

Sexual Assault

Beyond a Brochure: Training for International Students

Presenters



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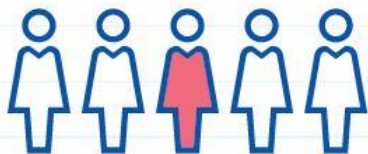


Sunitha Menon, LMSW

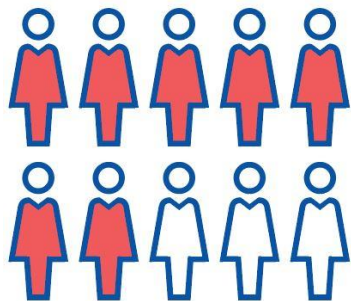
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Agenda

- Introduction
- Consent
- Staying Safe and Bystander Intervention
- After Sexual Assault
- Resources
- Q&A

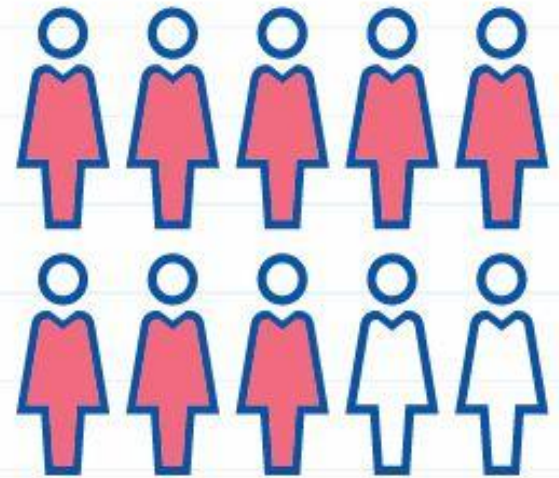


1 IN **5** WOMEN
ARE **SEXUALLY**
ASSAULTED
WHILE IN COLLEGE ¹

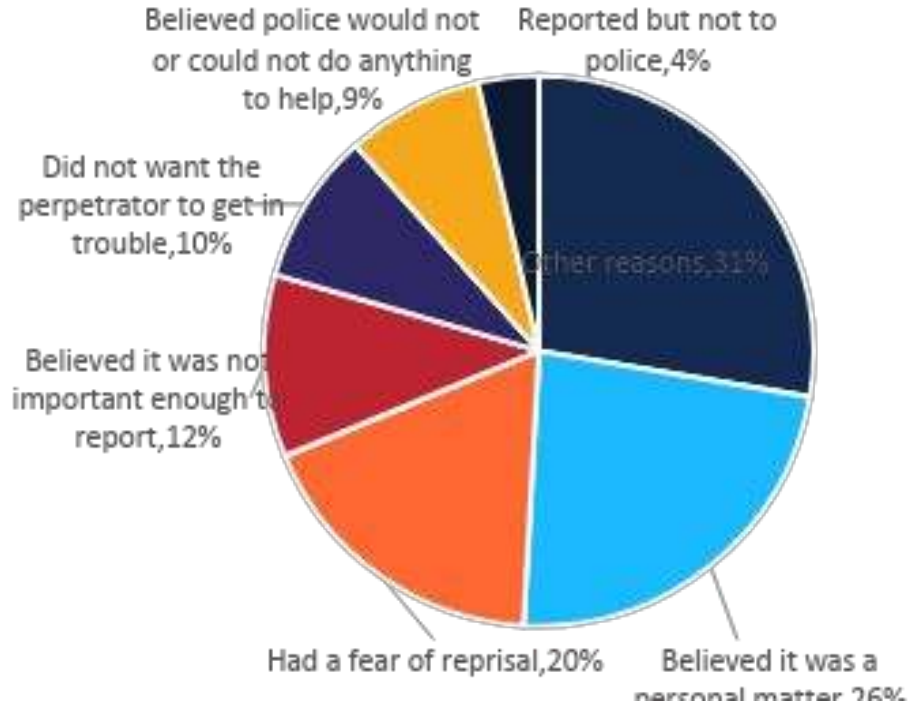


7 OUT OF **10** RAPES
ARE BY SOMEONE
THE VICTIM
K N E W

ONLY OF FEMALE¹
20 STUDENT
PER CENT VICTIMS
REPORT TO LAW
ENFORCEMENT



Reasons Victims Cited for Not Reporting



Because this study allowed victims to cite more than one reason for not reporting to law enforcement, this statistic may not total 100%.

