

SEXUAL assault

AWARENESS & SAFETY

for

INTERNATIONAL STUDENTS

IN PARTNERSHIP
WITH:

RAINN

Leading the National Effort to End Sexual Violence

 International
Student Insurance



Presenters

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Student Stories



Cultural Views on Sexual Assault:
International Student Stories

[video](#)



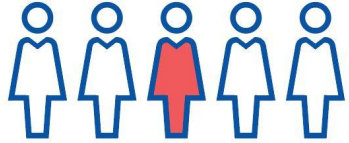
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Session Overview

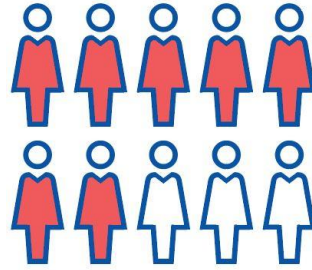
- Introduction
- Consent
- Staying Safe/Bystander Intervention
- Post-Occurrence
- Resources
- Q&A

Introduction to Sexual Assault

Sexual Assault Statistics



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



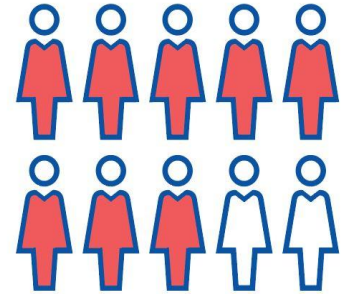
7 OUT OF **10** **RAPES**
ARE BY **SOMEONE**
THE **VICTIM**
K N E W

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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
- Believe that the police would not or could not help
- Denial as self-protection

ONLY 20% OF FEMALE
STUDENT VICTIMS
REPORT TO LAW
ENFORCEMENT



Statistic from RAINN.org

Additional Challenges for International Students

International students bring their respective cultures and expectations to the United States. A victim will face many obstacles but there are additional barriers including:

- Language
- Cultural differences
- Lack of support network
- Impact on their student status

Source: <https://www.justice.gov/ovw/sexual-assault>

It all starts with...
Consent

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■ < 13 years old

14 years old

15 years old

17 years old

18 years old

■ > 19 years old

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Consent

What Is Consent?

Consent is when each party says yes every step of the way. Here are some examples of ways you can give and get consent:

- Verbal: “yes!”, “*I’m open to trying*”, or other verbal agreement
- Physical queues: initiating physical contact or kissing back

When in doubt, always ask your partner.

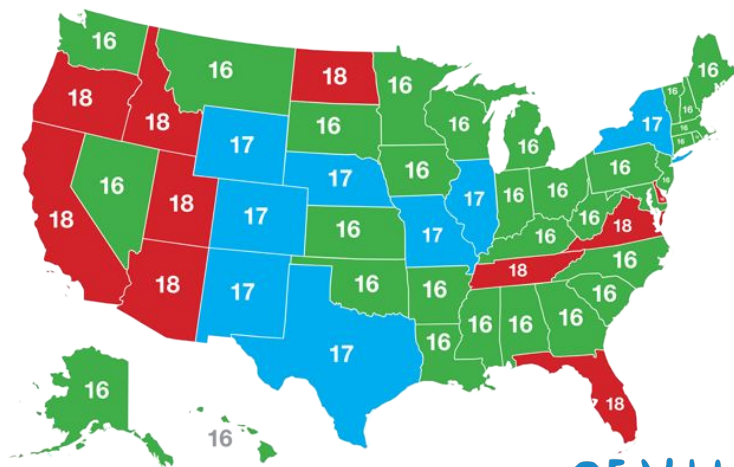
Consent

What Is NOT Consent?

Consent has to be clearly given, and not implied or assumed. Consent cannot be assumed from any of the following:

- Marriage/Being in a relationship
- A person's clothing
- Flirting, kissing, or touching
- Being intoxicated or incapacitated or passed out (such as under the influence of drugs or alcohol)
- Previous consent
- Being under the legal age of consent

Remember, anyone can change their consent for sexual activity at any time!



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Staying Safe

Remember - Sexual Assault is never the victim's fault!

However, there are steps you can take to help reduce the risk of an assault occurring.

Staying Safe

Campus and Alcohol Safety

- Drink responsibly
- Stay alert & mindful of your surroundings
- Be careful about posting your location
- Keep an eye on your friends and stay together
- Think about “Plan B”
- Trust your instincts

Note: Soda and juice are both available at bars – you don’t have to order an alcoholic drink!

Bystander Intervention - C.A.R.E.

When it comes to taking a stand and helping someone in need, it all starts with CARE:

- **C**reate a distraction - do what you can to interrupt the situation if you see something occurring.
- **A**sk directly - talk to the person in trouble and see if they need help.
- **R**efers to an authority - talk to an authoritative figure who can change the situation, like a bartender, security guard or the local police.
- **E**nlist the help of others - ask others to help you intervene!

