



TOOLKIT FOR SEXUAL ASSAULT AWARENESS AND PREVENTION



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A call to action for Panhellenic women

Learn, lead and make a difference! It's our hope that College Panhellenic Associations and sorority women will lead and participate in initiatives to end sexual assault on campus. These activities can range from educating students about campus and community resources to designing campaigns against sexual violence and raising awareness.

The first step to meaningful action in the fight against sexual violence is education. This toolkit is a resource for sorority women to learn more about sexual assault and position themselves to take the lead in making a difference on campus and in their communities.

Why do we need a toolkit?

Historically, women's fraternities and sororities were established in response to social customs that denied women equal participation on college campuses and to provide women with mutually supportive friendships in often-hostile environments.

NPC, composed of 26 member organizations, is the largest umbrella organization specifically charged with advocating on behalf of the sorority experience. We are dedicated to positioning women to stay informed, care for themselves and others, and take action.

How to use the toolkit

It should be easy. There's an abundance of resources available regarding sexual assault – some better than others and almost always overwhelming to sort through. Our expert committee members have done a lot of the work for you by selecting online resources from knowledgeable advocacy organizations and compiling them for your reference.

Pick what you need. You can use this entire toolkit all at once, or you can choose only the sections that meet your current requirements.

Spread the word. You can use this material for your own educational purposes, of course, but we encourage you to share this resource with your sorority sisters and other women on campus. Tell them that NPC is providing a one-stop shop for sexual assault awareness and prevention resources and direct them to the material.

Get inspired, take action. Although this toolkit is a good resource for those interested in learning more about sexual assault and the support information available, it also includes links to resources about inciting change and taking action.



Campus Sexual Assault Fact Sheet



“College-age women are at an elevated risk of sexual violence.” - RAINN

Campus sexual assault



- X More than 20 percent of women will experience sexual assault while in college¹
- X Women are most often sexually assaulted by someone they know, such as an acquaintance, date, or boyfriend (~90 percent)²
- X More than 90 percent of campus sexual assault victims don't report their assault³
- X Most college sexual assault survivors never report to law enforcement⁴
- X Campus sexual assault is most commonly committed by serial perpetrators⁵

Sorority women and sexual assault⁶



- X Sorority members are more likely to experience sexual assault than non-members
- X More than 50 percent of sexual assaults against sorority women occurred in a fraternity house, during a fraternity function or were perpetrated by a fraternity member

Risk factors⁷



- X Illicit drug and/or alcohol use by the perpetrator and/or victim
- X Sorority membership
- X First-year or sophomore class standing
- X Fall semester (August through November)
- X Attending off-campus parties
- X Peer group norms that encourage rape-supportive attitudes

¹National Sexual Violence Resource Center (NSVRC), "[Statistics about sexual violence](#)," accessed June 2017.

²National Institute of Justice (NIJ), "[The sexual victimization of college women](#)," accessed June 2017.

³National Sexual Violence Resource Center (NSVRC), "[Statistics about sexual violence](#)," accessed June 2017.

⁴RAINN, "[Campus sexual violence: Statistics](#)," accessed June 2017.

⁵Lisak, D., & Miller, P. M. (2002). Repeat rape and multiple offending among undetected rapists. *Violence and Victims*, 17, 73-84.

⁶Franklin, C. A. (2016). Sorority affiliation and sexual assault victimization: Assessing vulnerability using path analysis. *Violence Against Women*, 22, 895-922; Franklin, C. A., & Menaker, T. A. (2016). Feminist routine activity theory and sexual assault victimization: Estimating risk by perpetrator tactic among sorority women. *Victims & Offenders*. Online first.; Minow, J. C., & Einolf, C. J. (2009). Sorority participation and sexual assault risk. *Violence Against Women*, 15, 835-851.

⁷Mohler-Kuo, M., et al. (2004). Correlates of rape while intoxicated in a national sample of college women. *Journal of Studies on Alcohol*, 65, 37-45.; RAINN, "[Campus sexual violence: Statistics](#)," accessed June 2017; National Sexual Violence Resource Center (NSVRC), "[Statistics about sexual violence](#)," accessed June 2017; Know Your IX, "[Statistics](#)" (on gender-based violence), accessed June 2017.



Online Sexual Assault Awareness Resources

Useful websites

Consent and healthy relationships

[Consent Is So Frat](#)

[Love is Respect](#)

[National Domestic Violence Hotline](#)

Sexual assault prevention and intervention

[American Association of University Women](#)

[Clery Center for Security on Campus](#)

[End Rape on Campus](#)

[It's On Us](#)

[Live Your Oath](#)

[National Sexual Violence Resource Center \(NSVRC\)](#)

[Not Alone](#)

[Rape, Abuse, Incest National Network \(RAINN\)](#)

Campus safety: laws and policies

[The Clery Act, Title IX, Violence Against Women Act](#)

[Know Your Rights: Sexual Harassment and Sexual Assault Under Title IX](#)

[Know Your IX: Title IX Education](#)

[Title IX Requires Your School to Address Sexual Violence](#)

Resources and programs

[10 Ways to Distinguish Consent](#)

[Awareness Brochures: National Domestic Violence Hotline](#)

[Dating Abuse Statistics: Love is Respect](#)

[Downloadable Resources: Love is Respect](#)

[E-learning Resources: National Sexual Violence Resource Center](#)

[Intimate Partner Sexual Violence](#)

[Office on Violence Against Women](#)

[Relationships 101 - Dating Basics: Love is Respect](#)

[What is Sexual Assault?](#)



Get help

For yourself

[Get Help For Yourself](#)

[Find a Service Near You](#)

