



Sexual Assault Prevention Training



A Serious Issue

Sexual Assault is a critical issue for everyone, regardless of:

Gender

Race

Age

It is estimated over **200,000** people are victims of rape and sexual assault every year

This training will help you learn the warning signs and techniques for preventing Sexual Assault

You will also learn how to support victims and direct them to valuable resources located both on and off campus

This training answers these questions

What is Sexual Assault?

What you can do to protect yourself and others?

How to intervene when you see a situation that could lead to Sexual Assault?

What resources are available to help yourself and others?

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- **MODULE 1:** Recognize Sexual Assault
- **MODULE 2:** Drugs & Alcohol
- **MODULE 3:** Prevention
- **MODULE 4:** Bystander Intervention
- **MODULE 5:** Resources

MODULE 1

Recognize

Recognizing Sexual Assault

Sexual Assault is a major problem affecting people of all races, genders and creeds



IT'S TIME. . .TO TALK ABOUT IT!

Talk early, talk often. Prevent sexual violence.

In this section you will learn about Sexual Assault, Dating Violence, Domestic Violence and Stalking, how they are legally defined, and how consent is given

What is Sexual Assault?

Sexual Assault is any unwanted sexual contact

Rape

Date Rape

Statutory Rape

Incest

Voyeurism

Sexual Harassment

Ritual Abuse

Unwanted Sexual Contact

It includes any sex act when a person is forced, coerced and/or manipulated

Morally Prohibited Conduct

Ozark is committed to maintaining an environment in which all individuals treat each other with dignity and respect and which is free from all forms of intimidation, exploitation and harassment, including sexual harassment, domestic violence, dating violence, stalking and sexual assault.

Sexual relationships are designed by God to be expressed solely within a marriage between a man and a woman. Sexual activities of any kind outside the confines of such marriage are inconsistent with the teachings and moral values of Scripture and are prohibited.

Consent

“Consent” is defined as an unambiguous and willful participation or cooperation in an act or as an attitude that is commonly understood to be consistent with the exercise of free will.

Consent requires participants who are fully conscious, equally free to act, clearly communicated their willingness, cooperation, or permission to participate in a sexual activity, are positive and clear in their desires, and are able to cease ongoing consensual activity at any time. Refusal does not have to be verbal; it can be expressed by gestures, body language or attitude.

“No” Means “NO!”

No one deserves to be a victim of Sexual Assault

A “No” of any kind signals the stop of
any and all sexual contact

A “No” revokes any consent
previously given

Someone under the influence of drugs (legal or illegal) or is
otherwise impaired cannot legally give consent

There is no excuse for not respecting someone’s “No”

Regardless of what the victim was wearing or if someone
was intoxicated

What is Domestic Violence?

DOMESTIC VIOLENCE – Felony or misdemeanor crimes of violence committed

- (A) by a current or former spouse of the victim,
- (B) by a person with whom the victim shares a child in common,
- (C) by a person who is cohabitating with or has cohabitated with the victim as a spouse,
- (D) by a person similarly situated to a spouse of the victim under domestic or family violence laws of the jurisdiction...or
- (E) by any other person against an adult or youth victim who is protected from that person's acts under the domestic or family violence laws of the jurisdiction.

What is Dating Violence?

DATING VIOLENCE – Violence committed by a person

- (A)** who is or has been in a social relationship of a romantic or intimate nature with the victim; and
- (B)** where the existence of such a relationship shall be determined considering the following
 - (i)** the length of the relationship
 - (ii)** the type of relationship
 - (iii)** the frequency of interaction between them

What is Stalking?

STALKING – Engaging in a course of conduct directed at a specific person that would cause a reasonable person to

(A) fear for his or her safety or the safety of others; or

(B) suffer substantial emotional distress

You Can Help Prevent Sexual Misconduct!

You can help prevent Dating Violence, Domestic Violence, Stalking and Sexual Assault. If you observe a situation that indicates there may be sexual misconduct, you can help by being an intervening bystander.



