SAPRO

Sexual Assault Prevention & Response Office

Prevent Sexual Assault:
Ask! Act! Intervene!

SAAM 2008
Resource Guide

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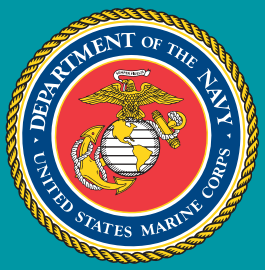
DEPARTMENT OF THE NAVY
UNITED STATES MARINE CORPS

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MCMXLVII
UNITED STATES OF AMERICA

PERSONNEL AND
READINESS

SECRETARY OF DEFENSE
4000 DEFENSE PENTAGON
WASHINGTON, D.C. 20301-4000

Commanders & Sexual Assault Prevention Professionals: You have my heartfelt gratitude for another year of dedicated service and commitment that you provided to our program. Not everyone can do what you do, let alone do it so well. Your service is a testament to your leadership and resolve in eradicating sexual violence in our ranks. We are not only grateful, but proud.

Please understand that we are committed to ensuring you have the tools and support to do your job without impediment. It is only through your strong leadership and awareness efforts that we will ultimately succeed.

You are making a difference! We are beginning the third full calendar year that military members can seek care confidentially under Restricted Reporting. As our program matures and becomes embedded into the fabric of military culture, we make it possible for more Service members to step forward and report acts of sexual violence. The sooner we get victims into care, the quicker their healing process begins.

The mission is not yours alone. Our Active Duty, Reserve, Guard, and Civilians are taking a more active role in prevention. Towards that end, we encourage everyone to take an active part in sustaining a proactive prevention program.

We must bring special attention to the dangerous intersection between alcohol and sexual assault. While Service members may enjoy relaxing and socializing with a drink from time to time, many sexual predators use alcohol as a weapon. They prey on particularly vulnerable individuals who have had too much to drink. Your challenge is to increase awareness of this problem and alert people that alcohol facilitated sexual assault is a crime. The fact that the perpetrator uses the victim's vulnerability instead of a traditional weapon does not decrease the seriousness of the crime.

Service members should **ASK** if their friends and co-workers need help, **ACT** when help is needed, and **INTERVENE** when friends are in trouble. In other words, Service members must be especially conscientious when a friend is particularly vulnerable due to alcohol.

This resource guide was developed to raise awareness and promote sexual violence prevention through special events and public education. Educational materials on the SAPRO website can be copied, modified, and reproduced to fit the needs of your installation.

Your installation alcohol treatment professionals are great sources for materials. **Sexual Assault Awareness Month (April) 2008** is a great opportunity for you to develop a partnership with your substance abuse professionals, if you have not already done so. A community wide approach with strategic partnerships for sexual assault prevention is a real force multiplier.

So, carry on Warriors and have a great year!

Kaye Whitley

Kaye Whitley, Ed.D.
Director
Sexual Assault Prevention and Response Office

DEPARTMENT OF DEFENSE

UNITED STATES OF AMERICA

Prevent Sexual Assault: Ask! Act! Intervene!

The Department of Defense (DoD) Sexual Assault Prevention and Response Office (SAPRO) developed the 2008 Sexual Assault Awareness Month resource packet to support your continued efforts in acknowledging Sexual Assault Awareness Month (SAAM). Designed upon the 2008 theme, "*Prevent Sexual Assault: Ask! Act! Intervene!*" this guide echoes the national campaign theme while simultaneously providing customization opportunities to accommodate each Services' specific needs.

Nationally, SAAM occurs in April and seeks to raise awareness and prevent sexual violence through use of special events and public education. This year's national campaign slogan is *Prevent Sexual Violence…In Our Workplaces*. April 3 has been designated the SAAM Day of Action -- a day to focus on awareness and sexual violence prevention. For more information on SAAM and how it is recognized by other organizations, refer to the "Additional Resources" section of this guide.

Within DoD, SAAM creates an opportunity to conduct outreach on sexual assault prevention, fine tune response procedures, and educate the community on the support structure and services available to sexual assault victims. As a Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA), you play a vital role in advising, educating, training, and managing victim support services. These services encourage victims to report sexual assault crimes and receive the care that they need. Use this resource to enhance your SAAM campaign and promote sexual assault prevention on a local level.

2008 SAAM Theme

The 2008 DoD SAAM theme, "*Prevent Sexual Assault: Ask! Act! Intervene!"* focuses on the ability of every Service member to prevent sexual assault by taking an active role in looking out for the welfare of friends and co-workers. Research shows that most people have difficulty identifying situations that require intervention. Even if they do know there's a potential problem, studies indicate that no one is likely to act if others are not taking the initiative to respond. As leaders in this field, you have the ability to educate and to encourage our Military Service members to ask, act and intervene in situations where people may be in jeopardy. This is especially important when alcohol is involved. Taking a stance against potential perpetrators of sexual assault is an important part of prevention. Creating an environment of mutual respect and assistance is also an important factor in prevention. As you plan your campaign, try to use the SAAM 2008 theme to complement your activities.

