

Sexual violence affects us all.

More than **1 in 8** college students experience sexual assault.¹

It's up to all of us to do something.

WHAT IS SEXUAL VIOLENCE?

Sexual violence is any sexual act attempted or committed by someone against another person without their freely given consent. This includes rape, sexual assault, sexual harassment, and any unwanted sexual contact. Sexist comments, rape jokes, and victim blaming all contribute to the prevalence of sexual violence in our society.

HOW CAN YOU HELP?

Standing up for someone when you see they are being mistreated isn't always the easiest thing to do, but it is the RIGHT thing to do. Here are some tools you can use to be prepared to intervene.

HAVE A PLAN.

Talk to your friends about it. Would they want you to intervene if they were in a weird situation? Discuss different situations and the appropriate actions. Come up with a plan together.

BE ALERT.

Be aware of what's happening around you. You might overhear inappropriate comments being directed at someone or notice someone who seems uncomfortable on a date at a party.

LEARN THE 5Ds OF BYSTANDER INTERVENTION.

Direct: Intervene directly with the person doing the harm or the person being targeted.

Distract: Disrupt or interrupt the situation.

Delegate: Bring in another person or people to help intervene, check-in or follow up.

Delay: Check in on the person being targeted afterwards and see what support they may need.

Document: Keep records of harassment or harm to give to the person being targeted. This is especially helpful with online harm.

1. Report on the AAU Climate Survey on Sexual Assault and Sexual Misconduct. (January 17 2020). Association of American Universities.

YOU CAN MAKE A DIFFERENCE

An engaged bystander is a person who recognizes sexual violence when it happens and takes action to stop it, but it's also someone who makes everyday choices to communicate their values around sexual violence prevention. You can take proactive steps to raise awareness of sexual violence, promote positive social norms around healthy relationships and sex, and share values of consent, respect, and safety with your community.

RESOURCES

Maryland Coalition Against Sexual Assault (MCASA)

www.mcasa.org
301-328-7023

Nationals Sexual Assault Hotline
1-8000-656-HOPE (4673)

End Rape On Campus (EROC)
www.endrapeoncampus.org

Sexual Assault Legal Institute (SALI)
301-565-2277

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mcasa.org | 301-328-7023 | info@mcasa.org

P.O. Box 8782
Silver Spring, Maryland 20907

MCASA
Maryland Coalition Against Sexual Assault

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HOW YOU CAN HELP PREVENT SEXUAL VIOLENCE ON CAMPUS



Speak UP.
Speak OUT.

MCASA
Maryland Coalition Against Sexual Assault

PUT YOURSELF TO THE TEST

What action would you choose if you were faced with these situations?

AT THE PARTY

Nicole really likes Mike. They're at a party together at a friend's house and Nicole has been drinking. You know that Nicole is interested in Mike, but as Mike starts to take Nicole towards a separate room, you notice that Nicole seems disoriented and needs help moving down the hallway. What do you do?

- A.** Pretend you didn't see and go back to talking with your friends.
- B.** Pull Nicole aside and check in. When she says she's not feeling well, you offer to walk her home.
- C.** Leave the party.
- D.** Decide that you will ask Nicole about it tomorrow.

Answer: B. Nicole could be too impaired to consent to sex. When you see someone at risk, you need to step up. If you feel comfortable, you or a friend could check-in with Mike after the party to let him know what he did wasn't okay.



IN THE LOUNGE

While hanging out with your friend, you notice their phone and laptop keep dinging and they seem uncomfortable. When you ask if everything is okay, they tell you that they started talking to a new person on a dating app and they've been sending your friend unwanted sexts and inappropriate messages, even after being asked to stop. Your friend doesn't know what to do. What do you do?

- A.** Tell your friend to just ignore them; they will get the hint and stop eventually.
- B.** Tell your friend to delete their number and just move on.
- C.** Tell your friend to keep a record of the harassment and you can brainstorm some ways to prevent the harasser from contacting them further.
- D.** Laugh it off and tell your friend not to worry.

Answer: C. Documentation is important. If your friend is being harassed, it is helpful to keep a record of the behavior. They may need this record if they decide to seek out support in the future. Depending on how much personal information the harasser knows about your friend, they may need support in creating a safety plan to end contact.

AT SCHOOL

You're discussing a novel in your English class that includes a romantic plot between two characters. You notice one of the guys in your class is staring pointedly at a classmate everytime this subplot is mentioned, and at several points he interrupts the conversation to ask her what she thinks about details of the characters' relationship. You notice that your classmate looks very uncomfortable. What do you do?

- A.** Wait for the professor to handle it. It's not your place to do anything else.
- B.** Look around at your classmates to see if anyone else is going to do something.
- C.** Ignore the comments and keep taking notes.
- D.** Ask a question about a different aspect of the story to change the subject.

Answer: D. By using a distraction to intervene, you take the focus off of the negative situation. It is also a good intervention to have an honest conversation with your friends and classmates at a later time. Be open and share your concerns about their treatment of your classmate. Asking your classmate if they are okay after class, talking to your professor, or another trusted adult to intervene are also great next steps.

