

## **PETSA: Personal Empowerment Through Self Awareness**

### **Introduction Video:**

Vice President of Student Affairs, Bruce Clemetsen.

Each academic year brings with it a new friends, new classes and new learning opportunities. It is also the time that brings the new risks. This online training addresses one of those risks, personal violence.

Personal violence includes sexual assault, rape, partner violence, stalking and sexual harassment. All of these behaviors are crimes, crimes that can happen on any college campus or to any college student.

Personal violence is a tough topic to address, but it is an important one. Linn-Benton Community College is maximizing its effort to provide a safe and healthy environment for everyone. Let me be clear, personal violence will not be tolerated by our college. Those who engage in this behavior should be reported, and will be held accountable.

We are strategically working toward a violence-free campus. And this online training is one important step toward a safer college and community. Please take a few minutes of your time now to study these materials. It is an investment you make in a safer future for both you and your community.

### **Student Life and Leadership Introduction Video:**

Amanda McDougall, 2013-2014 Student Leadership Council

At Linn-Benton Community College, we are all responsible for building a strong, safe community where we can learn, grow, explore, and have fun during our college years. We have a duty to our college and community to uphold certain standards of behavior that will make our years here, a great experience.

LBCC has a code of student conduct. Included in that code are rules that require us to be respectful towards one another and to obey the law. Personal violence towards others is absolutely prohibited. Whether you are an undergraduate or graduate, a student or an employee, young or old, you may know someone now, or you may come to know someone who will need your help with regard to personal violence.

We are all part of the solution to addressing and preventing personal violence. Please take time now to understand these issues and to learn how you can make our college a safer community.

## **OR Law Related to Personal Violence – Video 1:**

Associate Dean Lynne Cox.

In order to create the safest possible environment for students at Linn-Benton Community College, it's important that each of us understands the law. It can seem overwhelming, but it's really not that complicated to understand the laws around sex, harassment, stalking, dating violence, sexual assault and rape.

According to Oregon law, it is a crime to have sexual intercourse or engage in intimate sexual contact with any person without consent. Anyone touching someone sexually without their consent has committed sexual assault or rape.

A person cannot give consent if they are mentally disabled or incapacitated, physically helpless for any reason including alcohol or drug intoxication, or under the age of 18. Consent is also not present if the person is overcome by a deception, coercion or surprise. Most of the time, we think of consent in a negative. For example, she didn't say no or scream or punch or kick or resist. It's important to understand that consent is about saying yes more than about hearing no.

Oregon law says, "That a lack of verbal or physical resistance does not by itself constitute consent."

If you plan to have sexual contact, you need to be certain the other person is saying yes to that contact.

Oregon law also makes it a crime to do any unwanted touching, sexual contact or stalking of another person. The mandatory minimum sentence for rape in Oregon is eight years and four months.

Stalking behavior includes alarming or coercing others by repeated and unwanted contact, and includes behaviors like following someone or showing up at places they are known to frequent. These behaviors are stalking when it would be reasonable for the victim to be alarmed or coerced, or when the behaviors caused the victim reasonable apprehension for personal safety or self or family household members.

Additionally, there are laws relating to harassment and other forms of personal violence, such as partner violence.

The bottom line is that Oregon Laws is there to help you understanding the law and college policies and our student rights and responsibilities is a powerful tool in ensuring your personal safety. The LBCC Student Rights and Responsibilities code is available at the link now showing on your screen.

<http://www.linnbenton.edu/files/dmfile/AR-7030-01-Students-Rights-Responsibilities-and-Conduct-Code.pdf>

LBCC Policies and Rules are also available on our college website at the link now showing on your screen.

<http://www.linnbenton.edu/board-policies-and-administrative-rules>

In addition to knowing about the law and possible about criminal consequences, it's important to understand that colleges hold students

accountable under their own codes of conduct and disciplinary processes. These operate separately from the criminal justice system.

At LBCC allegations of sexual misconduct are handled in accordance with the LBCC discrimination and harassment policy and the discrimination grievance procedures as found in LBCC code of conduct and board policies. Students found in violation risk disciplinary action from the college which may include suspension or expulsion.

