K-12 and College-Based Sexual Violence Primary Prevention: The North Carolina State Plan

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What Do We Mean by “Sexual Violence (SV)”?

- Rape
- Sexual assault
- Sex trafficking
- Groping
- Stalking
- Sexual harassment
What is Primary Prevention?

Primary prevention is stopping something \textit{before} it occurs.
We are still standing on the bank of the river, rescuing people who are drowning. We have not gone to the head of the river to keep them from falling in. That is the 21st century task.”

-Gloria Steinem, 2002
The Prevention Continuum

Before Violence Occurs

Primary

Secondary

Tertiary

Immediate Response

Long-term Response
What is Sexual Violence Primary Prevention?
CDC Says…

“To prevent sexual violence, we have to understand what circumstances and factors influence its occurrence.”

-CDC, “Beginning the Dialogue”, program guide for RPE grant recipients.
Naming Rape Culture

• Term arose in the 1970’s during the second wave feminist movement.

• Used to describe a culture where sexual violence is prominent and prevalent in attitudes, beliefs, policies, and practices, and is often normalized, minimized, excused or condoned.
Rape Culture Alive and Well in 2012
Sexual Violence Primary Prevention in Schools and on College Campuses
Why Work in Schools to Prevent Sexual Violence?

• Research shows that working with young people to increase protective factors at an early age can help prevent sexual violence (CDC).
• High school-aged youth are ALREADY impacted by sexual violence: 12.4% of females and 4.7% of males in NC high schools have been physically forced to have sexual intercourse (YRBS, 2009).
• During the average school year, American youth spend 25% of their waking hours in school (Pianta et al., 2002).
Why work on College Campuses to Prevent Sexual Violence?

• Approximately 20-25% of women are projected to be the victims of rape or an attempted rape during their college careers (American College Health Association, 2005).
• It is estimated that for every 1,000 women attending a college or university, there are 35 incidents of rape each academic year (NIJ, 2002).
• Less than 5% of completed or attempted rapes against college women were reported to law enforcement. However, in 2/3rds of the incidents the victim did tell another person, usually a friend, not family or school officials (ACHA, 2005).
Eye on the Prize: Dismantling Rape Culture!

What causes rape culture and how can we intervene in the lives of K-12 and college-aged students to prevent it??
Follow the Evidence!!

The use of evidence-based programs or evidence-informed strategies to increase protective factors and decrease (modifiable) risk factors by changing knowledge, attitudes, beliefs, behaviors, and skills (KABBS) as they relate to sexual violence.
Programming Examples

• Media Literacy
• Deconstructing gender stereotypes/rape myths
• Bystander/upstander intervention training
• Teaching healthy communication/relationship skills
• Changing policy to support community/environmental change
What are Protective Factors for k-12 Youth?

• Good social/emotional health
• Interpersonal communication skills
• School connectedness
• Positive friendship networks
• High academic performance
• Positive relationships with adults
• Media literacy
• Healthy sexuality education

(Search Institute and CDC)
Barriers and Facilitators to This Work (In NC and In General)
Facilitators
The North Carolina Sexual Violence Prevention Plan

Drawing on North Carolina’s traditions of community ownership, neighborliness, faith, and justice, we present this plan as a call to action for the state.
“The Plan”

What We’re Doing

Here are some of the primary prevention activities we are working on in North Carolina:

Helping people with intellectual disabilities live free of the threat of sexual violence by demanding better employee screening processes and clearer workplace policies with explicit consequences and accountability.

Ensuring that all elementary, middle and high school, as well as college students feel safe at school by working with partners to develop trainings and suggest policies that contribute to a positive school climate.

Working with underserved populations, such as Lesbian, Gay, Bisexual, Transgender, Queer, and Questioning (LGBTQQ) people, and on the campuses of Historically Black Colleges and Universities (HBCUs) to help these communities create strong prevention programs.

Collaborating with state level partners to provide local and state level technical assistance and training to programs working to prevent sexual violence in North Carolina.

Collecting information and creating data systems that give us the best possible understanding of the impact of sexual violence on our diverse communities across the state.
The NC Campus Consortium

A networking, training, and technical assistance body for colleges across NC who are actively working on, or interested in working on, SV prevention programming on campus.

Facilitated by an advisory committee of 5 campus reps, the Consortium meets at least 2x/year with an average attendance of 25 campuses per meeting.
Sexual Misconduct Policy Template
Partnership with the NC School Health Training Center

• Contracted through DPI to write all of the Health Education modules based upon the state Essential Standards.
• Made possible by relationship-building thought he State Sexual Violence Prevention Team.
• ALSO made possible by The NC Healthy Youth Act of 2009.
2009 Healthy Youth Act

• Modified NC’s School Health Education Act regarding what schools need to include in the human sexuality component of 7th, 8th, and 9th grade health ed instruction.

• Requires teaching of sexual assault and sexual abuse.
  o Prevention
  o Reporting

• Specific objectives on sexual assault and sexual abuse at grades 7 and 9.
2009 NC School Violence Prevention Act

- bill explicitly covers acts of bullying motivated by the victim's real or perceived race, color, religion, ancestry, national origin, gender, socioeconomic status, academic status, gender identity, physical appearance, sexual orientation, or mental, physical, developmental, or sensory disability.
Barriers
It’s Big!!!
Campus Insularity

It doesn’t happen here!

Students know they can come to us.

The problem is out there, not in here.
School Decentralization

• Almost 100 school districts in NC (with a few organized at the municipal level).
• No real “tracking system” to ensure districts are following the law.
• Unfair demands put on teachers to teach outside their area of expertise.
The Politics of Sexual Violence

- Questions that ask survivors to “qualify” their experiences as real enough, are offensive and distract from the reality of sexual violence.
Future Directions
Continue to Build State-Level Capacity

• Collaboration on organizational and community capacity tools.
• Next Campus Consortium projects: include community colleges and create agency/university relationships.
• Continue work with NCSHTC on training guides for teachers.
• Increase partnerships.
Increase Knowledge of and Partnerships with School Districts

- Healthy Youth Act Mapping Project
- Health Educator training opportunities
- Increase resource availability
Build Broad Coalitions

• Work to preserve Healthy Youth Act and School Violence Prevention Act.
• Work across “issue areas” around shared risk and protective factors.
Thank you!!!!

To access a copy of the NC State Sexual Violence Prevention Plan and to learn more about our school and university-based efforts, visit [www.nccasa.org](http://www.nccasa.org).