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Seventh Annual Title IX Summit

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Jun 4th, 9:45 AM - 12:30 PM

### Don't be Afraid to Catch Feels: Facilitating a Healthy Relationship Series for Students

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2019

# CPN & SUMMIT

CAMPUS PREVENTION NETWORK  EVERFI

NASHVILLE, TENNESSEE

# Don't Be Afraid To Catch Feels

## Facilitating a Healthy Relationship Series

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Julie Millisky, Program Coordinator

The Office for Violence Prevention and Victim Assistance (VPVA)

Rutgers University- Camden

# Agenda

- Overview of social issue
- Overview of series & theoretical understanding
- Exploration of 4 sessions & components of the program
- Discussion of evaluation & findings
- Reflection on lessons learned
- Discussion around future plans & how participants can adapt this program for their campuses

# Why a healthy relationship series?

# Why?

- Social issue
- National data
- Campus data
  - Everfi
  - #iSpeak
- Client data



# Social Issue

- Public health issue with long term implications
- Impacts students prior and during education
- Focus on primary prevention





# National Data



**One in four women have experienced some form of intimate partner violence in their lifetime**



# National Data



**One in nine men have experienced some form of intimate partner violence in their lifetime**



# National Data



Nearly half (43%) of all college women, and nearly one third (28%) of college men, report having experienced either abuse or controlling behaviors in a dating relationship

# National Data



Intimate partner violence is most common against women between the ages of 18-24





# National Data



**43.8% of lesbian women  
have experienced rape,  
physical violence, and/or  
stalking by an intimate  
partner at some point in  
their lifetime**



# National Data



**61.1% of bisexual women  
have experienced rape,  
physical violence, and/or  
stalking by an intimate partner  
at some point in their lifetime**

# National Data



**26% of gay men have experienced rape, physical violence, and/or stalking by an intimate partner at some point in their lifetime**



# National Data



**37.3% of bisexual men have experienced rape, physical violence, and/or stalking by an intimate partner at some point in their lifetime**





# National Data



**66.2% of female stalking victims reported stalking by a current or former intimate partner**



# Everfi Data

## Sexual Assault

In the past, someone pressured or forced me into sexual contact without my explicit consent.

## Relationship Violence

I have experienced some form of abuse or threats of abuse in a current or previous relationship.

## Stalking

In the past, I have experienced repeated and unwanted attention, harassment, or other contact from another person that has made me feel afraid.

	Females		Males	
	Before	After	Before	After
Sexual Assault	18%	2%	4%	2%
Relationship Violence	14%	1%	4%	1%
Stalking	21%	5%	4%	2%

# Campus Climate Data: #iSpeak Survey

- 1 in 5 undergraduate women will experience sexual violence during their time at Rutgers
- Students living on campus and LGBTQ+ students are at highest risk
- 49% of students, including Veterans, LGBTQ+ and other minority students are experiencing trauma *prior to arriving* at Rutgers University-Camden.





# Campus Climate Data: #iSpeak Survey

Many students reported knowing someone who has been victimized and most survivors of sexual violence told someone, often a peer, about the incident.

- 66% of students who experience violence have told a friend or someone that they know about their experience



# VPVA Client Data

- Approximately 1/2 of all students seeking services from campus advocacy do so based on domestic or dating violence
- Most of these survivors indicate some form of sexual violence within these relationships
- Other staff and faculty indicate hearing about unhealthy relationship characteristics from students
- A number of clients experienced sexual violence from individuals connected with from/by apps

# The Sessions

# Overview of Series

- Theory
- 4 sessions
- 2 tracks
- Assessment
- Each session included:
  - Activity
  - Self reflection
  - Discussion





# Theoretical Understanding

- **Feminist theory**
  - Equality within relationships
  - Learning from each other, not experts vs. students
- **Social Learning Theory**
  - Individuals learn behavior from:
    - Modeling behavior
    - Consuming information about behavior
- **Primary Prevention Focus**
  - Multi-session approach
  - Individual and relationship level
  - Addressing stopping behavior before it starts
  - Allowing for peer education through discussion and activities