Check Your Understanding

True or False: Sexual Assault is
any unwanted sexual contact

See Next Page for Answer

TRUE

Sexual Assault is any sex act that is unwanted,
usually under the duress of violence, coercion,
and/or manipulation

What is Sexual Assault?

Anyone can be a victim of Sexual Assault regardless of:

Age

Gender

Ethnicity

Religious Background

Sexual Orientation

Appearance

Income Level

Occupation

Check Your Understanding

True or False: There are no adult male victims of Sexual Assault

See Next Page for Answer

FALSE

Anyone can be a victim of Sexual Assault,
regardless of age or gender

Who Can Be a Perpetrator?

Anyone can be a perpetrator of Sexual Assault, regardless of:

Age

Gender

Ethnicity

or virtually any other factor

2 out of 3 victims will know
the perpetrator!

Check Your Understanding

True or False: Perpetrators of Sexual Assault are never female

See Next Page for Answer

FALSE

Anyone can be a perpetrator of Sexual Assault,
regardless of age or gender

Check Your Understanding

True or False: Perpetrators can be of any sexual orientation

See Next Page for Answer

TRUE

A perpetrator can be of any sexual orientation

MODULE 2

Drugs & Alcohol

Drug & Alcohol Facilitated Sexual Assault

Some perpetrators may attempt to ply their victims with alcohol and/or drugs



Common Drugs Used

Alcohol is the most commonly used drug for rapes and Sexual Assault because it is the most easily accessible

Other Common Drugs

Rohypnol (Roofies)

Katamine (special “K”)

Gamma
hydroxybutyric
(GHB)

Protect Yourself and Be Aware

Always keep your
drink in your sight
or hand

Be wary of
anyone who
insists you drink

Always pour your
own drink
when possible

If your drink tastes or looks “off” or
“funny,” **STOP DRINKING IT!**

You May Have Been Drugged if You:

Feel you are
getting
intoxicated

Experience
unusual
drowsiness

Experience
memory loss
and blackouts

Experience
reduced motor
control

Experience chills or
sudden sensations
of heat

Have a feeling of
mind fog or
confusion

Experience
blurred
vision

Experience
disorientation or
hallucinations

Check Your Understanding

True or False: It is normal for someone to insist you drink or drink from a particular glass

See Next Page for Answer

FALSE

Be wary of individuals who insist that you drink from a certain source. This is a warning sign that someone tampered with your drink.

Check Your Understanding

True or False: Alcohol is the most common drug used to commit rape and/or Sexual Assault

See Next Page for Answer

TRUE

More than any other drug, alcohol is most often used in connection with rape and Sexual Assault

MODULE 3

Prevention

Reducing Your Risk

Add Campus Security to your cell phone contacts

417-626-1200

Always have a cell
phone with a charged
battery with you

Never let anyone
else pour or handle
your drink

Keep your vehicle and dorm room secure; lock your windows
and doors at all times

Risk Planning

Have a **PLAN**

Have emergency contacts in your phone

Know where to go and who can help

Get your own food and drink,
and/or watch the person
pouring or serving them

When going out, make plans
to arrive with friends in a
group and leave as a group

Make sure to stick to the plan once it has been made

The Effects of Sexual Assault

Everyone reacts differently to Sexual Assault

It is important not to
judge the victim's
reaction

Feelings After Sexual Assault

Often, victims feel:

- Confusion
- Self-Blame
- Humiliation
- Shame
- Embarrassment
- Numbness
- Degradation

Remember that an assault is
never the victim's fault

Fear and Sexual Assault

Whether you are the victim or are supporting a victim,
recognize fear of:

Retaliation

Being alone

Death or injury

Speaking out

Meeting attacker

Not being believed

Seeking help after a Sexual Assault is extremely important

Don't allow fear to stop anyone from getting the
help they need

Sexual Identity and Sexual Assault

Some victims can have a crisis of sexual identity after being assaulted, especially if their assailant is not compatible with their sexual orientation

