



2015-2016 Risk Management Series

Sexual Misconduct Toolkit

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What is Sexual Misconduct?

The following behavior constitutes sexual misconduct:

Sexual Harassment

Sexual harassment is any unwelcome conduct or behavior of a sexual nature which creates a hostile environment. Sexual harassment can include unwelcome sexual advances, requests for sexual favors and other verbal (i.e. jokes, innuendos, postings on social media), nonverbal, or physical conduct of a sexual nature. Sexual harassment includes, but is not limited to: (1) an exposure of an actor's genitals done with the intent to affront or alarm any person, and (2) viewing a person in state of undress without his or her consent or knowledge.

Harassing conduct may include, but is not limited to the following examples:

- Graphic and written statements, which may include use of cell phones or the internet;
- Making sexual comments, jokes or innuendos;
- Distributing sexually explicit drawings, pictures, or written materials;
- Calling someone sexually charged names;
- Rating someone on sexual activity or performance; and/or
- Circulating, showing, or creating emails or web sites of a sexual nature.

Sexual Assault, including Sexual Contact

Sexual assault or contact occurs when a person subjects another person to sexual penetration or contact without consent, or when it is known the other person is mentally or physically incapable of resisting or appreciating the nature of the one's own conduct due to drug or alcohol use or other incapacity.

Dating Violence and Domestic Violence

Occurs if a person intentionally and knowingly causes bodily injury to his or her intimate partner; or threatens an intimate partner with imminent bodily injury; or threatens an intimate partner in a menacing manner. A person commits a more severe form of domestic assault if he or she intentionally and knowingly causes bodily injury to an intimate partner with a dangerous instrument. A person commits the worst form of domestic assault if he or she intentionally and knowingly causes serious bodily injury to an intimate partner.

Stalking

Stalking is engaging in a knowing and willful course of conduct directed at a specific person or a family or household member of such person with the intent to injure, terrify, threaten, or intimidate.

What Constitutes Consent?

“Consent” is an agreement, approval, or permission as to some act or purpose, given voluntarily by a competent person. In the context of sexual activity, consent is an affirmative decision to engage in mutually acceptable sexual activity by clear actions or words. It is an informed decision, freely made by both parties.

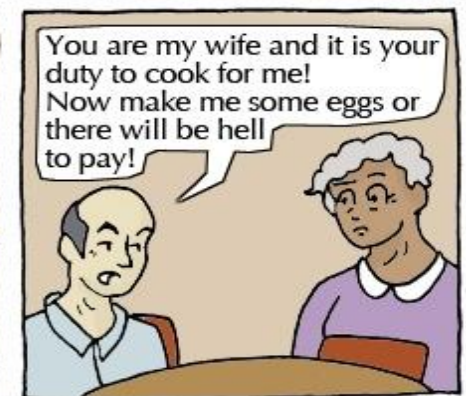
There is no consent where:

- A person is compelled to submit due to the use of force or threat of force or coercion.
- A person expresses a lack of consent through words or conduct. A person need only resist, either verbally or physically, so as to make the person's refusal to consent genuine and real and so as to reasonably make known to the actor the person's refusal to consent.
- Where consent, if any is actually given, is the result of deception as to the identity of an actor; or deception as to the nature or purpose of the act on the part of an actor.

The following guidelines are helpful when considering whether consent is given:

- Consent can be withdrawn at any time. If a person communicates consent, but then changes his or her mind, consent no longer exists.
- It is not safe to rely solely upon nonverbal communication. Nonverbal communication can lead to misunderstanding.
- One should not assume consent is given.
- Silence does not equal consent. Moreover, passivity, or lack of active resistance alone does not equal consent.
- A current or previous dating or sexual relationship does not constitute consent.
- Consent to one form of sexual activity does not imply consent to other forms of sexual activity.
- Being intoxicated does not diminish one's responsibility to obtain consent.
- Consent cannot be given where a person is incapacitated due to alcohol or other drugs.
- Consent cannot be given where a person is passed out, asleep, unconscious, mentally or physical impaired, threatened, confined or coerced.

