

Enough is Enough Prevention Program List

Background:

The Enough is Enough Think Tank, which is comprised of representatives from the New York State Department of Health, The New York State Coalition Against Sexual Assault, The New York City Alliance Against Sexual Assault, a sexual assault prevention researcher, and an Enough is Enough Program, met regularly to develop this list of Sexual Assault Prevention Programs for the Enough is Enough Program providers to use with their college and university partners. The group conducted a comprehensive review of the prevention programs that currently exist and the levels of evidence- *evidence-based, evidence-informed, promising, and emerging*- of each program to develop this list. The programs included on this list are sexual violence prevention programs that were determined to be *promising* or higher based on the Think Tank assessment and this list includes information from the Culture Of Respect® Matrix.

This list is of programs that are brief in nature, as well as others that are longer and more comprehensive. As required by the Enough is Enough Law (NYS Education Law Article 129-B), they should be a part of an ongoing and varied approach to sexual violence prevention on college campuses.

In addition, some programs are prevention programs that are intended to be delivered by the Enough is Enough program providers, or by the college in conjunction with Enough is Enough training support; while others, such as online trainings, are ones that the Enough is Enough Program could recommend to their college partners and play more of a supportive role. This is noted on the list section headings.

This list is anticipated to expand as additional programs are evaluated. The Think Tank group will update as necessary.

Instructions:

For the **2019-20** Enough is Enough contract period this list is **strongly recommended** for programs to use with campus partners. Enough is Enough programs who are not yet using one or more of these programs, should start exploring the programs on the list to determine the best fit for their campus partners.

In the **2020-21** contract period, Enough is Enough Programs will be **required** to use programs only from this list for any sexual assault curriculum-based prevention programming. However; please note that in addition to this prevention programming, Enough is Enough Programs can continue to conduct awareness activities and trainings on elements from the law; such as the definitions, response services available, and how to make a report.

The Think Tank Group will be developing materials to assist you as you move towards implementing more evidence-based/informed programming.

If you have a campus sexual assault prevention program that has been studied, shown evidence and would like considered for this list and/or any questions, please reach out to your Department of Health Program Manager and/or the Training and technical Assistance Center for Enough is Enough.

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Prevention Programming that Enough is Enough Programs Would Deliver