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Resource Materials on SAPRO Website

Although we designed this year's materials for use during SAAM 2008, we hope that you will continue using them throughout the year. This year's resources includes the DoD SAAM resource guide, SAPRO pamphlets and posters with local customization options, and a DoD memorandum. All resources are available on the SAPRO website at http://www.sapr.mil.

This resource guide includes a suggested event timeline, a compendium of suggested activities, a digest of news clips, a listing of helpful sexual assault resources, and a planning calendar. The SAPRO website also contains updated materials from last year that can be downloaded and customized. These items include Service-specific posters, a set of Service-centered bookmarks, and Service-specific pamphlets -- each of which can be customized locally.

Consider involving first responders as you begin to plan for SAAM activities. If this is your first time hosting SAAM events, think about what education and awareness steps are most important as the program initiates and plan to hold additional events in the future. Please remember that this packet can be used year-round.

Feedback

In order to better meet your needs and equip SARCs with SAAM materials in subsequent years, your feedback would be helpful. As you review the resource packet, tell us what you have done to recognize SAAM, what was helpful in this book, what worked, and what did not. Email your suggestions to: sapro@wso.whs.mil.

Suggested Timeline for SAAM 2008

Below you will find a suggested timeline for SAAM activities. Though this packet was designated for use during SAAM 2008, we hope that you will continue using the packet throughout the year. Use of the resources provided on the SAPRO website will enable you to create more customized materials not found in this booklet, increasing SAAM's visibility. Please note that your Service may sponsor other SAAM events and activities.

SAPRO Proposed Timeline

Early February 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29

Begin customizing and printing Service-specific posters, bookmarks and pamphlets; begin planning for your SAAM events.

Last Week of March 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

Post local SAAM event announcements; hang customized/pre-printed posters; publish a local article announcing SAAM and upcoming activities, such as "Sexual Assault Awareness Month Overview."

1st Week of April 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

DoD SAAM poster prominently displayed; hold leadership involvement event; pass out customized bookmarks; publish an article from the press resources. Consider hosting an event on April 3, 2008 – the SAAM Day of Action.

2nd Week of April 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

SARCs and Command promote awareness together; hold event, such as a 5K run, golf tournament or pancake breakfast; publish an article from the press resources.

3rd Week of April 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Recognize commendable Victim Advocates (VAs) at an appreciation luncheon; publish an article from the press resources.

4th Week of April 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Hold local prevention event, passing out information on sexual assault – consider including a speaker, such as a sexual assault survivor; host exhibit on preventing sexual assault; publish an article from the press resources.

5th Week of April 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

Publish a final article; identify successes and areas for improvement; provide feedback to DoD SAPRO about these resources.

SAAM 2008 Suggested Activities and Strategies

This activities list provides ideas on numerous ways to spread the message of sexual assault prevention and response throughout your installation/command. Additional ideas for events, co-sponsoring, and coordinating within your community are available at the National Sexual Violence Resource Center (NSVRC). Please locate the "Additional Resources" section in this guide for links to websites that may help you with your SAAM event planning.

Messaging Strategies

SAAM's original goal was to raise awareness about the crime of sexual assault. However, in the DoD, SAAM provides unique opportunities to educate and reassure victims who may be hesitant to come forward and use our services. The month also gives a chance to reach people that may be skeptical of sexual assault prevention and response. Here are some considerations that might help improve the effectiveness of your communications:

- Be wise about your use of slides. DoD SAPRO assessments and feedback from audiences has shown that this medium has become a quick "turn off." Audiences have given positive reviews to well-made videos and interactive, charismatic speakers.
- Use examples to illustrate teaching points. Hearing an account of how someone successfully used the reporting options can be very helpful. However, be careful about using examples that come from your base, describe an ongoing investigation, or contain information that might identify the parties involved.
- Keep your presentations focused and to the point. Longer does not always mean better. Short, succinct talks with a few memorable points are most effective.
- Avoid using information that blames victims. Also avoid information that generally blames men for sexual assault. Men are an essential part of the solution and can have a positive impact in changing perspectives and preventing sexual violence. Information that "blames" is also a quick turn off — especially if you're blaming the audience you're trying to educate.
- Use positive messaging that encourages people to help others (bystander intervention) or teaches them how to exercise their reporting options. This approach makes it difficult for audiences to react with a "not applicable to me" attitude.
- Slogans that educate or motivate are the best. Slogans that primarily use the word "don't" have not been shown to be effective. For example, "Step in when a friend needs help," is likely to be more effective and memorable than "Don't walk home in the dark."

Involve Leadership

Draft a memo recognizing SAAM and have it signed by the senior installation commander. You can also draft an endorsement of the DoD SAAM memorandum for your senior leadership to sign. Distribute to the units you serve.

Spread the Message

- Post contact information on the DoD SAAM posters and pamphlets provided. Distribute throughout your installation or area of responsibility. Localize the Service-specific posters, bookmarks, and pamphlets found on the www.sapr.mil website. Pass these materials out at the Exchange, workplaces, dining facility, and other well-traveled areas.
- Send announcements about SAAM and local events to the installation television channel, local radio stations, newspapers, base reader boards, and other public announcement media.
- Distribute program materials through clubs, places of worship, medical facilities, Exchanges, Commissaries, shoppettes, and stores that sell alcohol.
- Consider having commanders, senior enlisted leaders, Victim Advocates, and SARCs at the installation gates to pass out contact and educational information on the SAPR program.
- Set up a stand or display in a central area where SARC/VAs can be available to discuss sexual assault response and prevention. Use creative ways to draw attention to your information.

