

RESIDENT ASSISTANT TRAINING MODULE USER'S GUIDE



The RA module, developed by the West Virginia Foundation for Rape Information and Services for the West Virginia Intercollegiate Council on Sexual Violence, is designed to help prepare RAs to prevent and intervene in sexual misconduct and stalking cases.

It is for educational purposes only and does not constitute legal advice.

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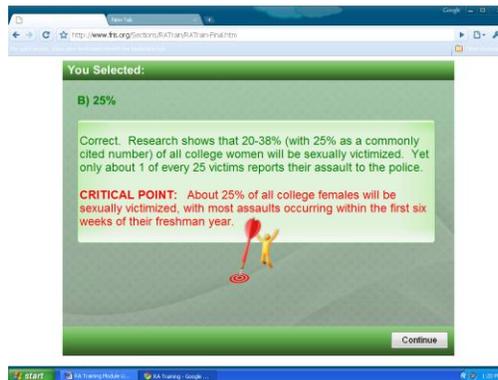
OVERVIEW

Set aside about 45 minutes to complete this training. Once the user begins, they will not be able to move backward in the module. They can move forward only when the question has been answered correctly.



Watch for critical points throughout the module. A quiz at the end reviews all of the *critical points* of information that were presented!

These reinforce and highlight important information which is essential for an RA to know. Example: about 25% of all college females will be sexually victimized, with most assaults occurring within the first six weeks of their freshman year.



The sections of the module and their key points are summarized below.

Section I. Definitions and Statistics

This section will help RAs understand the different types of sexual violence, their prevalence on campuses, and why these are issues that require special training.

This section includes:

- Sexual assault
- Sexual harassment
- Stalking
- Acquaintance rape
- Statistics

Section II. Myths and Facts/Safety

Section II addresses many of the stereotypes and misconceptions about rape. It is critical for RAs to understand some of the factors that do - and do not - contribute to victimization so they can respond appropriately and nonjudgmentally.



Safety and prevention are additional important components of this section. RAs are in a pivotal position to possibly prevent assaults. Their knowledge of the dynamics of sexual assault and risk reduction behaviors are key to prevention.

This section addresses concepts such as: no one ever "asks" or deserves to be sexually assaulted. Whatever a woman wears, wherever she goes, whomever she talks to, "no" means "no". Most rapes are not committed by strangers but by acquaintances. Rape is not about uncontrollable sexual urges but about power and control.

Sample question:

What if you only go out with people you know - will that reduce your risk of being sexually assaulted?

1. Yes
2. No

Section III. Laws in West Virginia

In West Virginia, there are two main types of sexual offences: sexual assault and sexual abuse. The issue of consent is addressed in this section. In West Virginia, consent to sexual intercourse cannot be given if you are incapacitated. That incapacitation can be due to physical helplessness caused by drugs or alcohol.

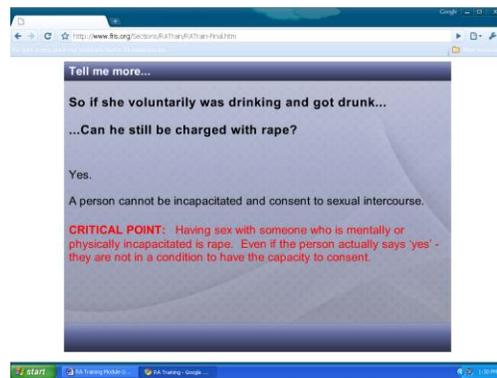


Section IV. Consent - definition

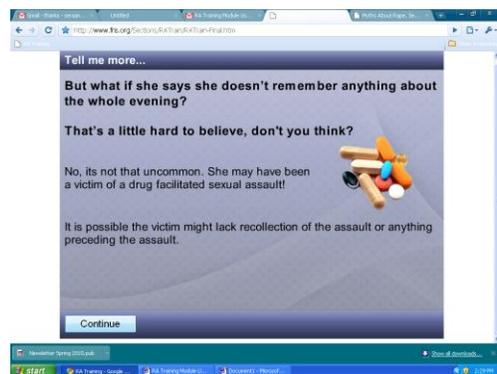
The difference between sexual intercourse and rape is consent. Whether or not explicitly stated, lack of consent is an element of every sexual assault. Lack of consent results from forced participation or the inability to consent.