<p>GREEN DOT</p> <p>Audience: Undergraduate and graduate college students</p> <p>Length: 4-day Train- the-trainer</p> <p>The bystander training program can range between 6 hours to a weekend retreat.</p> <p>Group Size: Not specified</p> <p>Cost: No pre-determined fee-cost for training is on a case-by-case basis.</p>	<p><u>Summary:</u></p> <p>Green Dot aims to shift campus culture and increase proactive preventative behavior by targeting influential members from across a community with basic education, skill practice, and reactive interventions to high-risk situations. Every choice to be proactive as a bystander is categorized as a “Green Dot.” Individual decisions (green dots) group together to create larger change. It relies on the premise that if everyone does their small part and commits to individual responsibility, the combined effect is a safe campus culture that is intolerant of violence. Green Dot utilizes multiple methods to educate and train participants, including speeches; interactive activities aimed at training participants to be effective bystanders; and social marketing techniques to increase basic social awareness and mainstream social acceptance.</p> <p><u>Components:</u></p> <ul style="list-style-type: none">• The Opening Speech: The opening speech covers the basics of the Green Dot etc. strategy and can range from five minutes to an hour. The goals of the speech are to inspire buy-in and explain the general strategy in order to begin the process of campus wide cultural change.• Bystander Trainings: Bystander trainings include video and role-play exercises and other activities which allow participants to practice proactive intervention skills. The training is split into four modules: Introduction to Green Dot; Recognizing Red Dots; Identifying Self-Defining Moments and Overcoming Obstacles; and Proactive and Reactive Green Dots.• Social Marketing: “A broad range of social marketing strategies are utilized to increase basic awareness and mainstream social acceptance of the core language and principles of Green Dot.” (Green Dot etc.)• Action/Mobilizing Events: “The purpose of the mobilizing events is to generate lots of proactive behaviors to establish to clear campus norms: (1) violence will not be tolerated, (2) everyone is expected to do their parts to keep the community safe.” (Green Dot etc.) Events are single dose, time limited and reiterate the core values and goal of the Green Dot strategy.” (Green Dot etc.) <p><u>Evaluation Findings:</u></p> <p>Elements of the Green Dot etc. strategy and the overall impact of the program on campus have been evaluated in multiple studies. Research published in 2014 compared three campuses: one implementing the Green Dot etc. program and two with no bystander intervention programming. Rates of perpetration for stalking and sexual harassment were significantly lower for males who had attended the Green Dot etc. bystander training than at either comparison school (Coker et al, 2014). Overall, victimization was lower for women and men on the Green Dot etc. campus than at either comparison school and rates were significantly lower for women who attended the Green Dot bystander intervention training.</p> <p><u>Considerations:</u></p> <p>Fully implementing the program on average takes schools between 3-6 months to launch. The first months are spent building infrastructure, planning, mastering content, fostering necessary relationships, and identifying training participants. Fully implementing the strategy requires significant advance notice and commitment.</p> <p><u>More Information:</u></p> <p>https://alteristic.org/services/green-dot/green-dot-colleges/</p> <p>https://cultureofrespect.org/program/green-dot-etc/</p>
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<p>Bringing In The Bystander</p> <p>Audience: Undergraduate college students. Single gender or co-ed groups, customizable for student athletes, Greek life and student groups</p> <p>Length: One day Train-the-Trainer</p> <p>The program can be administered in 1 session or 3 sessions.</p> <p>Each session lasts approximately 90 minutes.</p> <p>Group Size: Not specified</p> <p>Cost: There are 3 pricing options- must contact Soteria Solutions for pricing</p>	<p><u>Summary:</u></p> <p>Bringing in the Bystander® is a sexual violence prevention program aimed at increasing prosocial attitudes and behaviors toward and awareness of risky behaviors and precursors to sexual victimization among potential bystanders and third-person witnesses. It also aims to increase empathy and awareness of the problems experienced by those victimized by sexual and intimate partner violence.</p> <p>The program emphasizes that all members of the community have a role to play in preventing sexual and intimate partner violence. 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.</p> <p><u>Components:</u></p> <ul style="list-style-type: none"> • Information about sexual and intimate partner violence prevalence, causes, and consequences, including local examples and statistics. • The introduction of the concept of bystander responsibility and the role they can play in preventing sexual and intimate partner violence in risky situations. • Active exercises (e.g., role playing) to practice intervening safely and to support victims. • Information about personal safety and availability of community resources. • A bystander pledge to being prosocial and active bystander in their community. <p><u>Evaluation Findings:</u></p> <p>“Bringing In The Bystander® has been evaluated and found to be effective in shifting attitudes, cultivating senses of bystander responsibility, and increasing likelihood of participants intervening across a wide range of colleges and communities.” Research comparing results from a rural, residential, urban and commuter colleges showed significant changes in bystander attitudes after participating in the Bringing in the Bystander® program for both men and women (Cares, Banyard, Moynihan, Williams, Potter, & Stapleton, 2014).