

Step UP!



Be a Leader, Make a Difference



Step UP! to Sexual Assault

BEFORE WE BEGIN

This presentation is meant to generate thought and promote discussion. We recognize that this topic may be sensitive material. Some of you may have had personal experience with this issue. Through the course of this discussion, dialogue may occur that causes an emotional reaction. It is important that the emotional reaction doesn't impact the learning process. Therefore, if you need to leave the room for something other than a reaction to what is being discussed, please give a cue to the instructor or let a person next to you know that everything is "OK." Also, please be respectful that someone in the room may have a reaction to what is being said.



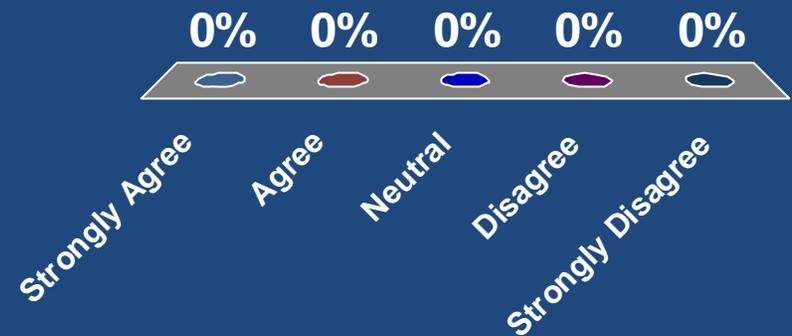
Discussion Questions

- **How many of you know someone who has been a victim of sexual assault?**
- **How would you feel if it were your mother or sister?**
- **How does gender impact the situation?**
- **How can alcohol impact the situation?**
- **What kinds of things do people believe about rape and abuse? Do they think it's exaggerated?**

Beliefs and Attitudes
around
Sexual Assault

Someone who is raped while they are drunk is at least somewhat responsible.

1. **Strongly Agree**
2. **Agree**
3. **Neutral**
4. **Disagree**
5. **Strongly Disagree**

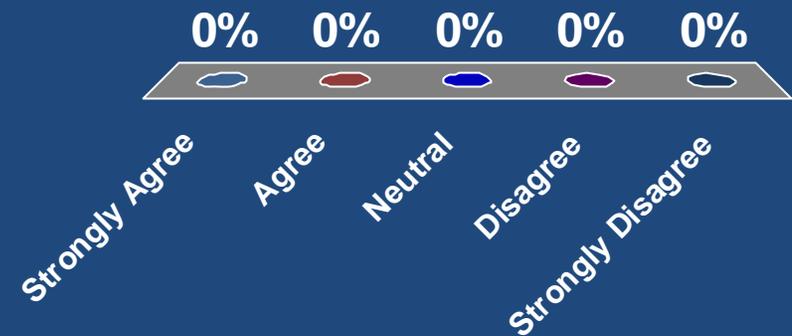


FACT

It is **NEVER**
someone's fault
if they are raped.

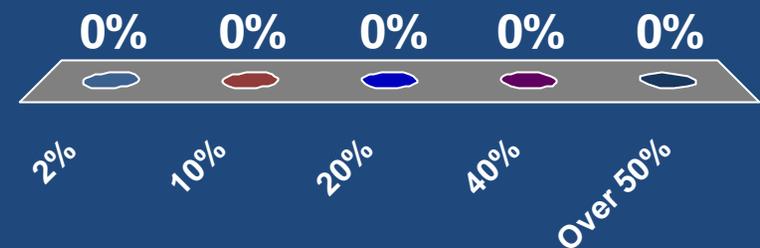
A lot of women lead a man on and then cry rape.

1. **Strongly Agree**
2. **Agree**
3. **Neutral**
4. **Disagree**
5. **Strongly Disagree**



What percent do you think are false reports to the police about sexual assault?

1. **2%**
2. **17%**
3. **29%**
4. **44%**
5. **Over 50%**



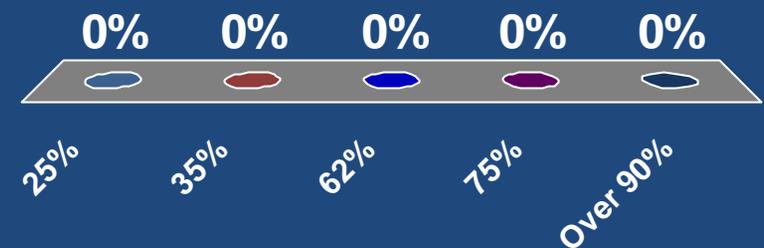
Less than 2%

of reports to police

are considered false reports.

