



**SEXUAL ASSAULT
PREVENTION
TRAINING**

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.

SEXUAL ASSAULT PREVENTION TRAINING

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?**

SEXUAL ASSAULT PREVENTION TRAINING

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- **MODULE 1: Recognize Sexual Assault**
- **MODULE 2: Drugs & Alcohol**
- **MODULE 3: Prevention**
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SEXUAL ASSAULT PREVENTION TRAINING

Module 1

Recognize

SEXUAL ASSAULT PREVENTION TRAINING

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.

SEXUAL ASSAULT PREVENTION TRAINING

What is Sexual Assault?

Sexual Assault is any unwanted sexual contact.

Examples

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

SEXUAL ASSAULT PREVENTION TRAINING

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.

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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.

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“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**

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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.

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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



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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



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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.



SEXUAL ASSAULT PREVENTION TRAINING

Check Your Understanding

True or False: Sexual Assault is any unwanted sexual contact.

See Next Page for Answer

SEXUAL ASSAULT PREVENTION TRAINING

TRUE!

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

SEXUAL ASSAULT PREVENTION TRAINING

It could happen to anyone

Anyone can be a victim of Sexual Assault regardless of:

Age

Gender

Ethnicity

Religious Background

Sexual Orientation

Appearance

Income
Level

Occupation

SEXUAL ASSAULT PREVENTION TRAINING

Check Your Understanding

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

See Next Page for Answer

SEXUAL ASSAULT PREVENTION TRAINING

FALSE!

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

SEXUAL ASSAULT PREVENTION TRAINING

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!**

SEXUAL ASSAULT PREVENTION TRAINING

Check Your Understanding

True or False: Perpetrators of Sexual Assault are never female.

See Next Page for Answer

SEXUAL ASSAULT PREVENTION TRAINING

FALSE!

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

SEXUAL ASSAULT PREVENTION TRAINING

Check Your Understanding

True or False: Perpetrators can be of any sexual orientation.

See Next Page for Answer

SEXUAL ASSAULT PREVENTION TRAINING

TRUE!

A perpetrator can be of any sexual orientation.

Module 2

**Drugs &
Alcohol**

SEXUAL ASSAULT PREVENTION TRAINING

Drug & Alcohol Facilitated Sexual Assault



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

SEXUAL ASSAULT PREVENTION TRAINING

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)

SEXUAL ASSAULT PREVENTION TRAINING

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!**

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

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.

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

TRUE!

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

SEXUAL ASSAULT PREVENTION TRAINING

Module 3

Prevention

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

The Effects of Sexual Assault

Everyone reacts differently to Sexual Assault

It is important not to
judge the victim's
reaction

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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

SEXUAL ASSAULT PREVENTION TRAINING

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 the
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

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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

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

ALL OF THE ABOVE!

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.

SEXUAL ASSAULT PREVENTION TRAINING

Check Your Understanding

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

See Next Page for Answer

SEXUAL ASSAULT PREVENTION TRAINING

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.

SEXUAL ASSAULT PREVENTION TRAINING

Check Your Understanding

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



Add Campus Security to your cell phone



Never let anyone else pour or handle your drink



Leave your food or drink unattended



Travel alone



Always have a working and fully charged cell phone



Loan your room key



Ask others to help you



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

See next page for answers.

SEXUAL ASSAULT PREVENTION TRAINING

Check Your Understanding

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



Add Campus Security to your cell phone



Never let anyone else pour or handle your drink



Leave your food or drink unattended



Travel alone



Always have a working and fully charged cell phone



Loan your room key



Ask others to help you



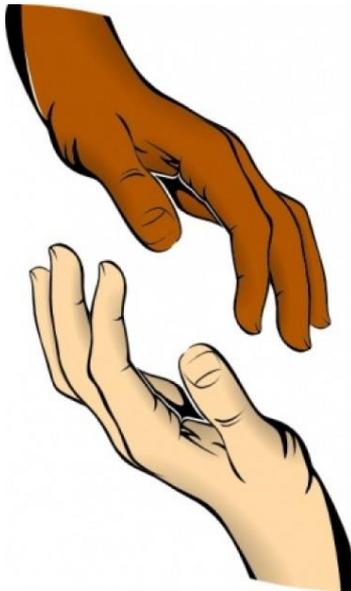
Keep your dorm secure; lock windows and doors at all times

Module 4

**Bystander
Intervention**

SEXUAL ASSAULT PREVENTION TRAINING

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.

SEXUAL ASSAULT PREVENTION TRAINING

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.

SEXUAL ASSAULT PREVENTION TRAINING

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.

SEXUAL ASSAULT PREVENTION TRAINING

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.

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

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. . ."

SEXUAL ASSAULT PREVENTION TRAINING

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!

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

“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

SEXUAL ASSAULT PREVENTION TRAINING

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

SEXUAL ASSAULT PREVENTION TRAINING

Resources

COUNSELING RESOURCES

OCC COUNSELING CENTER

417-626-1279

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

SEXUAL ASSAULT PREVENTION TRAINING

Resources

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.....	417-626-1279
OCC Health Center.....	417-626-1213
OCC Human Resources.....	417-626-1210
OCC LAMP Director.....	417-626-1279
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/sexualmisconductpolicy

as well as in the Campus Safety Office.

SEXUAL ASSAULT PREVENTION TRAINING

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
OCC Campus Safety Director
417-626-1208
shoemake.monte@occ.edu**