



### **Intimate Partner Violence on College Campuses**

This workshop introduces students to the prevalence of relationship violence on college campuses. It defines and distinguishes the differences between unhealthy and abusive relationships through interactive activities and facilitated discussion. Participants will examine the different forms of abuse, understand how to effectively support a survivor, and discuss the importance of individualized safety plans.

Objectives for students:

1. Identify at least three qualities that make a healthy relationship.
2. Identify the five forms of relationship violence that abusers use to exert power and control.
3. Identify at least two factors that may impact a survivor's ability to stay in or leave an abusive relationship.
4. Identify at least three ways to effectively empower and support a friend experiencing relationship violence.
5. Identify at least two protective factors and two risk factors when safety planning with a survivor

*(See below for an in-depth workshop on Safety Planning to enhance additional skill building)*

**Alternative learning options include: Teen In Their Shoes Facilitation (2 hours)**

### **Sexual Assault Awareness: Unpacking Rape Culture (Workshop 1 of 3)**

This workshop examines how strict gender roles contribute to relationship violence, abuse, and victim-blaming in an effort to support safer spaces for survivors of sexual assault on college campuses. Participants will explore scenarios related to dating violence, sexual harassment, and sexual assault and be provided with the space for facilitated reflection. Through this practice, students will leave equipped with the tools to safely and effectively prevent and/or intervene in situations of relationship or sexual violence.

Objectives:

1. Define and be able to explain sexual violence.
2. Define legal consent.
3. Identify five examples of rape culture.
4. Identify at least two ways in which rape-minimizing messages can have harmful effects on survivors across the gender spectrum.
5. Brainstorm/Identify three ways to change campus norms in order to dismantle rape culture.
6. Learn three skills for direct and indirect intervention, while keeping safety in mind.

*( See below for an in-depth workshop on Safety Planning to enhance additional skill building)*

### **Sexual Assault Awareness: Getting Consent (Workshop 2 of 3)**

This workshop aims to increase student understanding of the importance of consent when engaging in sexual activity. This is done by defining consent and non-consent, clarifying when consent needs to be obtained, and in addressing coercion. Additionally, the presentation seeks to both increase students' comfort level in obtaining consent and discussing intentions and desires with sexual partners.

Objectives:

1. Define and be able to explain sexual violence as a continuum.
2. Define and be able to explain legal consent.
3. Identify three tactics that are utilized to facilitate sexual assault.
4. Identify at least three rape myths that harm how society views sexual assault and survivors of sexual assault.
5. Identify at least three ways to support a friend who has been sexually assaulted.

### **Sexual Assault Awareness: Substance Use and Bystanders (Workshop 3 of 3)**

This workshop is designed to increase participants' knowledge of the role that substances can play in sexual violence, particularly on college campuses. Participants will use case studies and media to facilitate discussion centered on unpacking the "what if" questions that often arise (e.g. "What if both (or all) partners are intoxicated? Is it still sexual assault?"). This workshop will also underscore the importance of Bystander Intervention, leaving participants equipped with the skills to be able to engage and provide support in preventing or intervening in the case of an assault.

Objectives:

1. Define and be able to explain sexual assault.
2. Define legal consent.
3. Explain at least two situations in which legal consent cannot be given.
4. Define and be able to explain Bystander Intervention.
5. Identify at least three methods of preventing or intervening in the case of an assault.

### **Survivor Support and Safety Planning**

This workshop is catered to supporting college students exploring the best ways to care for peers who have experienced or witnessed relationship and/or sexual abuse. Participants will engage in interactive dialogue to build empathy for survivors, explore safety planning techniques, and brainstorm ways to help structure systems of support for survivors on their campuses. The five forms of relationship abuse will be reviewed in this workshop; information on community resources will also be provided.

Objectives:

1. Identify the five forms of relationship violence that abusers use to exert power and control.
2. Identify at least two factors that may impact a survivor's ability to stay in or leave an abusive relationship.
3. Explain at least three barriers that college students face after experiencing a violent incident or in looking to access resources.
  - a. Highlight key differences between Title IX, The Clery Act, Campus SAVE, and criminal investigations.
4. Identify at least three community and/or campus resources for victims of abuse or violence.
5. Pinpoint at least two safe and effective ways to support a friend affected by relationship violence.

**This workshop may be particularly supportive for campuses with peer support lines.**