

USU Sexual Violence Prevention and Training Working Group
Report to Task Force
March 31, 2017

WORKING GROUP MEMBERS

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WORKING GROUP CHARGES:

1. Review USU's current prevention programs and education and training opportunities.
2. Identify and propose an improved, multi-disciplinary, evidence-based prevention program.
3. Identify and propose other training and outreach efforts to improve education of USU campus community on issues of sexual assault.

Sexual assault prevention is occurring at USU in three areas: online via a web-based program (Haven), in-person trainings on campus (e.g., SAAVI, Athletics), and via online and posted social marketing campaigns. We strongly believe that the combination of these three elements, when properly coordinated and targeted to the correct students, can result in a successful sexual assault prevention program for USU.

Haven Online Sexual Assault Prevention Training

We reviewed Haven in two ways: 1) evaluated the data on its effectiveness in preventing sexual assault and 2) compared its content to a suggested alternative.

Haven offers data on its effectiveness with data pooled across several universities. Results show that its effects are positive but modest. Additionally, the effects seen for Haven are consistent with other for-fee sexual assault prevention programs delivered online. There are also data on Haven at USU. The results for USU's Haven data are consistent with other universities. Thus, we find that Haven has suitable support as an online program.

All members of the committee completed the Haven online program. Overall, we found it appropriate for USU students in terms of quality and content. We preferred it to a comparison program: Agent of Change. There were a few places where Haven could be more engaging such as where USU specific material is inserted into the program and when Utah laws are covered.

Recommendations:

1. Review Haven on an annual basis to make sure it stays accurate, fresh, and engaging. Alternative programs should also be reviewed annually to ensure USU is using the best available program.
2. Make Haven mandatory for all new students. This obviously includes freshmen, but also students who transfer and graduate students.

USU Task Force: USU is currently updating the Haven online module for students and the VP for Student Affairs has been directed to create a process that makes the training mandatory for all new students.

In-person training occurring on campus

Our workgroup brainstormed all the groups or organizations that might be providing sexual assault prevention work to USU. We thought of 30 independent groups that could be delivering trainings. We then contacted all groups and organizations to see the degree to which they were providing sexual assault prevention to USU. There are only two groups that one could request a prevention training from: AAEO/Title IX and SAAVI (the Sexual Assault and Anti-Violence Information office). SAAVI has provided trainings to Greek Life organizations, staff members at Campus Recreation, and students in various classes. Although, AAEO and SAAVI do not regularly seek out opportunities to provide such trainings, they do respond to requests. They provide a useful service to USU in that groups in need of a training may seek them out, but we also need a proactive effort for in-person sexual assault prevention training at USU.

A couple programs have developed sexual assault prevention trainings that they use for their members (i.e., Athletics and Study Abroad). These programs are helpful, but as you will read in the next paragraph, we feel it is important that evidence-based training programs are used with high-risk groups.

There is a useful review paper (Vladutiu et al., 2010) that covers what should be in a college-based sexual assault prevention training. This review suggests that certain programs are more effective than others. The outcomes are moderated by the individuals receiving the training. Thus, whomever oversees the on-campus in-person sexual assault trainings should develop trainings based on the guidelines in this paper. The trainings will need to be customized for the various groups that are trained.

Recommendations:

1. A staff position should be identified to focus on sexual assault prevention education. We recommend this position have the following structure:
 - a. This position should have a mission statement that focuses on delivering evidence-based sexual assault prevention programs to students enrolled at USU, and that “scope creep” in this position be avoided. We found that other organizations started with a focus on prevention but demands pulled them towards advocacy for sexual assault survivors or prevention of a multitude of

issues. While these are important issues, we suggest this position focus squarely on sexual assault prevention.

- b. Relatedly, this position should have a yearly evaluation to confirm that prevention targets are being met. The following tasks should have been completed: web-based training program reviewed and updated, in-person trainings updated, in-person trainings delivered to all pertinent groups, data presented on the reach and effectiveness of training programs, and campus-wide prevention campaigns occurring. Data on the effectiveness and acceptability of the program should be reviewed.
- c. This individual should have volunteer student support. CAPS has done a good job soliciting this support and could be used as a guide. Many of the departments that focus on human services would be good places to recruit.

USU Task Force: USU is in the process of deciding whether this will be a new position or if these duties will be covered by an existing position. A new assignment covering sexual misconduct information coordination was recently created, and some of these duties may fall under that position.

2. Develop prevention trainings for these student groups, among others: general mixed college students, general female college students, general male college students, fraternities and sororities, student-athletes, students residing in on-campus housing, study abroad students, and graduate students. Special consideration should be given that trainings be of use to sexual minorities. Additionally, multicultural and foreign students may benefit from particular information within these trainings. Again, data will guide the subject matter that should be covered with these individuals.

USU Task Force: USU will work with the Utah Department of Health's Violence and Injury Prevention Program to adapt their sexual violence bystander intervention program, "Upstanding," for use at USU beginning in fall semester 2017. This program will be additionally modified for specific groups on campus. During the 2017-18 academic year, USU Athletics will implement the Healthy Masculinity program spearheaded by Men Can Stop Rape. This prevention program aims to "build a new generation of male leaders who will model strength without violence and serve as positive change makers in society – taking their communities from awareness to action."

3. Put a data collection program in place to 1) determine if students are acquiring information from the trainings, changing beliefs, and changing attitudes, and 2) whether students are finding the trainings engaging and acceptable. We picture this being a brief assessment completed at the end of the training that provides feedback to the trainer on the success of the program.

USU Task Force: Assessment of trainings will be built into any prevention training program implemented at USU.

Prevention outreach campaigns occurring on campus and online

Research suggests that having an on-going prevention (not to be confused with advocacy) campaign positively affects sexual assault prevention. Posters, flyers, events, websites, social media, etc. keep

sexual assault prevention on the minds of all members of the USU community and positively affects actions.

Recommendation:

1. Thus, one of the roles of the sexual assault prevention program would be to keep a campus-wide presence of information on sexual assault prevention. We see this as an area where student volunteers could be helpful. Maintain a campus-wide presence of information on sexual assault prevention. This is secondary to the role of in-person trainings to high-risk groups.

USU Task Force: Continuing educational campaigns will be developed in cooperation with other prevention education programs (online and in-person) to reinforce prevention messages.

SUMMARY

We recommend a three-pronged approach to sexual assault prevention for USU:

1. Haven online training is mandatory for *all* new students to USU
 - a. This program should be evaluated yearly to assure it stays current and engaging.
 - b. It should also be compared to alternative programs to assure we are using the most useful program for our students.
2. That there is a person who provides or oversees in-person, evidence-based, group specific sexual assault trainings on campus.
3. That campus-wide sexual assault prevention social marketing campaigns continues at USU.

Sexual assault survivor advocacy and support should continue to be addressed by SAAVI and information and assistance should continue to be provided by AAEO, as well as other groups on campus.

Reference:

Vladutiu, C. J., Martin, S. L., & Macy, R. J. (2010). College-or university-based sexual assault prevention programs: A review of program outcomes, characteristics, and recommendations. *Trauma, Violence, & Abuse*, 1524838010390708.