Host an Event

Host an event, such as a 5K run, a bowl-a-thon, a breakfast, or a golf tournament. Target alcohol-free events as places to pass out information about substance abuse and sexual assault. Try to incorporate the color teal into the event through items you distribute. Invite first responders, VAs, or community partners to help raise awareness about sexual assault by distributing SAAM/SAPR literature and products and answering questions. Partner with your Substance Abuse and Treatment resources on your installation to sponsor an alcohol-free event at the club.

Incorporate Community Partners

During SAAM, local sexual assault victim advocacy programs, rape crisis centers, and state sexual assault coalitions conduct training programs, public awareness campaigns, and community events. Contact local organizations to see how you can collaborate on an event or host one of these activities on your installation.

Invite a Speaker

Consider inviting a speaker to your installation/command. A sexual assault survivor can speak about his/her experience as a

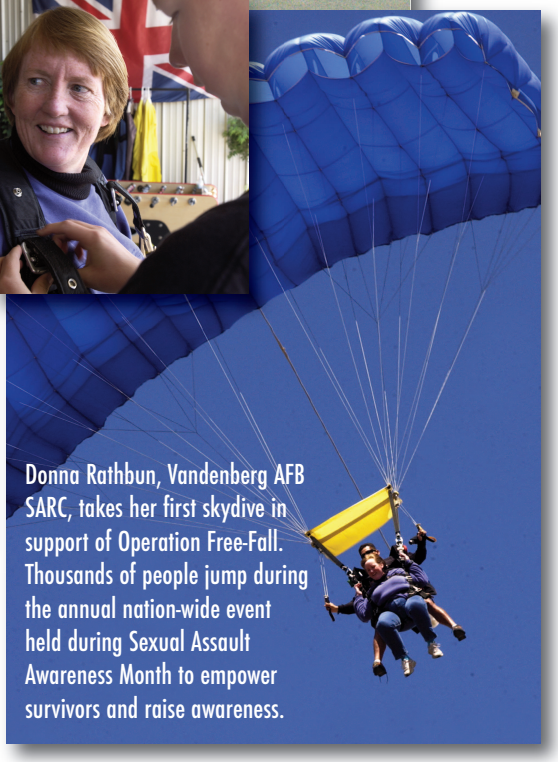
reminder of the importance of effective sexual assault prevention and response, or talk about the risks involved with alcohol, rape drugs, and dating situations. Also consider contacting one of the educational groups or individuals that give thought-provoking presentations on sexual assault. Other base service organizations (Family Advocacy, Substance Abuse, Community Action Information Board, etc.) might be willing to co- sponsor such a program.

Tell the Story

An exhibit, such as the Clothesline Project or other arts projects, can be a memorable way for community members to understand the impact of sexual assault. Your local rape crisis center may be involved in the Clothesline Project and be wiling to work with you to display it during SAAM. For more information on the Clothesline Project, see the national SAAM materials referenced in the "Additional Resources" section of this guide.

Explore Prevention Strategies

Promote prevention strategies such as clearly defining sexual assault and consent, reading articles and books, enacting role-playing scenarios that encourage application of key concepts in prevention, providing tips on the buddy system, and informing on the reporting options that victims have. As a prevention technique, ensure service members are aware of the consequences for sexual assault crimes and some of the changes to Article 120 of the Uniform Code of Military Justice that occurred on 1 Oct 2007. Posters, public service announcements, and other training materials developed by other Military Services, Federal agencies, and civilian communities will also offer good guidance on prevention strategies.



Donna Rathbun, Vandenberg AFB SARC, takes her first skydive in support of Operation Free-Fall. Thousands of people jump during the annual nation-wide event held during Sexual Assault Awareness Month to empower survivors and raise awareness.

SAAM 2008 Press Resources

The following press resources on sexual assault are available for reprint in your local newspaper to help promote SAAM. Feel free to expand on the information below and tailor it to your local installation. We encourage you to remind people that the Military SAPR Programs are available to help those who have experienced trauma.

Sexual Assault Awareness Month Overview

(Distribute Last Week of March)

Sexual Assault is a crime that is not compatible with military service. Each April, the Department of Defense (DoD) and other organizations across the nation observe Sexual Assault Awareness Month (SAAM). This annual event provides the opportunity to highlight the efforts that the DoD and Military Services are taking to combat the crime and promote prevention through special activities and public education. This year's theme for SAAM is *Prevent Sexual Assault: Ask! Act! Intervene!* The theme was chosen as a reminder that your actions can make a difference in someone's life. Lack of action puts our friends, families and co-workers in jeopardy. When you see someone who looks like they could use assistance, ask them if they need help. When they ask for help, be sure to step in and assist. If someone doesn't recognize trouble, do something to intervene and prevent the situation from becoming worse.

Within the last three years, the DoD and military services have created new policies to address sexual assault prevention. The goal of this new approach is to establish a climate of confidence throughout the military in which:

- Sexual assault and the attitudes that promote it are not tolerated;
- Victims of sexual assault receive the care and support that they need; and,
- Offenders are held accountable for their actions.

