

Sexual and Relationship Violence Prevention Program

Empowering Campus Allies: Exploring the Role of Faculty and Staff in Sexual Violence Prevention

Building a Community of Care at Arizona State University



Virtual Sexual Assault Awareness Month, Spring 2020

April 10

Consent and Beyond

Sun Devil MVP Instagram, Facebook, Twitter

Join the Sun Devil Movement for Violence Prevention, alongside a number of organizations that are a part of the movement to prevent violence, for this awareness day celebration. Follow the **Sun Devil MVP Instagram page** for the opportunity to raise awareness about violence prevention by engaging in a variety of virtual educational and interactive activities.

April 16

Critical Conversations in Sexual Violence: Exploring Prevention, Response and Support in Hispanic and Latinx Communities

5 – 7 p.m.

links.asu.edu/SAAMZoom

Students who identify as Latinx, Hispanic, undocumented, and/or are DACA recipients may experience additional barriers when it comes to seeking support following experiences of sexual and relationship violence. Join us for a panel and discussion as we explore the resources available to help us catalyze our communities to not only prevent violence, but to support victims and survivors.

April 17

Denim Day: Continuing the Conversation 12 – 1:30 p.m.

links.asu.edu/SAAMZoom

Every year ASU participates in a national event called "Denim Day," which aims to raise awareness about victim blaming and supporting survivors of sexual violence. Now you can come learn the history behind Denim Day and why conversations about victim blaming and rape myths are more important than ever. The Sexual and Relationship Violence Prevention Program will explore ways to create change within the classroom, in student organizations, and all environments in which sexual violence manifests.

April 22 – 29

Countdown to Denim Day

Sun Devil MVP Instagram, Facebook, Twitter

Join us as we countdown to Denim Day, an international day of survivor support. Founded in the 1990's after a woman was blamed for her assault because of her tight jeans, this event has been hosted annually to stand up against victim blaming. Join us via social media on **Sun Devil MVP Instagram, Facebook or Twitter** as we countdown to denim day and wear denim on April 29 to show your support.

April 30

Self-Care, Coloring Books and Healthy Relationships

5 – 6 p.m.

links.asu.edu/SAAMZoom

In need of some self-care? Check out the amazing coloring books our grant recipients created to encourage students to reevaluate the health and boundaries of their own relationships.

#ASUSAAM2020

#ASUVirtualDenimDay2020

For more information and a complete list of events visit: eoss.asu.edu/mvp/events



Sun Devil Movement for Violence Prevention

Outline



Overview

Statistics

Trauma-informed
practices

Resources

Practice

Self-care

Part I: Overview

Sexual Violence Exists on a Continuum

Harmful words and actions

Victim Blaming
Excusing Behavior

Sexual Harassment

Stalking

Sexual Assault

Rape

Sexual violence encompasses a wide range of words, behaviors, and actions.

Sexual Violence

6.4% of ASU female students and **0.6%** of ASU male students reported they experienced attempted or completed rape.

13.3% of ASU female students **3.1%** ASU male students reported that they experienced sexual touching against their will.

3.6% of ASU female students and **0.7%** of ASU male students reported they had been in a sexually abusive relationship.

Relationship Violence

8.3% of ASU students reported being in an emotionally abusive relationship.

1.6% of ASU students reported being in a physically abusive relationship.

8.3% of ASU female students and **3.0%** of ASU male students reported having been a victim of stalking within the previous 12 months.

Relationship Violence While Sheltering in Place

Abusive partners may withhold necessary items, such as hand sanitizer or disinfectants.

Abusive partners may share misinformation about the pandemic to control or frighten survivors.

Abusive partners may withhold insurance cards, threaten to cancel insurance, or prevent survivors from seeking medical attention.

Relationship Violence While Sheltering in Place

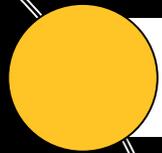
Programs that serve survivors may be significantly impacted — shelters may be full or may even stop intakes altogether.

Survivors who are older or have chronic heart or lung conditions may be at increased risk in public places where they would typically get support, i.e. shelters, counseling centers.

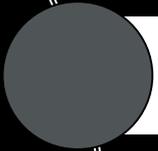
Travel restrictions may impact a survivor's escape or safety plan.

**How can faculty
and staff become
involved in
violence prevention
efforts?**

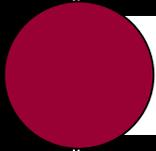
Considerations for faculty & staff



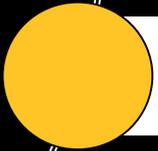
Faculty/staff are working directly with survivors in University spaces



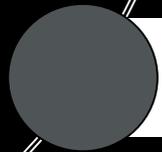
Survivors/victims may disclose experiences of sexual violence to faculty/staff



Faculty/staff play a central role



The approach to sexual violence prevention must be multi-level



Faculty/staff are long-term members of the community that contribute to a campus culture

Part II: Implementing trauma-informed practices

Trauma-informed approach...

“A program, organization, or system that is trauma-informed **realizes** the widespread impact of trauma and understands potential paths for recovery; **recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system; and **responds** by fully integrating knowledge about trauma into policies, procedures, and practices, and seeks to actively resist **re-traumatization**,” (SAMHAS, 2012, p.4).

**Where do faculty
and staff see their
role within a
trauma-informed
approach?**

Safety Recommendations for Faculty/Staff

- Establish classroom ground rules for safety**
- Discuss Title IX information in syllabus**
- Use gender inclusive pronouns**
- Include sexual violence education resources on class canvas shell**
- Utilize trigger warnings for sensitive content within your curriculum**

Remote Recommendations for Faculty/Staff

Remind your campus community how they can make a report or file a disciplinary complaint while remote (i.e. online reporting form, current contact information).

