event policies in response to the sexual assaults
 - Consequences were given to fraternities involved in the sexual assaults
 - By disaffiliating, the fraternities were no longer subject to the consequences enacted by USC

LET'S TALK

FRATERNITIES

and the Red Zone

Not all fraternities contribute to rape culture on-campus. However, research shows that fraternity men are more likely than non-fraternity men to perpetrate sexual assault. Why?

TOXIC MASCULINITY

Toxic masculinity is a popular term for stereotypically masculine behaviors that are harmful to men and society as a whole. It is the belief that masculinity can be toxic, not that it inherently is toxic. Toxic Masculinity positions sexual activity as an indicator of a man's worth or measure of their masculinity, which can cause men to treat sexual activity as a conquest.

MALE PEER SUPPORT THEORY

Male Peer Support Theory is the theory that certain all-male peer groups encourage, justify, and support the abuse of women. Research shows that prior to joining a fraternity, fraternity men commit sexual assault at the same rate as non-fraternity men. However, after joining a fraternity, they become more likely to commit sexual assault. The study attributed this to male peer support theory.

(DeKeseredy & Schwartz, 2013)

GROUP INFLUENCE

"Spending time with peers who are accepting of sexual violence leads men to be accepting of sexual violence themselves."

(Seabrook et al. 2018)

CELEBRATING COERCION

"To fully prove oneself in some fraternities, the sex act must itself be perceived as exploitative"

(Nicholas Syrett, The Company He Keeps: A History of White College Fraternities)

BROTHERHOOD AND LOYALTY

Caitlin Flanagan, who spent a year researching fraternities, pointed out that when there is an allegation of sexual assault against a fraternity member from a sorority member, "She's not just putting herself in conflict with one young man who has assaulted her in a dorm room. Now she's putting herself in conflict with a brotherhood of young men who have sworn loyalty to one another for their lifetime."

LET'S TALK

HAZING

any activity enforced by members of a group on a new member that humiliates, degrades, or endangers them.

THREE COMPONENTS OF HAZING:

1. happens in a group context
2. happens with or without consent
3. involves humiliating or abusive behavior

HAZING CAN HAPPEN IN:

- fraternities or sororities
- the military
- middle or high schools
- workplaces
- any social group

HAZING CAN LOOK LIKE:

- deception
- sleep deprivation
- forced consumption of drugs/alcohol
- sexual assault
- demeaning names
- degrading acts
- verbal abuse

HAZING AND SEXUAL ASSAULT OVERLAP

intersections between hazing and sexual violence include:

- perpetuated by the bystander effect
- common among greek life
- inability to consent
- facilitated by substances
- power and control dynamics

Some acts of hazing are sexual in nature. Sexualized acts through hazing are sexual assault. The perpetrator does not need to be receiving sexual gratification from the act for it to be sexual violence.

THERE IS A SPECTRUM OF HAZING BEHAVIORS



HAZING: THE ISSUE (STOPHAZING.ORG)

HIGH FREQUENCY HAZING BEHAVIORS, SUCH AS INTIMIDATION, ARE OFTEN NOT RECOGNIZED AS HAZING AND THEY GO UNREPORTED

90%

people who have been hazed do not recognize that they have been hazed

HAZING IN VIEW: STUDENTS AT RISK 2008

RESPONDING TO HAZING

DESPITE THE PREVALENCE OF HAZING, 35% OF STUDENTS SAID THEY DON'T REPORT HAZING BECAUSE THEY FEEL AS THOUGH THEY HAVE NO ONE TO TELL

Antihazings.edu

YOU CAN REPORT HAZING TO:

- A coach, Greek advisor, or any individual in charge who is not a member of the group
- Your School's Department of Public Safety
- In an emergency, report to 911
- The Title IX office
- The anti-hazing hotline
- (888) 668-4293

MANY UNIVERSITIES USE THE APP:



LiveSafe®

- the app allows you to:
 - immediately contact 911 or the Department of Public Safety
 - anonymously ask questions about crime and safety concerns

WAYS TO PREVENT HAZING:

- establishing healthy group traditions
- developing a chapter anti-hazing policy
- establishing ways to respond to hazing if it occurs
- including all members ideas in planning activities
- awareness of chapter history
- exercises to get to know new members
- fostering unity through group activities

LET'S TALK

SORORITIES

and the Red Zone

29%

Of women in sororities report being sexually assaulted in college

Northern Illinois university

The gendered structure of greek life and the ways sorority members are both required and expected to behave foster an environment for sexual assault.

NO ALCOHOL

The National Panhellenic Conference governs 26 national sororities and maintains that no alcohol may be consumed at sorority houses and sororities cannot host events with alcohol. However, fraternities have no such rule.