Find out more about what you can do to prevent sexual assault by participating in local SAAM events during the month of April. Your efforts could have a long-term effect on one of your fellow service members.

Sexual Assault Prevention: The Bystander's Role

A sexual assault has consequences for the victim and the unit that are experienced long after the incident. In some cases, sexual assault can be avoided when Service Members take responsibility for each other and get involved when a fellow Service Member is at risk.

A bystander is someone in a crowd who sees a potentially dangerous situation and does nothing. A bystander does not protect the values of safety, trust, and honor that are central to our community. Researchers conducted an experiment in which a student pretended to have a seizure. The experimenters recorded how often others stopped to help. When only one bystander was watching the scene, the student was helped 85% of the time. However, if there were five bystanders, the student was only helped 31% of the time.

Does this make sense? Shouldn't having more people present increase the chances that someone will get help? Amazingly, this is not the case. We all take cues from those around us about how to act in different situations. In emergency situations, many things prohibit bystanders from intervening:

- If no one else is acting, it is hard to go against the crowd.
- People may feel that they are risking embarrassment. (What if I'm wrong and they don't need help?)
- They may think there is someone else in the group who is more qualified to help.
- They may think that the situation does not call for help since no one else is doing anything

With each person taking cues from people around them, a common result is that no one does anything to help.

What can we do about this problem? As members of the military community we all have a responsibility to help each other. Avoid being a bystander! Intervene regardless of what others are doing and don't be worried about being wrong; it is better to be wrong than to have done nothing at all. "Prevent Sexual Assault: Ask, Act, and Intervene" is the theme for Sexual Assault Awareness Month this April. Sexual assault can be prevented by individuals, both male and female, who stay aware of potentially dangerous situations and elect to intervene before a sexual assault takes place.

Stopping sexual assault in the military community requires every Service Member's involvement. *Ask* your friends if they need help, *act* when they do, and *intervene* when you see trouble. Be a leader, not a bystander!

Adapted with permission from Sexual Assault Resources and Education Office, College of William and Mary

I do not want to be a bystander! What can I do?

Learn how to recognize indications of potentially dangerous situations. Here are some examples of "red flag" behaviors related to sexual assault:

- Inappropriate touching or disregarding set boundaries
- Suggestive remarks
- Inappropriate intimacy
- Attempts to isolate someone
- Pressuring someone to drink
- Violent behaviors
- Targeting someone who is visibly impaired

(Continued next page)

SAAM 2008 Press Resources *(Continued)*

I do not want to be a bystander!

(Continued from page 7)

If a situation makes us uncomfortable, we may try to dismiss it as not being a problem. You may tell yourself that the other person will be fine, that he or she is not as intoxicated as you think, or that the person is able to defend him/herself. This is not a solution! The person may need your help more than you think!

When in doubt, TRUST YOUR GUT. Instincts are there for a reason. When a situation makes us feel uncomfortable, it is a generally a good indicator that something is not right. It is better to be wrong about the situation than do nothing. Many people feel reluctant to intervene in a situation because they are afraid of making a scene or feel as though a person would ask for help if it were needed.

You have the responsibility to intervene. When you fail to act, you condone the bad behavior. You may be thinking:

- No one else is helping; it must not be a problem
- People who are sober don't think this is a problem, maybe I'm wrong?
- Jim's really responsible and he's not intervening...why should I?

Many people do not intervene in a potentially dangerous situation because they are looking to others for cues on how to act or they believe someone else will intervene. But IT IS YOUR RESPONSIBILITY to act as a member of the military community. You would not abandon a fellow warfighter on the battlefield. Would you not assist off the battlefield, too?

You have the skills to act!

- Watch out for other members of the military community
- Come up with a plan beforehand
- Talk to your friends about how they would want you to intervene if they are in an uncomfortable situation.
- Choose the intervention strategy that is best for the situation
- Take a breath and make your move
- Get support from someone in charge, when possible

Adapted with permission from Sexual Assault Resources and Education Office, College of William and Mary

Alcohol: Sex Offender Weapon of Choice

Studies show that the weapon most often used to commit a sexual assault is not a gun or a knife. Offenders use alcohol and other incapacitating substances much more frequently to coerce and incapacitate victims in acts of sexual violence. As a result, social scientists are revising their theories about the "typical" rapist.

Given the current media attention, most people visualize a rapist as a stranger who accosts victims in a deserted location. However, research demonstrates that offenders often travel in the same social circles as their victims. In fact, some make a point of getting to know or even date their victim before they commit a criminal offense. Most rapists typically have social skills, have other "consensual" sexual relationships, are educated and employed, are not mentally ill, and do not use weapons to maim their victims. Eighty percent of sexual assaults happen during some form of social interaction, usually on a date. A rape is also more likely to occur at a party or bar, rather than at the victim's home.