The use of alcohol or other drugs can have unintended consequences. Alcohol or other drugs can lower inhibitions and create an atmosphere of confusion over whether consent is freely and effectively given. Being intoxicated or high is never an excuse for sexual misconduct. The presence of drugs or alcohol during sexual activity significantly increases opportunity for misunderstanding and vulnerability, as well as the potential for violating UNL policy.





an everyday feminism comic
Visit us at: everydayfeminism.com

Where Can I Seek Help If I Have Been Assaulted?

UNL encourages any person subjected to sexual misconduct to seek assistance and support. There are several resources available to you.

Call 911

If there is a crime in progress or you need immediate medical care or safety measures, call 911. You can also text campus police by texting to 69050 with key word UNLPD.

Seek Help from Law Enforcement

Contact Campus Police (UNLPD) or local law enforcement to seek safety measures or report a crime. UNLPD is obligated to report allegations of sexual misconduct to the Title IX Coordinator for investigation of Title IX violations.

UNLPD
300 N 17th St
Lincoln, NE 68588
(402) 472-2222

Lincoln Police Department
575 S 10th St
Lincoln, NE 68508
(402) 441-6000

Lancaster County Sheriff's Office
575 S 10th St
Lincoln, NE 68508
(402) 441-6500

Seek Medical Care

Contact a Medical Facility if you need medical care or a rape kit:

Bryan Medical Center West
2300 S. 16th St.
Lincoln NE 68502
(402) 481-1111

Bryan Medical Center East
1600 S. 48th St.
Lincoln NE 68506
(402) 481-1111

Saint Elizabeth Regional Medical Center
555 S. 70th St.
Lincoln NE 68510
(402) 219-8000

Talk to a friend, parent or other supportive person.

UNL encourages you to report to local law enforcement and university authorities any sexual harassment or misconduct directed toward you. However, not everyone is ready to make such a call or report concerns right away. Your safety and welfare is of utmost concern to the University. Therefore, to the extent you are not ready to report to local or campus authorities, we encourage you to seek guidance from those closest to you. When doing so, please keep in mind the University's obligations to investigate received reports.

Counseling Available at UNL

UNL Counseling and Psychological Services (CAPS): (402) 472-7450 health.unl.edu/caps M-F 8am-5pm. Call for a 10-15 minute initial phone appointment.

LGBTQA Resource Center Liaison: Dr. Scott Winrow swinrow2@unl.edu

UNL Counseling and School Psychology Clinic: (402) 472-1152 *Offering affordable, confidential counseling for students and community members.*

UNL Psychological Consultation Center (PCC): (402) 472-2351 *Offering affordable, confidential counseling for students and community members.*

UNL Women's Center: (402) 472-9428 *Offering affordable, confidential counseling for women and men students. Call the counseling coordinator for more information or to schedule an appointment.*

Confidential Resources

There are certain individuals on campus and in the community who you can talk to in near complete confidence. These individuals have no responsibility to take action, report to law enforcement, or report to the University the information you share with them, so long as the individual is acting in their role as counselor, advocate, medical provider, or attorney at the time you share your concerns. Please be advised, if you share your concerns only with these individuals, the University will not conduct an investigation unless you take further action to inform campus authorities of your concerns, or the University learns about your situation from another source.

The following are UNL confidential contacts:

UNL Victim Advocate

(402) 472-0203

Victim Advocate: Morgan (morgan@voicesofhopelincoln.org)

Voices of Hope

24 Hour Crisis Line, (402) 475-7273

University Health Center, Medical Clinic, Medical Providers

1500 U Street

(402) 472-5000

University Health Center, Counseling and Psychological Services

(402) 472-7450

Student Legal Services

(402) 472-3350

Women's Center Counseling Services

(402) 472-9428

Psychological Consultation Center (PCC)

325 Burnett Hall, City Campus

(402) 472-2351

Counseling and School Psychology Clinic

49 Teachers College Hall, City Campus

(402) 472-1152

UNL Athletics (*for athletes*)

Osborne Athletic Complex

800 Stadium Drive, City Campus

(402) 472-2276

Athletic Psychologist, Brett Haskell

Associate AD of Athletic Medicine, Lonnie Albers

Director of Sports Psychology, Todd Stull

Team Doctors: David Clare, Robert Dugas, Justin Harris

While Confidential Resources do not have an obligation to take action or to initiate a campus investigation, they do have an obligation to report statistical information regarding some crimes, including sexual assault, dating violence, domestic violence and stalking to campus police for the purpose of annual crime statistic reporting. They may also have an obligation to report non-identifying information to the Title IX Coordinator for the purpose of addressing campus climate. Medical providers may have a responsibility to report certain crimes to local law enforcement as required by state law.