Consent

Sexual Assault and Consent

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

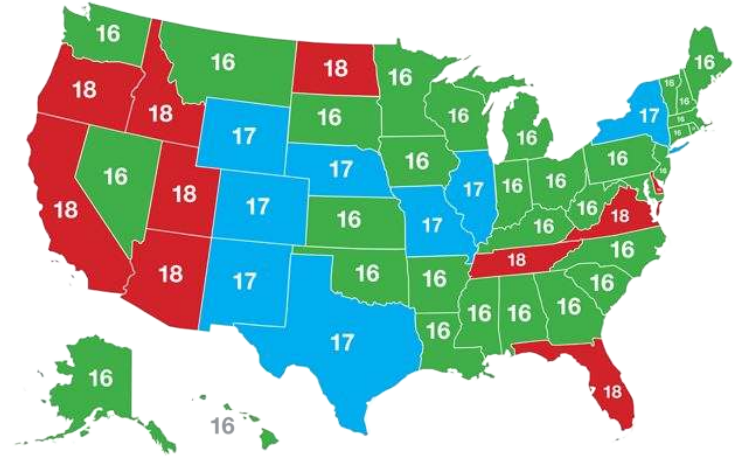
- Verbally such as “Yes,” “I’m open to trying,” or other verbal agreement
- Physical (non-verbal) indications



Consent Considerations for International Students

In the US, consent is **NOT** granted or implied by:

- Marriage/being in a relationship
- A person's clothing
- Flirting/kissing/touching
- Intoxication or incapacitation
- Previous consent
- Being alone together
- Given by a person under the legal age of consent



What's the age of consent in your state?

Check the RAINN State Law Database

<https://apps.rainn.org/policy/>

Students that are exposed to **sexual assault prevention** training and educated on the nature of **consent** and bystander intervention are at **reduced risk** of both victimization and perpetration.

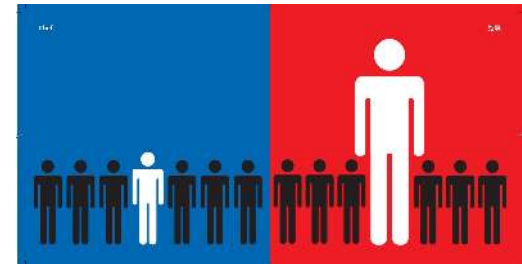
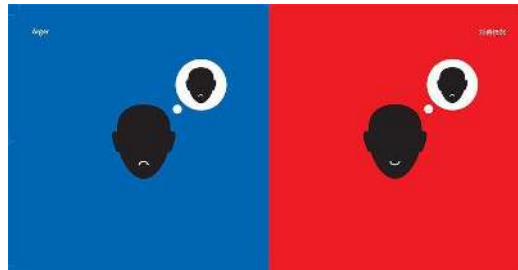
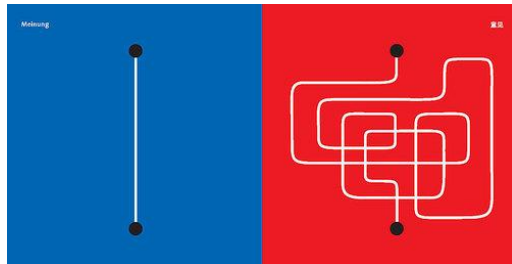