If a student is not convicted of a crime, he or she may be disciplined by the college and may lose privileges to attend school. Under new guidelines, the federal government also expects colleges and universities to investigate sexual and personal violence and misconduct cases.

At college, we're expected to use the preponderance of an evidence standard and not the beyond to reasonable doubt. This means if we receive a report of personal violence, we will evaluate whether it is more likely than not that such violence occurred. Consequences under college rules and standards will occur if it is more likely that the violence occurred.

LBCC wants to encourage reporting. We want to know if student rights are being violated. And we want to be able to help. If you're experiencing stalking, sexual harassment, sexual violence or relationship violence from a student, staff member, faculty member, college employee or any person attending a college related event on or off campus, you should have contact our office.

Also, if you have experienced sexual misconduct off campus that affects your time on campus, we're here for you. For example, if you were subject to sexual violence and the person who committed that violence is in your class or studies in the same learning center as you, please report it to us. We want to know about any incident of sexual misconduct that occurs on or related to our campus community. Even if you're just wondering if something is serious enough to report, please contact our office to find out your options.

LBCC's policy on harassment, discrimination and sexual misconduct is designed specifically to protect you and your educational experience.

### **What Is Consent? – Video 2:**

But they were both drunk.  
I heard they were with friends.  
But I heard they were dating.  
Look at what she was wearing.  
She was asking for it.  
She never says no.  
She sleeps around.  
She sleeps around.  
That's just how she is.  
What's the big deal?  
What's the big deal?

What's the big deal?  
I heard she likes it. She likes it.  
But that was last year.  
It happened forever ago.  
Everyone else was doing it.  
Did you see the way she was dancing?  
She came on to him.  
Have you see her profile pics? All the pictures.  
Once we got going, I couldn't stop.

You may have heard explanations such as this as to why it wasn't rape, as if the rapist is not responsible for their behavior while drunk. Under Oregon Law, a drunken perpetrator may be held responsible. In fact, the Oregon Statute says, "That the use of drugs or controlled substances, dependence on drugs or controlled substances, or voluntary intoxication shall not constitute a defense to a criminal charge. The US Supreme Court has held that even a perpetrator who has blacked out due to alcohol or drug consumption is responsible for their behavior."

Ultimately, having sex is a mutual decision. Both parties must be aware and sober enough to understand their decisions. No means no. I'm not in the mood, means no. Silence, means no. I really like you but, means no. I'm not sure, means no. Well, you get the point.

You should know that the number one date rape drug is alcohol and that others include Rohypnol, GHB, and Ketamine which have the variety of street names. Remember that the taste of date rape drugs is often masked in drinks, especially sweet ones. And your drink does not need to be alcoholic to be spiked.

Don't drink from a cup or glass that you have left unattended. Symptoms of drug exposure can include loss of coordination, problem seeing or focusing, dizziness, and slurred speech. So be aware. Trust your instincts. If something doesn't feel right get somewhere safe. Help a friend to safety. It can save your life.

You might be wondering what happens if two people have been drinking hook up? Hooking up implies that both people involved still have the capacity to consent. So, when is that line crossed?

If the person you're with is slurring his or her words, falling down or passing out, that person is no longer able to consent. Alcohol affects people differently. So remember, if you are taking prescription drugs alcohol can affect you more than usual.

You have noticed that PETA focuses more on female victims. We cannot ignore the statistics, women experience nearly four out of every five rapes or incidents of intimate partner violence; but men can and do experience rape, sexual harassment, domestic or dating violence, and stalking. If you're a man who has experienced any of these, university resources like the Title IX office are also there for you.

Sexual assault can happen to anyone, men, women, and members of the LGBT community. Locally, the Center Against Domestic Violence, CADV has trained advocates that can help you.

### **Predatory Behavior – Video 3:**

You have seen one way in which rape can happen through issues around consent. It can also happen by being intentionally singled out, or targeted. Just as there are myths surrounding rape, there are also false stereotypes surrounding those who perpetrate rape. In reality, four out of five rapes are committed by someone who is known to the victim like a boyfriend, a friend or a classmate.