Community Resources

The following are persons **outside of the UNL community** who you may talk to on a confidential basis and who do not have any reporting obligation to UNL:

- Pastors of your choice.
- Licensed psychologists, therapists or counselors. Some of these providers will charge a fee for their services.

Here are some community providers:

Lincoln Behavioral Health Clinic

3201 Pioneers Blvd., Ste. 202, Lincoln, NE 68502
(402) 489-9959.

The DOVES Program, Gering, NE

(308) 436-4357
Spanish: 877-215-0167

RADP (Rape Domestic Abuse Program), Valentine, NE

(877) 376-2080

Domestic Abuse/Sexual Assault Services, McCook, NE

(308) 345-5534

Parent-Child Center, Lexington, NE

Office: (308) 324-2336 or (308) 324-2337
Crisis Line: (308) 324-3040
Español: (308) 324-1942

Sandhills Crisis Center, Ogallala, NE

(877) 836-6055

Rape/Domestic Abuse Program, North Platte, NE

Office: (308) 532-0624
Crisis Line: (308) 534-3495

The S.A.F.E Center, Kearney, NE.

(877) 237-2513

The Crisis Center, Inc., Grand Island, NE

(308) 381-0555

Spouse Abuse/Sexual Assault Crisis Center, Hastings, NE

(402) 463-4677

Center for Sexual Assault and Domestic Violence Survivors, Columbus, NE

(800) 658-4482

Haven House, Wayne, NE

Crisis Line: (800) 440-4633

Bright Horizons, Norfolk, NE

Crisis Line: (877) 379-3798

Project Response, Auburn, NE

(800) 456-5764

Hope Crisis Center, Fairbury, NE

(877) 388-4673

The Bridge, Fremont, NE

(888) 721-4340

Heartland Family Service Domestic Abuse Program, Papillion, NE

Crisis Line: (402) 292-5888

Catholic Charities - The Shelter, Omaha, NE

(402) 558-5700

Lawyers or legal assistance

Below are free or reduced legal services which may be helpful to you.

Legal Aid of Nebraska

Omaha - 209 S 19th St #200, Omaha, NE 68102

(402) 348-1069

Fax: 402-348-1068

Lincoln - 941 "O" Street, Suite 825, Lincoln, NE, 68508

Phone: 402-435-2161

Fax: 402-435-2171

Scottsbluff - 1423 1st Ave, Scottsbluff, NE, 69363

Phone: 308-632-4734

Fax: 308-632-3844

North Platte – 102 East 3rd Street, Suite 102, North Platte, NE, 69101

Phone: 877-250-2016

Norfolk - 214 No. 7th St. Suite 10, Norfolk, NE 68701

402-644-4761

Other Legal Aid office locations can be found at <http://www.legalaidofnebraska.org/node/507/our-offices>

How Can I Report Sexual Misconduct?

UNL encourages any person subjected to sexual misconduct to report the conduct to law enforcement and to the University's Title IX office. There are several reporting options available to you:

Report a Crime

If there is a crime in progress or you need immediate medical care or safety measures, call 911. You can also text campus police by texting to 69050 with key word UNLPD.

Contact Campus Police (UNLPD) or local law enforcement to seek non-emergency safety measures or report a crime. UNLPD is obligated to report allegations of sexual misconduct to the Title IX Coordinator for investigation of Title IX violations.

UNLPD
300 N 17th St.
Lincoln, NE
(402) 472-2222

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575 S 10th St
Lincoln, NE 68508
(402) 441-6000

Lancaster County Sheriff's Office
575 S 10th St
Lincoln, NE 68508
(402) 441-6500

Anonymous Reporting

You may choose to file a report with the University and request that your name not be used in the investigation process. However, it is often difficult to investigate allegations when an individual requests their name not be disclosed during an investigation. Reporting anonymously may limit the University's ability to conduct a full investigation and take action. You may report anonymously through the University's TIPS reporting system.



