

Password: Consent

A campaign to end *The Red Zone* on college campuses

The Problem

Did you know that there is a stretch of time when college students are more likely to be sexually assaulted than at any other time in their college career? It's called the Red Zone and according to the Department of Justice, it's the time between when a student first arrives on campus in late August and Thanksgiving break.

A Solution

The **Password: Consent** campaign provides important information about *The Red Zone* and the tools to facilitate conversation and education on your campus to help end it. This toolkit starts at the very beginning by promoting a culture of healthy relationships where boundaries are respected and consent is the key. Whether you are in college or high school, Break the Cycle and Project Consent are excited to help you take action.

Who We Are

- **Project Consent** believes that consent is vital in any situation and works tirelessly every day to dismantle rape culture while promoting a consent-based culture.
- **Break The Cycle** works to inspire and support young people in building healthy relationships and create a culture without abuse.

Our collaboration recognizes that those two missions go hand in hand. We believe that consent is an established right and everyone has the right to a safe and healthy relationship.

CONSENT

In the most simplest terms, if it's not yes - it's no. It is about communicating with individuals what you agree to regarding any aspect of romance or sex. Consent is not a one-time ask and you are able to change your answer at any time even if you have consented to an activity in the past. You can give your consent or take it away freely depending on how you feel about the situation. Consent is necessary on a very basic, human level - it is always an established right, not a removable luxury.

&

BOUNDARIES

They are the guidelines or limit that you decide as safe and appropriate - the line that you draw to identify what you are and are not comfortable with. Whether it's a physical, emotional, or mental boundary - no one has the right to cross this line or pressure you to compromise this belief. Whether you draw the line at kissing, different forms of sex, or simply only friendship with someone, it is completely up to you.

Why Passwords?

Passwords, consent, and boundaries have more in common than you think. Check it out:

How are Passwords like Consent?

Only the right password will grant you access.



A clear, enthusiastic, uncoerced, continuous YES is the password for every sexual encounter.

You can change your password at any time.



Yes to some activity isn't yes to all activity; you can change your mind about what kind of sexual contact you want at any point.

If someone threatens, forces, or manipulates you into sharing your password, it is abusive.



A partner who threatens, forces, or manipulates you into sexual contact of any kind is perpetrating sexual abuse.

If someone uses your password without permission, it is a violation.



Anyone who violates your boundaries and right to consent is in the wrong. It is NOT your fault.

What's Inside + Goals

Page 3 & 4: To identify the problem of sexual assault on college campuses. It starts younger than you think.

Page 5: To support you in recognizing when you feel uncomfortable and acting on it. It is your right to stop sexual activity at any time.

Page 6: To challenge you to respect and honor each other's boundaries. Remember, if it's not yes - it's no.

Page 7 & 8: To provide you with an action plan to create a consent-based culture on your campus. To encourage you to have everyday conversations about your passwords when it comes to sex and dating.

Red Zone Realities - Statistics

Red Zone:
Time from August to Thanksgiving when a college student is most likely to be sexually assaulted

Why getting the password for consent is key

COLLEGE

- More than 50% of college sexual assaults occur between August and November according to the Campus Sexual Assault Study. (1)

Tweet this! #DYK? More than 50% of college #SexualAssaults occur between Aug – Nov acc. to the Campus Sexual Assault Study.-

Sexual assaults are most likely to happen on Friday and Saturday between 6pm and 6 am. (2)

Tweet this! Wknd Wisdom: #SexualAssaults are most likely 2 happen on Fri and Sat, between 6pm-6am. Party smart & lookout for your ppl.-

- One in five undergraduate women experience sexual assault or attempted sexual assault upon entering college. (3) Seventeen percent of college survivors are men. (4)

Tweet this! FACT: 1 in 5 undergrad women experience #sexualassault or attempted sexual assault upon entering college & 17% of college survivors are men.

- Young women that experience sexual assault before college are almost 7 times more likely to experience it again in college. (5)

Tweet this! Young women that experience #sexualassault B4 college are almost 7x more likely to experience it again in college.

HIGH SCHOOL

- 42.2% of female sexual assault victims experience their first assault before turning 18 years old. (6)

Tweet this! 42.2% of female #sexualassault victims experience their first assault before turning 18 #RedZoneRealities

- Women who experience dating abuse before college are seven times more likely to experience forced #sexual assault in college according to the 2007 Campus Sexual Assault Survey. (7)

Tweet this! Women who experience dating abuse B4 college are 7x more likely to experience forced #SexualAssault in college acc. to the 2007 Campus #SexualAssault Survey.

- Nearly 1 in 10 people between the ages of 14 and 21 have already sexually violated someone. (8)

Tweet this! Early Starters: Nearly 1/10 people between 14-21 have already sexually violated someone. Convos about consent must start sooner!-

- As of 2017, only 21 states and D.C. mandate awareness about sexual violence as a sex-ed curriculum topic. (9)

Tweet this! As of 2017, only 21 states and DC mandate awareness about Sexual Violence as a sex-ed curriculum topic. We have 2 TEACH ending violence B4 it happens!