Victims may have to deal with a local culture that is naïve or sexist, especially if their assailant was of the same sex

It is important that victims receive the care, understanding and counseling they need to work out these feelings

Supporting a Victim

Be a careful and
supportive listener

Believe the victim

**Encourage the victim to seek counseling
and/or medical care**

Allow the victim to decide
their own course of action

Maintain confidentiality

Check Your Understanding

Effects of Sexual Assault may include:

- A. Feelings of anger
- B. Lack of emotions
- C. Minimization of the assault
- D. Insecurity of sexual identity
- E. All of the above

See Next Page for Answer

“E” IS CORRECT

Sexual Assault has intensely personal effects on a victim. A victim may experience any of the above, unlisted affects or none of them. It is important to support victims in their recovery.

Check Your Understanding

True or False: Victim reactions are all unique and personal to their experience

See Next Page for Answer

TRUE

Sexual Assault has intensely personal effects on a victim. A victim may experience any of the above, unlisted affects or none of the them. It is important to support victims in their recovery in respectful, empowering and empathic ways.

Check Your Understanding

Which of the following are good techniques to protect yourself from Sexual Assault?

- ☐ Add Campus Security to your cell phone
- ☐ Leave your food or drink unattended
- ☐ Always have a working and fully charged cell phone
- ☐ Ask others to help you
- ☐ Never let anyone else pour or handle your drink
- ☐ Travel alone
- ☐ Loan your room key
- ☐ Keep your dorm secure; lock windows and doors at all times

See Next Page for Answer

Check Your Understanding

Which of the following are good techniques to protect yourself from Sexual Assault?

- ✓ Add Campus Security to your cell phone
- ✗ Leave your food or drink unattended
- ✓ Always have a working and fully charged cell phone
- ✓ Ask others to help you
- ✓ Never let anyone else pour or handle your drink
- ✗ Travel alone
- ✗ Loan your room key
- ✓ Keep your dorm secure; lock windows and doors at all times

MODULE 4

Bystander Intervention

What is Bystander Intervention?

Bystanders represent individuals surrounding a progression of inappropriate behaviors, harassment, or violence and often have a powerful impact on sexual violence.

“Bystander intervention” is a term derived from the actions taken by individuals to prevent or stop Sexual Assault. These actions are conjured by conscious instincts felt when witnessing and/or encountering someone who is being sexually assaulted or perpetrated. By addressing the issue, these individuals are able to help prevent the current and future occurrences.

Do People Always Step Up to Help?

Unfortunately, no

Research indicates that people are less helping than they think. For example, 80% of college age men are uncomfortable when women are belittled or mistreated. However, they do not express their discomfort because they believe they are the only ones who are uncomfortable.

Other Reasons Bystanders May Not Help

Often bystanders do not interpret an event as a problem situation

The two main reasons they do not help are:

1. **Situational Ambiguity** – Individuals are unsure of the inappropriateness of a sexual comment or action made by a perpetrator. Individuals may not perceive a situation the same way as others
2. **Conformity** – Bystanders assume nothing is wrong because one looks concerned or they simply conform to a group's rules in order to be accepted

Intervention Options

Many times, bystanders feel stuck in situations where they have the ability to intervene. If the potential impact that a Sexual Assault can have on a survivor and the survivor's friends, family, and co-workers is understood, we will see someone crossing the line as a problem requiring action. There are preventative actions that should be taken by bystanders to intercept Sexual Assault:

Things you can do as a bystander:

1. Observe the situation and collect enough information to determine if you need to intervene
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

10 Steps to Being a Bystander

Step #1

Interrupt the situation –
distract (both parties) or
remove them immediately

Step #2

If your friend is
incapacitated, remove
them immediately

Step #3

If you think your friend has
been drugged, consider
taking them to a hospital

Step #4

Beware of comments/
behaviors from others that would
indicate their attempt to participate
in non-consenting sexual activity

10 Steps to Being a Bystander

Step #5

Know your comfort level with conversations around sexual behavior. If it does not seem right, speak out and state your position.

