

IT'S ON



**IT'S ON US, NACURH.**

SEXUAL ASSAULT AWARENESS MONTH  
PROGRAMMING GUIDE

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# IT'S ON US SPRING WEEK OF ACTION

These are programming ideas created by the Its On Us team themselves. Spring Week of Action is April 1st-7th this year, but these programs can be done at any time. This year the week will center around five themed days filled with events raising awareness, educating individuals on how to be an active bystander, what consent is, and creating a future without sexual assault.

## Mobilize Monday

We will kick off the 2018 Spring Week of Action with a Monday to remember! Mobilize Monday will center around assembly and awareness. This will be a day to engage members of the campus who are not necessarily aware of the campaign through the passing around of information, tabling, and announcements of the events to be held throughout the week.

Some events you can hold include:

- Information Drives and Tabling: share pertinent information about It's On Us
- Discussion Panels and Roundtables: "Complexities of Sexual Violence", "Bringing the Numbers Down", "How to Best Take Action Against Sexual Assault"

## #ItWasAwkwardBut Tuesday (Toolkit Included)

Tuesday will launch the national #ItWasAwkwardBut Bystander Intervention Campaign. This will be an all-out push to collect Active Bystander Stories using the hashtag #ItWasAwkwardBut through the Greek Leadership Council, our student organizers, and all other brave students who will participate.

Some events you can hold include:

- Bystander Intervention Training
- Screenings of The Hunting Ground, The Mask You Live In, etc. followed by facilitated discussions
- Vision Walls: where people post their bystander intervention stories followed by the #ItWasAwkwardBut hashtag

## We've Got Consent Wednesday

This day will be filled with inspiring events centered around consent and how to identify when consent cannot be given. Being one of the key points of needed education in the fight against sexual violence, this is an important day to raise awareness around consent. Consent isn't just sexy -- it's mandatory.

# IT'S ON US SPRING WEEK OF ACTION

Some events you can hold include:

- Take Back The Night Walks and rallies: walks around campus that consists of a rally followed by a march and candlelight vigil to speak-out on violence against women
- Consent Education Trainings
- Self Care Activity Sessions: yoga, arts & crafts, movie screenings, etc

## Teal Thursday

Teal Thursday will be a massive day to foster support and awareness for sexual assault survivors and victims. It will be a wonderful day to wear teal, pass out ribbons, and organize against sexual violence on campus.

Some events you can hold include:

- Ribbon Trees and Tabling
- Wear Teal!
- Safe-space events
- Trivia Night with Sexual Assault Facts and Survivor Love Letter writing

## Fast Forward Friday

We've raised awareness, we've stood in support of survivors and victims, we have stood up and showed up against sexual violence. Now what? This will be a day to imagine a future without sexual violence, without sexual assault, and a generation with education on consent and bystander intervention.

Some events you can hold include:

- Vision Walls: invite campus members to come by and decorate pieces of paper with thoughts on ending sexual violence
- Panel Discussions and Roundtables: What needs to be done to end sexual violence in the future?
- It's On Us Photoshoots: where people write signs of what they think needs to be done to end sexual violence

# CONSENT PROGRAMMING

Consent Tea (Alternatively: Consenting and Consent Tea)

Overview: The purpose of this program is to help students teach others about what consent means through tea and videos! Students will watch a 4-minute video about consent and be asked questions about what they saw. Then, they can grab a cup of tea and help film a video promoting consent (opt-in)! This will allow students to play an active role in sexual violence prevention while learning things they might not have known before about consent!

Materials and Budget:

Tea \_\_\_\_\_ Tazo tea 20 ct. - \$3

Cups \_\_\_\_\_ Plastic cup 20 ct - &2.50

Projector and/or laptop and/or camera \_\_\_\_\_ N/A (suggested to use existing)

Set Up:

Create a circle or gather tables for students to sit at and drink tea (make sure they can see the projector or form of media display)

[Show this video on consent:](#)

-Ask them questions about the video: example: what do you believe is the definition of consent? How would you explain consent to your friend? What did you like/dislike about this video? Do you believe this is an accurate representation of consent? Why/ why not?

