



New York City Alliance  
Against Sexual Assault

# Student Training Menu



CAMPUS  
TRAINING  
INSTITUTE

## **Introduction to the Campus Training Institute:**

The NYC Alliance's Campus Training Institute (CTI) can provide any of the following workshops or services for your campus. You may consider having a session for parents, incoming students (first year, transfer, graduate, undergraduate, or professional) and/or online and distance education students.

We ask that someone from your Title IX office (or similar office) be present during our training sessions to help supplement any questions about your school's specific policies and procedures.

**For more inquiries about the Alliance's Campus Program, please email our Campus Coordinator, Sam Skaller at [sskaller@svfreenyc.org](mailto:sskaller@svfreenyc.org)**

*Due to COVID-19, all of our workshops and services are now able to be delivered virtually*

# TRAININGS, WORKSHOPS, EDUCATION, & ORIENTATION SERVICES

## I. BYSTANDER AND PREVENTION

### Bringing in the Bystander

*Duration: 1.5 hours*

Bringing in the Bystander® is a bystander intervention workshop. Rather than focusing strictly on the roles of perpetrator and victim, the highly interactive Bringing in the Bystander® curriculum uses a community responsibility approach. It teaches bystanders how to safely intervene in instances where sexual violence, relationship violence or stalking may be occurring or where there may be risk that it will occur. Depending on your target audience, we offer two versions of BITB. The full version will require 2 separate sessions (they may be back to back, with a break in between) and will take a total of 4.5 hours. The truncated version is 90 minutes.

***Important Note:*** *Your institution must have signed a user agreement and own a license from BITB in order for us to deliver this training.*

### Greek Student Leadership

*Duration: 1.5 hours*

This presentation is for students involved in Greek Life on campus. Participants will learn basic skills in how to recognize warning signs and how to appropriately disrupt a potentially problematic situation. This workshop will also examine sexual relationships between students, peer pressure, hazing, and engaging student leaders in changing the culture to create a safer place for all students.

## *My Role as an Athlete*

*Duration: 1.5 hours*

This workshop is designed to speak to athletes—preferably team by team. The workshop has a strong emphasis on bystander engagement and teaches participants different levels of bystander intervention. The presentation is based on the fact that *anyone* can be a victim or perpetrator of sexual violence and how each individual holds responsibility to help prevent sexual violence on campus, regardless of gender identity. This workshop will examine sexual relationships between students, peer pressure, hazing, and engaging student leaders in changing the culture to create a safer place for all students.

## **II. CONSENT EDUCATION**

### *Let's About Talk Sex!*

*Duration: 1.5 hours*

Sex should be fun and hot! Many people start experimenting sexually during their college years. In a world that is still hush-hush about sex, we want to create a space where we can talk about it openly and freely and without judgment. Regardless of your race, ethnicity, gender identity, sexual orientation, religion, or any other identity, sex is something that exists. So let's talk about it! But more importantly, let's talk about healthy and safe sexual experiences—let's talk about how to obtain consent and what consent might look/sound like in the moment. Let's talk about how to talk about sex with your partners and how to “spice up” your sex life. Let's talk about your fantasies and fetishes in a judgment-free zone, let's talk about how to check in with a partner and make sure they're still into it.

### *Lights! Camera! Consent!*

*Duration: 1.5 hours*

This workshop will take a closer look into just how much the media controls how society views sex, sexuality, relationships, and consent. Using examples from news outlets, television, and movies, this workshop will take deeper looks into how some of our favorite shows and movies of all time have taught us wrong attitudes about sex and consent and aims to show just how pervasive harmful stereotypes and rape myths are within these realms. Furthermore, participants will be encouraged to consume media through a critical lens.

## Hooking Up?

*Duration: 1.5 hours*

Let's face it—hook-up culture is real and kind of fun! Whether you're meeting hook-ups online, in the bar, or in the classroom, there is no denying the fact that young people wait longer and longer to enter into long-term relationships and spend more of their 20s experimenting romantically and sexually. Let's talk about how to hook up with one another responsibly and how to make sure you are always being respectful of your hook-up buddy at all times so that everyone can be safe and have fun.

### **III. SEXUAL VIOLENCE 101**

#### Sexual Violence 101

*Duration: 1 hour*

SV101 will cover the most basic information on what sexual violence is. This presentation will cover terminology, statistics of sexual violence, the impacts of sexual violence, and some aspects of consent. This workshop is for people are interested in obtaining a baseline of understanding what counts as sexual violence (from unwanted verbal comments to physically violent attacks) and how prevalent is it within our society.