You may share a concern or file a complaint using TIPS reporting. The TIPS link may be found on the University's homepage or at <http://go.unl.edu/86bw>. TIPS provides an online method by which UNL community members may share campus concerns. Concerns expressed through TIPS which contain potential sexual misconduct allegations will be investigated by the Title IX Coordinator and/or his or her designee.

Contact a Responsible Employee

Responsible employees are individuals working at UNL who have an obligation to inform the Title IX Coordinator of allegations of sex discrimination or sexual misconduct. Responsible Employees cannot keep your concerns confidential. If you talk to these individuals, your concerns will be reported and the University will conduct an investigation into your concerns. For a list of individuals identified as Responsible Employees, please see go.unl.edu/title-ix-responsible-employees. These individuals are identified on campus by the symbol shown to the right.



Not all UNL employees are Responsible Employees. Only individuals who are designated as Responsible Employees are authorized to take action on or required to report sexual misconduct allegations. Please understand, if you choose to share your concerns with a Confidential Resource, or if you talk to someone who is not identified as a Responsible Employee, the University may not investigate your concerns as it may not have notice of those concerns. To the extent you want the University to take action, you need to report to a Responsible Employee, campus police or the Title IX Coordinator.

File a Title IX Complaint with the University

Susan M. Foster

UNL's Title IX Coordinator

Office of Equity and Compliance

128 Canfield Administration Building, Lincoln, NE 68588-0437

Telephone: (402) 472-3417

Email: susan.foster@unl.edu

Deputy Title IX Coordinators who can assist with questions or complaints:

Christy Horn, Arturo Perez or Tami Strickman may be contacted at:

128 Canfield Administration Building, Lincoln, NE 68588-0437

Telephone: (402) 472-3417

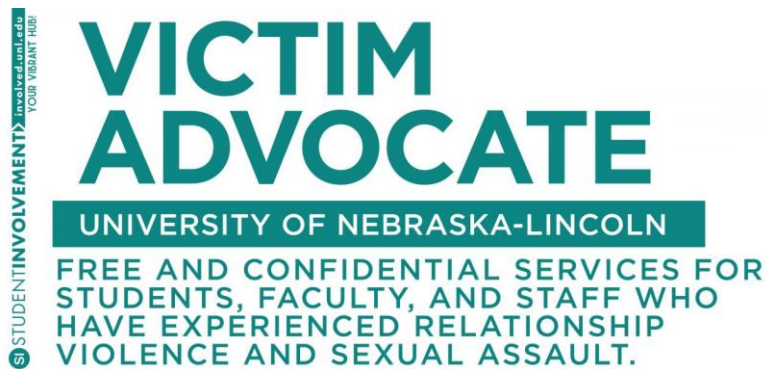
File a Complaint with the Office of Civil Rights

The Office for Civil Rights (OCR) of the U.S. Department of Education enforces Title IX. For more information, see <http://www2.ed.gov/about/offices/list/ocr/complaintprocess.html>.

Will I Suffer Retaliation for Reporting?

Fear of retaliation should never be an obstacle to reporting an incident of discrimination, harassment or sexual misconduct. Any individual who believes he or she has been subjected to misconduct is encouraged to report, and has the right to seek support and utilize available resources without fear of retaliation. Retaliation for reporting concerns or violations of policy is prohibited by the University. The University prohibits retaliatory conduct taken against any person who reports concerns, files a police report, or files a complaint with the University. Retaliation is also prohibited against anyone who participates in an investigation as a witness. Retaliation is a separate violation of University policy. Sanctions available for sexual misconduct violations are also available for retaliatory conduct. If you believe you have been subjected to retaliation for filing a sexual misconduct complaint, please contact the Title IX Coordinator.

Victim Advocate Services



What does the Victim Advocate do?

- Supports you in making your own decisions.
- Assists with safety planning and protection orders.
- Provides confidential crisis counseling.
- Assists with UNL and community referrals
- Connects to the full range of services offered by Voices of Hope

How do I contact the Victim Advocate?

