



RAISE THE BAR

SEXUAL ASSAULT PREVENTION TRAINING

Adapted from Boston Area Rape Crisis Center

RVAP Services

- ❖ All services are FREE and CONFIDENTIAL:
 - 24 hour Crisis Line 335.6000
 - Johnson County 335.6001
 - In-person Advocacy
 - Hospital
 - University
 - Law Enforcement
 - Counseling with Certified Sexual Assault Counselors
 - Educational Programming
- ❖ For victims/survivors of sexual assault and their friends & families
- ❖ **Active until September 2024, will be moved to DVIP. The layout of those services are unclear**
- ❖ *National Sexual Assault Hotline: 1-800-656-4673*



Content Warning

- ❖ Things that will be mentioned include but are not limited to:
 - Sexual Violence
 - Trauma
 - Power-based Violence

Who Are You?

- ❖ Current role?
 - Time at current job?
 - Time in the industry?
 - Training in responsible serving practices?
 - What do you want to receive from this training?
- ❖ What have you seen?
- ❖ What have you done?

Our Goals for Today

- ❖ Collaborate to educate staff on sexual violence and give staff the tools to respond
- ❖ Empower staff to identify and respond to various scenarios
- ❖ Promote ongoing safety within alcohol serving atmospheres
- ❖ Reduce victim blaming and deconstruct rape culture
- ❖ Create an understanding that anyone can experience or perpetrate sexual violence



Sexual Misconduct Continuum

SEXUAL
ASSAULT

SEXUAL COERCION, CONDOM "GHOSTING",
TOUCHING WITHOUT CONSENT

VERBAL THREATS AND ABUSE,
SEXUAL HARASSMENT

RAPE JOKES, OFFENSIVE LANGUAGE,
SEXIST BELIEFS

- ❖ Sexual Assault = Any sexual activity **without consent**
- ❖ Sexual misconduct falls on a continuum and can include many behaviors (harassment, stalking, dating violence, rape, attempted rape, other sexual assault)

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How Often?

1 in 2 transgender individuals and
1 in 4 females and
1 in 6 males are
sexually abused
in their lifetime