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

What to do if something happens

Seeking Help

Sexual assault is **a crime**. And it's never your fault!

Sexual Assault Hotline

Call the [National Sexual Assault Hotline](https://www.nshn.org/) at 800.656.HOPE (4673)

- A trained staff member will direct you to appropriate local care and walk you through your options.
- This phone number is available 24 hours a day, 7 days a week, and is also available in your brochure.

Seeking Help

What to Do in the Event of an Assault

Go to a safe place - Your safety is the #1 priority

- Whether it's a friend or family member's place, go somewhere you feel safe where you are not alone.

Talk to someone

- Consider reaching out to someone to talk. This could be a friend, family member, counselor (where your information is confidential), your school's Title 9 Coordinator, or you can call the RAINN hotline which is completely anonymous.

If necessary, go to a nearby clinic

- Find a local clinic where you can get medical attention.
You can search centers.rainn.org

Reporting An Issue

Sexual assault is a crime and it is your right to report an incident without affecting your visa status. There are two ways to report a sexual assault or harassment:

- Report to the Police
- Report to Your School (Title IX Coordinator, Faculty, Staff, etc.)

Note: You can choose who you want to report the crime to. You may report to both parties but are not required to.

Reporting Confidentiality

The following campus resources are always required to maintain confidentiality, and you should feel free to talk to them:

- Student Health Center
- Counseling Center

Certain people you talk to may be considered mandatory reporters and are required to report the incident to the Title IX Coordinator or the police.

If you aren't sure you want to report the incident, it's okay. Consider going to a trusted friend or family member, and there are also anonymous hotlines you can call for help.

Title IX

School Accommodations

If you are a victim, you are a survivor and you have rights:

- Your school must be proactive in ensuring campus is free of sex discrimination.
- Must have a Title IX Coordinator and established procedure
- Must ensure that you don't share space with the accused including:
 - Housing relocation
 - Switch class schedules
 - Issue no-contact directive
- Your school will investigate what happened and do their best to protect the survivor and accused

Title IX

University of San Francisco - Reporting Processes

Intake Process:

- Both victim and “accused” assaulter meet with our Title IX Coordinator.
- 51% reasonable suspicion rule.
- IF 51% is concluded: case moves to the Office of Student Conduct (non-criminal)
- Victim and Accused offered same rights and services:
 - Support person
 - Translator services
 - Bystander witness accounts
- 5-day appeal period (new evidence / procedural error)

Title IX

Visa Considerations

- Many international students are scared to report when they have been sexually assaulted because they think it will affect their visa or immigration status. This is not true.
- Many schools will allow you to reduce your course-load, however make sure to check with your international student advisor to ensure that you remain in status.

Tips For Responding to a Disclosure

Conversations around sexual harassment and misconduct are sensitive topics that require care and compassion.

Tips for responding to a disclosure (Do's):

- Listen without interrupting
- Do not worry about saying the right thing
- Respect language use and choice of words
- Allow silence
- **BELIEVE** and support the student.
- Ask what you can to support the student.

Tips for responding to a disclosure (Don't's):

- **AVOID** “why” questions.
- Do not try to “fix” the problem.
- Do not minimize feelings or experiences.
- Do not ask questions to satisfy your own curiosity.

Tips for Coping as a Survivor

Many people experience feelings of a loss after a sexual assault: loss of safety, loss of body integrity, loss of dignity, etc.

These are all normal responses to such an experience and there are many ways to cope and lead you on the path to recovery.

Listed below are healthy ways to facilitate the healing process:

- Take steps to ensure personal safety
- Utilize past strategies used to deal with difficult times.
- Learn and practice relaxation techniques & meditation
- Seek counseling for yourself
- Avoid self blame
- Join a support group
- Physical activity
- Give yourself time to heal

Resources

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IN PARTNERSHIP
WITH:



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.



Presentation

Proctor Guide



Proctor Guide

Slide 2:

Session Overview

- What is Sexual Assault and Consent in the US?
- Staying Safe
- Cultural Backgrounds and Differences
- Seeking Help
- How Your School Can Help



Main Talking Points:

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

In today's discussion, we are 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 by the end of the presentation, but hopefully it's a concept that 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. Like in any place, you always want to be smart and cautious. We'll then look at the topic from other student's perspectives, including laws and cultural norms around the world. Finally, if something were to happen, we'll explain your options, and what we can do as your school to help.

Slide 3:

Introduction to Sexual Assault

Sexual Assault Statistics



Statistics from BWHU.org

Main Talking Points:

- 11.2% 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 robbery

This is why we are here today. 11.2% of all undergraduate and graduate students 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 that into perspective: that is 2 people who are sexually assaulted for every 1 robbery. 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?

