Sexual Assault

Beyond a Brochure: Training for International Students
Cultural Background and Differences

Cultural Views on Sexual Assault: International Student Stories

Link to video: https://www.internationalstudentinsurance.com/explained/cultural-views-sexual-assault-video.php
Presenters

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Agenda

- Introduction
- Consent
- Staying Safe/Bystander Intervention
- After Sexual Assault
- Resources
- Q&A
Introduction to Sexual Assault - Statistics

1 in 5 women are sexually assaulted while in college.

7 out of 10 rapes are by someone the victim knew.

Source: RAINN.org
Majority of Sexual Assaults are Not Reported

- Self-blame or guilt
- Shame, embarrassment or wanting to keep assault private
- Believed it was not important enough to report
- Did not want to get the perpetrator in trouble
- Fear of not being believed or retaliation
- Believe that the police would not or could not help

Source: RAINN.org
Consent
Sexual Assault and Consent

Consent means that a sexual activity is agreed upon by both parties every step of the way

- Verbal: “Yes”, “I’m open to trying”, or other verbal agreement
- Physical queues
Consent for international students

In the US, consent is **NOT**:

- Marriage/being in a relationship
- A person’s clothing
- Flirting/Kissing/Touching
- Being incapacitated
- Previous consent
- Being alone with man
- Being under the legal age of consent

What’s the age of consent in your state?
Interactive Group Scenarios

Consent Activity
Minah and Phillip are at a house party playing a drinking game called “around the world” where they drink a shot of liquor every 15 minutes over the course of 3 hours. As the night goes on, Minah begins slurring her words, unable to hold a conversation and stumbling around the house. Minah’s roommates want to stay at the party so Phillip offers to walk her home. On the walk, she stumbles and falls down a few times. When they arrive at Minah’s house, Phillip invites himself in and tells Minah he’s going to help get her to bed safely. Minah starts undressing in the bedroom and doesn’t tell Phillip to leave. Phillip starts kissing Minah and they have sex.
Staying Safe/Bystander Intervention
Safety on campus

Informing your international students on ways to staying safe on campus and actively care for their peers:

- Build a relationship with your students
- Know your on-campus resources
- Encourage your students to be active bystanders
Cultural perspectives

How do international students view on your campus:

- Consent
- Safety
- Bystander intervention
- Reporting incidents
- Role of authority figures
Bystander Intervention - C.A.R.E.

How can students prevent sexual assault and becoming active bystanders:

Create a distraction - do what you can to interrupt a situation if you see something occurring

Ask directly - talk to the person in trouble and see if they need help

Refer to an authority - talk to a person in charge such as a bartender, security guard or police.

Enlist the help of others - ask others to help you intervene

Source: RAINN.org
Additional Challenges for International Students

- Language
- Cultural differences
- Lack of support network
- Lack of financial resources
- High academic pressures
- Impact on their immigration status
Title IX

What your international student needs to know:

- It protects them regardless of national origin, immigration status or citizenship status
- Forms and documentation must be made available for English learners
- Ensure necessary accommodations can be made
  - The Title IX coordinator and DSO will work together to keep student in status
After A Sexual Assault
Common Reactions to Trauma

Sexual violence can have psychological, emotional, and physical effects on a survivor

- Psychological: Anxiety, Depression, Eating disorders, Post traumatic stress disorder, Self harm, Sleep disorders, Substance Abuse
- Emotional: Denial, Fear, Rage, Guilt, Shame, Blame, Distrust
- Physical: Acute, Long-term
How Does Trauma Affect Victims?