What percent of sexual assaults are committed by someone the victim knew?

1. **25%**
2. **35%**
3. **62%**
4. **75%**
5. **Over 90%**



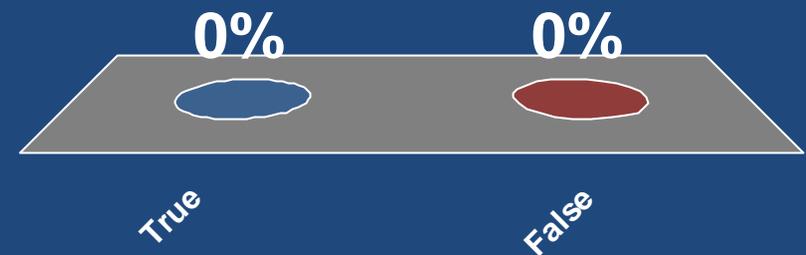
More than

90%

**of sexual assaults are committed
by people the victim knew.**

Most sexual assaults occur in isolated places.

1. **True**
2. **False**

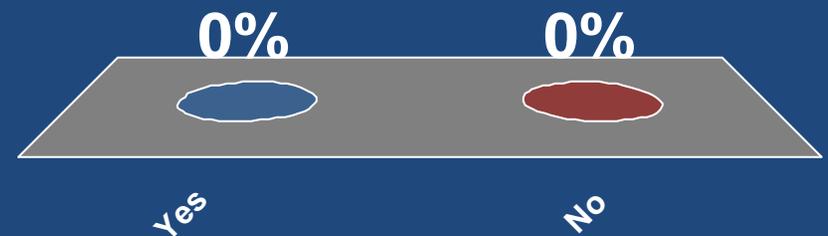


FACT

60% of assaults occur in
the home of either the victim
or the assailant.

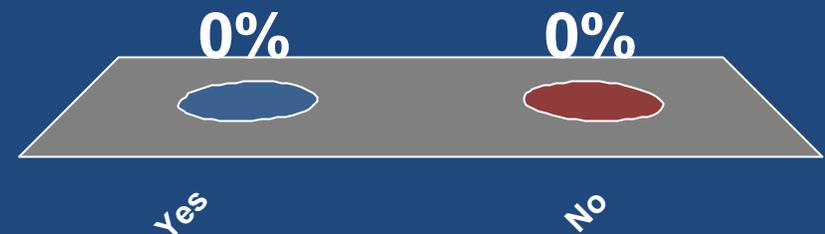
I know someone who has been a victim of sexual assault.

1. **Yes**
2. **No**



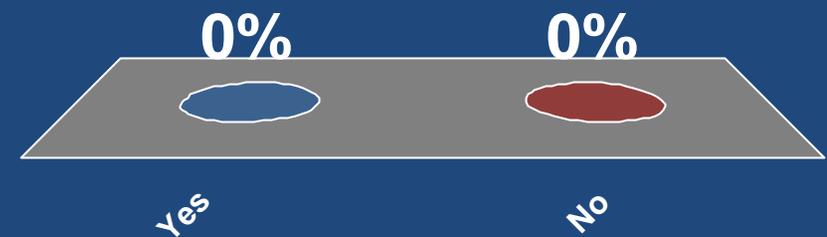
Have you ever witnessed what you thought could be or lead to a sexual assault?

1. **Yes**
2. **No**



If yes, did you intervene?

1. Yes
2. No



If you answered no, why not? (click all that apply)

1. Wasn't positive what was going on
2. Didn't think it was any of my business
3. Was afraid for my safety if I did
4. No one else seemed to be concerned
5. Didn't really know what to do
6. Other



What does staying silent say?



Definitions

□ Sexual Assault

- **According to Arizona Statutes: Sexual assault occurs when an individual intentionally or knowingly engages in sexual intercourse or oral sexual contact with any person without consent of such person.**
- **Know your own state's laws and definitions.**

Sex without

CONSENT

**is considered
sexual assault.**

Consent is:

- 23
- A voluntary, sober, imaginative, enthusiastic, creative, wanted, informed, mutual, honest, and verbal agreement
 - An active agreement: Consent cannot be coerced
 - A process, which must be asked for every step of the way; if you want to move to the next level of sexual intimacy, just ask
 - Never implied and cannot be assumed, even in the context of a relationship. Just because you are in a relationship does not mean that you have permission to have sex with your partner

Did You Know?

If someone is incapacitated due to alcohol or other drugs,
alcohol or other drugs,
even if the individual says yes,
it is considered sexual assault.