</p> <p>These results are echoed in a study of sorority women who also expressed greater willingness and confidence to intervene and sense of responsibility as a bystander after participating in the program (Moynihan, Banyard, Arnold, Eckstein, & Stapleton, 2011). Bringing In The Bystander® was again found effective when administered to collegiate athletes and U.S. military personnel (Moynihan, Banyard, Arnold, Eckstein, & Stapleton 2010; Potter & Moynihan 2011). Internal evaluations have shown Bringing In The Bystander® to be effective when presented to both single gender and co-ed groups.</p> <p><u>Considerations:</u></p> <p>Prevention Innovations’ unique focus on research, consultations and technical support are its greatest strength and allows Bringing In The Bystander® to be tailored to the specific needs of a wide range of campuses and organizations. Incorporating local examples, statistics, and resources allows Bringing In the Bystander® to be relevant to participants.</p> <p>Implementing both Bring in the Bystander® and Prevention Innovations’ marketing program - Know Your Power® - would be providing an ongoing, comprehensive, and multi-level approach to sexual violence prevention.</p> <p>A two-person team is needed, one male and one female, to present to single sex or co-ed groups.</p> <p><u>More Information:</u></p> <p>https://www.soteriasolutions.org/college/</p> <p>https://cultureofrespect.org/program/bringing-in-the-bystander/</p>
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<p>Enhanced Assess, Acknowledge, Act (EAAA) Sexual Assault Resistance Education Program</p> <p>a.k.a Flip the Script (Canadian)</p> <p>Audience: Undergraduate female-identified college students between ages 17-24</p> <p>Length: There is a 6-day Train-the-Trainer workshop</p> <p>The program is four sessions, each three hours long</p> <p>Group Size: Not specified</p> <p>Cost: Varies</p>	<p><u>Summary:</u></p> <p>The Enhanced Assess, Acknowledge, Act program is a 12-hour victimization prevention program for college-aged women that provides education and skills training with the goal of being able to assess risk from acquaintances, overcome emotional barriers in acknowledging danger, and use verbal and physical strategies to reduce risk for violence. Uses mini-lectures, group activities, role-play, interactive games, and group discussion to present material on positive sexuality, sexual assault definitions and laws, rape myths, factors that increase risk of sexual assault, effective strategies for recognizing danger and resisting sexual assault, among other topics.</p> <p><u>Components:</u></p> <ul style="list-style-type: none"> • Assess: geared towards recognizing characteristics in the environment and in other people that increase the likelihood of sexual assault. • Acknowledge: explores personal beliefs which create emotional barriers to resistance. • Act: teaches verbal and physical strategies that can effectively deter perpetrators. • Enhanced: relationships and sexuality - not focusing solely on situations that are unhealthy or unsafe, but also on feeling confident and comfortable in knowing that you desire and deserve in a healthy relationship, sexual and otherwise. <p><u>Evaluation Findings:</u></p> <p>“The University of Windsor conducted a rigorous evaluation of the program using a randomized-control design. The study demonstrated the 1-year risk of rape and other forms of sexual assault was significantly lower among those who completed the EAAA program (Senn et al., 2015). Further research has determined that these effects last for up to 2 years (Senn et al., 2017). In addition, the program reduced women-blaming as well as self-blame in women who took the program and were subsequently sexually assaulted. The CDC (Basile et al., 2016) has recently included this program as one of the very few programs (of any type) available with demonstrated effectiveness for sexual assault prevention.”</p> <p><u>Considerations:</u></p> <p>This program has demonstrated efficacy in reducing the incidence of rape, attempted rape, and other forms of sexual violence. This type of evidence could make it easier to get buy-in and funding to implement the program. Because the program is only for students who identify as women, it is best conceptualized as one part of a comprehensive prevention strategy.</p> <p><u>More Information:</u></p> <p>http://sarecentre.org/</p> <p>https://cultureofrespect.org/program/enhanced-access-acknowledge-act-eaaa-sexual-assault-resistance/</p> <p>The SARE Centre offers a 6-day EAAA Train the Trainer workshop. Visit the website or contact SARE Centre for more information.</p>
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<p>Mentors in Violence Prevention (MVP)</p> <p>Audience:</p> <p>Length: 2-3 day Train-the-Trainer with maximum of 30 participants</p> <p>Varies by type of training:</p> <ul style="list-style-type: none"> • Big Room • Awareness-raising • Student Leadership • Leadership for Professionals • Leadership and Orientation for Campus Administrators <p>Group Size: Varies, depending on training</p> <p>Cost: Pricing information available upon request</p>	<p><u>Summary:</u></p> <p>The name “Mentors in Violence Prevention (MVP)” refers both to an educational philosophy and to a training program, in which participants are introduced to key concepts and strategies for implementing the model’s core teaching in their schools, workplaces and extended peer cultures. MVP’s educational philosophy is rooted in the basic social justice teaching that everyone has a role to play in challenging and changing social norms that contribute to abusive behaviors — especially members of dominant or privileged groups. MVP employs a range of classic exercises that highlight the power of gender norms to shape behaviors, such as the Act Like a Man/Woman Box, and Sexual Assault in the Daily Routine, which examines the steps most women take on a daily basis to avoid sexual violence. One of the key features of MVP trainings is the single-sex breakout. The single-sex format facilitates more in-depth and revealing conversations, which regularly feature more candid commentary than is common in mixed-gender groups.