Revisit your own procedures for sharing information, like providing your written explanation of rights and options for those reporting instances of dating violence, domestic violence, sexual assault, and stalking via email.

Inform your campus community directly of the institutional resources that are always available to them, even when off campus.

Example of a statement to add to syllabus or canvas so that students are aware of ASU's Mandatory Reporting Policy:

ASU supports your health, safety and well-being. All ASU employees who are made aware of a violation of the sexual misconduct policy are required to report. ASU Counseling, ASU Health Services, and the ASU Police Victim Advocate are confidential sources. Visit sexualviolenceprevention.asu.edu for more information on resources.

Part III: Supporting Students and Resources

**How can social
distancing affect
survivors/victims?**

- **May be experiencing increased isolation and danger caused by social distancing measures.**
- **Survivors often have specific needs around safety, health and confidentiality.**
- **People who are already more vulnerable to economic and health insecurity are facing additional challenges during this unprecedented time.**
- **Re-traumatization may be occurring.**

When concerned about a student...

- Manage your own anxiety**
- Indicate your concern**
- Affirm the person's feelings**
- Allow the person to respond**
- Listen without judgement**
- Do not promise confidentiality**

Five senses meditation

Manage distress by focusing
on the surrounding
environment

Three part breath

Reduce anxiety by slowing down
and drawing attention to the
breath

Depression

**Over-
identification
with student**

Anxiety

**Heightened sense of
vulnerability**

Rage

**Decreased intimacy
and trust in
personal/professional
relationships**

Secondary Trauma

Fear

Grief

Shame

**Distressing
emotions**

Social isolation

Dread

Empathy vs. Sympathy



Identity

**Victim
Survivor
Experience**

Academic Impediments

Family problems
Being over-committed
Anxiety
Concern for family member
Depression
Relationship difficulties
Stress

Aggression

Hyperarousal

Re-experiencing

Anxiety

Irritability

Memory problems

Nightmares/Night Terrors

Emotional Numbness

Head & Stomach aches

Flashbacks

Heightened sense of surroundings

Survivor Reactions

Startles easily

Panic Attacks

Anxious

Daydreams

Hyperarousal

Social isolation

Detached

You are on a Zoom call with a student, Jessie, to discuss their summer internship plans. During the meeting you notice Jessie seems distracted and upset. When you check in, Jessie states, “I was with my partner on Saturday night and something happened. I don’t know who to tell.”

How can you support Jessie in this moment? How would you tell Jessie about your role as a mandatory reporter?

Respond with support

- start by believing
- actively listen without controlling
- assure them it was not your fault
- foster a safe place
- recommend counseling and medical attention
- recognize that healing takes time
- seek support for yourself if needed

“If you ever want to talk to someone about this situation, I can share some resources with you that are free of cost, confidential, and would allow you to talk with someone right away.”

“I just want you to know I believe you.”

“You are not alone. We are here to support you.”

“Do you feel safe in your current residence?”

**How do you talk to
students about
your mandatory
reporting status?**

ASU is **committed** to the health, safety and well-being of each and every **individual** and of our **community** at large. Part of this commitment means that if a student in our community reports any form of sexual misconduct, including stalking, relationship violence, sexual harassment, and sexual assault, we want to ensure that they have information about the **resources** available to them. Because of this, I have a **duty** to report.

The words.

You are obligated to report; as staff we have to ensure the safety of the victim or survivor and the community.

The victim/survivor decides how they will participate in the investigation.

The victim/survivor has the option to file a police report.

A forensic exam is available to them either way through a local family advocacy agency, not a hospital.

Just a few options of many.

Intent and impact.

“You should stop partying”

Intent: Keeping them away from risky situations where it could happen again.

Impact: It was my fault because I went to a party.

“There’s no use in reporting this”

Intent: Keeping them from further trauma.

Impact: No one believes me. I am alone in this.

“At least it wasn’t worse”

Intent: Trying to reduce their post-trauma.

Impact: They don’t think what happened to me was bad enough already, I’m overreacting.

You have a meeting with an undergraduate student, Taylor. During the appointment you check in about Taylor's semester. Taylor reports feeling uncomfortable in one of their classes. Taylor states, "One of my classmates keeps asking me out. I've already told them no several times. I'm not sure what to do." Taylor also reports receiving numerous text messages and emails from this student that were sexual in nature. How can you support Taylor? How would you talk with Taylor about their reporting options?

Exploring Resources

Ask permission before offering the survivor resource information.

Give survivors agency when choosing next steps.

Explain differences between confidential vs. private.

Help survivors navigate online resources or walk them to offices.

connect to resources

ASU's Sexual Violence Prevention and Response Website

<https://sexualviolenceprevention.asu.edu>

ASU Police Department

ASU Police Victim Advocate (**CONFIDENTIAL**)

ASU Counseling (**CONFIDENTIAL**)

ASU Advocacy and Assistance

ASU Student Rights and Responsibilities

Title IX Student Coordinator

[Sun Devil Support Network](#)

more resources

National Domestic Violence Hotline
Available 24/7
800-799-7233 and through chat

National Sexual Assault Hotline
Available 24/7
800-656-HOPE (4673) and
through chat

StrongHearts Native Helpline
specifically for Native communities
7 a.m. -10 p.m. CST
844-762-8483.

TransLifeLine
peer support for trans folx
9 a.m. – 3 a.m.
877-565-8860



Virtual connection



**Like or follow us on social media to
stay engaged!**

#ASUSAAM2020

#SunDevilsCare

Sun Devil MVP

take care of
yourself,
each other,
and your
community.