

## Research Supporting Consent Training

### **What we know: College students and Middlebury students are being assaulted**

- 1 in 3 women are subjected to non-consensual sexual contact in college (*Association of American Universities' Campus Climate Survey on Sexual Assault and Misconduct*)
- 1 in 6 or 16.11% of Middlebury students who identify as women have been assaulted on campus or during a Middlebury program (*Zeitgeist Survey*)

### **One reason this is happening: A lack of comprehensive consent education**

- Less than 1/3 of people were taught anything related to consent, sexual assault, or healthy relationships in middle or high school (*Planned Parenthood*)
- Only 8 states require sex education classes to mention consent (*Christina Maxouris and Saeed Ahmed, CNN*)
- 18% college students think someone has consented if they don't say "No" (*Washington Post*)
- 22% think that if someone "engages in foreplay such as kissing or touching" they are consenting to further sexual activity (*Washington Post*)
- 47% think that if someone takes off their clothes they are consenting to further sexual activity (*Washington Post*)
- 32 percent of college men said they would have "intentions to force a woman to sexual intercourse" if "nobody would ever know and there wouldn't be any consequences." 13.6 percent of those men said they would have "any intentions to rape a woman." (*Professor Sarah Edwards - Violence and Gender*)

### **Solution: Mandatory consent training during first-year orientation**

- The percent of Middlebury students who had served as a bystander in a red dot event increased about 5% every class, starting with 6% freshman and ending with 21% seniors (*Zeitgeist Survey*)
- The total amount of students who said they had served as a bystander in a red dot event was 13.91% (*Zeitgeist Survey*)
- The majority of assaults at Middlebury occur in first year housing or Atwater Residence Halls (*It Happens Here Map Project 2019*)
- Community Standards, Envisioning Middlebury, and Middlebury's Mission (See Pg. 2)

### **Consent Training: We need it in addition to Green Dot**

- Victimization of women and men is lower on Green Dot Campuses (*Coker et al, Evaluation of Green Dot: An active bystander intervention to reduce sexual violence on college campuses. Violence against women*)
- There are many instances of assault that a trained bystander could not prevent

## How Consent Workshops Support Middlebury's Mission

### **Community Standards**

- Cultivating respect and responsibility for self, others, and our shared environment;
  - Consent training will teach students how to respect each other's bodies
  - Consent training will teach students to take responsibility for their sexual actions and how those actions affect other students and our shared campus environment
- Encouraging personal and intellectual courage and growth;
  - Consent training allows intellectual growth on how to use consent
  - Consent training allows for personal growth and teaches students to have the courage to demand that others use consent properly
- Manifesting integrity and honesty in all decisions and actions;
  - Educating our students on how to use consent gives them the tools they have integrity in their sexual actions
- Promoting healthy, safe and balanced lifestyles;
  - Consent training allows our students to have healthy and safe sexual experiences
- Fostering a diverse and inclusive community committed to civility, open-mindedness and finding common ground.
  - Widespread consent training helps commit all Middlebury students to civility in their sexual experiences
  - Consent training promotes open mindedness in how each student can improve when it comes to sexual health

### **Envisioning Middlebury**

- Ensuring responsible stewardship of all of our resources
  - Consent workshops would be a responsible use of our Wellness center, SRR, SPECS, and violence prevention and advocacy resources
  - Not teaching our students how to ask for consent when interacting with other students would be irresponsible
- Promoting effective relationships and a supportive community
  - Consent workshops promotes effective and safe sexual relationships among students and improve our student community
- Committing time and space to facilitate our collective goals
  - Committing to helping SRR and SPECS facilitate a consent workshop would work toward meeting our collective goals and community standards
- Making intentional choices in pursuit of our vision
  - Making the choice to create a consent workshop that can be facilitated on campus as well as instituting consent training in first-year orientations is in pursuit of all above Middlebury visions

### **Middlebury's Mission**

- Through a commitment to immersive learning, we prepare students to lead engaged, consequential, and creative lives, contribute to their communities, and address the world's most challenging problems.
  - Consent training further commits Middlebury to immersive learning. It prepares students to lead healthy and safe lives and instills the values of integrity and kindness. It allows students to further educate and contribute to their communities as well as address sexual assault as a broader world problem

## Mandatory Orientation Training at Other NESCACs

**Bates:** (Gwen Lexow - Title IX Officer)

- Mandatory consent/violence prevention training

**Connecticut College:** (Rachel Stewart - Director of Sexual Violence Prevention and Advocacy)

- In-person session on school policies and resources, consent, and introduction to bystander prevention
- "Speak About It" performance about consent, hooking up, healthy relationships, sexual violence, and bystander intervention. Later debriefed by student leaders.