Section V. Consent and alcohol

Alcohol-related sexual assault is a common occurrence on college campuses. Consensual sex is not possible if someone is “**mentally incapacitated**” (defined in West Virginia law to mean that a person is rendered temporarily incapable of appraising or controlling his or her conduct as a result of the influence of a controlled or intoxicating substance). It is unquestionable that alcohol impairs judgment and each individual responds differently to the effects of alcohol.



Section VI. Drug facilitated sexual assault



Alcohol and drugs do not cause rape, since most assaults are planned in advance. Alcohol and drugs release the inhibitions of the offender and can incapacitate the victim. Offenders, seeking to select the most vulnerable victim, need to know that getting a girl drunk so they can have sex is not 'getting lucky'; it's rape.

Section VII. RA's role in supporting sexual assault victims

- Appropriate responses
- How and where to talk to the victim
- How to refer victims for help (medical, emotional)
- Victims' rights
- Resources



Section VIII. Overview of a forensic examination

- Explanation of a forensic examination
- Cost (none) and process

It is important that RAs follow the reporting protocol established on their campuses. They should, however, be prepared to attend to a victim's needs first. Any necessary campus paperwork should be completed later since the availability of forensic evidence can be time sensitive.

Section IX. Other forms of sexual abuse that occur on a campus (such as sexual harassment)

In this section sexual harassment is defined and examples of potential sexual harassment on a college campus are provided. It is noted here that flirting and sexual harassment are NOT the same. The RAs are asked to identify situations as quid pro quo or as a hostile environment to test their understanding of these situations.



Section X. Stalking on college campuses

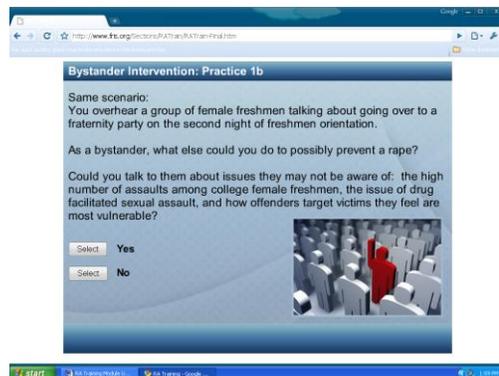
- Definition and laws (state and federal)
- Factors that contribute toward increased risk of being stalked
- Stalking using technology

About 13% of all college women are stalked each year. Although having a regular class schedule certainly is a given when in college, publicly posting and advertising that schedule for even strangers to access is an individual choice that can increase the risk for victimization. An RA may help reduce stalking risks by sharing this prevention information with students.

Section XI. An RA's role in preventing sexual assaults on campus

What is bystander intervention?

Bystander intervention is when someone intervenes with the potential offender or victim to prevent a negative experience from occurring. RAs can play an important bystander role on their campuses. RAs can intervene with students by providing tips on safety planning and risk reduction.

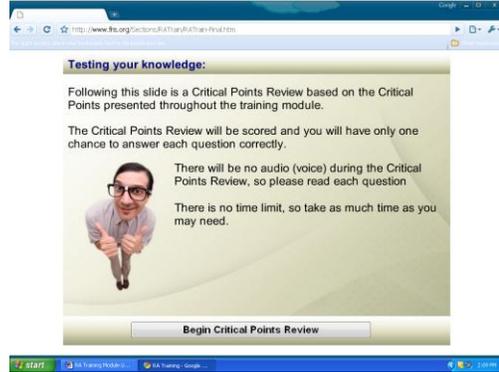


Sample question:

You overhear a group of male students talking about the fraternity party on the second night of freshman orientation. As a bystander, could you intervene by challenging any derogatory or disrespectful comment?