Optional: additional videos on consent and misc topics

Optional: Ask a local tea/coffee shop to donate part of sales to a local crisis center for a week and invite students out for some delicious drinks!

# CONSENT PROGRAMMING

## The Color of Consent

Overview: The purpose of this program is to help students learn about consent through creative means and to provide an outlet for them to express their concerns and ideas regarding sexual violence on campus. Students will take a canvas and will be given a one-word topic or phrase that relates to consent. They will then be asked to make a drawing/painting/etc of that topic based on what they think it means or what first comes to mind. Programmers have the option of combining the canvases at the end of the program or letting the students keep the canvases.

## Materials and Budget:

Crayons/ Markers/ Paint w/ paint brushes_____	20-Count Markers - \$4
	20-Count sharpies - \$7
	Reuse existing - \$--
Canvases and/or paper_____	Canvases 8x10 3 ct. - \$3
Notecards_____	Note Card 100 pck - \$5

## Set Up:

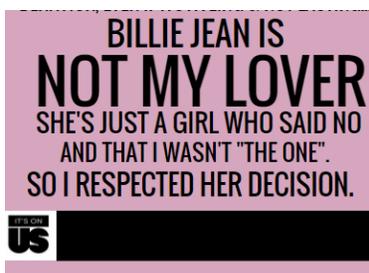
Hand students a card with phrases related to consent (i.e. "active", "continuous", "no")

Have students draw/paint the first things that come to mind when hearing their phrase

Optional: combine these notecards to create a collage!

## Song Consent: Passive Programming:

Look up "Song Consent: Passive Programming" on google, you will find many posters like the ones below. Print them out and hang them up in your Residence Hall.



# INTERVENTION PROGRAMMING

## STEP UP! Campaign

Overview: The Step Up website, has multiple scenarios that can be role played by a group of volunteers. There are then prompting questions to debrief the scene.

### Materials and Budget:

This program requires no budget

Optional: Show [this video](#) (and others you find that are similar).

### Pledge Drive and Bystander Intervention Tips:

Overview: Host a table in which you get students to take the Its On Us Pledge to end sexual assault. Hand out the flyers on [itsonus.org/tools](http://itsonus.org/tools) (under Bystander Intervention to people who register as well as on social media.

### Create A PSA:

Overview: Go to the bottom of [itsonus.org/tools](http://itsonus.org/tools) webpage, and download the PSA script. Record a PSA with your RHA/NRHH/Hall Council and post it on your social media.

# RELATIONSHIP PROGRAMMING

## Red Flag Campaign

Overview: This program was first put on by the Movement for Violence Prevention at ASU-Tempe. The purpose of the campaign is to help people recognize the signs that a person(s) are in an unhealthy relationship, and further to help students understand what healthy relationships look like. Students will write signs of unhealthy relationships on red flags and programmers will collect and display them in their communities. Programmers can table outside the display and survey students, walk around the residence halls and ask them about their reactions, or any number of things in order to promote dialogue.

### Materials and Budget:

Red shrink plastic and/or red construction paper.....	One roll - \$10
	Construction paper 100 ct - \$5
Mini stakes (wooden)/ mini stakes (metal).....	Mini stakes 3 ct - \$7
Markers/ sharpies.....	20-Count Markers - \$4
	20-Count sharpies - \$7
	Reuse existing - \$--

### Set Up:

Use your materials to create red flags by attaching the shrink plastic/paper to the stakes

Hand them out to students with the instruction to write down a sign of an unhealthy relationship

Collect the completed flags and place them on your campus!