WHY IS THIS A PROBLEM?

LACK OF CONTROL

Fraternity men are in charge of the alcohol at many parties in greek life, and the parties are often hosted at fraternity houses. This can put sorority women in a vulnerable position because they lack control over the alcohol being served at the event.

SOCIAL TIES

Women in sororities become reliant on fraternities to continue to receive invitations to parties so that they can drink, something many college students want to do. As a result, maintaining a good relationship with fraternities is important for them socially. The no alcohol rule creates a power imbalance that fraternities can wield over sororities as a way to coerce and silence them.

WHAT IS A SEXUAL ASSAULT ADVOCATE?

RESOURCES

a professionally and specially trained individual who responds to and supports survivors of sexual assault.

WHAT DOES AN ADVOCATE DO?

They provide unparalleled support to survivors in the immediate and long-term aftermath of sexual assault. Sexual assault advocates work in many different settings, such as the hospital, college campuses, on the site of a sexual assault, rape crisis centers, and police stations.

- Provide in-person/ virtual support to survivors in the immediate aftermath of an assault
- Educate survivors on their rights and resources available to them
- Listen/provide emotional support
- Help a survivor receive accommodations
- Help survivors fill out forms like crime victim's compensation
- Help survivors find more resources
- Act as a liaison between students and Title IX

SEXUAL ASSAULT ADVOCATES' SPECIFIC DUTIES VARY BY LOCATION



BUT MOST PROVIDE EMOTIONAL SUPPORT, A LENDING EAR, ACCESS TO RESOURCES, AND SERVE AS AN ECHO TO A SURVIVORS' NEEDS.



ADVOCATES DO NOT MAKE DECISIONS FOR SURVIVORS.

THEY INFORM SURVIVORS OF POSSIBLE OPTIONS AND ADVOCATE ON THEIR BEHALF TO OTHERS.

ADVOCATES PROVIDE MOST FORMS OF SUPPORT AFTER SEXUAL ASSAULT AND ENSURE THAT THE SURVIVORS THEY WORK WITH GET THE RESOURCES THEY NEED.

WHO DOES AN ADVOCATE ADVOCATE TO ON BEHALF OF SURVIVORS?

- S.A.N.E.S.
- POLICE
- LOVED ONES
- MEDICAL PROVIDERS
- PROFESSORS
- COACHES
- TITLE IX OFFICES

WHERE CAN I FIND AN ADVOCATE?

- HOSPITALS (ERS IN PARTICULAR)
- POLICE STATIONS
- RAPE CRISIS CENTERS
- COLLEGE CAMPUSES (HEALTH CENTERS, SEXUAL HEALTH SERVICES, WOMEN'S CENTERS, ETC)
- CHILD ADVOCACY CENTERS FOR VICTIMS OF CSA

WHAT IS A

S.A.N.E.?

SEXUAL ASSAULT NURSE EXAMINER

RESOURCES

a registered nurse or nurse practitioner who has completed specialized training to assist sexual assault victims. They collect all forensic evidence and perform exams

S.A.N.E. ACCESSIBILITY

THERE IS A S.A.N.E. SHORTAGE

- This can make it hard for survivors in small communities to get a forensic exam
- Survivors may have to travel to get an exam
- This can result in longer wait times for survivors at hospitals
- This can cause S.A.N.E. burnout because they are overworked in an emotionally intense job
- There is also a shortage of culturally competent S.A.N.E.'s

WHERE TO FIND A S.A.N.E.

- Request at hospital
 - if the hospital has a S.A.N.E. you will be treated there
 - if they do not, they will direct you to one that does
- Call 911
- Reach out to local organizations such as:
 - Some areas have S.A.N.E. hotlines or organizations
 - rape crisis centers
 - they can inform the hospital and coordinate with advocates

EVERYWHERE IS DIFFERENT

DIFFERENT STATES HAVE DIFFERENT REQUIREMENTS FOR S.A.N.E.'S

- All S.A.N.E.'s undergo specific training
- Pediatric S.A.N.E.'s undergo additional training
- In some states, they are certified with the international association of forensic nurses (IAFN)

DIFFERENT AREAS HAVE DIFFERENT FUNDING

SOME HOSPITALS, SUCH AS THOSE WITH RELIGIOUS AFFILIATIONS, MAY NOT BE REQUIRED TO GIVE EMERGENCY CONTRACEPTIVES (EC)

- Where can you get free or low cost EC's?
 - Planned parenthood
 - local family planning clinics
 - covered by some insurances
 - sites such as Nurx.com or HelloWisp.com have EC's at a lower price or covered by insurance

WHAT IS A

"RAPE KIT?"