- 1) Yes
- 2) No

Section XII. Final Section: Critical Point Review



The Critical Point review is a scored quiz comprised of 12 questions covering all of the material presented in the module. *Maximum Points to be scored: 120*

At the end of the Critical Point Review, the score can be printed (which the trainer could use as verification of completion of the module as well as to identify topic areas that may need further discussion). Following the Critical Point Review, users are encouraged to complete the module evaluation survey with comments and suggestions to further improve the training module.

FREQUENTLY ASKED QUESTIONS

- ***Who is the intended audience for this module?***

This module, although designed to train resident assistants in their role of responding to sexual misconduct on campuses, could be used to provide core information on sexual violence and stalking to anyone.

- ***Is this information sufficient training on these issues?***

No. The first responder to a sexual assault can have a lifelong impact on a victim's emotional healing from trauma. RAs are inadvertently placed in that first responder role. They must have the basic skills and knowledge needed to respond. This module provides an overview of information to supplement materials supplied by each specific campus. RAs would greatly benefit from practicing responses through role playing scenarios and activities, which should be done at their on-campus training.

- ***Are additional training materials available to accompany the module?***

Additional materials are listed in the Resources and Additional Activities sections of this Guide. We have provided you with some activities as a part of this User's Guide. These are designed to help your audience understand the responsibility they have as RAs. They are in a unique position to make a difference in the lives of the students they assist.

- ***How long will this training module take to complete?***

Set aside about 45 minutes to complete this training. Once the user begins, he will not be able to move backward in the module. He can move forward only when the question has been answered correctly.

WEB RESOURCES

- **West Virginia Foundation for Rape Information and Services (FRIS)**

That's us! ☺

www.fris.org

- **Rape, Abuse & Incest National Network (RAINN)**

The Rape, Abuse & Incest National Network is the nation's largest anti-sexual assault organization. RAINN operates the National Sexual Assault Hotline at 1.800.656.HOPE

www.rainn.org

- **National Sexual Violence Resource Center**

The National Sexual Violence Resource Center serves as the nation's principle information and resource center regarding all aspects of sexual violence.

www.nsvrc.org

- **Go Ask Alice!**

Provides health information and should not be considered specific medical advice, a diagnosis, treatment, or a second opinion for health conditions.

www.goaskalice.columbia.edu

- **The Bacchus Gamma Network**

The BACCHUS Network is a university and community based network focusing on comprehensive health and safety initiatives.

www.bacchusgamma.org

- **Violence Against Women Online Resources**

Designed to operate as an information dissemination tool to provide resources to the general public, researchers, criminal justice practitioners, advocates, and social service professionals with the latest in research and promising practices regarding issues on violence against women.

www.vaw.umn.edu/library

- **Security On Campus, Inc.**

Security On Campus, Inc. is a unique 501(c)(3) non-profit grass roots organization dedicated to safe campuses for college and university students. It was co-founded in 1987 by Connie & Howard Clery, following the murder of their daughter at Lehigh University.

<http://www.securityoncampus.org/>

ADDITIONAL ACTIVITIES

The following small group activities have been successfully utilized by other campuses in the state as part of the RA training.

Activity 1: Empathy

Purpose: The activity is designed to assist participants in understanding the difficulty for victims in disclosing/discussing a sexual assault with someone else.

Say the following:

Please make yourself comfortable. I would like you to close your eyes. Now I would like you to imagine or remember an intimate situation. It does not have to be sexual although it can be. It should be an intimate and very personal encounter. Take a moment and try to remember as many of the details as possible.

(Note: Many participants will grin or giggle. Give them a minute or two to really drift to that intimate situation.)

Now what I would like you to do is open your eyes and tell the person next to you every detail. Don't leave anything out.

(Note: Most often participants will moan and complain in exasperation. Continue with your instructions.)

Uncomfortable? Right? You don't really have to tell the person next to you what you were thinking. Now imagine that you are an 18 year old freshman and these aren't fond memories, but are memories of the worst night of your life - a sexual assault. It is not a fellow RA you are telling the story to, but instead to a police officer that you have never met before. Imagine how difficult that would be.