MIDDLE SCHOOL

- Middle school students are at an even higher risk for violence at school than HS students.(10)

Tweet this! *Violence starts #YoungerThanYouThink: Middle school students are at an even higher risk for violence at school than HS students.*

- 1 in 5 middle school students were sexually touched without their consent, and nearly 1 in 5 have been verbally harassed. (11)

Tweet this! *1 in 5 middle school students were sexually touched w/out consent, and nearly 1 in 5 have been verbally harassed.*

- 29.9% of female college sexual assault survivors were first assaulted between the ages of 11 and 17. (12)

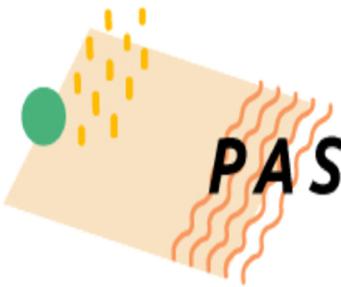
Tweet this! *Early healthy relationship education is important! 29.9% of female college #SexualAssault survivors were 1st assaulted between 11-17 y/o.*

*These are the current realities of **The Red Zone**. Start the convo about consent by sharing these facts on social media with #ThePWord*

1. Krebs, C. P., Lindquist, C. H., Warner, T. D., Fisher, B. S., & Martin, S. L. (2007). The campus sexual assault (CSA) study: Final report. Washington, DC: National Institute of Justice, US Department of Justice.
2. Krebs, et al., 2007.
3. Krebs C. P., Linquist C. H., Warner, T. D., Fisher, B. S., & Martin, S.L. (2009). College women's experiences with physically forced, alcohol- or other drug-enabled, and drug-facilitated sexual assault before and since entering college. *Journal of American College Health*, 57(6), 639-647.
4. Sinozich, S., & Langton, L. (2014). Rape and sexual assault victimization among college-age females, 1995-2013. US Department of Justice, Office of Justice Programs, Bureau of Justice Statistics.
5. Krebs, et al., 2007.
6. Black, M. C., Basile, K. C., Breiding, M. J., Smith, S. G., Walters, M. L., Merrick, M. T., Chen. J., Stevens, M. R. (2011). The National Intimate Partner and Sexual Violence Survey (NISVS): 2010 Summary Report. Atlanta, GA: National Center for Injury Prevention and Control, Centers for Disease Control and Prevention.
7. Krebs, et al., 2007.
8. Ybarra, M. L., & Mitchell, K. J. (2013). Prevalence rates of male and female sexual violence perpetrators in a national sample of adolescents. *JAMA pediatrics*, 167(12), 1125-1134.
9. Guttmacher Institute. (2017, July 1). Sex and HIV Education.
10. Robers, S., Kemp, J., Rathbun, A., & Morgan, R. E. (2014). Indicators of School Crime and Safety: 2013. NCES 2014-042/NCJ 243299. National Center for Education Statistics.
11. Rinehart, S., Doshi, N. & Espelage, D. (2014). Sexual Harassment and Sexual Violence Experiences Among Middle School Youth, American Educational Research Association 2014 Annual Meeting, Philadelphia, Pennsylvania, April 6, 2014. University of Illinois at Urbana-Champaign
12. Black et al., 2011.

What's the Password? - Consent

So often, we hear people say that no means no when it comes to consent. That's true BUT there's way more to consent than just that simple phrase. Consent is someone giving their permission for all sexual contact that happens. Consent is agreeing and saying yes throughout the entire act. It's freely given, of a person's own will, and absent of pressure. Sometimes a person can say no through body language by pushing away, not responding, moving around, looking down, or even not wanting to be alone with someone. Remember, if it's not a yes, you didn't get their password, and that means access denied.



PASSWORD:

What consent sounds like...

This is okay

I like that

For sure

Absolutely

Of course!

Yes



WRONG PASSWORD!:

What consent doesn't sounds like...

I'm not ready

I'm not sure

Stop!

Not tonight

I guess so

No

Silence

The only way to know for sure if a person wants to do something is by asking. There is no consent without explicit permission. If someone isn't giving consent, it's your responsibility to respect their choice!

Access Granted or Denied? - Boundaries

Everyone likes their space, but sometimes it's hard to set boundaries. Boundaries are important to healthy relationships. You may want to share everything with your partner or spend a lot of time with them, but it's okay to set some clear limits or make decisions around how much is too much. Remember to respect other people's boundaries too... It goes both ways!

