



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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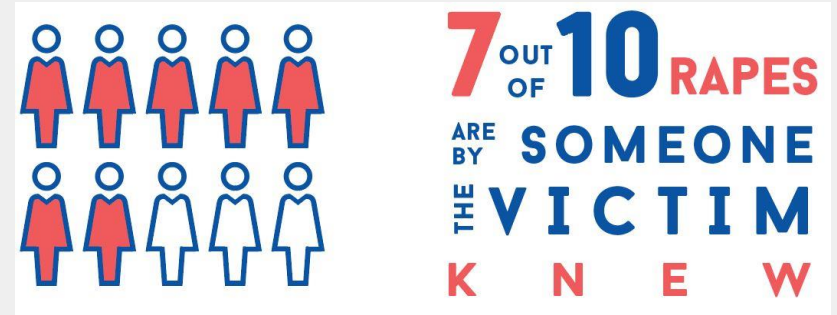
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Agenda

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

Introduction to Sexual Assault - Statistics



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

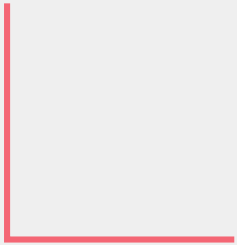
Majority of Sexual Assaults are Not Reported

- 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](https://rainn.org)



Consent



Sexual Assault and Consent

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

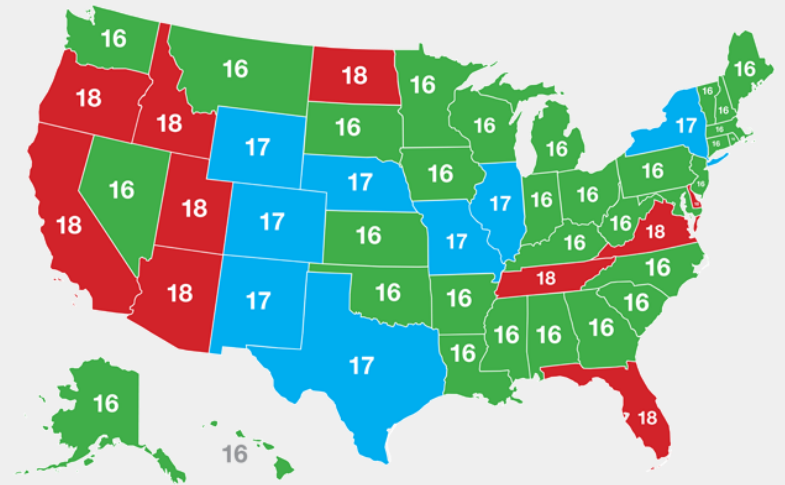
- Verbal: "Yes", "I'm open to trying", or other verbal agreement
- Physical queues



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

Scenario

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

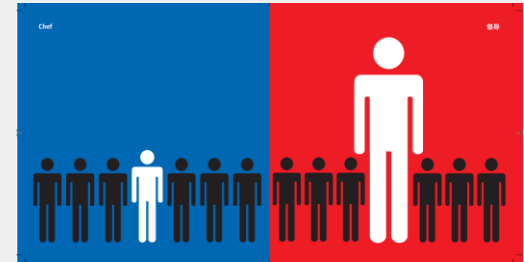
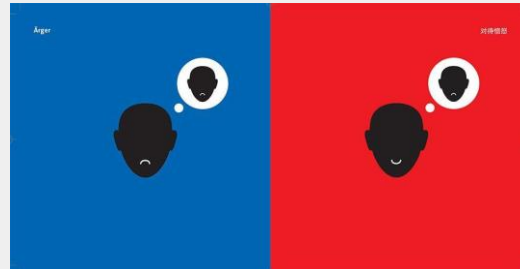
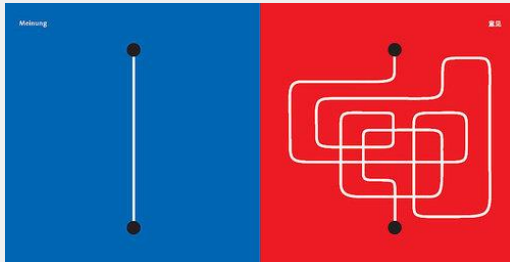
Informing your international students on ways to staying safe on campus and actively care for their peers:

- 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:

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

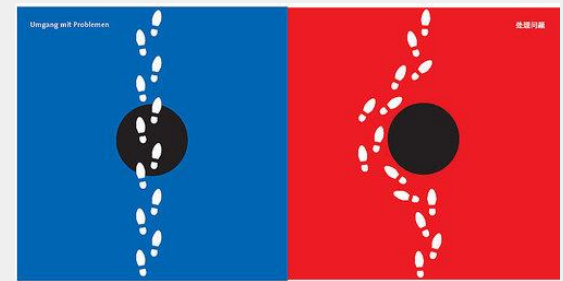
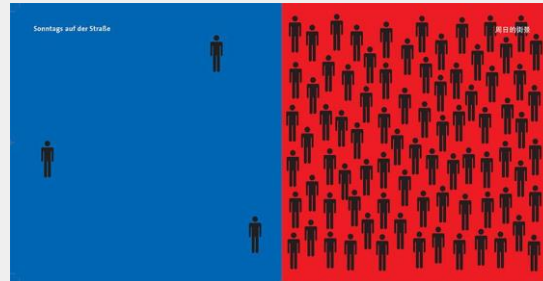
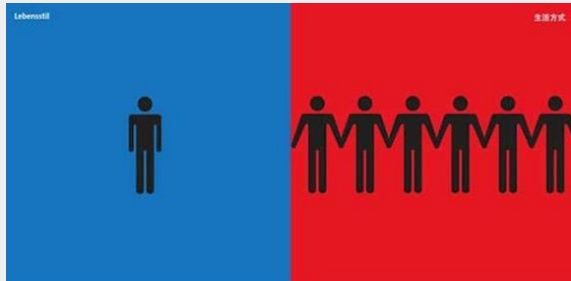
A*sk directly* - talk to the person in trouble and see if they need help

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

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

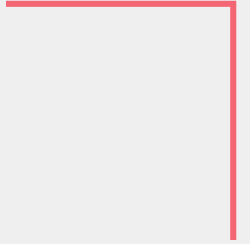
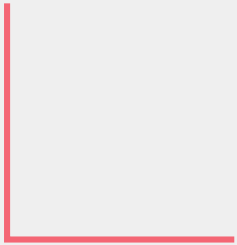
If you are a mandatory reporter, let the student know before they disclose

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 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

SEXUAL ASSAULT
AMERICA'S VOICE

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

1 in 5 women
SEXUALLY ASSAULTED
www.aovoice.org

2 SEXUAL ASSAULTS
FOR EVERY
ROBBERY

SEXUAL ASSAULT
AMERICA'S VOICE

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?

SEXUAL ASSAULT
AMERICA'S VOICE

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.

SEXUAL ASSAULT
AMERICA'S VOICE

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. 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.aovoice.gov/sexual-assault>



Student Activities

Activity #1: What Does It Look Like?

Topic:

Consent

Instructions:

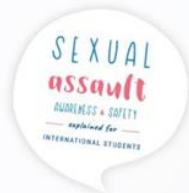
In your group, please have one person read the following questions. After each question, discuss your responses as a group. Take notes as you'll be asked to share your responses at the end of the activity.

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?

navies

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Sexual Assault Awareness Video

Brochure

SEXUAL assault AWARENESS & SAFETY explained for INTERNATIONAL STUDENTS

RAINN

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.

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 academic accommodations, such as withdrawing from classes or reducing your workload. If your visa requires that you maintain a full-time course load, speak 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 process 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

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](#)



Resources - Videos

[TED Talk - A Call To Men \(Athletes\)](#)



[Who Will You Be?](#)

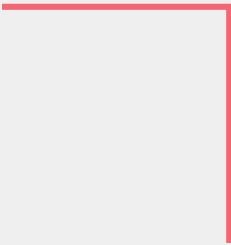


[Consent Video Resource: Tea Consent](#)

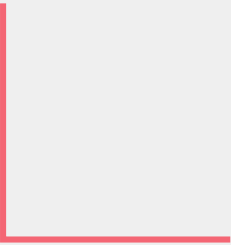


[Who Are You?](#)





Students that are exposed to themes like **sexual assault** and educated in **consent** and bystander intervention are at **less risk**.



Questions?