- Email morgan@voicesofhopelincoln.org
- To schedule an appointment call (402) 472-0203
- No appointments necessary on Tuesdays from 2pm to 6pm at the Women's Center, 340 Nebraska Union

Call the Voices of Hope 24-hour crisis line at (402) 475-7273 seven days a week for confidential support and assistance.

If You Were Sexually Assaulted, YOU HAVE RIGHTS!

- You can anonymously report your assault to Crime Stoppers online at: <http://www.lincoln.ne.gov/city/police/anonfrm.htm>, and receive a case number to take to the hospital.
- Evidence can be collected up to 72-96 hours after an assault. If you would to preserve evidence, don't shower or change if possible before going to the hospital. Your clothes will probably be collected at the hospital, so you may want to bring a change of clothes.
- Law enforcement will be notified by medical personnel if you report being sexually assaulted and do not have an anonymous case number. *You are under no obligation to make a statement to police unless you are ready and willing to do so.*
- If you were intoxicated or under the influence of another substance at the time of the assault, and/or under 21 years old, you will not be ticketed unless you are in possession of an illegal substance.

If you are worried about sexually transmitted infections (STI) or pregnancy, emergency contraceptives and STI treatments are available at Planned Parenthood (402-441-3300), your local physician, or the University Health Center for University UNL students (402-472-5000).

How to Support Someone Who Discloses Abuse?

- Believe the survivor. If a friend tells you he or she is being stalked, abused or was physically or sexually assaulted, believe them and support them. Listen to his or her story. Do not victim blame. These offenses have nothing to do with the victim's behavior, actions or the reality of the situation. It is not helpful to judge or investigate. Rather, the best thing you can do is support your friend.
- Let the survivor make the decision. Abusers often prevent victims from making decisions. Telling them what to do could sound controlling. Provide the individual with options & resources but leave the choice up to him/her. Allow them to make personal decisions about how to proceed and support their choices even if you disagree.
- Listen to the individual. Offer assurances like “you don’t deserve this;” “this is not your fault;” and “I believe you.”
- Ask the person how he or she would like your help. Perhaps they would like you to accompany them to the police or the hospital.
- Follow the survivor’s lead. Don’t ask him/her details about the assault unless they offer up the information. Do not give any information out about your friend’s situation to other friends without your friend’s consent.
- Sexual misconduct can lead to depression, anxiety, headaches, stomach problems, sleeping problems and other issues. Encourage your friend to get help dealing with the situation. Refer them to the UNL Victim Advocate, Women’s Center, CAPs or the Title IX Coordinator. If the person has experienced physical harm, encourage them to seek medical help.
- Provide phone numbers of local resources:
 - UNLPD (University Nebraska Lincoln Police Department): (402) 472-2222
 - LPD (Lincoln Police Department): (402) 441-7204
 - University Health Center for University UNL students (402) 472-5000
 - Planned Parenthood (402) 441-3300
 - Voices of Hope 24-hours crisis line at (402) 475-7273
 - Susan Foster, J.D., UNL Title IX Coordinator, (402) 472-3417

If you have experienced relationship violence or sexual assault, it’s not your fault and you are not alone. Help is available.

Associate Director
Jan Deeds
340 Nebraska Union
(402) 472-2598
jdeeds1@unl.edu

Victim Advocate
Morgan
340 Nebraska Union
(402) 472-0203
morgan@voicesofhopelincoln.org

What Can Happen if Someone Violates the Misconduct Policy?

If a student is found to have violated the Sexual Misconduct Policy, one or more of the following sanctions may be imposed:

- A formal written warning in the student's conduct file;
- Probation for a designated period of time;
- Loss of University privileges for a specified period of time;
- Monetary or other compensation for loss, damage or injury;
- Discretionary sanctions (such as community service, work assignments, educational requirements) which are appropriate under the circumstances;
- Resident Hall Relocation;
- Residence Hall Suspension;
- Residence Hall Expulsion;
- University Suspension;
- University Expulsion; or
- University Ban and Bar.

How Can I be a Part of the Solution?