Most people find it difficult to believe that a rapist might be someone they know or have dated. This might be because rapists commonly use a variety of techniques — some very subtle – to lower their victims' defenses and win their confidence. Just getting to know someone is a very subtle way to make a person less suspicious of their ultimate intentions. Another commonly used technique is to overpower someone with alcohol or incapacitating drugs. Perpetrators seek victims who have used alcohol or other intoxicating substances because such drugs interfere with the ability to verbally and physically resist sexual advances. Some perpetrators employ alcohol to completely incapacitate a target, embarrass the victim, and ultimately hide the crime.

Offenders may also use alcohol during the commission of the crime or hide behind their use of alcohol in an attempt to exonerate themselves. When intoxicated, perpetrators often ignore potential consequences and act with increased impulsivity. Studies confirm that the more perpetrators drink, the more likely they will commit sexually violent acts. A study of college rapists found that 62 percent of the offenders believed they had committed rape only because of their alcohol consumption. They did not see themselves as "real criminals," because real criminals use weapons to assault strangers. In fact, some perpetrators may purposely get drunk when they want to act in a sexually aggressive way, having the mistaken belief that alcohol use excuses their socially inappropriate behavior.

The best defense against these kinds of perpetrators is to watch out for potentially dangerous situations:

- Limit your drinking to a drink* an hour with no more than 3 drinks total.
- Designate a non-drinking friend to help with safety and good decision making.
- Avoid leaving your drink unattended and do not accept drinks that you did not order.
- Avoid drinking in unfamiliar environments and around unfamiliar people.

Many of the risks presented by sex offenders who use alcohol and other substances as weapons can be managed by looking out for friends and co-workers. When someone is in trouble, ask if he or she needs help. Get assistance if requested. If someone appears to be trouble, don't be afraid to intervene or ask someone else to help. You can get more information from your installation Sexual Assault Response Coordinator or http://www.sapr.mil.

**One drink equals 12 oz of beer, 5 oz of wine, or 1.5 oz of liquor*

DoD SAPR Program

Sexual assault is one of the most underreported violent crimes in America. Since the military is not impervious to this trend, the Department of Defense (DoD) ensures that Service Members know that sexual assault crimes are not tolerated. To better combat sexual assault, DoD implemented the Sexual Assault Prevention and Response (SAPR) Program, which incorporates a comprehensive policy that reinforces a culture of prevention, response and accountability. The goal of the SAPR Program is to ensure the safety, dignity, and well-being of all members of the Armed Forces through training, education, treatment, and support of victims.

The addition of reporting options in 2005 has helped victims of sexual assault access care. The restricted reporting option, which enables victims to come forward without triggering the investigative process, helps victims receive the care that they deserve confidentially. The unrestricted reporting option allows victims to get care and participate in the criminal justice system as well. These options, coupled with improved awareness of sexual assault created by service specific training, has encouraged more victims to come forward and get help.

What to Do if You Have Been Sexually Assaulted

- Go to a safe location away from the attacker.
- Preserve all evidence of the assault. Do not bathe, wash your hands or brush your teeth. Do not clean or straighten up the crime scene.
- Contact your local Sexual Assault Response Coordinator (SARC), Victim Advocate (VA) or healthcare provider.
- Seek medical care as soon as possible. Even if you do not have any visible physical injuries, you may be at risk of becoming pregnant or acquiring a sexually transmitted disease.
- Ask the healthcare provider to conduct a Sexual Assault Forensic Examination (SAFE) to preserve forensic evidence.
- If you suspect drugs were involved in the assault, request that a urine sample be collected.
- Write down, tape or record all the details you can recall about the assault and your assailant.

Local Prevention and Response Resources

Giving first-class care to a victim of sexual assault anywhere in the world lies at the heart of the Department of Defense (DoD) Sexual Assault Prevention and Response (SAPR) Program. Each installation or unit is assigned Sexual Assault Response Coordinators (SARCs) and Victim Advocates (VAs) that respond to assaults, ensuring the appropriate level of care is provided to each victim. Healthcare Providers, Chaplains, Law Enforcement, Criminal Investigators, and Judge Advocates also play significant roles in response.

SARCs manage each unit's or installation's sexual assault prevention and response program. SARCs serve as the single point of contact to coordinate victim care and track the services provided to the victim in each reported assault. While the SARC primarily provides management and oversight of victim services, the Victim Advocates provide 24/7 direct assistance to victims seeking help. VAs help victims with navigating the military's response network. VAs are not counselors, therapists, or investigators. However, they are people who can furnish accurate and comprehensive information on available options and resources. VAs educate the victim so he or she can make informed decisions about their care and involvement in the investigative process.

Healthcare providers play an important role in treating sexual assault victims, both physically and psychologically. Physicians, physician assistants, and nurses all contribute to treating injuries, managing risk for sexually transmitted infections, and sometimes gathering evidence during a Sexual Assault Forensic Examination (SAFE). Psychologists, psychiatrists, social workers and other professionals that address mental health also play a part in victim care. Both male and female victims of sexual assault are at increased risk for developing serious psychological problems. Unfortunately, many victims try to ignore their symptoms or cope by using increased amounts of alcohol. In truth, most psychological problems can be avoided or minimized with early treatment from a trained provider. When a Restricted Report is chosen, a victim can discuss his or her assault with a provider without command being notified.