</p> <p><u>Components:</u></p> <p>The program focuses on interactive scenarios and group discussion. MVP offers an array of training options for both students and administrators which can be customized to fit the needs and structure of your campus community. Key Elements of MVP Strategies Trainings:</p> <ul style="list-style-type: none"> • highly interactive, facilitated dialogues (not lectures) • bystander scenarios • experiential exercises • basic media literacy education • leadership training <p><u>Evaluation Findings:</u></p> <p>An Evaluation Report of MVP’s Campus Leadership Initiative showed positive change in Train the Trainer participants’ “bystander efficacy beliefs, bystander behavior intent, and personal teaching efficacy to train and support others in sexual assault prevention” (Department of Justice, 2011). The research that is available is not in peer reviewed academic journals. One study of fraternity men and sorority women reported lower levels of sexism and an increased belief that they could prevent male violence against women after taking the MVP Student Leadership program (Cissner 2009). Although the Mentors in Violence Prevention program (MVP) has not been officially classified as evidence-based, it has been utilized around the country and the world since 1993 at different college campuses and institutions including the US Armed Services and professional sports organizations like the NFL and NBA.</p> <p><u>Considerations:</u></p> <p>MVP utilizes some of the techniques that existing research deems the most effective in reaching students. Their programs have a strong core philosophy while being malleable enough to adapt to specific audiences and institutional needs. They are interactive and if administered properly will effectively engage the students to take an active role in the discussion about sexual violence.</p> <p>Compared to other programs, this program requires a much greater time commitment on behalf of the administrator. Volunteers need to be trained, and ideally those volunteers will run several sessions for the participants, each of considerable length. Identifying student leaders and investing in intensive training may require time on the front end but could make shifting culture much more efficient in the long run by using existing cultural structures on campus.</p> <p><u>More Information:</u></p> <p>http://www.mvpstrat.com/mvp-programs/college/</p> <p>https://cultureofrespect.org/program/mentors-in-violence-prevention-mvp/</p> <p>For more information contact mvpstrategies@yahoo.com.</p>
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<p>Coaching Boys Into Men</p> <p>Audience: High School Young Men- adaptable to college population- please work with developer to adapt with fidelity</p> <p>CBIM college version should be released soon</p> <p>Length: 12 sessions, each about 15-20 minutes</p> <p>Group Size: Intended for use with a team</p> <p>Cost: Free</p>	<p><u>Summary:</u></p> <p>Coaching Boys into Men (CBIM) is a violence prevention program for athletic coaches designed to inspire them to teach their young male athletes about the importance of respect for themselves, others, and particularly women and girls. Athletic coaches play an extremely influential and unique role in the lives of young men. Because of these relationships, coaches are poised to positively influence how young men think and behave, both on and off the field. CBIM is the only evidence-based prevention program that trains and motivates high school coaches to teach their young male athletes healthy relationship skills and that violence never equals strength.</p> <p><u>Components:</u></p> <p>Over the course of a season the coach has weekly discussions with the team using the CBIM cards:</p> <ul style="list-style-type: none">• CBIM coaches lead their players through 12 brief weekly activities that address themes such as personal responsibility, respectful behavior, and relationship abuse.• Throughout the sessions are teachable moments.• Teams are encouraged to involve fans, parents, faculty, other students, and school administrators in support of CBIM's respect message. <p><u>Evaluation Findings:</u></p> <p>In 2012, Coaching Boys Into Men underwent a rigorous three year evaluation in Sacramento, California funded by the Centers for Disease Control (CDC). The study found that athletes who participated in the program were significantly more likely to intervene when witnessing abusive or disrespectful behaviors among their peers and were also more likely to report less abuse perpetration.</p> <p><u>Considerations:</u></p> <p>The Enough is Enough Program would be in the role of working with the coaches on implementation of the program and would not be delivering the content, though they would be in a supportive role. Despite the simplicity of the program approach and materials, CBIM requires consistent organizing and support from a CBIM Advocate in order to be successful. The program is intended for high school students but is easily adaptable to college-aged teams. If you intend to use the program with college-aged teams, please reach out to the developer to work on the adaptations. Its expected that a college-aged version will be released soon- when that is released, Enough is Enough Programs should transition to that version.</p> <p><u>More Information:</u></p> <p>http://www.coachescorner.org/</p> <p>http://www.coachescorner.org/wp-content/uploads/2017/06/Advocate-2-CBIM-Organizing-Journey.pdf</p>
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<p>Athletes as Leaders</p> <p>Audience: High School athletes on girls' sports teams can be adapted for college-aged- please work with developer to adapt with fidelity</p> <p>Length: 10 sessions, each about 20 minutes</p> <p>Group Size: Intended use is with a team</p> <p>Cost: Free</p>	<p><u>Summary:</u></p> <p>Athletes As Leaders, created by the Harborview Center for Sexual Assault and Traumatic Stress, is a Coaching Boys Into Men complementary program for high school female athletic teams. The program aims to empower female-identified youth to take an active role in promoting healthy relationships and ending sexual violence. Athletes are encouraged to be leaders in changing social norms at the school to a culture of safety and respect. Read more in the Background Information page.</p> <p><u>Components:</u></p> <p>The program consists of 10 sessions:</p> <ul style="list-style-type: none">• Introductions and Group Agreements• Challenging Gender Stereotypes• Privilege and Oppression• Self-Image and Standards of Beauty• Rumor Spreading• Relationships• Consent• Messages about Manhood• Girl Positivity• Celebrating our Successes <p>Each session consists of a video and lesson to go along with it.