Optionally: table near the display and hand out information on campus resources for victims of sexual violence or students that want to know more

## Cats Against Catcalling

Overview: This program was first put on by the Vista Del Sol Community at ASU-Tempe. The purpose of this program is to help students understand why catcalling promotes a negative campus culture and promotes sexual violence. Students will have the chance to come out and play with some cats, and/or win stuffed animals (raffle, questionnaire, etc) and discuss their experiences with catcalling. They can take a note card and write down ways they have been cat-called out, or even ways in which they have engaged in catcalling behavior. The cards can be taken home or turned into a display in the respective residence halls.

# RELATIONSHIP PROGRAMMING

## Materials and Budget:

Cats and/or cat stuffed animals.....	Cats: N/A
	Stuffed Animals: \$5-10 per animal
Notecards.....	Note Card 100 pck - \$5
Markers/sharpiers.....	20-Count Markers - \$4
	20-Count sharpies - \$7
	Reuse existing - \$--

## Set Up:

Create a space for students to play with cats/ obtain the stuffed animals

Display the notecards and instruct students to write down catcalling phrases

Optional: String the note cards together for/ tie them to toys for the cats to play with!

## The Do's and Don'ts of Dating (Alternatively: The Do's and Donuts of Dating)

Overview: The purpose of this program is to help students understand how to practice their sexuality in a healthy way. Students can grab a donut, write down what they desire in a relationship, and pin it to a push board (or write on a whiteboard). This will allow students to see that relationships look different based on the people in them and their preferences. The ultimate goal is that this encourages students entering into and continuing relationships to express their desires for those relationships. It will also help the program presenters to understand whether or not there is confusion or issues surrounding what it means to be in a healthy relationship.

## Materials and Budget:

Donuts .....	Grocery store - \$5 per box
Push board and/or white board.....	Whiteboard 48 x 36 - \$40
Push pins and/or white board markers.....	Push pins 100 ct. - \$3

## Set Up:

Set out the notecards for students to write out and donuts for them to take

Have students write down what they value in a relationship/ what their partner values/ what they believe is critical for a relationship

Optional: Take pictures of them holding up their healthy relationship attributes!

# BREAKING MYTHS

# PROGRAMMING

Screening: Man and Myth

Overview: The purpose of this program is to help students understand how the topic of masculinity relates to sexual violence. The movies being screened over the week will address masculinity through the lens of our societal practices and through film. Students will learn to recognize toxic masculinity and understand how to break down gender stereotypes in order to fight sexual violence.

Materials and Budget:

Projector and/or laptop.....	Use existing: \$--
Movie: The Mask You Live In.....	Free on Netflix otherwise, rent - 10-\$15 for 24 hr rental
Movie: The New Masculinity.....	Free on Netflix otherwise, rent - 10-\$15 for 24 hr rental
Movie: Fight Club.....	Free on Netflix otherwise, rent - 10-\$15 for 24 hr rental
Movie: 300.....	Free on Netflix otherwise, rent - 10-\$15 for 24 hr rental
Movie: Marvel's the Avengers.....	Free on Netflix otherwise, rent - 10-\$15 for 24 hr rental
Optional: popcorn and soda.....	Popcorn 24 ct - \$20 Soda 10 ct - \$5

Set Up:

Set up your projector to screen the movie of your choosing. Make sure to prepare a brief introduction to the movie (all movies must be approved by your organization/institution)

After the movie is finished playing, begin the discussion about masculine ideals, toxic masculinity, and normative masculinity that were displayed in the movie.

Optional: create a social media feed for people to comment on the movie of the week/day/both with their ideas and input on how it relates to sexual violence

Project Unspoken:

Overview: Project Unspoken is a national campaign for survivors to share the negative reactions they receive when they came forward with their story. Post pictures of the written response and use the hashtag #ItsOnUsNACURH and display at a community event.

# BREAKING MYTHS PROGRAMMING

## Materials and Budget:

Crayons/ Markers/ Paint w/ paint brushes_____	20-Count Markers - \$4
	20-Count sharpies - \$7
	Reuse existing - \$--
Canvases and/or paper_____	Canvases 8x10 3 ct. - \$3

## Set Up:

Have pens/crayons/paint and paint brushes and have people write down quotes that they have heard or that have been told to them. Take a picture of them holding up the paper (covering their face if that makes them more comfortable). Debrief the event and discuss what these words impact was and how we can create a society where these things are not said to the victims.