Chaplains provide spiritual support to victims of sexual assault and offer complete confidentiality when providing spiritual counseling. That means an active duty member can discuss their situation with a chaplain and have no fear that what they say will be reported to anyone. Chaplains work closely with SARCs and VAs to ensure that victims get the information and services they need.

Law enforcement, criminal investigators, and judge advocates also support victims by ensuring accountability of perpetrators. Prevention efforts count for very little if perpetrators are not held accountable for their behavior. When a victim makes an Unrestricted Report, these professionals take statements from the victim and witnesses, document the crime scene, facilitate a SAFE, and send the evidence to the crime lab for evaluation.

The DoD is committed to assisting victims and holding offenders accountable. Each of the military services have specially trained professionals waiting to assist. If you would like more information about services for sexual assault victims, contact your installation or unit Sexual Assault Response Coordinator (SARC).

Understanding Consent

Jim was your typical first-term, military member. After three years on active duty, he was used to the idea of being out on his own, deploying to support his service, and making the most of his off-duty time. One Friday night, Jim was invited to a party. While there, he met up with Jane, a co-worker whom he found interesting. At the party, Jim and Jane consumed quite a bit of alcohol and talked a lot. It was pretty clear both of them were attracted to each other. Jim and Jane's conversation turned intimate. They found a secluded place at the party and started to kiss. Jane told Jim she was okay with "hooking up," but Jim noticed that Jane appeared very intoxicated. As they continued to kiss and touch each other, Jane became less and less responsive. Soon it was clear to Jim that Jane was pretty out of it. However, Jane had told him she was "okay" with "hooking up." Jim was pretty worked up at this point, but knew he wasn't thinking clearly due to a combination of alcohol and hormones. Given the situation, what should Jim do?

- Continue making out with Jane and let things proceed to sex?
- Continue making out with Jane, but don't go any farther than that?
- Stop all intimate contact with Jane until she and he sober up?
- Get a friend to help Jim get Jane home safely?

While there are a number of things that might concern you about this story, this article is offered to help clarify the meaning of consent in terms of sexual assault. Most people understand that a sexual assault occurs when one person *forces* another person to have sex. However, Jim and Jane appeared to be mutually involved with each other, at least initially. There was no physical force involved at all. However, under military law, force may not be necessary when alcohol is involved because a person who is incapacitated cannot consent. In other words, Jim is unsure as to whether Jane is too drunk to consent. The best course of action is for Jim to stop all intimate contact and wait until Jane is sober.

Another fact to consider is what Jim and Jane mutually agreed to do together. The story indicates that they both agreed to "hooking up." If both were asked what that term meant exactly, they might come up with different meanings. For instance, Jane might have said that hooking up is kissing and touching on top of the clothes. Jim's definition of hooking up might include kissing, touching both above and under the clothes, and even some kind of sexual intercourse. If Jim presses on with what he thinks is okay with a "hook up," and Jane either disagrees or isn't sober enough to get a chance to disagree with what Jim wants to do, then Jim may be sexually assaulting Jane. Again, because they have not talked about the meaning of "hooking up" and could have very different definitions of what that means, the safest thing for Jim to do is to stop all intimate activity with Jane. If Jim were to press on with sexual activity, he could be liable for criminal punishment under military law.

As a military member and a gentleman, Jim should not leave Jane in a secluded place at a party because it might put her in jeopardy of being sexually assaulted by someone else. In fact, Jim should see if someone is available to get them both home safely.

Each of us might have opinions about what should or should not have happened in this story. However, having sex with someone who cannot consent is a crime. If you see someone about to make a bad decision, step in and say something. If you're not sure you can handle the situation by yourself, get help. Your intervention could keep others from making mistakes with very serious consequences.

Reporting Options

The Department of Defense (DoD) is committed to providing comprehensive response and care to victims of sexual assault. DoD policy provides two reporting options to military victims: Restricted Reporting and Unrestricted Reporting. Victims can receive support, medical care, counseling, and a Sexual Assault Forensic Examination regardless of which option is chosen.

"Restricted Reporting" provides a victim the opportunity to confidentially disclose a sexual assault to specified individuals, receive medical treatment, and use support services without triggering the investigative process. When a Restricted Report is made through proper channels, a victim's identity is not released to command officials. The installation Sexual Assault Response Coordinator (SARC), Victim Advocates (VA), healthcare providers, and chaplains may receive a Restricted Report. This option gives victims additional time to weigh their options and to seek guidance about whether or not to participate in a criminal investigation.

An Unrestricted Report initiates an official investigation of a sexual assault using standard reporting channels. Victims can receive the same medical care and resources available in the restricted option, but this option immediately alerts law enforcement and initiates the criminal investigative process. Under this option, a victim's commander is notified.

SARCs and VAs advise victims on the different reporting options available, explain the benefits and limitations of each, and document the reporting option selected. A victim must acknowledge his or her reporting preference on a special form, provided by a SARC or VA. Please note that while a restricted report can be changed to an unrestricted report, one cannot change preference selection from an unrestricted report to restricted because the investigative process has already begun.

Both reporting options help DoD mobilize resources to assist the victim and allow commanders to develop a better understanding of and response to sexual assault occurring in their command. Additional information on sexual assault and reporting options is available from your installation SARC.