A.K.A A FORENSIC EXAM

RESOURCES

a medical examination of a sexual assault survivor by a sexual assault nurse examiner (S.A.N.E.)

"RAPE KIT" IS MISLEADING

THE TERM "RAPE" USUALLY REFERS TO PENETRATIVE SEXUAL ASSAULT.

Survivors can get an exam even when the assault did not involve penetration

THE PURPOSE OF A FORENSIC EXAM:

- assess medical needs
- provide medical treatment
 - STI/pregnancy
- collect forensic evidence
- resource referral

Whether or not a survivor wants to have a forensic exam is up to them. Never pressure a survivor into having a forensic exam.

ELEMENTS OF FORENSIC EXAMS:

CONSENT

- an exam will not happen without consent*
 - *exams can be done on survivors who are unconscious
 - advocates will not be present because they require that survivors are capable of providing consent
- consent should be asked throughout the process
- survivors can choose to start/stop at any time
- survivors can request that the bare minimum is done for them to receive treatment
- those who are visibly on substances cannot be examined
 - they will be asked to return when they are no longer impaired in order to provide consent

COLLECTION

- the following may be collected during an exam:
 - clothing worn during assault
 - the likelihood of getting back items is low
 - swabs of genitals
 - swabs of hands, fingernails, and other body parts that may have DNA evidence
 - urine/blood samples to collect evidence of drug/alcohol facilitated assault
 - photographic evidence
- collection methods are very particular
 - ex: survivors cannot be left alone with the kit

CARE

- survivors will be cared for through:
 - medical attention to injury
 - testing for STI's and pregnancy
 - testing for evidence
 - referrals to additional resources

WHAT IS A

RAPE KIT?

A.K.A A FORENSIC EXAM

THINGS TO KEEP IN MIND

IF YOU ARE CONSIDERING A FORENSIC EXAM

TIMING

- different states have different rules regarding:
 - how long after the assault an exam can take place
 - how long evidence will be held
 - how long testing the kit should take
 - it can take months to receive all of the results

YOUR NEEDS

- a forensic exam may or may not be what you need for your recovery
- survivors decide which parts of the exam they do and don't consent to
- survivors can end the exam at any time

PRESERVATION OF EVIDENCE

- evidence may be damaged by:
 - showering/bathing
 - changing clothes
 - using the restroom
 - brushing hair/teeth
- the sooner after assault that the examination is completed, the more likely it is that evidence will be preserved

COST

- the exam itself is free in most states, but there may be additional costs such as:
 - transportation
 - costs for medication
 - missed work due to medication side effects
 - replacing items that have been turned in for evidence

HEALTH

- a forensic exam can help identify and treat any health issues that the assault may have caused
- a forensic exam can take a long time and be difficult for survivors mental health
 - a forensic exam may or may not be what a survivor needs

RESOURCES

a medical examination of a sexual assault survivor by a sexual assault nurse examiner (S.A.N.E.)

FORENSIC EXAMS AND REPORTING

EVERY STATE IS DIFFERENT, RESEARCH OR ASK AN ADVOCATE ABOUT YOUR STATE'S LAWS

A SURVIVOR DOES NOT NEED TO REPORT TO RECEIVE A FORENSIC EXAM

- assess medical needs
- provide medical treatment
 - STI/pregnancy

A FORENSIC EXAM CAN BE CRUCIAL DURING PROSECUTION

- if a survivor does choose to report, a forensic exam can change the outcome of a case

WHAT TO BRING

- a change of clothes
- consider reaching out for a sexual assault advocate

WHAT IS

TITLE IX?

TITLE IX IS A U.S. LAW

- it prohibits discrimination on the basis of sex in education programs and activities operated by recipients of federal financial assistance
 - it requires these programs to prevent and investigate sexual harassment claims
 - schools are legally required to have rules and procedures in place to address these issues in compliance with Title IX rules
 - Failure to do so can cause an institution to lose its federal funding

WHAT IS REPORTABLE UNDER TITLE IX?

- While not an exhaustive list, here are some behaviors that would be reportable under Title IX:

Sexual Violence

- Penetrative & Contact Sexual Assault
- Intimate Partner Violence
- Stalking
- Sexual Exploitation
- Invasions of Sexual Privacy
- Quid Pro Quo
- Hostile Environment

Unequal Treatment

- Sexist Remarks
- Unfair Hiring
- Pay Inequity
- Pregnancy discrimination

Other

- Failure to report
- Violation of No Contact Order
- Retaliation

WHO CAN REPORT AN INCIDENT TO TITLE IX?