## Denim Day:

Overview: April 25th, 2018 is National Denim Day. On this day, advocates worldwide wear denim to raise awareness about the misconceptions of sexual assault (specifically that it matters what someone is wearing). You can write empowering messages on denim to spread the message that clothing does not play a role in sexual assault. For more information visit [denimdayinfo.org](http://denimdayinfo.org)

# GENERAL PROGRAMMING

## Light Up the Night

Overview: This program was inspired by the “Take Back the Night” campaign and shares the name of a similar campaign founded in the UK with the same title. The purpose of this event is to create a help cultivate a safe environment on campus that makes students more comfortable with their surroundings. Women make up a disproportionately larger number of victims of sexual attacks, and a large number of those victims are assaulted at later times of the day (social events, isolated locations, etc). This will allow students to raise awareness of the rate and impact of sexual violence while beautifying their campus communities and creating an inclusive environment.

### Materials and Budget:

Plastic candles.....	6 ct - &15
Paper bags.....	500 ct. - \$20
Markers/Crayons.....	20-Count Markers - \$4
	20-Count sharpies -\$7
	Reuse existing - \$--

### Set Up:

Hand students paper bags and lay out markers/crayons/etc

Tell students to draw images that make them feel good/happy/safe (places, people, flowers, etc)

Collect the bags and place a plastic candle in them

Display them around your campus!

Optional: Substitute the paper bags for paper lanterns and make a night event out of it!

## The EmPATH to success

Overview: The purpose of this program is to teach students how to provide peer to peer counseling for other students in their community, specifically victims of sexual violence. It also teaches student coping and self care mechanisms for when sexual violence occurs within their community and teaches them how to strengthen their communities to better support victims and survivors. The ultimate goal is that students will walk away from the program better equipped to address the issue of sexual violence and be proactive about putting an end to it. It seeks to bring residential communities together for a great cause.

# GENERAL PROGRAMMING

## Materials/Budget:

Bandanas/ T-shirts.....	White bandana 3 pack - \$5 T-shirt - \$5/shirt
Tie-dye materials .....	18 tye dye paint bottles - \$20 5 gallon bucket - \$9 Water - N/A
White board (or poster you can write on).....	Whiteboard 48 x 36 for \$40

## Set-Up:

Hand out bandanas and/ or t-shirts at the beginning of the week to students in various residence halls/floors. Depending on your preferences as the presenter, allow students to customize t shirts to cater to their floor/building/community

Throughout the week, encourage students participating to post on social media about statistics of sexual violence on college campuses, resources for students, etc and/or use the hashtag #itsonus, #emPATH, or any hashtag you come up with as the presenter

Throughout the week, tell students to wear the bandana/shirt to promote awareness of sexual violence  
Throughout the week, have students stop by the front desk wearing their shirts and (optional:) create a running tally using your poster of the floor/building/community that has the most resident participation

At the end of the week, allow students to tye dye their shirts and thank them for promoting awareness!

Optional: at the end of the week, show students [this video](#) on empathizing with others

# NACURH WEBINAR

This month, NACURH will have two webinars this month for Sexual Assault Awareness month. Below is when they are. To join the webinars: [Click here](#)

April 15th 5 pm: "Me Too, Times Up, What's Next": Join a roundtable conversation about the recent movements in pop culture and what we can do on a college campus to help the movement continue, raise awareness, and create change.

April 29th 5 pm: Leading Prevention Efforts: Join a conversation with institutions who have been leading efforts in Sexual Assault Awareness and Prevention Programming. If you are interested in serving as a panelist in this roundtable, please email the NEACURH Regional Director, Megan Brown, at [ne\\_director@nacurh.org](mailto:ne_director@nacurh.org)



Special Thanks to the It's On Us NACURH Taskforce