Ten Facts About Sexual Assault and Alcohol

10. Research found that at least 80% of college students who had unwanted sex were under the influence of alcohol.

9. Men are more likely than women to assume that a woman who drinks alcohol on a date is a willing sex partner. Forty percent of men who think this way also believe it is acceptable to force sex on an intoxicated woman.

8. Alcohol consumption by perpetrators and victims tends to co-occur–that is, when one of them is drinking, the other one is generally drinking, too.

7. Alcohol use can contribute to an atmosphere where anything goes, including rape by individuals or groups.

6. Alcohol impairs judgment and lowers inhibitions, making some people more likely to commit a rape or sexual assault.

5. Alcohol slows reflexes and impairs the ability to recognize potentially dangerous situations.

4. Under the influence of alcohol, both men and women have a decreased ability to interpret social situations accurately. Consequently, risk of sexual assault for both sexes increases with alcohol use.

3. Although popular media typically focuses on Rohypnol ("roofies") and GHB as rape drugs, alcohol is the substance most commonly used in drug facilitated rapes.

2. Alcohol intoxication can never be used as a defense for someone who commits sexual violence.

1. Military law recognizes that when someone is passed out, she or he is unable to give consent. If you have sex with someone who is passed out or incapable of giving consent, it is considered ***SEXUAL ASSAULT***.

SAAM 2008 Additional Resources

The resources below provide additional information that can help you in planning your SAAM activities.

DoD

Sexual Assault Prevention and Response Office (SAPRO)
www.sapr.mil
The DoD SAPRO serves as the single point of accountability for sexual assault policy matters. Use the SAPRO website to find information on: reporting a sexual assault (Unrestricted/Restricted reporting options); DoD Sexual Assault Prevention and Response policy; resources; and links to related sites.

Department of Defense Victim Witness Assistance Program
www.defenselink.mil/vwac/dodprograms.html
This is the home page for victim and witness assistance information in the Department of Defense. Victims of crime and those assisting them may find the information about the military justice process useful.

Federal Agencies

National Crime Victims' Rights Week Resource Guide
http://ovc.ncjrs.gov/ncvrw2008/welcome.html
(Available through National Criminal Justice Reference Service)
Crime Victims' Rights Week takes place from April 13-19, 2008.

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control
http://www.cdc.gov/ncipc/factsheets/svprevention.htm
This website provides links to resources and organizations that address risk and protective factors for sexual violence through prevention and education activities.

Office on Violence Against Women (OVW)
http://www.usdoj.gov/ovw
This office is responsible for the U.S. Department of Justice's legal and policy issues regarding violence against women. It also provides valuable information on grants that may be applicable to your education and training initiatives.

Office for Victims of Crime (OVC)
http://www.ojp.usdoj.gov/ovc/
This office in the U.S. Department of Justice administers programs to assist victims of crime, and provides grant funding to state victim assistance and compensation programs. Information on the following topics is available: financial support for conferences; scholarships; continuing education; and, national training calendars.

Military Service Sexual Assault Prevention and Response

The following military sites may contain some information that may help in your SAAM planning. In addition to basic contact information, some of the Services have added additional resources - including Service-specific policies, training information and prevention tips.

Army Sexual Assault Prevention and Response Program
http://www.sexual assault.army.mil/

Navy Sexual Assault Victim Intervention
http://www.nffsp.org/skins/nffsp/home.aspx
Click on the "Sexual Assault" link in the left column.

USMC Sexual Assault Prevention and Response Office (SAPRO)
http://www.usmc-mccs.org/sapro/

National Guard Bureau, SAPR
http://www.ngb.army.mil/jointstaff/j1/sapr/default.aspx

US Coast Guard, Health and Safety Directorate, Office of Work-Life, Rape and Sexual Assault
http://152.121.2.2/hq/g-w/g-wk/wkw/EAP/rape_sexual_assault.htm

Women Veteran's Health Program – Counseling and Treatment for Military Sexual Trauma
http://www1.va.gov/wvhp/page.cfm?pg=20
The Department of Veteran's website informs victims of available counseling and treatment programs for men and women who experienced sexual assault or harassment during their military service.

Centers for Disease Control and Prevention, National Center for Injury Prevention and Control
http://www.cdc.gov/ncipc/dvp/SV/default.htm
This website provides links to resources and organizations that address risk and protective factors for sexual violence through prevention and education activities.

College Drinking: Changing the Culture, by the National Institute on Alcohol Abuse and Alcoholism (NIAAA)
http://www.collegedrinkingprevention.gov/Supporting Research/Journal/abbey.aspx
This web page on the College Drinking: Changing the Culture website posts the article "Alcohol-Related Sexual Assault: A Common Problem among College Students" from Dr. Antonia Abbey, who specializes in college drinking behaviors and sexual assault research.

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SAAM 2008 Additional Resources *(Continued)*

Federal Bureau of Investigation
http://www.fbi.gov/hq/lab/fsc/backissu/april1999/lebeau.htm
"Toxicological Investigations of Drug-Facilitated Sexual Assaults" is an article written by Marc LeBeau, a forensic toxicologist for the FBI. This is a detailed article on investigative challenges, including some great tips for criminal investigators working the crime.