Staying Safe & Bystander Intervention

Cultural perspectives

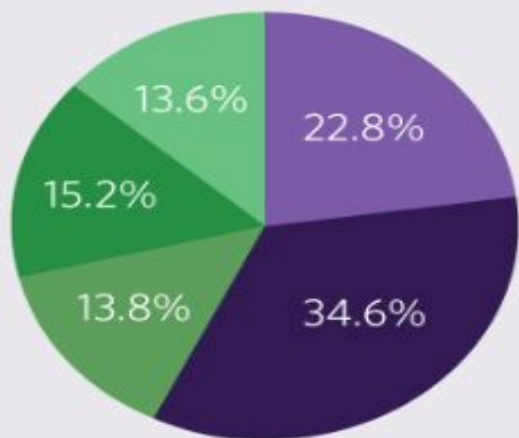
How do international students view on your campus:

- Consent
- Safety
- Bystander intervention
- Reporting incidents
- Role of authority figures



SEXUAL ASSAULT BYSTANDER INTERVENTION

Reactions of witnesses of sexually violent or harassing encounters



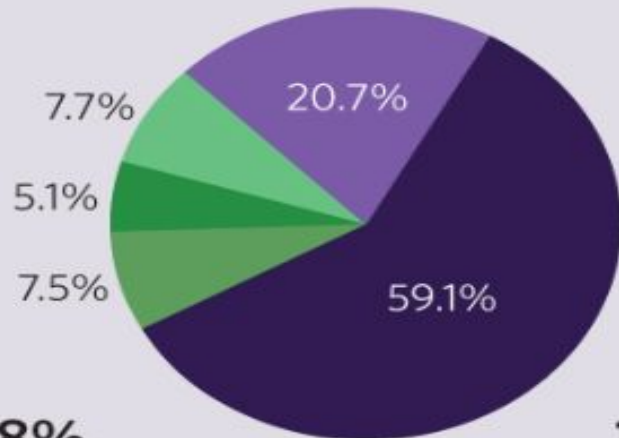
57.4%
did *not* intervene

42.6%
did intervene

- Didn't know what to do
- Other reason

- Sought help
- Directly stepped in
- Other

Reactions of witnesses of an intoxicated person heading for a sexual encounter



79.8%
did *not* intervene

20.2%
did intervene

- Didn't know what to do
- Other reason

- Sought help
- Directly stepped in
- Other

Bystander Intervention

How can students prevent sexual assault and becoming active bystanders:

C*reate a distraction* - do what you can to interrupt a situation if you see something occurring

A*sk directly* - talk to the person in trouble and see if they need help

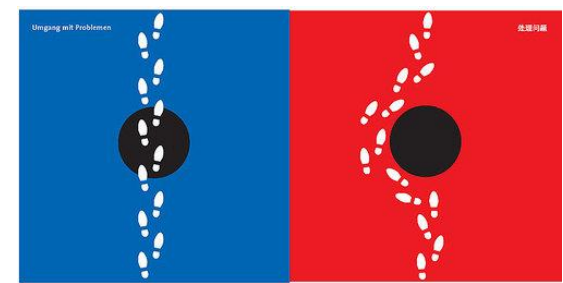
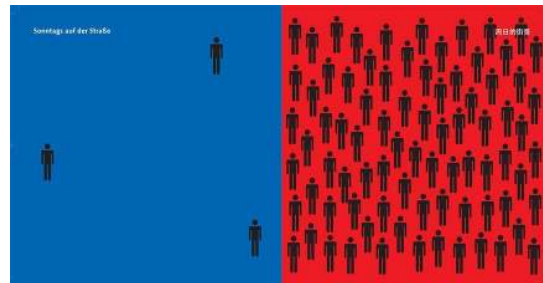
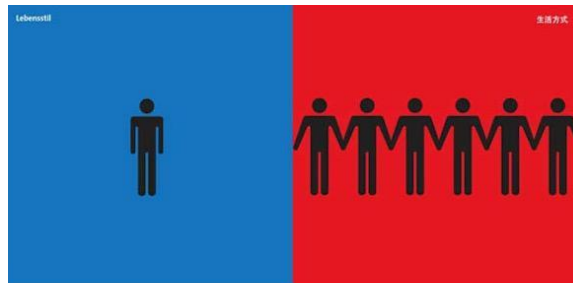
R*efer to an authority* - talk to a person in charge such as a bartender, security guard or police.