Anyone who has experienced a reportable offense

Anyone who has witnessed a reportable offense

Mandated Reporters

Staff
Faculty
Counselors

Coaches
Resident advisers
Administrators

WHAT SUPPORTIVE MEASURES DOES TITLE IX PROVIDE?

No-Contact Order

- The campus equivalent of a restraining order
- Not allowed to be in the same place at the same time, and not allowed to contact one another

Resources

- Provide on and off-campus resources for:
 - medical needs
 - mental health needs

Academic Accommodations

- communicate with your teachers on your behalf and ask them to:
 - excuse absences
 - grant extensions

Housing Accommodations

- can offer the option of moving dorms
- can facilitate a move

WHAT IS

TITLE IX?

WHAT ARE MY OPTIONS WITH THE TITLE IX OFFICE?

Reporting \neq **Investigation**
to Title IX or action

You can seek support from the Title IX Office without filing a formal complaint.

Reporting

- notifying the Title IX office that an incident occurred

Formal Complaint

- results in an investigation and can lead to dismissal of the complaint, mediation, or disciplinary action against the respondent

Informal Complaint

- a fully voluntary, structured interaction between the parties that is designed to help them address and resolve an issue at the earliest stage possible

THE REPORTING PROCESS

AT A GLANCE

1) File a report**2) Meet with Title IX**

- Coordinator will explain options & Title IX process
- Resources are provided
- Decide if a formal complaint is the next step

3) Respondent is notified**4) Interviews & evidence**

- An investigator interviews both parties separately

5) Statements & responses

- Both parties receive copies of both interviews

6) Investigation report

- Investigator issues final report, complainant can decide whether to move forward with hearing

7) Hearing

- Both parties and witnesses testify in front of a panel

8) Final Results

- Hearing panel decides if respondent is responsible and issues any disciplinary action

9) Appeal

- Either party can file for an appeal if they are dissatisfied with the outcome

BYSTANDER INTERVENTION

WHAT IS A BYSTANDER?

anyone who witnesses an event/incident happen

- Their actions-or inactions- significantly affect the outcome of the situation.

TYPES OF BYSTANDERS:

PROACTIVE BYSTANDER

- those who not only intervene in a potentially dangerous situation but also take steps to prevent scenarios from occurring.

ACTIVE BYSTANDER

- anyone who takes action to prevent a harmful event or incident from escalating or continuing.

PASSIVE BYSTANDER

- a person who witnesses something but does not take action.

INTERVENTION

5 WAYS TO

BE AN ACTIVE BYSTANDER

1) Direct

confront the perpetrator
ex: "You need to stop__"

2) Delegate

arrange for someone else to intervene who may be more trained
ex: call campus security

3) Distract

divert the attention of the perpetrator
ex: "Hey___I think your car is getting towed!"

4) Disrupt

change the situation
ex: "Hey, I haven't seen you in a while, how are you?"

5) Delay

reach out to the person harmed
ex: if the event is over before you can intervene, ask how you can support the person harmed

HOW TO BE A PROACTIVE BYSTANDER

HAVE A PLAN

take time to formulate a plan with your friends to ensure everyone has support when attending a social event

ex: buddy system, sharing locations, planning when you will leave

ZERO TOLERANCE

set the expectation among your friends that sexual violence of any form is not acceptable, and respond appropriately when sexual violence happens in your peer group

PAY ATTENTION

pay attention to see if anyone around you may be in a vulnerable state and help them out
ex: if you see someone who is significantly impaired by substances, help them get home safely

BYSTANDER INTERVENTION

WHY DON'T PEOPLE INTERVENE?

THE BYSTANDER EFFECT

- the social phenomenon where people do not intervene in a social situation because they believe someone else will intervene
- often the more people who witness an event or incident, the less likely it is that someone will intervene

DIFFUSION OF RESPONSIBILITY

- When multiple people are present during an emergency, each individual assumes someone else will take action, leading to a decreased sense of responsibility. The more bystanders present, the less likely any one person will feel compelled to intervene.

IF THIS IS HOLDING YOU BACK...

- A key part of bystander intervention is accepting responsibility for intervening. When you recognize that something is wrong, it is on you to be an active bystander.

SOCIAL CUES

- People tend to look to others in a group for cues on how to behave. If no one is helping, people often interpret this as a signal that action is not needed.

IF THIS IS HOLDING YOU BACK...

- Try to think more critically about whether or not the things happening around you are harmful, and assume that others are not doing the same.

SAFETY

- If a perpetrator has a weapon or is particularly aggressive, someone may want to intervene but fear for their own safety.

IF THIS IS HOLDING YOU BACK...