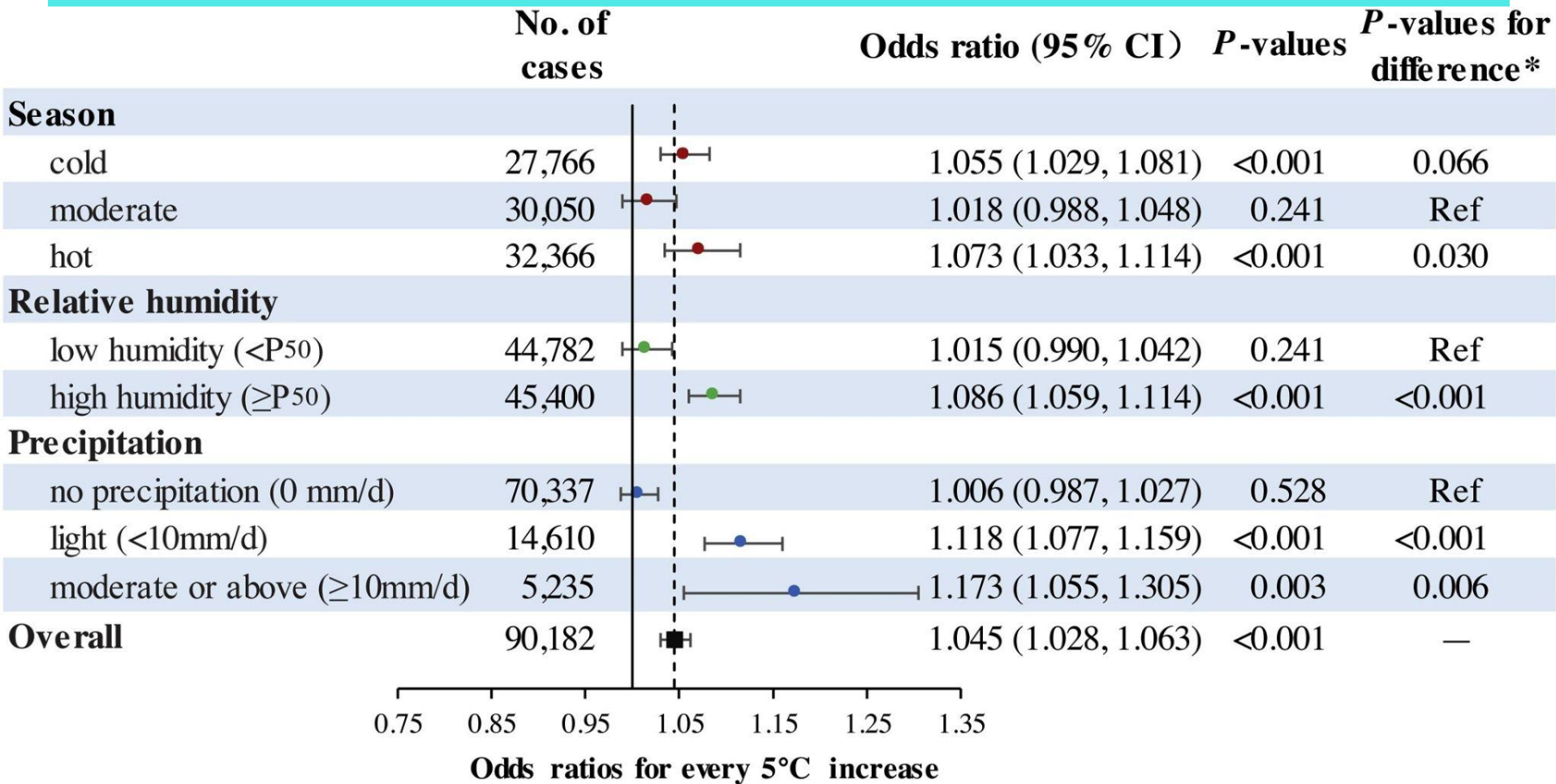


- Sexual Assault Rates increase in the Summer and decrease in the fall (DOJ 2014 report)
- Why?
 - Longer days
 - More alcohol intake
 - More social interactions

*In Iowa City sexual assault in the fall is higher than in the summer because of college student populations changing

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Increase in Sexual Assault with Climate



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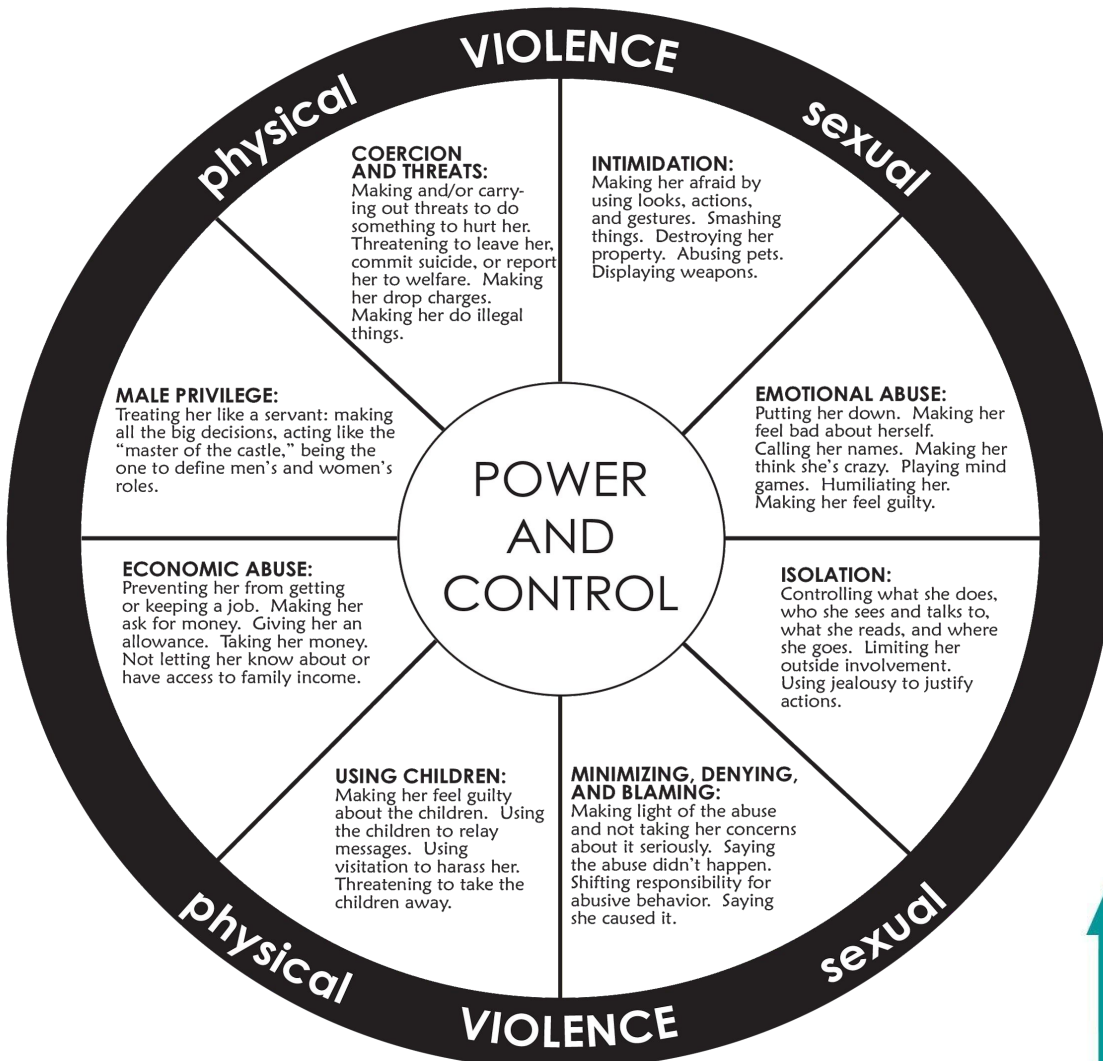
How?