E*nlist the help of others* - ask others to help you intervene

Source: [RAINN.org](https://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



9 Things to Know about Title IX

Title IX protects **ALL** people regardless of their sex.

All Schools must have a Title IX Coordinator.

Schools must take **IMMEDIATE** action to ensure a victim can continue their education free of ongoing sexual discrimination, violence, or harassment.

Schools must have an established procedure for handling Sexual Misconduct.

If your school fails to comply by these rules file a complaint with the U.S. Department of Education.

Schools may not retaliate against a victim filing a complaint.

In cases of sexual violence, schools are prohibited from resolving complaints through mediation.

Costs necessary for a victim to pursue his/her education such as counseling or housing changes should be provided by the school.

Schools are required to protect pregnant and parenting students from discrimination.

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

Psychological

- Anxiety
- Depression
- Eating disorders
- Post-traumatic stress disorder
- Self-harm
- Sleep disorders
- Substance Abuse

Emotional

- Denial
- Fear
- Rage

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, Title IX office
- 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 mandated 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

RAINN

The [National Sexual Assault Hotline](#) at 800.656.HOPE (4673)

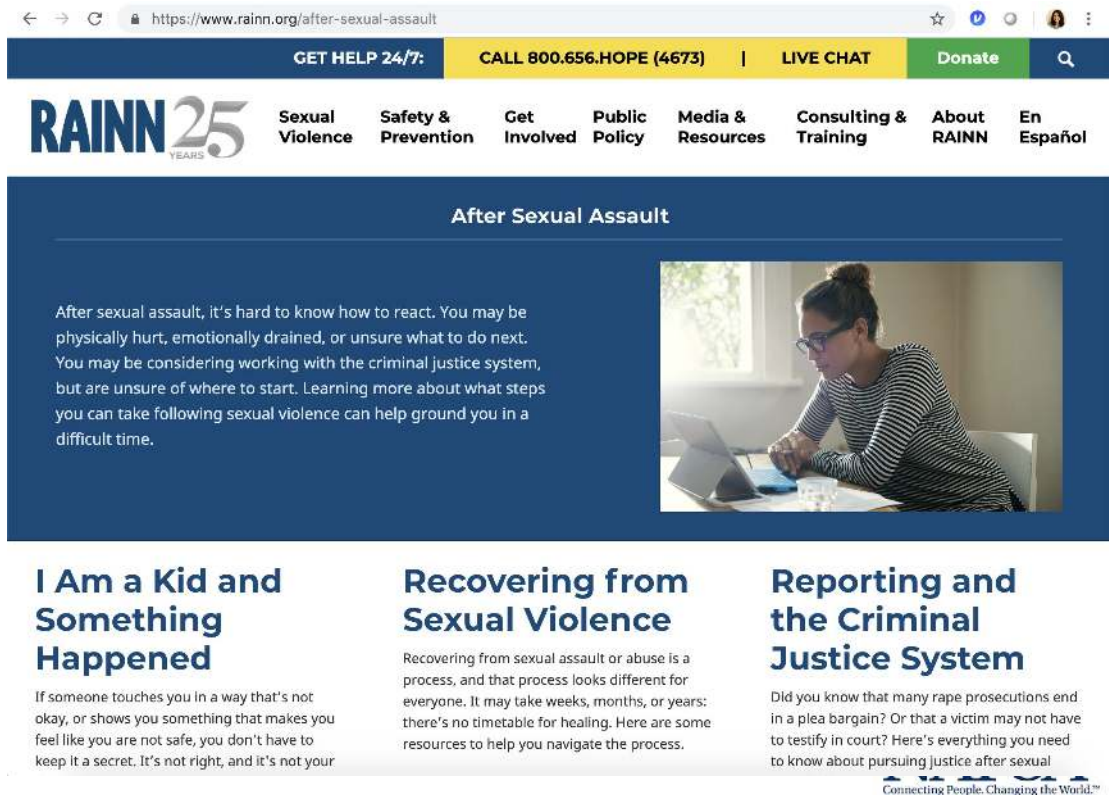
- A trained member of a local sexual assault service provider will direct the victim to appropriate health facilities to help them.
- Available 24 hours a day, 7 days a week
- [Prevention Navigator](#)