**Tufts:** (Alexandra Donovan - Director of the Center for Awareness, Resources and Education)

- Sex Health Fair where students table on sex health, bystander intervention and survivor care
- Theatrical Program that focuses on sex health, bystander intervention and responding to sexual misconduct and introduces the Sex Health Reps
- During the first 3 weeks of classes, all first years attend a 40 person workshop on Tufts policies, procedures and definitions.

**Williams:** (Meg Bossong - Director of Sexual Assault Prevention and Response)

- 20 years having mandatory training
- Dean and Deputy Title IX coordinator go over school policies
- "Speak About It" performance about consent, healthy relationships, and introducing bystander intervention
- An hour facilitated conversation on various topics, recourses, support, consent, sex, bystander intervention, facilitated by RA's and sexual assault network peer educators
- Follow up workshop during Winter Term on healthy relationships and boundary setting

**Trinity College:** (Monique Daley - Training & Program Coordinator Women & Gender Resource Action Center)

- Speak About It performance featuring a variety of scenarios addressing sexual violence, consent, bystander intervention, etc.
- Designated half hour after to review the resources and policies that students will need to know

**Bowdoin:** (Lisa Peterson - Associate Director of Gender Violence Prevention and Education)

- Speak About It performance focusing on consent and bystander intervention
- Presentation of Campus resources
- Extended Orientation speaker Dr. Lisa Wade author of *American Hook Up*

**Colby:** (Emily E. Schusterbauer - Confidential Title IX Advocate and Director of Gender and Sexual Diversity Program)

- Information session on reporting policy and college resources/services
- Information session on consent, coercion, and alcohol involved consent

**Wesleyan:** (Johanna DeBari - Director of the Office of Survivor Advocacy & Community Education)

- Skit based performance that includes: Interpersonal violence prevention, defining sexual assault, alcohol and consent, dating violence red flags, techniques for prevention, and school policies and recourses

## Experts on Why Consent Training During Orientation is Valuable

- “Students learn about their resources right when they arrive on campus-- I've already had first-year students utilizing my advocacy resources this year. It also helps create a shared language/culture/expectation around consent from the incoming students' very first days on campus.” (*Rachel Stewart - Director of Sexual Violence Prevention and Advocacy Connecticut College*)
- “One thing I know from the research on prevention is that it takes multiple "doses" of prevention education for the messages to stick, so I think it is important to embed training and education into many different aspects of the college experience and ensure that it happens at multiple time points across a student's four years of college.” (*Rachel Stewart - Director of Sexual Violence Prevention and Advocacy Connecticut College*)
- “The benefits are incoming students understand we take this seriously and they get all the information they need right up front. All programs focus on consent and do it in different ways. The theatrical programming is focusing on bodily autonomy & consent so even if you have no interest in any sexual activity you still need to ask for consent if you want to give someone a hug or other ways in which we greet or interact with each other. One third of the policy workshop focuses just on Tufts consent definition and policy.” (*Alexandra Donovan - Director of the Center for Awareness, Resources and Education Tufts*)
- “Absolutely our campus has benefitted from our orientation programming. A student needs to know what is expected of them as a Tufts student. We can set the scene and expectations right up front. Orientation programming is just the start. It needs to be backed up with programming throughout the academic year.” (*Alexandra Donovan - Director of the Center for Awareness, Resources and Education Tufts*)
- When students were asked if they had ever gotten consent training, 4 or 5 years ago they were saying that orientation was the first time. Only in the last 2 years students have started saying it came up at some point in high school. Consent training during orientation gets everyone on the same page, and is valuable for community culture setting with first year students. From the get go, to get people on board with specific norms about sexual respect and consent culture, is really, really critical. (*Meg Bossong - Director of Sexual Assault Prevention and Response Williams*)
- When I think about gender violence prevention, in a public health context, if it's happening it's affecting the entire student body and campus community, so it needs to be addressed on the same level as other community wide initiatives. Orientation is real tone setting for expectations on how students are going to be conducting themselves in their time at the institution, so if you're orienting people to “this is what it means to be a Middlebury student”, a huge part is how to respect and not harm other students. (*Lisa Peterson - Associate Director of Gender Violence Prevention and Education*)
- Consent training should be happening at the very least. (*Lisa Peterson - Associate Director of Gender Violence Prevention and Education*)