# Session 1: Boo'd Up

- Preferences and boundaries
- Defining a relationship
- Communication



# Session 1: Boo'd Up

## Activity : What are we?

### Casual / Hook-Up

Follow on social media

DM once in a while

Discuss STI status

Use protection during sex

Get drinks together

### Consistent partner

Have sex on weekends

Text a few days in a row

Call just to vent

Tell my friends about them

### Long term partner

Meet people important to me

Sleep over their place

Hold hands in public

Do not use STI-protection during sex

# Session 1: Boo'd Up

## Discussion questions

- How are we meeting people?
- How do you communicate that you're interested in a relationship?
- How do you communicate about what you want/need from your relationships?
- When do you share more personal life details?
  - Ex: "I'm a survivor of sexual assault"; "I'm transgender"; "I have a child"; etc.



# Session 1: Boo'd Up

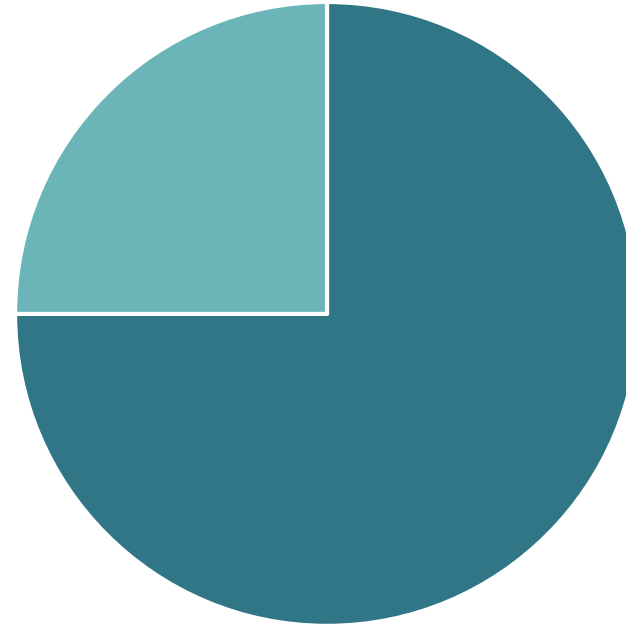
## Self reflection questions

- How do you know when you are ready for a relationship?
- What do you consider before starting a relationship?
- What would you want to know about someone before beginning a relationship with them?
- What does a good relationship look or feel like to you?

# Session 1: Boo'd Up



**60% of participants stated this workshop increased their knowledge on issues related to healthy relationship traits by a great deal.**



**75% of participants stated they were a great deal confident that they would use the information and skills learned**





**"Allowed me to understand what I want and how to handle situations"**

**"Trying to find out what I really want out of a relationship"**

**"It made me actually think about what I want in a relationship."**

**"Understanding that everyone has a different definition of a 'relationship' and what 'long term partner' vs. a 'casual/hook-up partner' means"**

**"It opened my mind better on how to go about relationships."**





# Session 2: Pizza and Fries

- Consent
  - FRIES
  - School & state policy
- Communication
- Rejection



# Session 2: Pizza and Fries

## Activity : Place Your Order





# Session 2: Pizza and Fries

## Discussion questions

- Verbal affirmation is an important aspect of consent. How else can you tell if you have consent?
- If you ever felt uncertain about consent, what did you do?
- How do you demonstrate that you respect your partners' "no" or expression of non-consent?