Not normally a “stranger in the alley”

- ❖ Assaults can be planned and premeditated, but not always
- ❖ Alcohol is used as both a camouflage and a weapon, but not a cause
- ❖ *The environment around the aggressor can make a difference in their behavior*
- ❖ Rape Culture
- ❖ Most perpetrators are known to the victim (friend, partner, classmate, acquaintance, etc.)

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What Tactics Can be Used?



- ❖ Power and Control
- ❖ Date Rape Drugs
- *Most common is Alcohol*
- ❖ Coercion
- ❖ Incapacitation

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Victim/Survivor Impact

- ❖ Trauma Response
 - Appeasing
 - Fight – Flight – Freeze
 - Tonic Immobility
 - Dissociation
- ❖ Counterintuitive behaviors

Stepping Up & Stepping In

- ❖ What do you already do?
- ❖ What else could be done?
- ❖ How can you help prevent sexual assault in our community?

Bystander Intervention



stand.



speak.



act.

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Bystander Approach

- ❖ Violence is a community-wide problem. It **REQUIRES** a community response.
- ❖ Bystander Approach gives everyone a role:
 - Safely confront & intervene
 - Engage in helpful & positive reactions
 - Speak out against unhealthy social norms
 - Be an effective & supportive ally



I don't know what to say.

They probably didn't mean it that way.

I might make things worse.

I don't know the whole story.

It's none of my business.

I don't want to make it into a big deal.

It's not worth the time or effort.

If they don't like it, they should say something.

They'll misunderstand.

It's not my job.

**Let it go.
Lighten up.**

I'm not sure what's going on





Why
act?

**BEING SILENT WON'T MAKE
THE SITUATION BETTER. IT
USUALLY GETS WORSE.**

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Sitting with Discomfort

- ❖ Notice times that we've missed opportunities to interrupt
- ❖ What did that feel like? What did you feel in your body? What did you think?
- ❖ What did you feel if you didn't interrupt?
- ❖ How can we move in these feelings? (Stamina)



"Checklist"

- ❖ Notice what is happening
 - *Be aware of what is going on around you*
- ❖ Interpret it as an emergency
 - *If something doesn't seem right, it probably isn't*
- ❖ Take personal responsibility
 - *If not you, then who?*
- ❖ Decide how to act
 - *There are many ways to intervene. Choose the one you are most comfortable with*



What Actually Happens

- ❖ This is all a moment, not steps. We can't mechanize our reactions. But we can notice them.
- ❖ It gets better.
- ❖ Let's practice stamina. It's a muscle, let's build it.
- ❖ Lean into discomfort to build



Act!