RAINN - After Sexual Assault

Information provided on:

- Steps to take immediately after sexual assault
- Safety planning
- What is a rape kit?
- The LGBTQ experience
- Tips for talking with survivors
- Helping someone you care about
- Survivor stories



The screenshot shows the RAINN website's 'After Sexual Assault' page. The browser address bar displays 'https://www.rainn.org/after-sexual-assault'. The website header includes navigation links: 'GET HELP 24/7:', 'CALL 800.656.HOPE (4673)', 'LIVE CHAT', 'Donate', and a search icon. Below the header is a navigation menu with links: 'RAINN 25 YEARS', 'Sexual Violence', 'Safety & Prevention', 'Get Involved', 'Public Policy', 'Media & Resources', 'Consulting & Training', 'About RAINN', and 'En Español'. The main content area is titled 'After Sexual Assault' and features a paragraph of text and a video thumbnail. The text reads: 'After sexual assault, it's hard to know how to react. You may be physically hurt, emotionally drained, or unsure what to do next. You may be considering working with the criminal justice system, but are unsure of where to start. Learning more about what steps you can take following sexual violence can help ground you in a difficult time.' The video thumbnail shows a woman with glasses and a striped shirt sitting at a desk, looking at a laptop. Below the main content area are three columns of text, each with a title and a brief description. The first column is titled 'I Am a Kid and Something Happened' and describes the experience of a child being touched in a way that's not okay. The second column is titled 'Recovering from Sexual Violence' and describes the process of recovering from sexual assault or abuse. The third column is titled 'Reporting and the Criminal Justice System' and describes the process of reporting sexual assault and pursuing justice.

After Sexual Assault

After sexual assault, it's hard to know how to react. You may be physically hurt, emotionally drained, or unsure what to do next. You may be considering working with the criminal justice system, but are unsure of where to start. Learning more about what steps you can take following sexual violence can help ground you in a difficult time.

I Am a Kid and Something Happened

If someone touches you in a way that's not okay, or shows you something that makes you feel like you are not safe, you don't have to keep it a secret. It's not right, and it's not your

Recovering from Sexual Violence

Recovering from sexual assault or abuse is a process, and that process looks different for everyone. It may take weeks, months, or years: there's no timetable for healing. Here are some resources to help you navigate the process.

Reporting and the Criminal Justice System

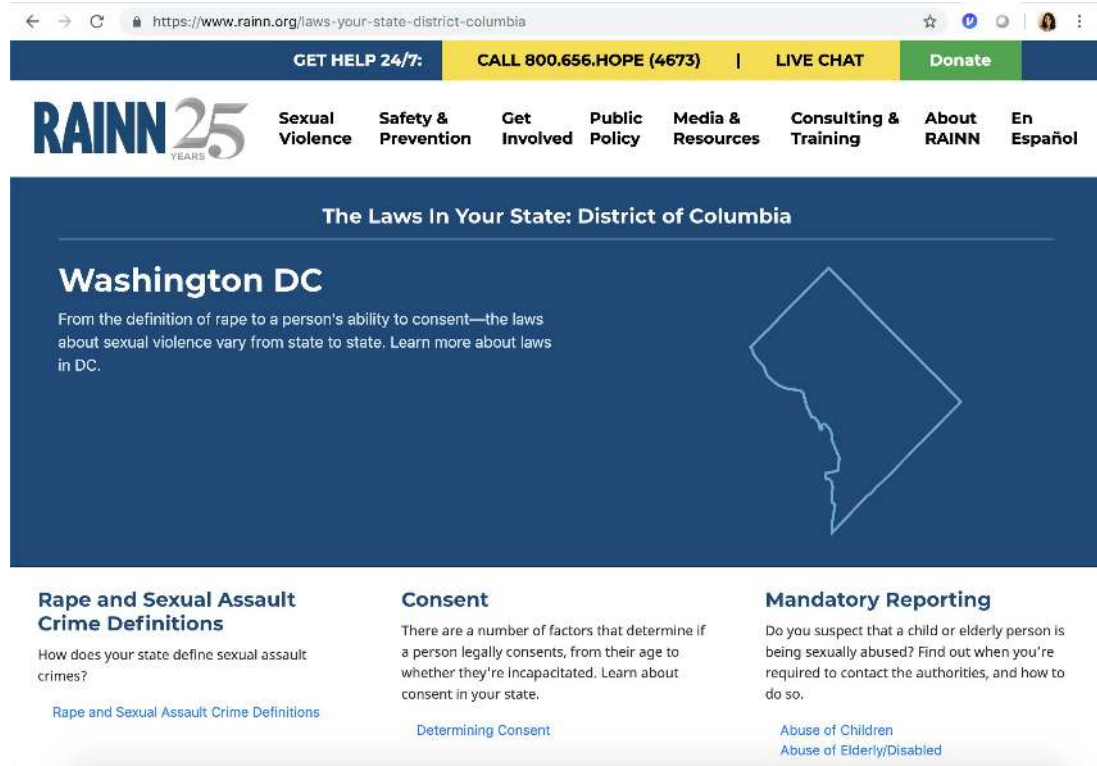
Did you know that many rape prosecutions end in a plea bargain? Or that a victim may not have to testify in court? Here's everything you need to know about pursuing justice after sexual