During a trauma, the primitive part of the brain (i.e., reptilian brain) takes over higher level functions (e.g., pre-frontal cortex)

- This is an evolutionary design created to keep us alive

Depending on the type and amount of hormones that flood the brain, the victim may react with

- Fighting ("I just started hitting with everything I had.")
- Flight ("I just ran until I felt safe.")
- Disassociating ("I don’t remember what happened")
- Freezing ("I don’t know why I didn’t fight back")

Traumatic events change the chemical makeup of the brain

- This is not a conscious choice on the part of the victim
- No reaction is more or less valid, or “proves” that something did or did not happen
- Respect that each person reacts to each situation differently
Trauma-Informed Communication Skills

Be aware of your tone (e.g., calm), language (e.g., gender-neutral), and physical presence (e.g., non-threatening)

Explain to them that your first priority is to keep them safe and supported
- Let them know that you are here to help them and will need to ask some questions for clarification

Use validating, reflecting, paraphrasing, empowering statements
- “It’s normal to feel [repeat back the word(s) the survivor used].”
- “I can see how that would seem very [scary, frightening]”
- “It sounds like you’re saying…”
- “I believe you.”

Acknowledge the discomfort - this is a terrible situation
Seeking Help

Safety
- Encourage victims to go to a safe place - safety is the #1 priority
- Consider long term options, including housing accommodations

Disclosure
- Encourage victims to reach out to someone - friend, advisor, family member
- Reminder that RAINN hotline offers free, confidential, anonymous, 24/7 help

Medical and Mental Health
- Encourage victims to reach out to campus resources
- Visit centers.rainn.org to find local resources
Reporting

Sexual assault is a crime, and it is every victim’s right to report an incident; however, it is also a victim’s right to choose not to report.

*If you are a mandatory reporter, let the student know before they disclose.*

Inform victims of their rights and options by providing:

- Choices regarding their reporting options (i.e., criminal, Title IX, confidential)
- Resources for medical, mental health, legal, victim advocacy, and law enforcement assistance
- Accommodations (e.g., academic, housing)

Avoid victim-blaming; Make sure victims know it’s *not* their fault.
Resources
# Sexual Assault Awareness & Safety for International Students

**Powerpoint Presentation**
Comprehensive, professionally designed presentation to walk your students through the program.

**Video Content**
Two videos on sexual assault awareness and student perceptions from around the world.

**Student Handout**
A downloadable student guide takeaway, or we can supply hard copies, to distribute to students.

**Interactive Activities**
Activities that allow students to form into groups and learn about sexual assault & consent.

**Proctor Guide**
Complete guide to walk you through the program and how to present the session to students.
Presentation

Sexual Assault Awareness and Safety for International Students

In partnership with RAINN

International Student Services
Proctor Guide

SEXUAL
assault
AWARENESS & SAFETY
explained for
INTERNATIONAL STUDENTS

Sexual Assault for International Students

Although this is an important and sensitive topic, do not worry if you need to leave at any point during the presentation, you can do so.

Designed by International Students in partnership with RAINN (Rape, Abuse, Incest National Network), RAINN created and operates the National Sexual Assault Hotline in the US. Sexual assault services providers across the country. For more information on our services, please visit our website.

Main Talking Points:
- Introduction of session
- What we are going to cover
- Who are we

Reference: Sexual assault is rarely or never discussed. For others, though, they need to talk about it. If you’ve heard about it before, either way, today’s discussion, we are here to help you learn more about how systems in the US work, and what you need to know in case something does happen.
Slide 2:

**Session Overview**
- What is Sexual Assault and Consent in the US?
- What is Consent?
- Cultural Backgrounds and Differences
- Staying Safe
- Your School Can Help!

Main Talking Points:
- Readings of what sex we are going to discuss sexual assault, consent, and staying safe, norms around the world, and what to do if something happens.

In today's discussion, we're going to cover what sexual assault is. You'll notice that when discussing the definition of sexual assault, the most important word you'll hear is consent. Not only will you know what consent is, but you'll see what consent is like in the real world, but hopefully that's a concept you'll include in every relationship you have. Then, we'll discuss staying safe including what you can do to keep yourself and your friends safe by taking a few extra precautions. If you don't, you may want to be smart and cautious. We'll then look at the topic from other students' perspectives, including laws and cultural norms around the world. Finally, if something goes wrong, we'll explore your options, and what we can do in your school to help.