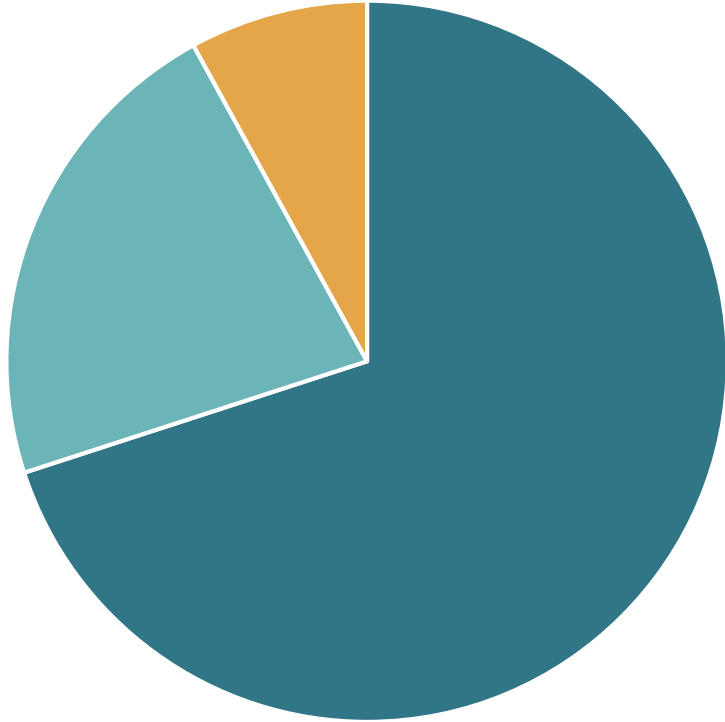


# Session 2: Pizza and Fries

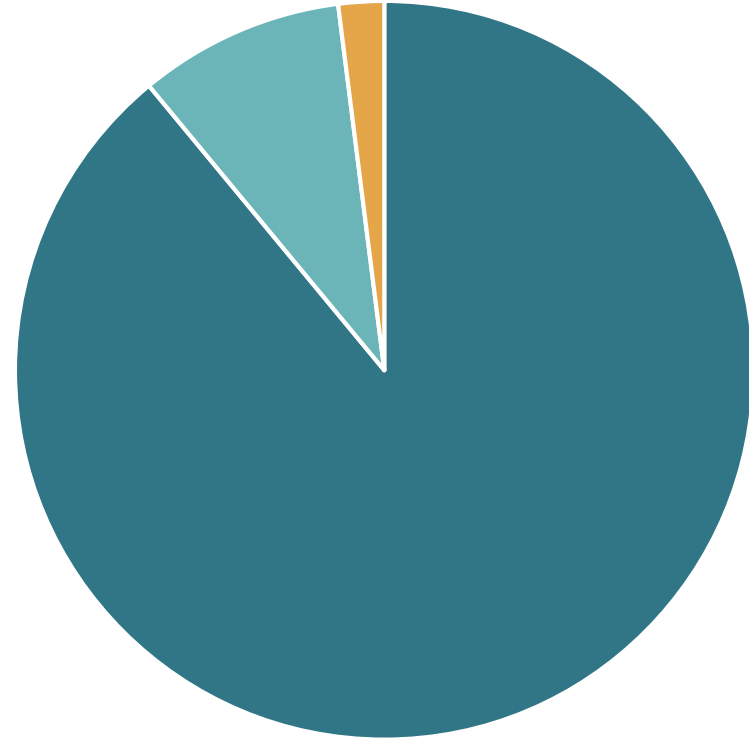
## Self reflection questions

- What does consent look like? Sound like? Feel like?
- What disclosures do I need to make in order for my partner to have informed consent? What information do I need to know in order to give consent?
  - Ex: STI status; age; gender identity, other partners; etc

# Session 2: Pizza & Fries



70% of participants stated this workshop **increased their personal understanding of relationship ideals** by a great deal.



89% of participants stated they were a great deal confident they would **use the information and skills learned**.



“Made consent clear and simple”

“It helped me realize I don't owe anyone anything and I shouldn't feel guilty for saying no.”

“Demonstrating respect for your partners’ ‘no’ includes affirmation and validation”

**“It helped me understand the meaning and importance of consensual sex.”**

“It taught me the true meaning of consent & how To consent.... I liked everything about this”

**"Consent is more than just a yes."**



# Session 3: Thank U, Next

- Ending a relationship
- “Deal breaker” behaviors
- Healthy partnership traits
- Unanticipated reactions
- Self care





# Session 3: Thank U, Next

## Activity : Make up the Break Up



# Session 3: Thank U, Next

## Discussion questions

- What “ripple effects” of ending a relationship do you consider?
  - Ex: Being outed; mutual friends; close living proximity; etc.
- How do you maintain self-care after a relationship ends?
- What have you learned as a result of past relationships?
  - Ex: Boundaries, etc.