This is very important. From a young age, we are taught that we are safe around acquaintances and we expect familiar people to act in familiar ways. So, we were thrown off guard when they act out of the ordinary. These rapists know exactly what they are doing and they have a premeditated plan. These are predators. They intentionally select someone to prey on who is vulnerable or who can be made vulnerable through drugs, alcohol or fear.

Research suggests that these rapists see violence as normal, see victims as objects to be dominated, show limited empathy for others, and who may believe violence is exciting. These predators are not looking for a relationship. They are looking to take and to get at any cause because they feel they deserve it and should have it. This is a relatively small population, who commit multiple sexual assaults, but they are dangerous and you need to watch out for them.

If you see predatory behavior or hear about it, trust your gut. Get out of the situation. Get help. Report it

### **Myths and Facts - Video 4:**

Personal violence happens on college campuses all over the United States. It also happens off campuses; and it can have a powerfully negative impact on those who experience it. So, why does this kind of violence happen?

College campuses are a part of a larger US culture, and many scholars warn of a rape prone culture where prevalent attitudes, norms, and behaviors excuse, minimize, and even encourage sexual violence. This environment creates stereotypical beliefs about women, men, sexuality, and power that can lead to a whole range of negative consequences. These stereotypes are reinforced through images, ideas, and conversations we are exposed to everyday. Without careful thought we may simply accept them as a way of life. One of the most important things we can do to protect ourselves against this kind of violence is to clearly distinguish the myths from the facts.

**Myth:** Most people lie about sexual assault.

**Fact:** The vast majority of sexual assault reports are true. Not believing

a survivor is emotionally damaging and it lets others know that they won't be believed if they come forward.

Myth: Only strangers commit sexual assault.

Fact: Stranger assault represents less than 18 percent of sexual assaults. The overwhelming majority of sexual assaults occur in familiar places and with people we trust.

Myth: Perpetrators cannot help themselves.

Fact: We are all conscious of and able to control our own actions. When we say perpetrators can't help themselves, we excuse their actions and place blame on their survivor.

Myth: Provocative clothing is a risk factor.

Fact: Whether you're wearing a short skirt or snow pants, the only risk factor is the presence of a rapist. Whatever the reason behind a person's choice of wardrobe, no one dresses to encourage an attack.

Myth: Real sexual assault is always physically violent.

Fact: The overwhelming majority of assaults, 82 percent, are perpetrated by acquaintances, friends, or family members who use coercion to assault. Coercion, pressuring, guilt tripping, intimidating can be just as forceful and just empowering as physical violence.

Myth: Sexual assault can be an accident.

Fact: Sexual assault is never an accident. The perpetrator claiming that they received mixed messages and didn't know the person was not consenting is not valid. When someone wants to stop and the other person wants to continue, the burden is entirely on the person who wants to continue.

Myth: Sexual harassment is flattering.

Fact: Harassment by definition is never flattering. It is offensive and unreasonable behavior. Examples such as wolf-whistling, cat calling, honking, or even touching someone without permission are examples of gender bullying behaviors. Sexual harassment involves offensive, unreasonable behavior that occurs without the consent of the individual.

Myth: Men cannot be sexually assaulted.

Fact: 60 percent of males in secondary schools are sexually harassed and 1 in 10 men are sexually assaulted. Sexual violence can be experienced by any person of any gender.

Much of what we accept as inevitable is in fact, the expression of values and attitudes that can change; and we can change them. We have that power. Working together, we can create a campus and a society in which sexual violence of any kind is a thing of the past.

Let's go back to that first myth. Some of you may have heard statements about how sometimes women will make false rape reports and that men should be scared of being falsely accused. Don't buy into that myth. Recent studies show that few reports of sexual assault are false.

It's time to stop perpetuating the myth that no means yes or that no response means it's OK to have sex.

And it's time to stop asking questions about what people were wearing or drinking or doing when they were victimized.

Victim blaming hurts everyone, men and women, their friends and families, all of us, and ignores the real problem, rapists.

### **Personal Empowerment – Video 5:**

In order to ensure your personal safety, it's critical that you keep in mind a few things that will help reduce your risk of being victimized by personal violence.

Know where you were going and speak up if you're uncomfortable with the plans. Communicate with your date, no means no.