Step #6

Don't joke about sexual assault. "Jokes" can trivialize the severity of the behavior.

Step #7

Be aware of language, media influence, and traditional role justification

Step #8

Don't allow victim blaming – "It's her/ his fault because. . ."

10 Steps to Being a Bystander

Step #9

Support the
victim and
follow up

Step #10

Although it can be awkward to
confront a friend/peer, it's better
to be safe than sorry.
Take a stand!

Check Your Understanding

What would you do?

You are at a party. During the past hour you notice one of your friends has been talking to a freshman student. They seem to be having a good time and conversations but it is clear that the student has become uncomfortable. At one point your friend walks by you and you hear him say he is just going to get her “a drink” and “that should do the job.” A few minutes later you see him put his arm around the young woman and start to lead her upstairs. What would you do?

- A. Nothing. That is my friend. I don't want to seem lame.
- B. Help him lead the woman upstairs.
- C. Distract him from the woman by starting a conversation and tell her to go find her friends.
- D. Go to the woman's dorm room and tell her roommate to come help her home.

See Next Page for Answer

“C” IS CORRECT

The first action step to take when dealing with a potential case of Sexual Assault is to interrupt the situation. In this case, you could possibly talk to your friend about his actions, inform him of the consequences for both him and the victim, as well as prevent future occurrences of Sexual Assault.

MODULE 5

Resources

Medical Resources

OCC RICHARDSON HEALTH CENTER

417-626-1213 – health@occ.edu

CHOICES MEDICAL CLINIC & RESOURCE CENTER

531 E. 7th – Joplin, Missouri

417-624-8030 or Text Line: 774-277-8748

FREEMAN SANE PROGRAM SEXUAL ASSAULT NURSE EXAMINER

Freeman Emergency Room

1102 West 32nd Street – Joplin, Missouri

417-347-6656 or 417-347-SANE (7263)

MERCY HOSPITAL

Mercy Emergency Room

417-781-2727

Counseling Resources

OCC CAMPUS

MINISTER

417-626-1247

**CHOICES MEDICAL CLINIC & RESOURCE
CENTER 417-624-8030 or Text Line:
774-227-8748**

**LAFAYETTE HOUSE (WOMEN'S
SHELTER) 417-782-1772**

**OZARK CENTER CRISIS
SERVICES 417-347-7720 or
800-247-0661**

**NATIONAL SEXUAL ASSAULT
HOTLINE 800-656-4673**

Important Phone Numbers

ALWAYS CALL “911” TO REPORT A CRIME

Joplin Police Department.....	417-623-3131
Jasper County Sheriff.....	417-624-1601
OCC Security.....	417-626-1200
OCC Campus Safety Director.....	417-626-1208
OCC Counseling Center.....	417-626- 1249
OCC Health Center.....	417-626-1213
OCC Human Resources.....	417-626-1210
OCC Campus Minister.....	417-626- 1247
OCC Title IX Coordinator.....	417-626-1208
Freeman SANE Program.....	417-347-7263
Mercy Hospital.....	417-781-2727
Choices Medical Clinic.....	417-624-8030
Ozark Center Crisis Services.....	417-347-7220
Lafayette House.....	417-782-1772

The Ozark Christian
College Sexual
Misconduct Policy
can be found at:
occ.edu/titleixpolicy
as well as in the
Campus Safety
Office

CONGRATULATIONS!

You completed Ozark Christian College's Sexual Assault Prevention Training. You have the essential knowledge needed to prevent yourself and others from Sexual Assault.

You should now be able to:

- Identify Sexual Assault, Domestic Violence, Dating Violence, and Stalking
- Protect yourself and others from Sexual Assault occurrences
- Intervene when you see a situation that could potentially lead to Sexual Assault
- Identify and locate valuable resources to help you and others

For more information contact

SuSan Murdock – OCC Title IX Coordinator

417-626-1208

compliance@occ.edu