Connecting People. Changing the World.™

RAINN - Laws In Your State

Topics covered under each state:

- Rape and sexual assault crime definitions
- Consent
- Mandatory reporting
- Criminal statutes of limitations
- Termination of rapists' parental rights
- Confidentiality rights
- HIV/AIDS testing of sex offenders



The screenshot shows the RAINN website's 'Laws In Your State' page for the District of Columbia. The page features a dark blue header with navigation links: 'GET HELP 24/7:', 'CALL 800.656.HOPE (4673)', 'LIVE CHAT', and 'Donate'. Below the header is a navigation bar with links: 'RAINN 25 YEARS', 'Sexual Violence', 'Safety & Prevention', 'Get Involved', 'Public Policy', 'Media & Resources', 'Consulting & Training', 'About RAINN', and 'En Español'. The main content area is titled 'The Laws In Your State: District of Columbia' and features a section for 'Washington DC'. This section includes a map of the District of Columbia and text explaining that laws about sexual violence vary by state. Below this, there are three columns of content: 'Rape and Sexual Assault Crime Definitions', 'Consent', and 'Mandatory Reporting'. Each column has a brief description and a link to learn more.

RAINN 25 YEARS

Sexual Violence **Safety & Prevention** **Get Involved** **Public Policy** **Media & Resources** **Consulting & Training** **About RAINN** **En Español**

The Laws In Your State: District of Columbia

Washington DC

From the definition of rape to a person's ability to consent—the laws about sexual violence vary from state to state. Learn more about laws in DC.

Rape and Sexual Assault Crime Definitions

How does your state define sexual assault crimes?

[Rape and Sexual Assault Crime Definitions](#)

Consent

There are a number of factors that determine if a person legally consents, from their age to whether they're incapacitated. Learn about consent in your state.

[Determining Consent](#)

Mandatory Reporting

Do you suspect that a child or elderly person is being sexually abused? Find out when you're required to contact the authorities, and how to do so.

[Abuse of Children](#)
[Abuse of Elderly/Disabled](#)

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 take-away, 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.

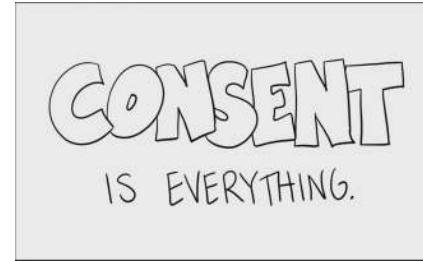
<https://www.internationalstudentinsurance.com/school-resources/sexual-assault-training/>

Videos

TED Talk - A Call To Men (Athletes)



Tea Consent



Who Will You Be?



Who Are You?





Questions?