#### Sexual Violence 101: For International Students

*Duration: 1 hour*

Another version of SV101 from above, but with a specific lens for international students. This version includes discussion points around gender and sexuality from different cultures as well as specific barriers and resources to international students.

### **IV. SEXUAL VIOLENCE EDUCATION**

#### Unpacking the Culture of Violence

*Duration: 1.5 hours*

In order to understand why sexual violence happens at such alarmingly high rates in our country, it is important to dig a little deeper and understand what “rape culture” is and looks like. Rape Culture refers to a general cultural acceptance and normalization of rape through the acceptance

of violence towards and objectification of women. This workshop will include small group activities, discussions, and large group exercises to break down where certain attitudes about women, sexual assault, and consent come from and will aim to debunk rape culture myths.

### *Swipe Left on Dating (App) Violence!*

*Duration: 1 hour*

With the rise of technology, there are now new ways to abuse the power of the anonymous internet to hurt others. This is something that our students may be experiencing and/or witnessing in their everyday lives. As administrators, we often make the mistake of diminishing just how important and inseparable technology is from the everyday norms of our students. Our current college students have grown up playing games on iPads and have no idea what a floppy disc looks like. This workshop will examine the ways in which technology allows one person to hurt another electronically. It will help give a frame of reference when working with young survivors of sexual and dating violence and will also offer some online risk-reduction techniques to show students.

### *Supporting a Survivor:*

*Duration: 1 hour*

The statistics are harrowing—1 in 4 college-aged women will have experienced an attempted or completed sexual assault by the time they graduate from college. In addition to these statistics, COVID-19 creates new barriers for supporting survivors. This workshop will discuss how to be the best support to a friend who may have experienced sexual violence. The workshop will include “Dos and don’ts,” vignette analyses, and a list of helpful resources to have on hand if a friend ends up disclosing to you at some point.

### *Supporting a Survivor, for Student Responsible Employees:*

*Duration: 1 hour*

This version of the aforementioned workshop is very similar to the one above, but with a very specific lens for students who are also considered responsible employees. This workshop is appropriate for Peer Mentors, Resident Advisors, student counselors, and/or student tutors who are paid by the university/college to oversee work with other students.

## **V. SPECIAL TOPICS**

## *Making the Invisible, Visible: Male Survivors of Sexual Violence*

*Duration: 1.5 hours*

Can men be victims of sexual violence? This workshop focuses on how men and those who identify as men have been and continue to be victims of sexual assault. We will talk about why we never hear about these stories and why so many victims and survivors are silenced by notions of traditional masculinity.

## *Recognizing the Signs of Domestic Violence and How to Support Survivors During COVID-19*

*Duration: 1.5 hours*

COVID-19 has created new and challenging barriers for survivors and victims of gender-based violence. This workshop will provide participants with strategies to support someone in a domestically violence situation during the COVID-19 pandemic. We will discuss safety planning, the signs of intimate partner violence (IPV), and local and national resources that can help.

## *Intersecting Identities and Sexual Violence*

*Duration: 2 hours*

Intersectionality, a term coined by Kimberle Crenshaw, refers to the place where multiple identities intersect with one another. Being a plus-sized, gay, white woman is different from being a thin, straight, black man. There are some parallels and similarities in life experiences, but our identities shape how we view and experience the world. They also mold how we experience and respond to sexual violence, rape culture, and understand sexual and romantic relationships. This workshop aims to break down the various experiences and barriers students may have when it comes to sexual violence. It will take a deeper dive into understanding how different identities may influence a survivor's choices in response, reporting, and healing. More importantly, this workshop will aim teach faculty and staff how to support survivors with different identities in a responsive, responsible, and thoughtful manner.

## *Violence in the LGBTQ+ Communities*

*Duration: 1.5 hours*

When we think about sexual violence, stalking, dating violence, etc...it is almost always understood within a heteronormative context. Not only is this incredibly narrow, but it contributes to the invisibilization of some of the most historically oppressed groups in our country. Violence is experienced at a higher rate within the LGBTQ community as compared to the heterosexual community. This workshop will delve into what violence looks like within the queer community, the complexities that are unique to it, how to recognize warning signs, and the unique barriers that may be present when attempting to access services.