Did You Know?

**75% of physical and sexual assaults
that occur on college campuses
involve the use of alcohol
by the assailant, the victim or both.**

Did You Know?

- **1 in 4 women in college are subjected to attempted or completed sexual assault.**



Did You Know?

4-6% of men

commit

sexual assault

Did You Know?

More than 90% of sexual assaults are committed by people the victim knew

Some perpetrators are unaware that what they are about to do or have done is a crime. You need to Step UP! and let them know that it's



The Sexual Assault Continuum



Irritating..... to **terrifying**

Strategies for Effective Helping



The 5 Decision Making Steps

Notice the Event

Interpret it as a problem

Assume Personal Responsibility

Know How to Help

Step UP!

The S.E.E. Model

Safe Responding

Early Intervention

Effective Helping

Perspective Taking

**What would you want
someone to do for you?**



Obedience to Perceived Authority

Friends Helping Friends

I care

I see

I feel

I want

I will



Value Based Decisions - Is it Worth it?



Our Goal



INDIVIDUAL
LEADERSHIP



SHARED
RESPONSIBILITY

SOMETHING!

No one can tell another person what is right or wrong in a dangerous situation.

Only that person involved can assess the assailant's behavior and determine what the possibilities are.

I believe a person should not engage in sexual activity if they: (click all that apply):

1. Are intimidated
2. Are coerced
3. Feel obligated
4. Do it just to stay in a relationship
5. Do it just b/c they think everyone else is...
6. Are incapacitated
7. Do not have/have not given consent



How to tell if someone is incapacitated:

- **Slurred speech**
- **Impaired motor skills**
- **Vomiting**
- **Passed out**

5 Intervention Styles



Things you can do as a bystander:

1. **Investigate it further**
2. **Talk to the person, tell them you are willing to help.**
3. **Get the person away from the situation – interrupt, distract or remove them**
4. **Involve other bystanders**
5. **Talk to a professional for follow-up advice**
6. **Follow up with both the victim and the perpetrator – give them resources**

Action Steps

- **Interrupt the situation – distract (both parties) or remove them immediately.**
- **If your friend is incapacitated remove them immediately.**
 - ▣ **If you think your friend's drink has been drugged consider taking them to a hospital.**

Action Steps

- **Be aware of comments/behaviors from others that would indicate they were intent on having intercourse even if the partner was unwilling or incapacitated.**
- **Know your comfort level with conversations around sexual behavior. If it is not in sync with how you feel, Step UP! and state your position.**