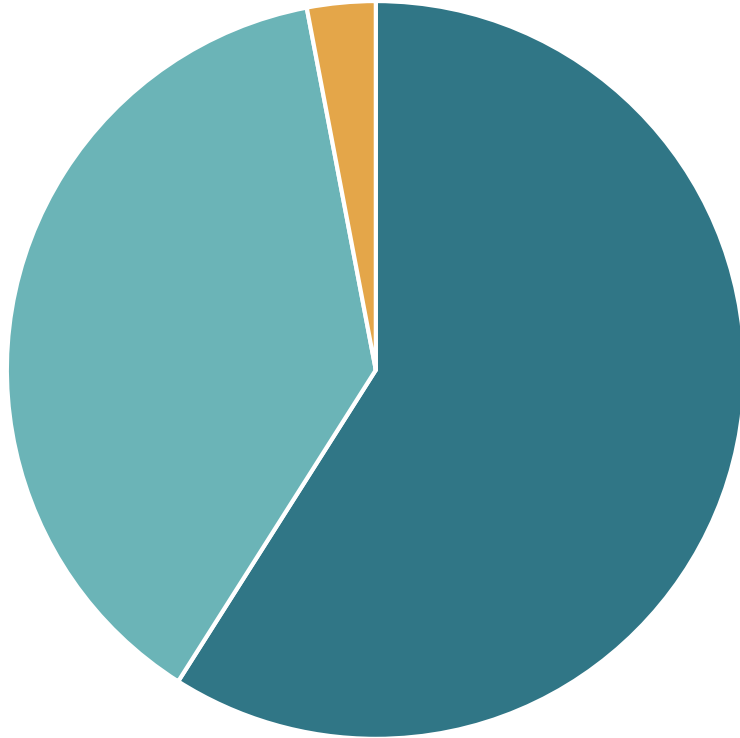
# Session 3: Thank U, Next

## Self reflection questions

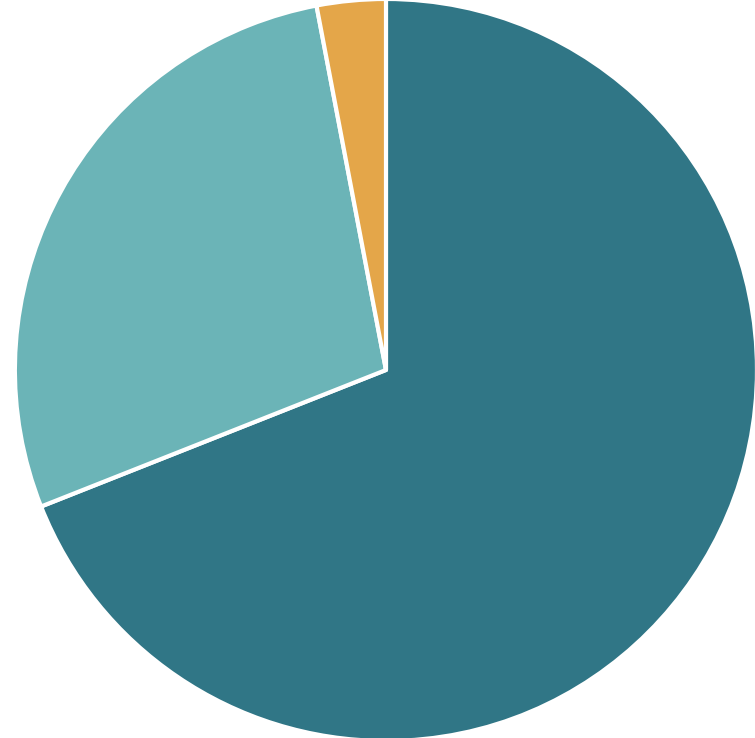


- How do you decide when you want to end a relationship?
- What would be a deal-breaker in a relationship?
- How do you prepare and care for yourself during that process?
- Where do you find support?

# Session 3: Thank U, Next



59% of participants stated this workshop **increased their personal understanding of relationship ideals** by a great deal.



69% of participants stated they were a great deal confident that they would **use the information and skills learned**



"It taught me to be more open about ending relationships, rather than trying to hold on."