</p> <p><u>Evaluation Findings:</u></p> <p>Athletes As Leaders is based on research and best practices in sexual assault prevention and seeks to make communities safer. Research shows that when girls are empowered, sexual violence is actually less likely to occur. A national evaluation of the program during the 2017-18 academic year of 268 athletes on 12 teams in 8 states found that athletes had an improved ability to identify abusive behaviors, improved belief in gender equity, and increased self-image and confidence.</p> <p><u>Considerations:</u></p> <p>The Enough is Enough Program would partner with a school or athletic organization to implement the program. Advocates provide training, support and coordination for program implementation. The program is intended for high school students, but the developer, Rebecca Milliman, said it is easily adaptable to college-aged teams. If you intend to use the program with college-aged teams, please reach out to Rebecca to work on the adaptations.</p> <p><u>More Information:</u></p> <p>https://www.athletesasleaders.org/</p> <p>https://www.athletesasleaders.org/training</p> <p>https://www.athletesasleaders.org/advocates</p>
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<p>Men's Workshop</p> <p>Audience: Undergraduate male-identified students</p> <p>Length: Two sessions, separated by 4 months. The first session is 1 ½ hours long and the second is 1 hour long.</p> <p>Group Size: Not specified</p> <p>Cost: Not specified</p>	<p><u>Summary:</u></p> <p>The Men's Workshop is an in-person prevention program for male-identified undergraduates that is delivered in two sessions, four months apart. The sessions include social norms, consent and bystander intervention components.</p> <p><u>Components:</u></p> <p>The program aims to:</p> <ul style="list-style-type: none">• foster empathy regarding sexual assault by:<ul style="list-style-type: none">○ providing participants with the opportunity to describe the impact of sexual assault on women in their lives, and○ discuss alternative explanations for men's perceptions of false accusations of assault• decrease subscription to rape myths• increase understanding of consent• create appropriate norms regarding sexual assault behavior• decrease perpetration of sexual aggression• increase awareness about conditions of consent• increase prosocial bystander behavior <p><u>Evaluation Findings:</u></p> <p>This program has a significant evidence base and strong theoretical underpinning. The Men's Workshop has undergone three evaluation studies, one of which was published in a peer-reviewed journal using an experimental study design with a control group. The evaluation demonstrated significant decreases in: association with sexually aggressive peers; identification of sexual assault; and participation in sexually aggressive behavior.</p> <p><u>Considerations:</u></p> <p>Because it's intended for all-male groups only, it not appropriate for campus-wide distribution. For that reason - and because a critical component of the program theory specifies that it be administered in peer groups - this may be an excellent option for male athletic teams and fraternities.</p> <p><u>More Information:</u></p> <p>http://alanberkowitz.com/sexual_assault.php</p> <p>https://cultureofrespect.org/program/mens-workshop/</p> <p>To access the curriculum and protocol for the Men's Workshop, contact Dr. Alan Berkowitz at alan@fltq.net. Dr. Berkowitz can also help develop a tailored program based off the Men's Workshop curriculum.</p>
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<p>The Men's Program</p> <p>Audience: Undergraduate male-identified students</p> <p>Length: One-time presentation that ranges from 35-45 minutes</p> <p>Group Size: Not specified</p> <p>Cost: Train-the Trainer Manual is about \$45, the video component is approximately \$55 or \$150, depending on the length of the video selected.</p>	<p><u>Summary:</u></p> <p>The Men's Program is a workshop for male-identified undergraduate students that focuses on empathy-building, bystander education, and defining consent to educate students on what a rape feels like, how to support victims and how to intervene as a bystander. The Men's Program utilizes multiple teaching methods: a video presentation, and an interactive dialogue on the subject of bystander prevention.</p> <p><u>Components:</u></p> <ul style="list-style-type: none">• Presentation of a rape scenario• What do victims have to do after experiencing rape?• Other elements of the program:<ul style="list-style-type: none">○ Being supportive of victims○ Consent○ Changing rape culture <p><u>Evaluation Findings:</u></p> <p>Some research indicates that college men who experience The Men's Program significantly increase their self-reported willingness to help as a bystander and their perceived bystander efficacy compared to control groups that have not undergone the program. Some studies also indicate that participants significantly decrease their self-reported rape myth acceptance compared to those that have not undergone the program (Langhinrichsen-Rohling, Foubert, et al., 2011). Some research also indicates that men who are at high risk to commit sexual assault are less likely to do so after participating in the program than high-risk men who do not participate in the program (Foubert, Tatum, & Donahue, 2006).</p> <p><u>Considerations:</u></p> <p>The graphic description of a male police officer is designed to invoke feelings of empathy in the male participants towards rape victims. Some administrators may be reluctant to present this type of story to college-aged men. The language is graphic and paints a vivid portrait of a rape that may make some participants uncomfortable.</p> <p>The social contexts of male-male rape and male-female rape are often very different. Perhaps even more importantly, there are numerous issues that a female victim has to deal with that a male victim never will (the risk of pregnancy being the most obvious, but certainly not the only one).</p> <p>The scenario also incorporates elements that are not frequently found in common campus sexual assault settings. For example, the rape is perpetrated by strangers rather than an acquaintance and a lethal weapon is used.</p> <p>This program could be used in conjunction with the Women's Program on a college campus.</p> <p><u>More Information:</u></p> <p>http://www.oneinfourusa.org</p> <p>https://cultureofrespect.org/program/mens-program/</p> <p>The program author, John Foubert, can be reached at John.Foubert@gmail.com.</p> <p>The book, The Men's and Women's Programs: Ending Rape through Peer Education, is a step-by-step guide on how to implement the program in different settings and how to administer the program to different populations.</p>