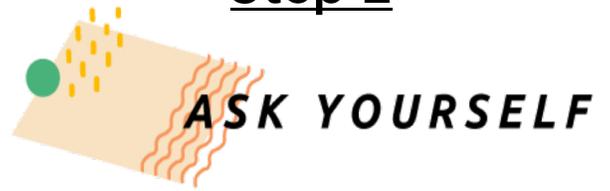


Step 1



1. Pay attention to nonverbal cues
2. Listen to what they are saying. It's our job to listen and believe them
3. Ask questions!
Don't assume

Step 2



1. **Do they look uncomfortable? Are they tense? What message is their face giving?**
2. **Did they say they were uncomfortable? Did they give subtle hints?**
3. **How do I know they are okay with this? Did I ask them if they were okay?**



1. No one is a mind reader. Be clear and honest about your expectations.
2. Make a list. Write down the things you like and don't like.
3. Take note of your feelings. Sometimes we don't have the words to say how we feel, but listen: what is your body telling you?

Group Chat: Real Talk Mini Guide

Everyday, we might deal with crushes, relationships, hook-ups, break ups, and everything in between. But, we don't always have the space to talk it out. Real Talks provide that space. They are open, honest conversations about relationships that leave space to learn from each other. So, don't hold back: be honest, and help create a culture where everyone has a healthy relationship and the right to have their **Yes** respected.

Setting Up Your Real Talk

- ✓ **Set goals** - Write down what you want to accomplish and what you want participants to get from the Real Talk.
- ✓ **Make an invitation list** - Consider who you want to invite. Think about if you want to target a specific audience or keep it closed. We recommend keeping groups small - no more than 30.
- ✓ **Find a great location** - Real Talks are meant to be casual and open conversations, so pick a place that will create the best atmosphere. Comfy couches, nice artwork, chairs not in a line - that kind of stuff.
- ✓ **Pick a day and time** - Consider times that are convenient for the majority. It might be when most classes are over or on the weekend.
- ✓ **Promote, promote, promote** - Use social media, flyers, texts, or a bullhorn. Food is always a good draw!
- ✓ **Write it down** - Record comments or post questions with #BTCRealTalk and #ThePWord.

Facilitation 101s

- Create a comfortable space** - Set group agreements or group guidelines that keep everyone on the same page.
- Pay attention to the group** - Watch people's body language and see if anyone is uncomfortable.
- Assign an ally** - Designate someone to offer support or check in with people that may leave the room. Ideally, this person should be a trained advocate or ally.
- Education is key** - Provide resources and information related to the topics you discuss.
- Facilitate & Moderate** - As a facilitator, you are responsible for joining the conversation and keeping it on track. Don't be afraid to guide the group back to a conversation or move on from a topic.

Conversation Starters

Create a list of about 15 questions. You probably won't make it through every question, but having back up questions is always helpful. When creating your list, make a combination of serious and casual questions. Number the questions and ask them randomly to keep the conversation authentic. You can pull numbers from a hat, ask people to shout out random numbers, or use a spin wheel.

Here are a few to get started:

- How do you know someone wants to have sex or do something physical?
- How do other people know you want to have sex or do something physical?
- Is it okay to share your passwords with your partner?
- How would you feel if your partner went through your phone? Is it ever okay to go through theirs?
- How do you establish or choose your boundaries? How do you take care of yourself?

Evaluation

You made it! The event is over, the conversations were great and now you have tons of information to share. You may want to consider a quick evaluation at your event; this helps you improve areas for your next Real Talk! You can do an informal survey with your support team and other planners, measure the response from the audience, or have every person who attended complete a quick evaluation.

Here's a sample survey you can use: <https://docs.google.com/document/d/11w8bPUAjZThcAFakCW1oTpVF3Xqm9bRIJdPNwvVy5BY/edit>.

IRL Awareness - Canvassing

Want an easy way to support the Password: Consent campaign? Try canvassing! Canvassing can help raise awareness about consent and make **Password: Consent** go viral on campus.

Here are some activities you can do:

- Download our posters and post them in your student center, residence halls, or anywhere else people might see.
- Write out chalk messages using the Password: Consent hashtags, facts about consent and boundaries, and Real Talk questions.
- Host a 60 second Real Talk. Ask Real Talk questions to friends, classmates, or folks you don't know on campus. If you can, take a quick video, post on social media and tag Break the Cycle and Project Consent.
- Try tabling in your student center. This is a great way to promote the campaign, and promote any student organizations you may be a part of!

Whatever way you choose to canvas, don't forget to show your Password: Consent action by tagging Break the Cycle and Project Consent on Instagram, Twitter and Snapchat using #ThePWord.

Slide into our DMs - Social Media

Show us how you're using the Password: Consent campaign to end the Red Zone on your campus for a chance to be featured on our websites! Send us pics, videos, and stories from your Real Talks, Canvassing events, and Social Media storms with #ThePWord. Together we'll end **The Red Zone**.

Project Consent Social Media

projectconsent.org

FB/Instagram: @projectconsent

Twitter: @projectconsent

officialprojectconsent.tumblr.com

Break the Cycle Social Media

breakthecycle.org

bit.ly/joinLBR

FB/Instagram: @breakthecycle

Twitter/Snapchat/Spotify/: breakthecycledv