Here are ten steps you can take to help reduce the risk of you or a friend being harmed in social situations:

1. **Trust your gut and be true to yourself.** If something doesn't feel right, it probably isn't. If you feel uncomfortable in a situation, trust your instincts and leave. If someone is pressuring you, it's better to make up an excuse to leave than to stay and be uncomfortable, scared, or worse. Your safety comes before someone else's feelings or what they may think of you. If you see something suspicious, contact law enforcement immediately (local authorities can be reached by calling 911).
2. **When you go to a social gathering, go with a group of friends.** Arrive together, check in with each other throughout the evening, and leave together. Knowing where you are and who is around you may help you to find a way out of a bad situation.
3. **Make plans and be prepared.** When going out, know ahead of time who is going and plan to stay together as a group. Construct a backup plan for the day/night so that all of your friends know where to meet up if someone gets separated and/or their phone dies. Always have a designated sober friend in the group, even if they won't be driving. Be sure to check that you have everything you need before you leave – a fully charged phone, the number for a reliable cab company, enough cash to get you home, etc. Keep your phone on you at all times in case you find yourself in an uncomfortable or dangerous situation.
4. **Do not leave your drink unattended** while talking, dancing, using the restroom, or making a phone call. If you've left your drink alone, just get a new one.
5. **Do not accept drinks from people you do not know or trust.** If you choose to accept a drink, go with the person to the bar to order it, watch it being poured, and carry it yourself. At parties, don't drink from the punch bowls or other large, common open containers.

6. **Watch out for your friends, and vice versa.** If a friend seems out of it, is way too intoxicated for the amount of alcohol consumed, or is acting out of character, get him or her to a safe place immediately. If a friend is behaving in ways that may violate the sexual misconduct policy, intervene or ask others to help you intervene.
7. **If you suspect you or a friend has been drugged, contact law enforcement immediately (local authorities can be reached by calling 911).** Be explicit with doctors so they can give you the correct tests.
8. **Do not accept a ride with or enter the residence of someone you do not know.**
9. **Avoid losing control of your ability to make good decisions.** If you are getting to the point that you do not have control of yourself or your surroundings, stop and think about the type of situation in which you find yourself. It is far too easy for others to take advantage of you or a situation if you cannot think or act rationally.
10. **Be a good friend.** If a friend is acting in a way that seems out of character, take notice. If he or she is overly intoxicated or seems to need assistance, get them to a safe place and support them. If you suspect that a friend has been drugged or needs medical attention because of over-intoxication or for any other reason, call 911.

Be an Active Bystander

Someone who observes a situation, but is not directly involved is called a bystander. Active Bystanders are aware of the barriers that stop observers from taking action and have learned several approaches they can use to assist someone who needs help.

Common barriers to helping out in a situation are:

1. Thinking it is someone else's responsibility
2. Fear of embarrassment if you have misread the situation
3. Fear of what may happen to you
4. Not knowing how to intervene.

Below are some approaches taught by PREVENT to safely intervene if you see someone in a potentially unsafe situation:

- Create a distraction. Go up to speak to the person or call the person's cell phone to create a situation where attention is needed elsewhere. Or try to converse with the person who may be creating danger in order to allow time for the person in danger to move away.
- Engage in group intervention. Ask friends to help out with distraction or separation.
- Get an authority. Ask the bar tender, bouncer, campus authority or law enforcement authority for assistance.
- Ask the person who appears to be in danger if he or she is okay. If you think the person is in trouble, offer assistance.

PREVENT is a group of students, staff and faculty that work to end relationship and sexual violence through peer education. We use a bystander intervention model and believe that ending violence is everyone's business. PREVENT is open to everyone and we emphasize collaboration among all genders to end relationship and sexual violence.



What do PREVENT members do?

- Practice interventions: Each meeting, we discuss our “bystander moments of the week”, moments where we or someone else intervened or could have intervened, in order to brainstorm more bystander intervention options.
- Educate others about bystander intervention... We use the information we learn in PREVENT in presentations but also in informal settings, sharing accurate information about sexual and relationship violence and resources for victims or supportive others.
- Make Change: Each person who learns how to intervene in relationship or sexual violence can teach others, transforming UNL into a national example of a safe campus community.
- Know about resources for friends and classmates.
- Plan events to increase awareness of relationship and sexual violence in our communities.
- Each year, PREVENT participates in Safe Quarters and Lincoln Slut Walk, and collaborate with OASIS, the Ethics Center, and others to create interesting events.