**“Helped me to think in a more focused way about when I decide to end a relationship”**

"I realized some things I should acknowledge sooner"

"It made me consider the possible reactions [to a break up] the other person could have"

"Communication is key"



# Session 4: Swipe Right

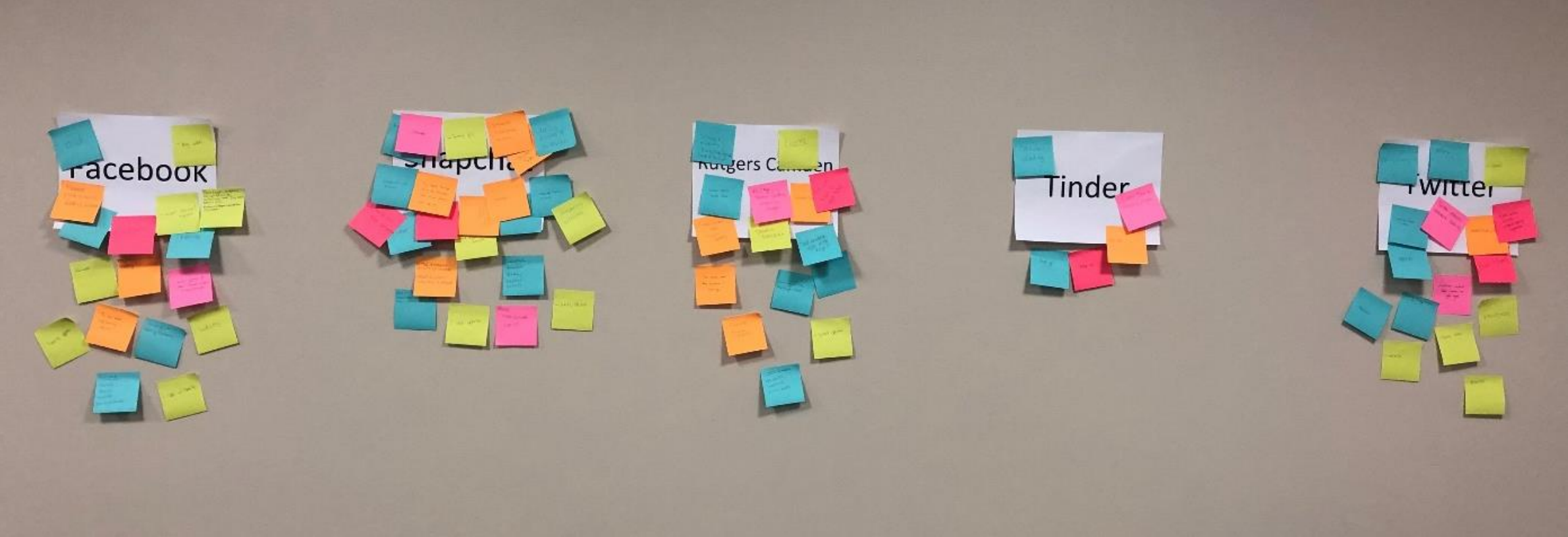
- How technology impacts relationships
- Various uses of social media and apps
- Communication/transparency
- Self image





# Session 4: Swipe Right

## Activity: "Post-it on the Post"





# Session 4: Swipe Right Discussion questions

- What are the pros and cons of using technology in our relationships
- What dating apps do we use?
- How do we communicate our intentions through apps?
- Do you use specific social media or apps for certain types of communication?