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<p>The Women's Program</p> <p>Audience: Undergraduate female-identified students</p> <p>Length: One session</p> <p>Group Size: Not specified</p> <p>Cost: The manual is currently about \$87, but there may be other costs associated</p>	<p><u>Summary:</u></p> <p>The Women's Program is a workshop for female-identified undergraduate students aimed at increasing bystander intervention. The workshop consists of a film of an interview with a man who committed rape and a discussion period after than end with participants committing to the ways in which they can intervene.</p> <p><u>Components:</u></p> <p>By the end of the session, participants will be able to:</p> <ul style="list-style-type: none">• recognize characteristics of high-risk perpetrators• intervene in potentially high-risk situations• help rape survivors by giving them pertinent information about rape, a victim's recovery from rape, and resources where more information can be found <p><u>Evaluation Findings:</u></p> <p>One evaluation study of the Women's Program was published in a peer-reviewed journal, demonstrating significant improvement on some, but not all, outcome measures. The program significantly increased both women's confidence in their ability to intervene as a bystander and their perceived willingness to help a potential abuse victim but there were no significant differences on participant's subscription to rape myths.</p> <p><u>Considerations:</u></p> <p>The program uses peer facilitators, so the Enough is Enough Program would need to have a group of peer-educators trained to deliver the program. This program could be used in conjunction with the Men's Program on a college campus.</p> <p><u>More Information:</u></p> <p>http://www.oneinfourusa.org/thewomensprogram.php</p> <p>https://cultureofrespect.org/program/the-womens-program/</p> <p>The program author, John Foubert, can be reached at John.Foubert@gmail.com.</p> <p>The book, The Men's and Women's Programs: Ending Rape through Peer Education, is a step-by-step guide on how to implement the program in different settings and how to administer the program to different populations.</p>
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<p>SCREAM Theater and SCREAM Athletes</p> <p>Audience: Undergraduate Students; customized version for student athletes</p> <p>Length: One performance with debriefing session runs about 75 minutes. The athlete's version is 60-75 minutes.</p> <p>Facilitators go through 6 training sessions</p> <p>Group Size: Not specified</p> <p>Cost: The program costs \$500 per performance plus travel costs. (sliding scale is available) The SCREAM Athletes Step Up To Prevent Sexual Violence video w/ facilitator guide costs \$250.</p>	<p><u>Summary:</u></p> <p>SCREAM (Students Challenging Realities and Educating Against Myths) Theater is an undergraduate theater group at Rutgers University which uses improvisation and skits to educate peers on sexual assault, relationship violence, dating violence, stalking, harassment, and bullying.</p> <p>SCREAM Athletes is performed and facilitated by student athletes who discuss how attitudes, beliefs, and standards of athletic culture can support rape culture, the unique experience and pressures felt by student athletes, and the potential power athletes can have towards positive social change. The program has also created the video Taking the Lead: SCREAM Athletes Step Up to Prevent Sexual Violence.</p> <p><u>Components:</u></p> <p>SCREAM Theater and SCREAM Athletes first present material and concepts through a performance, including an interactive question and answer session, followed by small group discussions with peer educators. Bystander Intervention is emphasized as a form of primary prevention in both programs.</p> <p>The SCREAM Athletes video, Taking The Lead: SCREAM Athletes Step Up to Prevent Sexual Violence, can be shown instead of a live performance and without a debriefing session.</p> <p><u>Evaluation Findings:</u></p> <p>A study by McMahan, Postmus, Warrener, and Koenick (2014) found SCREAM Theater to have significant effects on participants' rates of rape myth acceptance and bystander attitudes. SCREAM Athletes has not undergone peer evaluated analysis but is based on the SCREAM Theater Model discussed above.</p> <p><u>Considerations:</u></p> <p>SCREAM Theater is a creative and interactive approach to education and violence prevention using Peer Education Theater. Another strength of this program is the multi-tiered approach incorporating debriefing sessions in which participants can interact with the topics in a smaller setting after observing the performance as part of a large group.</p> <p>Although SCREAM Theater has been shown to have a positive impact on participants' rates of rape myth acceptance and bystander attitudes, it is still a one dose program and as such may be best suited for orientation programming or as part of an ongoing curriculum.</p> <p>The Enough is Enough Program could assist in facilitation of the performance and be involved in the debriefing.</p> <p><u>Information:</u></p> <p>http://vpva.rutgers.edu/scream-theater-and-scream-athletes/what-is-scream-theater</p> <p>https://cultureofrespect.org/program/scream-theater/</p> <p>For more information on scheduling and pricing for a SCREAM TheaterTM or SCREAM AthletesTM performance, contact Brady Root, Prevention Education Coordinator, at 848-932-1181 or bradyroo@echo.rutgers.edu.</p>
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Enough is Enough Prevention Program List