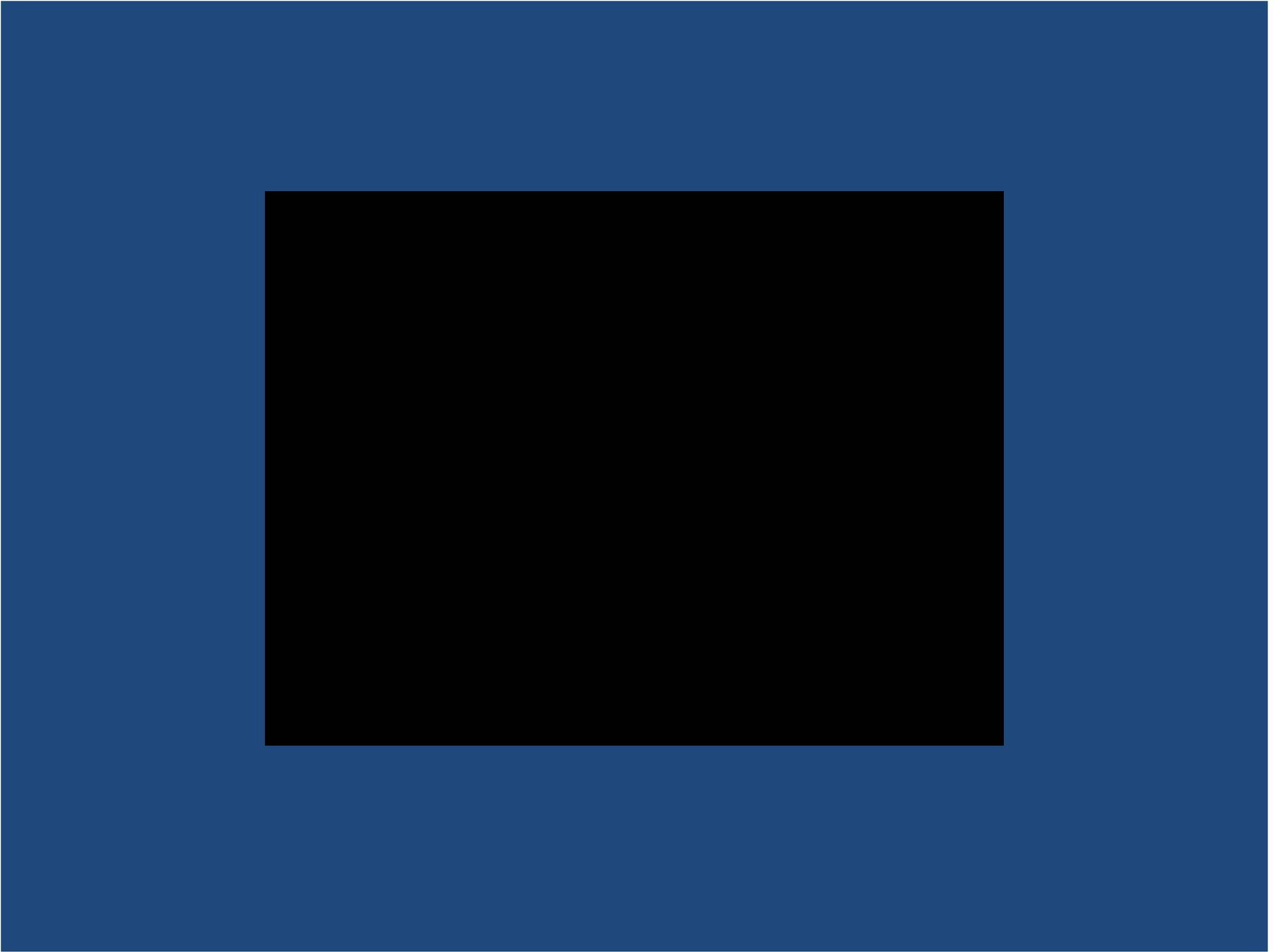
Action Steps

- **Don't joke about sexual assault. "Jokes" can trivialize the severity of the behavior.**
 - ▣ **Also be aware of language, media influence and traditional role justification.**
- **Don't allow victim blaming – "It's her fault because..."**

Action Steps

- **Support the victim (and the perpetrator) and follow up.**
- **Although it can be awkward to confront a friend/peer it's better to be safe than sorry**
- **Remember: Safe; Early; Effective**

The more options
a person knows the more
psychologically ready
they are to resist.



SCENARIOS



Scenario I

You are at a party. During the past hour you notice one of your male friends has been talking to a young woman. They seem to be having a good time but it is clear that the woman has had too much to drink. A few minutes later you see him put his arm around the young woman and start to lead her upstairs. What do you do?

Scenario 2

You are at a party and notice that only females are encouraged to drink from a certain container. You overhear someone say that what is in the container is “special”. You don’t really know what that means. What do you do?

Scenario 3

At a party, you see a man appear to put something in his dates' drink but you're not sure. Later you notice that she is not that steady on her feet and he is trying to get her to go into a bedroom with him. You know they have been dating in the last few weeks but she just doesn't seem like herself. What do you do?

Scenario 4

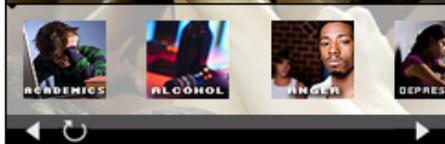
You're in line at the bookstore and a friend of the guy ahead of you in line walks up and asks how he did on the test earlier that morning. The guy in line says, " I totally raped it." You can't believe what you just heard. What do you do?



single...
team-work (tēm'wōrk)
which individu...
ciency; coordin...
with a team

Developed by:

The University of Arizona
C.A.T.S. Life Skills Program
In Partnership with the NCAA



Have you ever been concerned about a situation and wanted to help... but didn't?

You're not alone.

This situation is more common than you might think, and is known as the **bystander effect**. **Step UP!** is a comprehensive bystander intervention program that will teach you:

- The 5 Decision Making Steps
- Other Factors that Affect Helping, including Perspective Taking
- Strategies for Effective Helping
- The S.E.E. Model: Safe; Early; Effective
- Warning Signs, Action Steps and Resources

Step UP! is used by athletics, Greek life, student affairs, campus health, violence prevention centers, residence life and many others. **Learn more now:** [students](#) or [facilitators](#).



STRATEGIES FOR EFFECTIVE HELPING



View tips for emergency / non-emergency situations, intervention styles, and more!

What are the costs

of **NOT** intervening?



NASPA
excellence
awards

2010 Gold Winner

www.stepupprogram.org