<wait for someone to volunteer>

Slide 5:

Introduction to Sexual Assault

Sexual Assault Definition:

In the United States, sexual assault is when a sexual activity happens without the agreement of your partner. It's important that you have consent every step of the way.



Source: <https://www.justice.gov/ovw/sexual-assault>

Main Talking Points:

- Sexual assault is any type of sexual contact or behavior without consent
- Touching someone in a sexual way or trying to have sex

Sexual assault is any type of sexual contact or behavior that is done without the consent of the other person.¹ 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.justice.gov/ovw/sexual-assault>



Student Activities

Activity #1: 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?

charles

76

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explained for
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Sexual Assault Awareness Video



Brochure

SEXUAL assault AWARENESS & SAFETY — explained for — INTERNATIONAL STUDENTS

RAINN
National Sexual Assault Hotline
800.678.7273

**International
Student Insurance**

After an Assault

If you have been assaulted, remember that you are not alone, what happened is not your fault, and there is help available.



1. **Safety First** - Make sure you are in a safe place and contact someone you trust for support.

IF YOU ARE IN IMMEDIATE DANGER OR SERIOUSLY INJURED, CALL 911.



2. **It's Not Your Fault** - Something happened to you that you did not want, and it is not your fault.
3. **Seek Help or Support** - Call the National Sexual Assault Hotline toll-free at 800.656.4673 or online [rainn.org](https://www.rainn.org).

This confidential resource will connect you to a trained staff member who is there to help and can walk you through your medical and reporting options. The actions you take from there will be up to you!

Visa Requirements

Following a sexual assault, you may choose to access accommodations, such as withdrawing from classes or reducing your workload. If your visa requires that you maintain a full-time course load, work with your PDSO (Principal Designated School Official) for approval or talk to your International Student Advisor for advice. This approval can be given for either academic reasons (once per program) or medical reasons (12 months).

Title IX School Obligations

Your school is federally obligated to make immediate and effective efforts to end sexual harassment and sexual violence. Under Title IX, your school is required to:



Protect you



Cannot discourage you from continuing your education



Have an established action to ensure your safety



Take immediate action to ensure you can continue your education



May not retaliate against someone filing a complaint



Provide the option of a no contact directive to your attacker



Provide you with the opportunity to formally present your case against the perpetrator

Provide reasonable accommodations, like room changes, for no additional cost

Contact your Title IX Coordinator if you would like to make a formal report to your school.

**REMEMBER, YOU ARE UNDER NO
OBLIGATION TO REVEAL YOUR
ASSAULT TO YOUR PDSO**

Consent Activity

Group 1: What does it look or sound like when someone is interested in you?

Group 2: What does it look or sound like when someone is NOT interested in you?

Group 3: What are some non-verbal cues/body language that say “no”?

Group 4: What does it mean when you buy someone a drink? What does it mean when someone buys you a drink?

Group 5: What are some non-verbal cues/body language to indicate that someone wants you to kiss them?

Interactive Group Scenarios

Understanding Consent

Activity Directions

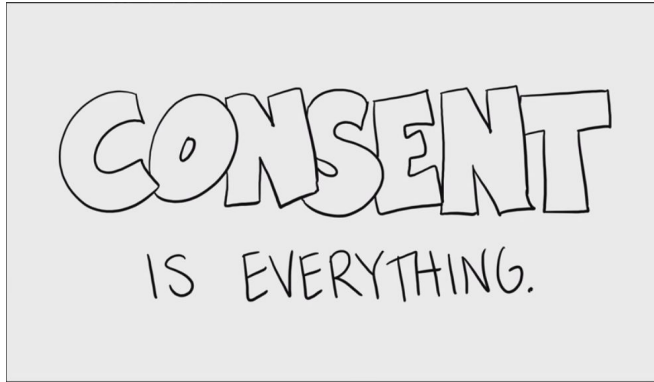
- Divide into groups (up to 8 groups)
- Each group will receive a scenario
- You will have 10-15 minutes to discuss
- One person from each group will report on your discussions

Group Scenario

Alex and Toby are watching TV together in Alex's room. Toby puts his hand on Alex. Alex sits closer to Toby and says, "I don't think we should do this." Alex kisses Toby and Toby reciprocates. Alex then says that having sex is more fun than watching TV, and Toby chuckles. Toby says that they should probably get back to the show, but continues kissing. They have sex.

Resources - Video

Consent Video Resource: Tea Consent



TED Talk - A Call To Men



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National Sexual Assault Hotline

- Runs the 24/7 Sexual Assault Hotline
- Free & Confidential
- Call: 800.656.HOPE(4673)

Prevention Navigator

- Find sexual assault prevention programs

Find Sexual Assault Service Providers

- Identifies independent providers to help survivors in your area

Questions?

Thank you!



InternationalStudentInsurance.com



RAINN.org