Prevention Programs that Enough is Enough Programs Could Recommend to Partner Campuses and Be in a Supportive Role When Implemented

<p>TakeCare</p> <p>Audience: College students</p> <p>Length: 25 minutes in duration</p> <p>Group Size: Online, so unlimited</p> <p>Cost: Unknown</p>	<p><u>Summary:</u></p> <p>TakeCARE is a bystander intervention program to help prevent sexual violence on college campuses. It is accessed online, presented as a video. TakeCARE encourages college students to look out for one another in situations that present risk for sexual assault, and to support friends who have been victimized — it encourages students to be more than just bystanders.</p> <p><u>Components:</u></p> <ul style="list-style-type: none">• Video vignettes: used as a teaching tool to illustrate situations that commonly entail risk for victimizations, what those risks are, and how students can help protect and support their friends in such situations.• Presents information about sexual pressure and coercion, defines and discusses the term “consent” as it applies to sexual behavior, provides examples of the types of behaviors that can exist in unhealthy or abusive relationships, and introduces the idea that both men and women can experience unwanted sexual pressure and relationship violence <p><u>Evaluation Findings:</u></p> <p><u>TakeCARE, a Video Bystander Program to Help Prevent Sexual Violence on College Campuses: Results of Two Randomized, Controlled Trials (Jouriles et al., 2016)</u></p> <p>The study found that students who viewed TakeCARE, compared to students who viewed the control video, reported engaging in more bystander behavior toward friends and greater feelings of efficacy for performing such behavior.</p> <p><u>An Online Bystander Intervention Program for the Prevention of Sexual Violence (Kleinsasser, Jouriles, McDonald, & Rosenfield 2015)</u></p> <p>Participants who viewed TakeCARE reported greater efficacy for engaging in bystander behaviors at post-treatment and two months following treatment, compared to those who viewed the control program. In addition, participants who viewed Take Care reported performing relatively more bystander behaviors for friends at the two-month follow-up assessment, compared to participants who viewed the control program.</p> <p><u>Considerations:</u></p> <p>Numerous focus groups with diverse groups of college students, staff, administrators, and stakeholders helped inform the development of the program. Since an online program can reach large groups of students quite readily, TakeCARE offers the potential for inexpensive and easy delivery across an entire campus community.</p> <p>In addition, since it’s an online program, it may be a good resource for Enough is Enough Programs to recommend to campuses when working with online and commuter colleges. Since it is an online program, the Enough is Enough Program would not have a direct role in the delivery of the program, but it could be recommended to their college partner.</p> <p><u>More Information:</u></p> <p><u>https://www.smu.edu/Dedman/Academics/Departments/Psychology/Research/FamilyResearchCenter/Research/TakeCARE</u></p>
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<p>RealConsent (still in its beta-testing stage)</p> <p>Audience: Male-identified undergraduate college students</p> <p>Length: Six 30-minute modules</p> <p>Group Size: Online, so unlimited</p> <p>Cost: Unknown</p>	<p><u>Summary:</u></p> <p>Researchers at Emory have developed RealConsent, a 3-hour web-based program for male college students to educate them on violence against women. Each module contains interactive activities that aim to change underlying attitudes and beliefs that increase the propensity for committing sexual assault.</p> <p><u>Components:</u></p> <p>There are 6 modules that address topics like informed consent, the role of alcohol, debunking rape myths, increasing empathy for victims, and encouraging intervening behavior. This software enables an interactive learning experience to reduce sexual assault committed by college-aged males.</p> <p><u>Evaluation Findings:</u></p> <p>A Web-Based Sexual Violence Bystander Intervention for Male College students: Randomized Controlled Trial (Salazar, Vivolo-Kantor, Hardin, & Berkowitz 2014)</p> <p>At 6-month follow-up RealConsent participants intervened more often and engaged in less sexual violence perpetration compared to controls. In addition, RealConsent participants reported greater legal knowledge of sexual assault, greater knowledge of effective consent, less rape myths, greater empathy for rape victims, less negative date rape attitudes, less hostility toward women, greater intentions to intervene, less hyper-gender ideology, less positive outcome expectancies for nonconsensual sex, more positive outcome expectancies for intervening, and less comfort with other men’s inappropriate behaviors.</p> <p><u>Considerations:</u></p> <p>While the program’s strength is that it speaks to a specific audience that is at high risk for perpetration of assault, it’s tone and content may not resonate with all college-aged men. This is especially true for queer, gay or gender-nonconforming students, but may also be relevant for men who do not identify with the actors portrayed in <i>RealConsent</i>.</p> <p>It’s an online program, so it may be a good resource for Enough is Enough Programs to recommend to campuses when working with online and commuter colleges. Since it is an online program, the Enough is Enough Program would not have a direct role in the delivery of the program, but it could be recommended to their college partner.</p> <p><u>Information:</u></p> <p>https://www.ibridgenetwork.org/#!/profiles/4005658529748/innovations/399/</p> <p>https://cultureofrespect.org/program/realconsent/</p>
