



Sexual Assault Awareness

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/expained/cultural-views-sexual-assault-video.php>

Presenters



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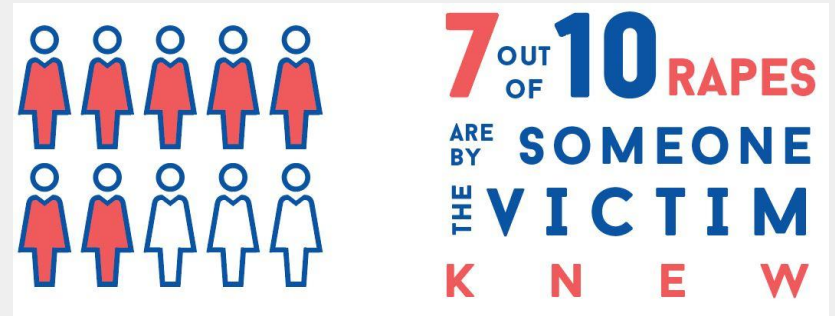


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Agenda

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

Introduction to Sexual Assault - Statistics



Source: RAINN.org

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**

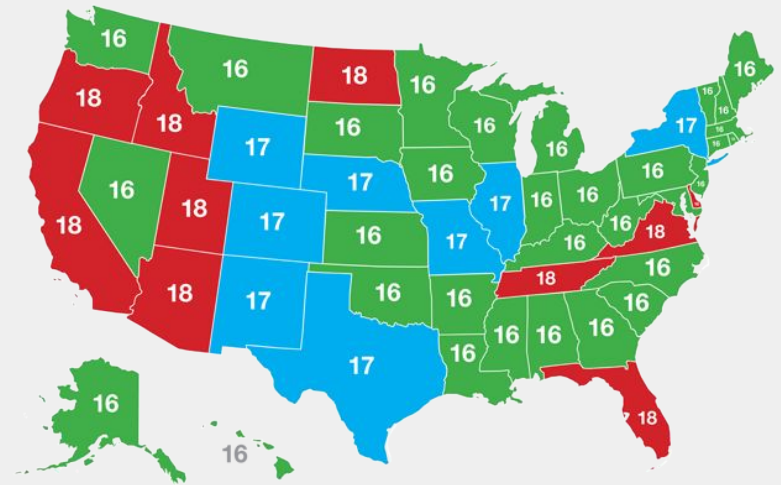
- Verbal: “Yes”, “I’m open to trying”, or other verbal agreement
- Physical queues



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 (individuals who observe violence and are not directly involved but have a choice to do something about it)

Bystander Intervention - C.A.R.E.

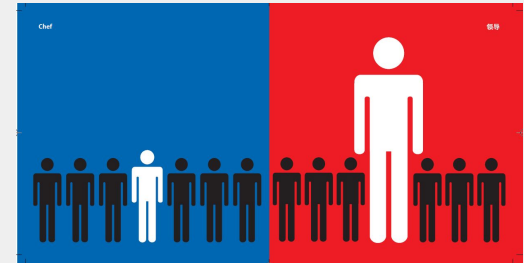
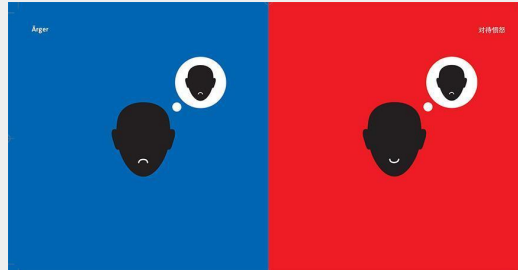
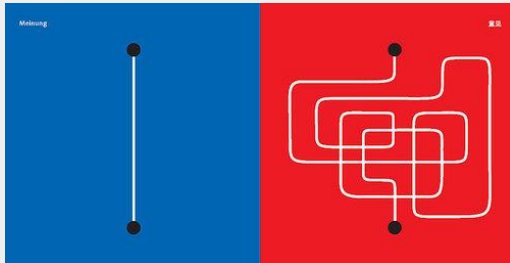
How can students prevent sexual assault and becoming active bystanders:

- **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***efers 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)

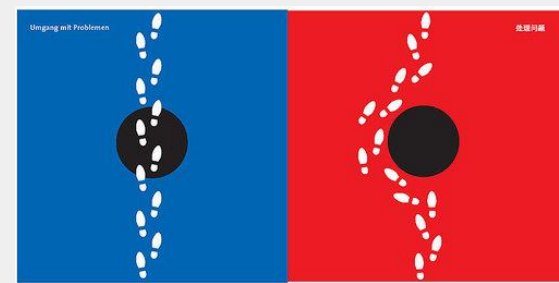
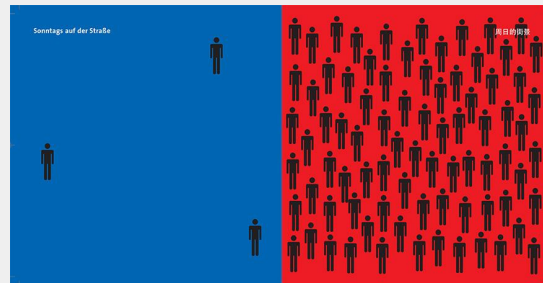
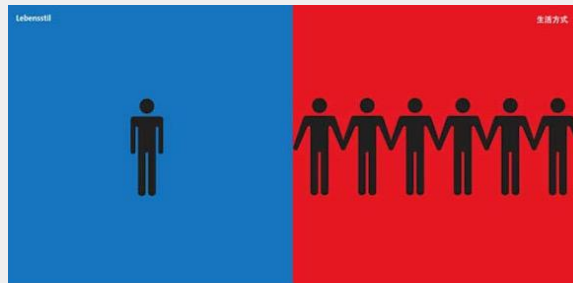
Cultural perspectives

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



Additional Challenges for International Students

- Language
- Cultural differences
- Lack of a support network
- Lack of financial resources
- High academic pressures
- Impact on their immigration 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.

Resources - RAINN

The [National Sexual Assault Hotline](https://www.rainn.org/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](https://www.rainn.org/prevention-navigator)



Resources - Videos

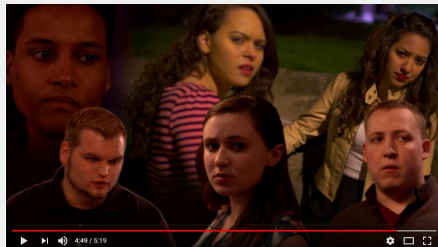
TED Talk - A Call To Men (Athletes)



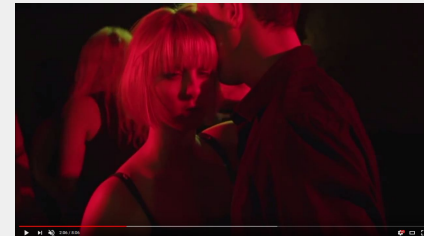
Consent Video Resource: Tea Consent

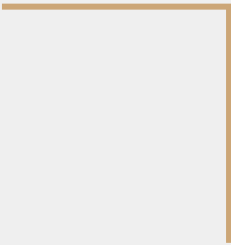


Who Will You Be?

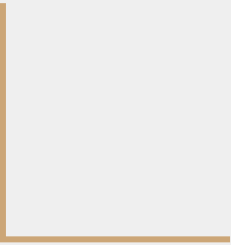


Who Are You?





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





Questions?