Now imagine that the person sharing such an intimate story is a student disclosing to you that they have been raped. How could you make it easier? Do you need to hear the story? Can you be supportive?

Activity 2: Ball Game

Purpose: This interactive activity generates conversation on targeted topics in a group setting.

Needed: Large beach ball

The following are statements or questions that can be written with indelible ink/marker on a beach ball. The ball is thrown around the room and whoever catches it has to answer or comment on the statement or questions under their left thumb or their right 'pinky finger'. Choose only those questions you feel comfortable answering.

Healthy Relationships/Dating Violence

- ✚ When can a date expect sexual favors?
- ✚ If a girl hangs out in a guy's room late at night watching movies and drinking beers, she should understand that he assumes she's interested in sex.
- ✚ There is pressure on boys today to 'score.' Is there more pressure on men or women?
- ✚ If a girl drinks with a guy and dresses sexy, she can expect to be treated like an object.
- ✚ A girl feels manipulated to have sex when...?
- ✚ Guys feel teased when...?
- ✚ Guys are more interested in sex than girls.
- ✚ Should every free minute be spent with your boy/girlfriend?
- ✚ Who should decide what to do and where to go on a date?
- ✚ Is it okay to have friendships with others if you are in a dating relationship?
- ✚ Can a person ever say "NO" in a dating relationship?
- ✚ Is there any situation that would make it okay for your date to slap you?
- ✚ What is an "ideal date"?
- ✚ What if your dating partner insists you prove your love for him/her by doing something you don't want to do?
- ✚ What if your dating partner often accuses you of flirting or cheating?
- ✚ Do you think jealousy and possessiveness are signs of love? Why/Why not?

- ✚ Relationships work best when_____.
- ✚ Dating relationships can end when _____.
- ✚ I could not forgive a boy/girl friend if _____.
- ✚ Trust is important in a relationship because _____.
- ✚ I respect friends who _____.
- ✚ I would not respect someone who _____.
- ✚ How can you tell when you are being pressured?
- ✚ How would you tell someone to “STOP” if you were uncomfortable with his/her behavior?
- ✚ What would make you end a dating relationship?
- ✚ What are two qualities you want in a dating partner?
- ✚ What would you do if your dating partner told you what you could or could not do?
- ✚ Do you believe in love at first sight?
- ✚ If you saw a friend being slapped by a boy/girlfriend, what would you do or say?
- ✚ What is your best way to tell someone “No”?

Sexual Assault

- ✚ Girls can always avoid being raped.
- ✚ If a girl likes to have a variety of sexual partners, she has a problem with sexuality. She may be called a slut. A boy who enjoys a variety of sexual partners is a stud.
- ✚ If someone came to you and said that they had been sexually assaulted what would you do? First? Second? Be honest.
- ✚ If you hear someone say that they are going to get someone drunk at a party so that they can have sex, will you challenge that person? Be honest!
- ✚ Acquaintance rape is the most prevalent of all forms of sexual assault. What do you think we should do to prevent it from happening?

- ✚ If a girl says that she has been sexually assaulted, and the assailant says that she is only trying to take revenge for a relationship gone sour. Who would you believe and why? Be honest!
- ✚ When is sexual intercourse simply 'regretted sex,' and when is it sexual assault? Why is the difference so important to the victim?
- ✚ Is there something you can do today that would promote healthy relationships and reduce the acceptance of nonconsensual sex? What would that be?
- ✚ If a friend of yours told you that she had been raped and seemed convinced that it was her fault because she had been drinking (or dressed provocatively) what would you say?
- ✚ In your opinion, if a male is assaulted by a male, is the assailant a homosexual, heterosexual or bisexual?
- ✚ When two people are drunk it is not fair to blame the guy if a woman says she was raped.
- ✚ If the victim hasn't been beaten or hurt, how can it be an assault?
- ✚ Most guys and girls know how to sexually communicate with each other.
- ✚ 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime (14.8% completed rape; 2.8% attempted rape).
- ✚ In 2003, 1 in every ten rape victims was male.
- ✚ Every 2 minutes, someone in the U.S. is sexually assaulted.
- ✚ College age women are four times more likely to be sexually assaulted.
- ✚ Sexual assault is one of the most under reported crimes, with 60% still being left unreported.
- ✚ 73% of sexual assaults were perpetrated by a non-stranger.
- ✚ Where can you get help if you or someone you know has been sexually assaulted?
- ✚ What is your first reaction if your best friend tells you they have been sexually assaulted? Your second reaction?
- ✚ Girls sometimes invite rape by their actions, appearance or behavior.