- Delegating is still intervening! Delegate someone with de-escalation experience or authority to diffuse the situation.

INTERVENTION

STEPS FOR BYSTANDER INTERVENTION:

BEING AN ACTIVE BYSTANDER

1) Recognize

recognize there is a problem

2) Responsibility

once you notice something, acknowledge that it is your responsibility to take action

3) Safety

assess the safety concerns associated with intervening to determine the best tactic

4) Tactic

decide between intervention tactics: direct, delegate, distract, disrupt, delay

5) Implement

SOCIAL NORMS

- Sometimes, people truly believe these behaviors are normal because they have been socialized to believe so, or fear the social consequences of intervening.

IF THIS IS HOLDING YOU BACK...

- Delegating is still intervening! Delegate someone with de-escalation experience or authority to diffuse the situation.

BYSTANDER INTERVENTION

INTERVENTION

Only

19%

of students intervened
when they witnessed
sexual harassment

AAU Campus Climate Survey (2019)

WHY DON'T PEOPLE INTERVENE?

SOCIAL NORMS

- Sometimes, people truly believe these behaviors are normal because they have been socialized to believe so, or fear the social consequences of intervening.

IF THIS IS HOLDING YOU BACK...

- Try to think more critically about whether or not the things happening around you are harmful, and assume that others are not doing the same.
- Remember that social norms can only change when people take action to step outside these norms and change them.

FEAR OF MISUNDERSTANDING

- People are often held back because they are afraid their interpretation of what is happening could be wrong.

IF THIS IS HOLDING YOU BACK...

- Ask the victim if they need help
- Seek the advice of someone else
- Delegate someone with authority to intervene
- Remember that being wrong is better than allowing something bad to happen to someone else

RELATIONSHIP TO PERPETRATOR

- If a perpetrator is a friend or a member of a social group, such as a sorority or fraternity, people are less likely to intervene because they do not want to face the social repercussions of calling out a friend's bad behavior, or may not believe their friend is capable of causing harm.

IF THIS IS HOLDING YOU BACK...

- Remember that all people, even if we like them, are capable of causing harm.
- If someone you know is causing harm, they should be condemned, and they aren't someone you should want to be friends with.

BYSTANDER INTERVENTION CAN:

- **SUPPORT SURVIVORS**
- **CHANGE SOCIAL NORMS**
- **STOP BAD THINGS FROM HAPPENING OR ESCALATING**
- **SAVE LIVES**

#SHATTERINGTHEREDZONE

GET INVOLVED

Check out our:

SOCIAL MEDIA TOOLKIT

CAMPUS ADVOCACY TOOLKIT

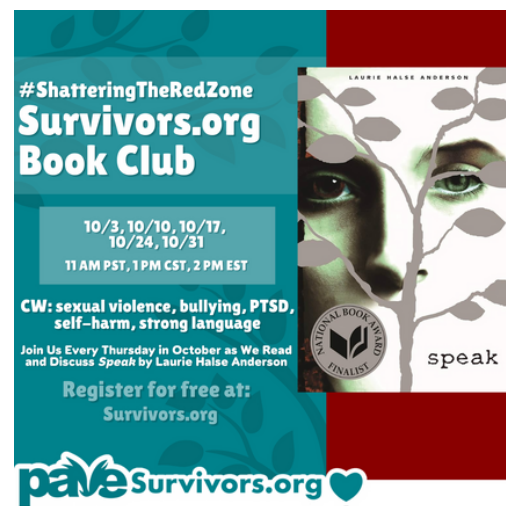
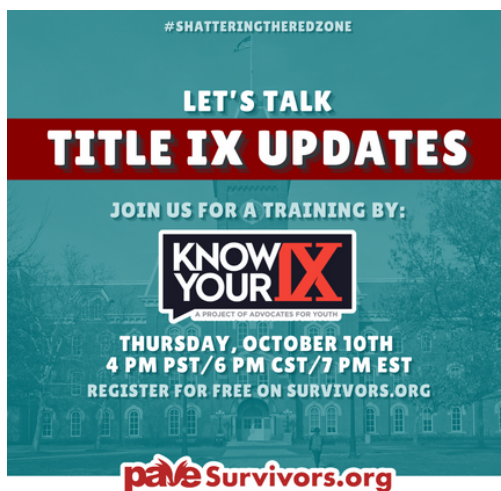


START A CHAPTER

Visit ShatteringTheSilence.org to learn more about PAVE Chapters and how to start one at your school.

UPCOMING EVENTS

This fall, PAVE/Survivors.org will be hosting several events dedicated to #ShatteringTheRedZone. Register for them all for free here.



PAVESurvivors.org