National Criminal Justice Reference Service
http://www.ncjrs.gov
This site contains a section on rape and sexual assault with links to related publications.

National Institute on Alcohol Abuse and Alcoholism
http://www.niaaa.nih.gov/
This site contains many resources on alcohol, including the impact of alcohol on sexual assault. Browse the publications, or use the search feature to quickly pull up items on sexual assault.
http://pubs.niaaa.nih.gov/publications/arh283/111-120.pdf
The article "The Scope of the Problem" focuses on underage drinking and related risks. This article summarizes research on the epidemiology of youth drinking, including the consequences of youthful drinking, risk/protective factors/drinking trajectories, and information on special populations at particular risk for drinking-related problems.

Non-Profit Organizations

National Sexual Violence Resource Center (NSVRC)
www.nsvrc.org
The website contains National SAAM campaign packets and resources. Under the SAAM header, you can find out what activities other sexual assault coalitions are implementing and use the tools provided to help you emulate their events. Additionally, the website provides a listing of local state and territory sexual assault coalitions as well as a nationwide training calendar.

Pennsylvania Coalition Against Rape
www.pcar.org
The website contains a comprehensive collection of materials for use in sexual assault prevention and response.

Violence Against Women Network (VAWNET)
www.vawnet.org/SexualViolence
VAWNET is the National Online Resource Center on Violence Against Women. The website provides an accessible, comprehensive collection of articles, calendars, research documents, fact sheets and other resources on sexual violence, domestic violence and related issues.

California Coalition Against Sexual Assault: MyStrength Campaign
http://www.mystrength.org
The MyStrength Campaign in California was developed with Men Can Stop Rape to promote awareness to youth through positive messaging to men.

Men Can Stop Rape
http://www.mencanstoprape.org
Men Can Stop Rape is an organization that seeks to end violence against women through mobilizing male youth to play a positive role in prevention. Their website contains excellent resources for positive messaging to men about what they can do to stop rape. A related distributable flyer can be found at: http://www.mencanstoprape.org/usr_doc/Alcohol_Masculinity_and_Rape.pdf.

National District Attorney's Association
http://www.ndaa.org/publications/apri/violence_against_women.html
This website contains a list of downloadable publications – including a monograph on prosecuting alcohol facilitated sexual assault, written by SAPRO's Senior Policy Advisor, Teresa Scalzo, J.D.

Rape, Abuse and Incest National Network (RAINN)
http://www.rainn.org/types-of-assault/sexual-assault/drug-facilitated-assault.html
This web page by RAINN explains drug facilitated sexual assault, including alcohol's effects on the victim and the perpetrator.

Sexual Assault Forensic Examiner Technical Assistance (SAFE TA)
http://www.safeta.org/
This site offers recommendations for first responders and medical personnel in the investigation of sexual assaults.

Academic Institutions

California State University at Berkeley
University Health Services
http://www.uhs.berkeley.edu/home/healthtopics/sexual assault/saalcohol.shtml
This university website has information on alcohol and sexual assault. It also includes information on GHB, Ketamine and Rohypnol.

Yale University
Rape and Sexual Violence Prevention
(Student Organization)

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SAAM 2008 Additional Resources *(Continued)*

http://www.yale.edu/wc/rsvp/Alcohol%20and%20Sexual%20Assault.pdf
This website has posted the article "How Does Alcohol Contribute to Sexual Assault? Explanations from Laboratory and Survey Data," which summarizes the proceedings of a symposium of a 2001 Research Society on Alcoholism meeting. Four presentations were given on research relevant to the topic of alcohol-related sexual assault.

College of William and Mary
Sexual Assault Resources and Education
http://www.wm.edu/sexual assault
This university website has a wealth of information that targets college-aged people. The site emphasizes information and skills for building healthy relationships, improving cues and communication, understanding the effects of alcohol, and building a community of trust. The community of trust section covers bystander intervention skills.

Other Resources

AtHealth.com
http://www.athealth.com/Practitioner/ceduc/alc_assault.html
The researchers (Abbey, et. al.) present how alcohol impacts the crime of sexual assault, the risks of becoming a victim, and the behavior of perpetrators. This site provides Continuing Education credit for reviewing these materials. Healthcare providers might find this information interesting and helpful in meeting their continuing education requirements. A journal article summarizing this research is available at:
http://pubs.niaaa.nih.gov/publications/arh25-1/43-51.pdf.

The Clothesline Project
http://www.clotheslineproject.org
The Clothesline Project is a program started on Cape Cod, MA, in 1990 to address the issue of violence against women. Victims of violence express their emotions about their experience by decroating a specifically colored tee shirt. Red, pink, and orange are for survivors of rape and sexual assault.

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SAAM 2008 Planning Calendar

Use this planning calendar to outline your installation/command's Sexual Assault Awareness Month activities.

February

March

April

1st Week

2nd Week

3rd Week

4th Week

5th Week

April 3, 2008 - Sexual Assault Awareness Month Day of Action

DEPARTMENT OF DEFENSE

UNITED STATES OF AMERICA

United States Department of Defense

S A P R O

Sexual Assault Prevention & Response Office

www.sapr.mil

All photos courtesy of the United States Army, Marine Corps, Navy and Air Force