# Session 4: Swipe Right

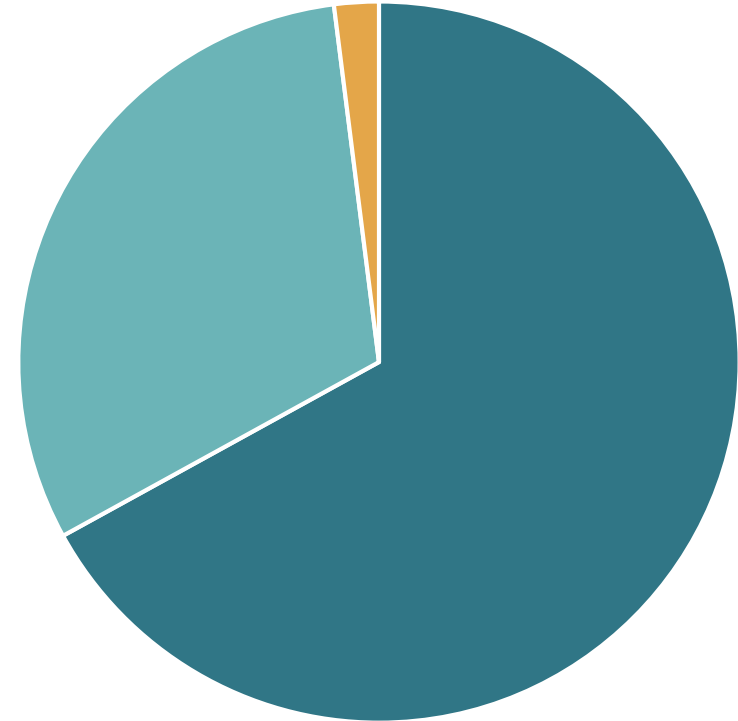
## Self reflection questions

- What do I want people looking at my social media to know about me?
- How do my social media accounts reflect who I am and what I am interested in?
- What dating apps do I use? What types of relationships/ interactions am I using them for?
- How do I communicate my intentions through apps?
- When I am communicating with a partner which forms of technology am I using? Do I use specific forms for specific types of communication?

# Session 4: Swipe Right



60% of participants stated this workshop **increased their knowledge on issues** related to healthy relationship traits by a great deal.



67% of participants stated they were a great deal confident that they would **use the information and skills learned**



**"Technology adds great impact towards what builds/demolishes a healthy relationship."**

**"It made me think about how your intentions motivate what app to use when communicating."**

**"I learned about how other people around me are using technology compared to how I am."**

**"It made me realize I'm not the only one with these issues."**

**"This workshop gave me time to reflect on myself in all aspects in regards to the use of technology. I think the most helpful part was to hear everyone else's opinion therefore feeling like I'm not alone in the process."**



# The Stats



**101**

unique students  
attended HRS sessions

**7**

Students attended all  
of the HRS sessions

Most popular sessions:

**Pizza & Fries**  
**Swipe Right**

# Lessons Learned: Marketing

- Social media
  - Consistency
- Individual session flyers
  - Utilize student workers



**Pizza & Fries**  
A Conversation About Consent  
VPVA's Healthy Relationship Series program

**Thursday, March 7**  
Free Period  
Armitage 226

**catered lunch**

from the Office for Violence Prevention and Victim Assistance

One Pass.  
Endless Opportunities.

OR ON THE RUTGERS-CAMDEN APP

[vpva@camden.rutgers.edu](mailto:vpva@camden.rutgers.edu)

# Lessons Learned

- **Titles and Activities**
  - Recognizable & relevant
- **Incentives**
- **LGBTQIA+ Sessions**
  - Inclusive but exclusive space
- **Participation**
  - Collaborate with faculty & staff
  - Individual workshop requests



# My Sister's Keeper

## Smaller group

- Connected
- Previously established/ trust

## More discussion based

- Disclosures
- Support group

"I learned other ways to communicate 'No' to the person I'm with; or speak up when I'm uncomfortable"



"Helped me see that I need to be more verbal instead of just over the phone."

"I learned how to effectively deal with conflict."



# Focus Group

“Confirmed that we’re in a healthy relationship.... we’re doing a lot of things correctly. It did make us want to work on things – mostly communication. It made us think about what can we do better.

- focus group participant who completed series with romantic partner

# Focus Group

“I would tell [student’s boyfriend] about what we talked about...This helped me with communication and taking what I learned to tell him about it.”

- focus group participant



# Focus Group

“Everyone wants to be in love and have relationships ... but we don’t talk about it. How to do it properly. You got your family and you got the TV. And if your family isn’t really good, then what do you got?”

- focus group participant

# Future Plans

- Inclusive/exclusive space for LGBTQIA+ students
- Collaborations
- Extended sessions
- Optional activities
  - Swipe Right
- Research
- Campus Specific Modifications



# Thanks for attending!

- Use this on your campus
- Share any updates you make
- Credit us please!
- Contact us: [vpva@Camden.Rutgers.edu](mailto:vpva@Camden.Rutgers.edu)