- ✚ Society discourages sexual assault.
- ✚ Rape is motivated by sexual needs.
- ✚ In sex “no” always means NO.
- ✚ Guys are socialized to be sexually aggressive and girls to be victims.
- ✚ I find it easier to believe a victim who fights back.
- ✚ Girls can always avoid being raped.
- ✚ Only certain types of men/women are potential rapists.
- ✚ Girls do not invite rape by their actions, appearance or behavior.
- ✚ Society creates an environment that allows sexual assault.
- ✚ Rape is motivated by needs other than sex.
- ✚ In sex “no” sometimes means maybe or yes.
- ✚ I wouldn’t believe a victim who doesn’t fight back.
- ✚ Females can not always avoid being raped.

Alcohol

- ✚ Do you think people drink or use drugs to feel more comfortable?
- ✚ Do you think people drink or use drugs to build self-confidence?
- ✚ Do people drink to escape from worries or troubles?
- ✚ Do you think people ever wake up and wonder what happened the night before?
- ✚ Do you think people feel a sense of power when they drink or use drugs?
- ✚ Can drinking affect your reputation?
- ✚ Do you feel pressure to drink or use drugs in order to “fit in” with your friends or social group?
- ✚ List two signs/symptoms of alcohol poisoning.
- ✚ Do you think people feel more at ease on a date when drinking or using drugs?

References:

National Institute of Justice & Centers for Disease Control & Prevention. *Prevalence, Incidence and Consequences of Violence Against Women Survey*. 1998.

U.S. Department of Justice. *2003 National Crime Victimization Survey*. 2003.

U.S. Department of Justice. *2005 National Crime Victimization Study*. 2005.

U.S. Department of Justice. *2007 National Crime Victimization Survey*. 2007.

Activity 3: Coercion Game

Divide the group in half. One group is the A group and the other is the B group. Have the B group step out in to the hall. Explain to the B group that when they return to the room you would like them to make a fist. Under no circumstances are they to open that fist. Ask them to wait while you speak to the A group still in the room. Explain to the A group that the B group will be trying to keep their fist closed but no matter what it takes they need to get the B group to open their hand.

Bring the group back together and ask them to pair up with someone from the other group. Then give them 5 minutes to try to coerce their partner.

When the activity is done ask:

Group A

What did you do to try and convince your partner? To what lengths were you willing to go?

Why not stop with the first time they say 'no'?

Group B

How did feel having to defend the 'honor' of your fist?

Did the coercion escalate?

How did that make you feel?

How might it have changed the situation if you actually wanted to please your partner but did not want to open your fist?

Activity 4: Power of Words

This is an activity that exemplifies the power that language has in our society.

Ask the entire class to stand up. Pause for a moment and looking around the room ask two men to remain standing and all others may sit down. Approach one of the two individuals and compliment him on his appropriateness. Comment on his manner and pleasantness. Turn to the other individual (should be male) and, in an embarrassed manner, inform him that his fly is open. Quickly let everyone know that you are just kidding and explain that what you are doing is demonstrating the power of words. If you are uncomfortable with the reference to a man's fly you might insult the man with a couple statements and then quickly say that those statements are not true but how do they make the individual feel? Say *"Words are so powerful that they can make a room full of people do things like stand up. They can also make you feel things. They can make you feel great when you're complimented, or they can make you feel awful, make you sweat, or make you want to run and hide. Word are so powerful that they can even lead to rape. Or...they can stop it."* This brief explanation of the exercise is a great segue into a presentation on sexual harassment, dating violence or sexual assault.