❖ Direct

- *Intervene directly to make the parties aware that there is a problem and it has been noticed*

❖ Delegate

- *Identify other folks who can assist in safely intervening*

❖ Distract

- *Interrupt the situation without directly confronting the parties involved*

❖ Delay

- *Check in on potentially troubling situations when you are not sure if the situation is unsafe or if you do not feel safe immediately intervening*

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Clarification

- ❖ Check in with target if you are unsure of the situation
 - *"Are you okay?"*
 - *"Do you know this person?"*
 - *"How are you doing?"*



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Distraction

- ❖ Snap them out of their zone
 - *Compliment that person being harassed on their clothing, bag, other noticeable things*
 - *Ask the person who is harassing to go speak with another person. While they are speaking, have someone else go and check on the person who was being harassed*



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Bring it Home

- ❖ Prevent someone from distancing themselves from the impact of their actions and depersonalizing their targets
 - *"I hope no one ever talks about you like that"*
 - *"What if someone said your partner deserved to be raped or referred to your mother as a whore?"*



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Support the Targeted Individual

- ❖ Checking in with them
 - *“Are you okay?”*



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Intervene in a Group

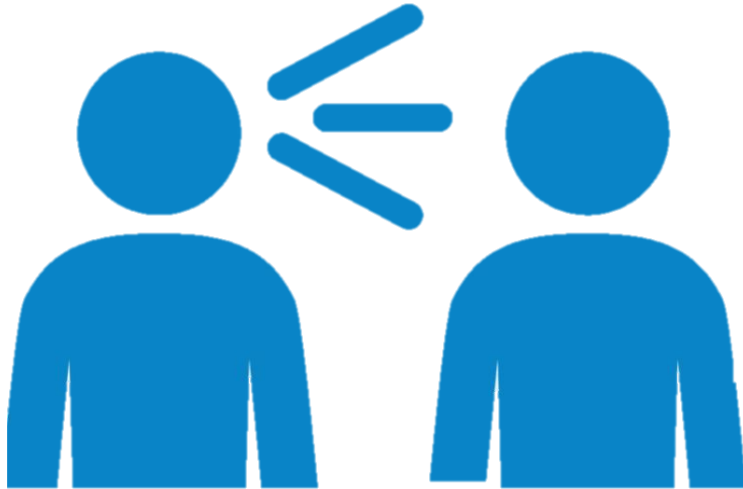
- ❖ Safely and impactfully intervene with a united front
- ❖ Sometimes it can be intimidating to intervene by yourself. Enlisting another person for support can be helpful!



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"We're Friends"

- ❖ Confrontation as a caring, non-critical gesture
 - *"As your friend, I really gotta tell you that ____ is killing your image. Why don't you do me a favor and stop?"*



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"I" Statements

- ❖ State your feelings
- ❖ Name the behavior
- ❖ State how you want the person to respond
 - *"I feel ____ when you _____. Please don't do that anymore."*

Get Help

- ❖ If you don't feel comfortable intervening, find someone to help
 - *Ask another staff member or security personnel to address the situation for you*



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Scenarios & Guided Practice



Scenario 1

- ❖ A male volunteer comes to you and says that a female volunteer he is partnered with is making him uncomfortable. He explains that she is talking about her sex life, telling sexual jokes and has asked questions about his sex life.

Scenario 2

- ❖ A female intern comes to you and expresses discomfort when interacting with a male performer. She explains that he is making lewd comments towards her and most of his attention is on her.
 - ? Examples:
 - ? Do you have a boyfriend?
 - ? Yes- How long have you been together?
 - ? No- Why would a girl as pretty as you be single?
 - ? She notices him staring at her most times when they are in the same space.
 - ? He stands close to her when talking to her.



Scenario 3

- ❖ A customer in the Beverage Garden approaches the counter and tells the staff that they were groped by someone.
 - ? The perpetrator quickly ran away after doing this.
 - ? The survivor is able to point out who groped them.

Scenario 4

- ❖ You notice a patron of a bar is coming toward the Beverage Garden stumbling, looking like he has had too much alcohol. He turns his attention to a group of women in the Beverage Garden and begins talking to them over the barrier. The women look uncomfortable.

Follow-up Discussion

- ❖ Barriers to intervention?
- ❖ How to overcome barriers?
- ❖ Other suggestions?
- ❖ Focus Groups

Contact Information

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