Slide 3:

**Introduction to Sexual Assault**

Main Talking Points:
- Sexual assault is any type of sexual contact or behavior that is done without the consent of the other person. It can be anything from touching someone in a sexual way or trying to have sex without the agreement of the other person.

Sexual assault statistics:
- 11.3% of all undergraduate and graduate students experience rape or sexual assault through physical force, violence, or incapacitation.
- 1 in 5 women and 1 in 16 men on college campuses.
- 2 people who are sexually assaulted for every 1 retaliation.

This is why we're here today. 11.3% of all undergraduates and graduates experience rape or sexual assault through physical force, violence, or incapacitation. To give you an idea of how many people that is, that is 1 in 5 women and 1 in 16 men on college campuses. To put this into perspective, this is 2 people who are sexually assaulted in every 1 retaliation. Because of this, today's conversation is very important and relevant.

Slide 4:

**What is Sexual Assault?**

Can someone explain to me what sexual assault is?

(Ideas for someone to volunteer)

Slide 5:

**Introduction to Sexual Assault**

Main Talking Points:
- Sexual assault is any type of sexual contact or behavior that is done without the consent of the other person.
- Touching someone in a sexual way or trying to have sex without the agreement of the other person.

Sexual assault is any type of sexual contact or behavior that is done without the consent of the other person. It can be anything from touching someone in a sexual way or trying to have sex without the agreement of the other person.

1. https://www.campusprotectivesexualassault.com
Activity #4: What Does It Look Like?

Topic:
Consent

Instructions:
In your group, please have one person read the following questions. After each question, discuss your responses as a group. Take notes as you’ll be asked to share your responses at the end of the activity.

Questions:
1. What does it look like or sound like when someone is interested in you?
2. What does it look like or sound like when someone is NOT interested in you?
3. What are some non-verbal cues/body language that say “no”?
4. What does it look like or sound like when someone wants you to buy them a drink?
5. What are some non-verbal cues/body language to indicate that someone wants you to kiss them?
Sexual Assault Awareness Video
Brochure

SEXUAL ASSAULT

If you have been sexually assaulted or raped, it is not your fault.

Safety First:

1. Safety First: Make sure you are safe and find a place where you can
    protect yourself. Call your local emergency services if you need
    immediate assistance.

2. Safety First: Make sure you are safe and find a place where you can
    protect yourself. Call your local emergency services if you need
    immediate assistance.

3. Safety First: Make sure you are safe and find a place where you can
    protect yourself. Call your local emergency services if you need
    immediate assistance.

4. Safety First: Make sure you are safe and find a place where you can
    protect yourself. Call your local emergency services if you need
    immediate assistance.

5. Safety First: Make sure you are safe and find a place where you can
    protect yourself. Call your local emergency services if you need
    immediate assistance.

If you are in immediate danger or seriously injured, call 911.

After an Assault:

1. SAFETY FIRST:
2. SAFETY FIRST:
3. SAFETY FIRST:
4. SAFETY FIRST:
5. SAFETY FIRST:

This is not your fault.

1. This is not your fault.
2. This is not your fault.
3. This is not your fault.
4. This is not your fault.
5. This is not your fault.

TAKE SERIOUS STEPS:

1. Take immediate action.
2. Take immediate action.
3. Take immediate action.
4. Take immediate action.
5. Take immediate action.

When you see a newiska, who is someone you can trust, and how can you feel

REMEMBER, YOU ARE UNDER NO OBLIGATION TO REVEAL YOUR ASSAULT TO YOUR POST.
Resources - RAINN

The [National Sexual Assault Hotline](https://www.rainn.org) at 800.656.HOPE (4673)

- A trained member of a local sexual assault service provider will direct the victim to appropriate health facilities to help them.
- Available 24 hours a day, 7 days a week
- [Prevention Navigator](https://www.preventionnavigator.org)
Resources - Videos

TED Talk - A Call To Men (Athletes)

Consent Video Resource: Tea Consent

Who Will You Be?

Who Are You?
Students that are exposed to themes like sexual assault and educated in consent and bystander intervention are at less risk.
Questions?