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<p>Media Aware</p> <p>Audience: Undergraduate students</p> <p>Length: Five modules; can take up to 2 hours to complete the entire program</p> <p>Group Size: N/A-self-administered program</p> <p>Cost: Varies depending on the number of users and length of agreement</p>	<p><u>Summary:</u></p> <p>Media Aware is a self-administered online program that uses lessons, quizzes, and videos that use social norms theory to promote sexual health and develop critical thinking skills through media literacy education. The program addresses a wide range of topics related to healthy sexuality, including: dispelling rape myths, safe use of alcohol, consent, contraception, STI prevention, and healthy relationships. The online module uses reality TV clips, pop music songs and other media sources to explore themes related to drug and alcohol use, healthy relationships, and healthy sexuality.</p> <p><u>Components:</u></p> <p>By the end of the program students will demonstrate:</p> <ul style="list-style-type: none">• An increase in sexual health knowledge• A reduction in risky sexual behaviors and intentions• Healthier attitudes, norms, and beliefs related to sexual health• Stronger logical processing skills for evaluating media messages <p><u>Evaluation Findings:</u></p> <p>A randomized controlled trial (RCT) design was used to evaluate the effectiveness of the Media Aware program for community college students. Community college students who used the Media Aware program: were less likely to report risky sexual behaviors, showed an improvement in knowledge, attitudes, beliefs and behavioral intentions related to sexual health, and reported increased media skepticism.</p> <p><u>Considerations:</u></p> <p>This is one of few programs that is targeted towards community college students and has a strong evidence base to support its efficacy for that population. The program includes components beyond the usual Title IX or Enough is Enough compliance trainings and has a comprehensive approach to sexual health that encompasses related topics.</p> <p>It's an online program, so it may be a good resource for Enough is Enough Programs to recommend to campuses when working with online and commuter colleges. Since it is an online program, the Enough is Enough Program would not have a direct role in the delivery of the program, but it could be recommended to their college partner.</p> <p><u>Information:</u></p> <p>http://mediaawarecollegeprograms.com/</p> <p>https://cultureofrespect.org/program/media-aware/</p>
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<p>interACT</p> <p>Audience: Undergraduate students</p> <p>Length: One-time performance that is 60-75 minutes with a discussion after</p> <p>Group Size: Can be done for a large group or smaller audience</p> <p>Cost: Include airfare, accommodations, transportation, and a stipend</p>	<p><u>Summary:</u></p> <p>The interACT sexual assault program is an interactive, skill-building performance that helps audience members recognize the warning signs of abusive relationships, better understand how individuals feel after being raped/sexually assaulted and learn how to effectively intervene in order to prevent assaults. It is currently performed by students at California State University of Long Beach.</p> <p><u>Components:</u></p> <p>The interACT performance is presented in two parts:</p> <ul style="list-style-type: none"> • First, two semi-scripted scenes are presented. One presents a sexual assault perpetrated by a male college student and the second displays a woman confessing to a friend that her boyfriend assaulted her. • Then, several interactive scenes are used to invite audience members to come on stage with actor-educators to try to prevent sexual assault from occurring in the scenario, to better understand the experiences of a survivor, and to comfort a survivor. • Following the performance, the facilitator discusses effective strategies for bystander intervention <p>This program aims to:</p> <ul style="list-style-type: none"> • increase students' perceived benefits of engaging in bystander intervention • increase likelihood of students engaging in bystander intervention <p><u>Evaluation Findings:</u></p> <p>Two evaluation studies have been conducted on the efficacy of the interACT. Most recently, a study using non-experimental design was published in a peer-reviewed journal. The study demonstrated significant improvement on some, but not all, outcome measures. The program significantly increased both men and women's <i>confidence in their ability to intervene</i> as a bystander, participants' <i>perception of the helpfulness of bystander intervention</i>, self-reported likelihood of engaging in bystander intervention and their <i>perceived willingness to help</i> a potential abuse victim. The researchers demonstrated that these benefits were more pronounced among those with initial lower beliefs about the helpfulness of bystander intervention. A previous study demonstrated similar results using an experimental design. A qualitative study using focus groups highlighted men's reactions to interACT.</p> <p><u>Considerations:</u></p> <p>This innovative approach can also be integrated into academic programming for theater and education departments. Still, this program needs to be offered in conjunction with other programming since it is unlikely to reach the entire campus.</p> <p>InterACT is performed by a troupe based out of California State University at Long Beach. They accept requests to perform around the country for audiences as big as 1,400 people. The Enough is Enough Program can recommend this program to their college partners as part of their on-going prevention programming and be in a supportive role, esp. for students that may be triggered or disclose.</p> <p><u>Information:</u></p> <p>http://www.cla.csulb.edu/departments/communicationstudies/interact/</p> <p>https://cultureofrect.org/program/interact/</p>
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