### *Man Up!*

*Duration: 1.5 hours*

How many of you have heard that phrase? “Man Up!” What does it mean? Who said it to you? What messages did you receive as a child about what a “man” does or who he is? This workshop will unpack what it really means to be a “man” in today’s culture. We will delve deeper into understanding why we believe men should act in certain ways and how it has affected your personal life. We’ll break down gender stereotypes and talk more openly about how this affects male survivors of violence. This workshop may be done with a co-ed group, but may be more effective with an all-male group.

### *Pornography and My Relationships*

*Duration: 1.5 hours*

What does porn have to do with my relationships?? It seems like two distinctly different things, doesn’t it? And it may be! However, research shows that more and more young teens are learning about sex and relationships through pornography. This workshop will dissect how the porn industry has shaped much of our current understanding of sex and relationship expectations, how consent is communicated and how all of this might be affecting your relationships.

### *“Revenge Porn:” Understanding Cyber-Sexual Assault*

*Duration: 1-2 hours*

With the world’s ever-evolving technological landscape, how do we combat new forms of cyber-sexual assault? This workshop dives into the origins of “revenge porn” and the many different forms it can take online. We will discuss how social media platforms impact and often perpetuate cyber-sexual abuse. With new laws in New York City about “revenge porn,” this workshop spends time talking about how the new laws affect college campuses and what actions to take to

prevent cyber-sexual abuse.

### #MeToo: Origins of the Sexual Violence Movements

*Duration: 1.5- 2.5 hours*

The resurgence of the #MeToo movement in 2017 furthered a long history of discussions about sexual violence. But where did the “Me Too” movement start? This workshop will discuss Tarana Burke’s creation of the “Me Too” movement in 2006, the history of sexual violence prevention activism, and the many black women at the center of these social movements. In this workshop we will think critically racial bias within the “new” #MeToo era.

### Sexual Violence & Hollywood

*Duration: 1.5 hours*

Is that the plot of a romantic comedy or just flat out stalking? In this workshop we will look at some popular romantic comedies and unpack the ways in which they romanticize themes about stalking, sexual assault, and sexual harassment. We will think critically about the ways in which romantic comedies perpetuate gender roles, depict an unrealistic view of sexuality, and romanticize abuse.

### Sexual Violence & Music

*Duration: 1.5- 2 hours*

Are the lines actually blurred? This workshop will look critically at themes about sexual violence in popular music. Listening, and understanding song’s lyrics will lead to a larger discussion about the music industry as a whole. We will look at some of the most public accounts of sexual violence in the music industry and delve into thinking about the power structures that enables this kind of abuse.

### Sex Work, Human Trafficking, and Sexual Violence

*Duration: 1.5-2 hours*

Sex work is real work. But how do we talk about consensual sex work in this cultural climate? This workshops will dive into contemporary discussions about consensual sex work, human trafficking, and the prevalence of sexual violence. We will discuss existing laws in NY State

about sex work and the activism around the decriminalization of sex work. We will also understand what human trafficking is and how that plays a role in conversations about legalizing sex work.

## **VI. REPORTING AND ADJUDICATION**

*\*Due to the release of the new Title IX rule in May 2020, the Campus Training Institute remains updated on the impact the new rule will have on NYC campuses.*

### *Options, Reporting, and Resources After Sexual Violence*

*Duration: 1.5 hours*

This workshop is best suited for anyone who might interact with survivors and want to have information readily available for each survivor to make the most informed decision (RAs, Peer Mentors, Leaders of student organizations, etc.). After an incident of sexual violence, there can be a lot of confusion and things can feel very overwhelming. This workshop will discuss what options are available to students who have experienced sexual violence including different mental health resources (on and off campus), different reporting avenues, information on what to expect at the hospital, and other sources of support and information in the city. It will also provide a basic overview on Title IX legislation, and the rights students have through it.

### *“Responsible” Student Employees or Leaders*

*Duration: 1 hour*

This workshop will support “Responsible” Student Leader or Employees in knowing how best to walk the line between your desire to help and support your students and your legal responsibilities to the school, provide examples of trauma-informed responses, basic “dos and don’ts,” and local resources you can give your students. Survivors/victims of sexual assault are most likely to disclose to someone they feel close to, and that could mean you may receive a disclosure of sexual assault at some point. This workshop aims to make you feel more prepared if/when this happens.