

★ **Sexual Violence**

Perfect for many settings, this program examines the myths and facts surrounding sexual violence, as well as the roles of boundaries, power, and intoxicating substances. Students will also learn about date-rape drugs and their effects, risk-reduction strategies, and bystander intervention.

★ **The Red Zone**

This nationally recognized term refers to the critical time period of the first six weeks in which students arrive on campus for the first time. During the “Red Zone” students are at a heightened risk of being victims of sexual assault. This program takes a closer look at the different types of sexual violence, common myths around sexual violence, and the importance of consent. We recommend including this program in first-year student orientation.

★ **Violence in the Media**

Students will explore media literacy and the influence of media on modern culture during this thought-provoking program. Students will view clips from films such as *Missrepresentation* and *The Mask You Live In* to foster discussion about the gap between violence and victimization as portrayed by the media versus what happens in reality. Full-length film screenings with follow-up discussions may be arranged.

★ **Bystander Intervention**

Perfect for many settings, this program gives a base understanding of sexual violence and different forms of force/coercion. This program looks at the different aspects of consent and the role alcohol plays in consent, sexual assault, and bystander intervention. Participants will then move onto a discussion of bystander intervention and the role they can play in preventing these crimes on campus. Examples will be given to show how difficult it can be to recognize these unhealthy encounters and really know what they are looking at as a third party. The program will equip participants with the tools and knowledge to be more active bystanders moving forward.

★ **Dissecting Rape Culture**

This program takes a closer look at societal norms and how they affect the way we look at sexual violence. Students will examine advertisements and discuss how the images aid in the objectification of women. The program will then go into a discussion of victim blaming and common myths around sexual violence. Bystander intervention will also be discussed so students leave knowing exactly what they can do to help shift these cultural beliefs. Upon request, this program can be more geared towards a discussion around masculinity and femininity, as well as how they affect dating norms and the cycle of gender based violence.

★ **Healthy Masculinity**

This program examines healthy masculinity and provides a safe space for self-examination and group discussion. Stereotypes of violence, the use of demeaning language, and the objectification of women are just a few of the topics brought to light through this program. In addition, we will discuss ways in which men can make a difference through bystander intervention as well as in their community when it comes to displaying healthy masculinity.



The programs described are provided at NO COST. All of our programs can be adjusted to suit the needs of the specific group. The programs can be incorporated into a class session, over a lunch hour, during the evenings, or on weekends.