Know that drinking and drug use can impair your judgment. You might not be able to make the same decision you would make if you were sober or have the same ability to remove yourself from a bad situation. If you drink, drink responsibly. Eat a full meal before going out. Have a glass of water between each drink. Stick to one type of alcoholic beverage. Know your limits and don't go beyond them.

Have a designated driver and don't let anyone else make the decision of how much you will drink. Only drink something that you've poured yourself or that comes in a pre-sealed container. Premixed drinks can have more alcohol in them than you might want to drink. Also, drugs like Rohypnol and GHB are dissolved in drinks causing the person who consumes the beverage to lose consciousness quickly. Don't drink something that has been left unattended.

Don't go anywhere with someone you don't know well. If you do leave a party with a new friend, tell the friends you came with where you're going and when you are coming back.

It's also critical to understand your responsibility when it comes to interactions with others. In order to ensure everyone's safety, you need to keep in mind a few things that will help reduce your risk of committing personal violence.

Listen carefully. Take time to hear what the other person has to say. If you feel he or she is not being direct or is giving you a mixed message, ask for clarification. Don't fall for the cliché, if they say no, they really mean yes. If your partner says no to sexual contact, believe them and stop. Remember that sexual assault is a crime. It is never acceptable to force sexual activity, no matter what the circumstances.

Don't make assumptions about a person's behavior. Don't assume that someone wants to have sex because of the way they are dressed, they drink or drink too much, or agree to go to your room. Don't assume that if someone has had sex with you before, that they're willing to have sex with you again. Also don't assume that if your partner consents to kissing or other sexual activities, they are consenting to all sexual activities.

Be aware that having sex with someone who is mentally or physically incapable of giving consent is rape. If you have sex with someone who is drugged, intoxicated, passed out, or is otherwise incapable of saying no or knowing what is going on around them, you may be guilty of rape.

Be careful in group situations. Resist peer pressure from friends to participate in violent acts. Get involve if you believe that someone is at risk. If you see someone in trouble or someone pressuring another person don't be afraid to intervene.

So, before things get out of control, stop and think. Personal empowerment through self-awareness can reduce your risk of personal violence.

Kevin Antonio Lee and Sarah Meisner state:

Just in case you think this isn't relevant to you, a 2010 research study showed that one in three female students and one in five male students on college campuses will hear about a sexual assault from a friend.

Remember, only when both parties say or positively indicate "yes" to having sex and are both mentally and physically capable of making this decision is there consent. Only when both consent, is it legal to have sex or any form of sexual contact or intimate touching.

### **Stand Up, Don't Stand By – Video 6:**

One of the ways we can all make a difference is through learning how to intervene when we witness a situation that makes us uncomfortable, or we know is wrong. For example, you're at a party and one of your friends gets drunk and starts to leave with someone. In this situation, what you need to think about is that neither person is in a position to give or accept consent and both may regret their actions later. Now is the time to stand up, not standby.

So what do you do? Ask questions? Look out for your friend? Use a separation strategy:

Are you ok?  
You seem pretty out of it.  
Your car's being towed.  
Are you out of your mind?  
Sorry man, this isn't happening.  
I need to talk to you about something.  
What's wrong with you? She's completely wasted.

Come on, let's get something to eat.  
Not cool, bro. Not cool, bro. Don't be an idiot.

So, do your part and be an ally in the fight to end personal violence.  
Stand up, don't standby.

Director of Safety and Loss Prevention, Marcene Olson:

Hi, I'm Marcene Olson, the Director of Safety and Loss Prevention at LBCC. The Department of Safety and Loss Prevention or Public Safety Office, is dedicated to facilitating the educational process and assuring the safety and well-being of the college community. The staff provides 24 hour patrols in and around the Albany campus and provides prompt response to requests for assistance, from reports of possible criminal activity to emergencies and possible safety hazards.

If you witness something that you think is wrong or you see suspicious behavior, we encourage you to report it. Reporting can be done by coming into the Public Safety office in Red Cedar Hall, Room 119, by picking up a designated security phone found around campus that dials directly into the office, by dialing 411 from any campus network phone, or by using the online reporting form found at the public safety website under the Threat Assessment Team section.