Why do students get involved with PREVENT?

- Because they want to make UNL a safer place- 16% of UNL students who reported intervening when they saw someone being taken advantage of sexually said they did so because “It was the right thing to do” and “People should look out for each other.”
- Because they have sisters, friends, and other people they care about- One in four women and one in 33 men are sexually assaulted in their lifetime.
- Because they know a victim- Being involved in PREVENT tells people who have experienced sexual or relationship violence that you support them and that you speak out against victim blaming.
- Because no one should have to be afraid of their romantic partner- 21% of college students report dating violence by their current partner and 32% by a previous partner.
- Because we want to learn how to intervene in unsafe situations- 83% of UNL students said they wanted to learn how to safely intervene when they see someone being taken advantage of sexually.
- Because we want to develop our speaking skills- PREVENT members did 58 presentations to over 3800 people between July 1, 2014 and June 30, 2015. Our training plus plenty of opportunities = Great Experience.

Do you want to know more about PREVENT?

- Attend a bystander intervention training, contact the PREVENT coordinator for upcoming dates)
- Attend a PREVENT meeting Fall 2015 meeting times are Mondays at 3 pm in the Nebraska Union in the Student Involvement Suite (Room 200) Green Room.
- Bring PREVENT to your class, residence hall floor or RSO Read descriptions of PREVENT presentations and submit a request to bring PREVENT to your organization or class here
- Attend events to increase awareness of relationship and sexual violence in our communities. Each year, PREVENT participates in Safe Quarters and Lincoln Slut Walk, and collaborates with OASIS, the Ethics Center, and others to create interesting events.

Women's Center Presentations

Introduction to the Women's Center Resources

A flexible presentation for classes that can focus on library only or include an overview of other programs and services that are available through the Women's Center. Presentations can be 5 minute long to a full class period depending on your request.

Bystander Intervention Skills

Develop the skills to safely and effectively intervene when you see dangerous or negative behaviors. Empowering bystanders to act creates a safer campus for everyone.

Relationship Red Flags and Green Lights

This workshop reinforces participants' intuition about healthy/unhealthy situations, and introduces campus and community resources for people in unhealthy relationships.

Dating Violence/Acquaintance Rape/Stalking Scenarios – Live Skits

What would you do? Realistic situations acted out by PREVENT members challenge participants to identify ways to safely intervene and avoid negative consequences.

Dating Violence/Acquaintance Rape/Stalking Scenarios – Classroom style

What would you do? Handouts describe realistic situations followed by small and large group discussions of potential interventions.

Understanding Consent

What does state law say is consent? What does the UNL Code of Conduct say? This workshop teaches important skills for communicating about consent (including listening to your partner) and identifies situational factors that reduce effective communication.

How to Help a Friend

A presentation by the UNL Victim Advocate about how to respond when someone discloses they have experienced sexual assault, relationship violence or stalking. Myths and stereotypes about these kinds of violence are explored, and campus and community resources for victims and concerned friends are presented. Learn about definitions, dynamics, and the prevalence of these crimes. This presentation can be adapted to meet your group's specific needs.

The Man Box

What are the characteristics of a "Real Man" as described by popular culture? What happens to men who don't meet those expectations? How does trying to be a "Real Man" affect men's self-esteem and relationships with others? This workshop features members of Men @ Nebraska, a student organization dedicated to helping men explore masculinities.

Sexpectations

This interactive workshop that reveals societal stereotypes we hold as well as the behaviors and attitudes that men and women actually want from a romantic partner and from friends. Helpful communication skills are taught.

Reconstructing Barbie and Ken

What do you get when you combine fabric scraps, glue, sewing supplies, body image awareness and self-esteem? Reconstructing Barbie workshops! Participants change Barbie and Ken dolls to represent themselves as they really are, while enjoying discussions about the messages we receive from popular culture about attractiveness and gender.

Resources

<http://www.unl.edu/equity/title-ix>

<http://involved.unl.edu/gender>

http://www.upworthy.com/how-7-things-that-have-nothing-to-do-with-rape-perfectly-illustrate-the-concept-of-consent?g=2&c=upw1&fb_ref=Default