

★ **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.

★ **Intimate Partner Violence**

This program addresses the very serious topic of dating violence. Students will discuss and identify signs of emotional, physical, and sexual abuse. They will also discuss healthy and unhealthy behaviors, as well as their rights and responsibilities as a partner. As in most of our programs, students will end with how to have conversations with and support their peers who may be in an unhealthy relationship.

★ **Gender Norms: The Good, The Bad, and the Mostly Bogus**

There are many norms and expectations placed upon us depending on if we are female or male. These norms have nothing to do with who we are personally, just what body parts we are born with. This program takes a closer look at these norms, how they often set us up for unrealistic expectations, and how they feed into the imbalance of power between the two groups. Participants will be asked to explore their own stigmas as well as dissect many forms of media and pop culture that perpetuate these ideas. The program will take a closer look at how these norms affect dating and often lead to some of the common forms of gender-based violence.

★ **Bystander Intervention**

Appropriate for many audiences, this program examines the critical role we all play in addressing and preventing sexual violence. 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.



The programs described are provided at NO COST. All 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. All our programs include a brief overview of CVC services. If available, we do need technology for the use of PowerPoint during the program.