You can also contact the officer on duty's cell phone, seven days a week, 24 hours a day at 541-926-6855, call local emergency responders by dialing 911, or come in and see me in my office in Red Cedar Hall, Room 121B; and we can discuss your options. Alternatively, students can report instances of sexual harassment, sexual assault, domestic violence, dating violence, or stalking, through the office of Student Affairs in Takena Hall or Human Resources in the Calapooia Center where Title IX officers are available to provide assistance.

### **Take Action – Video 7:**

2014 Executive Director CARDV, Letetia Wilson:

If you have been sexually assaulted, don't keep it a secret, get help, talk to a friend, call the Center Against Rape and Domestic Violence, call 911, or tell LBCC Public Safety and LBCC Title IX Officer. You can go to a qualified medical provider, emergency room or urgent care facility for medical treatment during the first 84 hours after an assault and be eligible for Sexual Assault Victim Emergency Fund assistance to pay for services.

CARDV advocates are available 24 hours a day to go with you to the Corvallis, Albany, or Lebanon Hospital for your support. None of these options will automatically trigger a criminal investigation unless you want it to. And remember, it's not your fault. You are not responsible for the actions of others and it is not your fault that somebody decided to

hurt you. If someone you know has been sexually assaulted or raped and they confide in you, be a good listener. If the assault just occurred, you're in the position to help them to decide what to do. First and foremost, get them to a safe place and away the perpetrator, then you can decide who to call and where to go. Contact information for all these options is available in the resources link.

No matter when the incident occurred, you should encourage them to contact CARDV for emergency response, counseling, emergency shelter, assistance in obtaining, and restraining, stalking, or sexual assault protection orders and other options. Oregon Statutes state that prosecution for rape may commence within six years after the commission of the crime, any time before the victim obtains 30 years of age if the crime occurred when the victim was under 18 years of age, or within 12 years after the offense is reported to a law enforcement agency or the Department of Human Services, whichever occurs first. So, if the incident occurred in the last six years or when you were a minor and you've not turn 30, you can still report it to the police. No matter when the crime occurred, there are things you can do to help yourself or your friend.

Counselor, LBCC Career & Counseling Department, Angie Klampe:

First, believe your friend. Research shows that the most important part of recovery after someone has been raped is that someone believes his or her story. Also remember, it is important not to engage in victim blaming when a friend turns to you for help. Don't ask questions about what the victim wore or did, as they may be interpreted as victim blaming.

Help you friend to attend to any physical or personal needs and offer to accompany your friend to CARDV or the hospital. If going to the hospital or medical care, do not wash away evidence. You can get medical care without reporting; and medical examination can detect and prevent injuries, STIs, and pregnancy. It can also detect the use of date rape drugs.

Director of Diversity and Community Engagement, Javier Cervantes:

Listen to and comfort your friend. Don't try to take control of the situation by saying things like, "Here's what you need to do." And remember, they may not want a hug or any physical contact. Be patient and just listen. Reinforce that they are not to blame; and remind them that they did not ask for this to happen.

Don't react with violence. You may want to go out and confront the rapist yourself, but remember this isn't about you and your anger. This is about your friend. Recommend that your friend see someone that can offer emotional support like the advocates at CARDV. Offer to go with them; but if they refuse, know that's their choice.

Director of Human Resources, Scott Rolen

Remember, to report a crime call 911. To get other help, call CARDV, the LBCC Public Safety Office, or an LBCC Title IX Officer.

It's important to report sexual misconduct to the LBCC Title IX Office. All college employees are required to report information about sexual misconduct to the Title IX Coordinator. Reporting these crimes is important. It's the best way for the college to ensure your safety so that you can get the most out of your educational experience.

### **Conclusion – Video 8:**

Vice President of Student Affairs, Bruce Clemetsen:

Remember, you're not alone. You're an important member of the LBCC community. We care about you and we want your college years to be safe, healthy, and productive. This is about personal responsibility, justice, equal access to education, and a strong community. We take this seriously. We hope you do as well. By working together, we will create and keep LBCC a violence-free campus. Thank you and have a great academic career at LBCC.