[How to File a Title IX Complaint](#)

[Info for Victims/Survivors](#)

[RAINN Online Hotline](#)

[National Domestic Violence Hotline Live Chat](#)

For someone else

[Get Help For Someone Else](#)

[Do's and Don'ts of Supporting Survivors of Sexual Assault](#)

[Find a Service Near You](#)

[How to File a Title IX Complaint](#)

[How to Help a Friend](#)

[Supporting a Survivor of Dating Violence](#)

Take action and get involved

[10 Ways to Fight against Sexual Assault on Campus](#)

[Talking Point Memo](#)

[National Campus Safety Awareness Month](#)

[It's On Us: Take the Pledge](#)

[It's On Us: Campaign Organizing Tools](#)

[Sexual Assault Awareness Month](#)

[ACHA Shifting the Paradigm: Primary Prevention of Sexual Violence](#)

[It's On Us: Everfi's 8 Strategies for a Successful Week of Action](#)



Need Help Now? Hotlines and Live Chats

[National Sexual Assault Online Hotline – Live Chat](#)

National Sexual Assault Hotline: 800-656-HOPE (4673)

[Love Is Respect – Live Chat](#)

Love Is Respect – Call: 1-866-331-9474 | 1-866-331-8453 (TTY)

[National Domestic Violence Hotline – Live Chat](#)

National Domestic Violence Hotline: 1-800-799-7233 | 1-800-787-3224 (TTY)

Ontario Assaulted Women's Helpline: 1-866-863-0511 | 1-866-863-7868 (TTY) | #SAFE (#7233) on your Bell, Rogers, Fido or Telus mobile phone

[Click here for additional resources in Canada.](#)



NPC Member Organization Sexual Assault Resources

NPC member organizations are leading sexual assault awareness and prevention campaigns and collaborating with experts to provide educational resources to their members. Below are resources they've contributed to the toolkit for your use.

Topics include:

- Understanding consent and sexual assault
- Rape culture
- Stories from survivors
- Campus and community resources
- How to help a victim

Delta Delta Delta: [Sexual Assault Awareness Handout](#) (nd)

Delta Gamma

- [#ConsentALWAYS Campaign](#), 2017
- [Sexversations](#) (via Facebook Live), 2017
- ["Addressing Sexual Assault on Campus,"](#) The ANCHORA, Summer 2016
- [Consent Campaign](#), 2016
- ["Breaking the Silence,"](#) The ANCHORA, Summer 2014

Gamma Phi Beta: ["We Need to Talk About Sexual Assault,"](#) The Crescent, Summer 2015

Kappa Alpha Theta Fraternity blogs

- [Sexual Violence Awareness: How You Can Support a Survivor](#), September 2015
- [Sexual Violence Awareness: Rape-Supportive Culture \(Part 1\)](#), September 2015
- [Sexual Violence Awareness: Rape-Supportive Culture \(Part 2\)](#), September 2015
- [Sexual Violence Awareness: Primary Prevention](#), September 2015

Kappa Delta

- ["The Red Zone,"](#) Angelos, Summer 2016
- ["Blurred Lines Clear as College Campuses Address Sexual Assault,"](#) Angelos, Winter 2015

Sigma Delta Tau: ["Empowering Collegians about Safe Smart Dating,"](#) The Torch, Spring 2015

Sigma Sigma Sigma: ["Let's Be Upstanders,"](#) 2016



Theta Phi Alpha: [“Speaking Up About Sexual Assault,”](#) The Compass, Fall/Winter 2015

Zeta Tau Alpha

- [Are You OK: A Conversation Starter](#), 2017
- [Are You Okay? poster](#), Winter 2016
- [Consent Guide](#) (nd)
- [My Sister, My Responsibility: Sisterhood, Safety & Support](#) (nd)
- [Consent poster](#) (nd)



How Can I Help? A Quick Guide to Victim Support

To support victims of sexual assault, you don't need to be an expert. Here's how you can help:

1. Believe them, and don't blame them. As a sister or friend, your job is simply to be there. If you're not sure what to say, remember that a sincere "I believe you" and "This is not your fault" can be powerful for a victim to hear.
2. Listen. Although it's natural to be curious, avoid asking questions about what happened. Instead, you can invite them to share as much – or as little – as they'd like. You can say, "I'm glad you felt comfortable sharing this with me. You can tell me as much or as little as you'd like about what happened. Let me know how I can best support you."
3. Validate their feelings. People react differently to sexual assault, and it might not be the way you expected or even how they thought they'd respond. It's important for you and for them to know that there's no right or wrong way to process the experience. You can learn more about the variable of survivor's responses to sexual assault by [clicking here](#).
4. Let them take the lead, and support their decisions. You can help by directing them to resources for support and help them explore their reporting and healthcare options, but it's ultimately their decision to make without pressure from anyone else. There are pros and cons to formally reporting sexual assault, so some people choose to do so while others do not. Remember to support them even if they choose a course of action that you don't agree with.
5. Get help for yourself. Helping someone cope with the experience of sexual assault can be a difficult experience. If you need to talk to someone about how you're feeling as you care for someone else, reach out to a confidential resource of your own for support.

For more information on how you can help someone affected by sexual assault, visit the "Get help" resource section in this toolkit.



About the Student Safety and Sexual Assault Awareness Special Committee

In October 2014, the NPC Board of Directors established the Student Safety and Sexual Assault Awareness Task Force (now special committee) to address the growing issue and challenges of sexual assault on college campuses. Since that time, the group has gathered research and resources and presented recommendations for action to the board.

Recommendations include:

- Focus on awareness.
- Provide information on available campus resources.
- Identify current member group resources and encourage resource sharing.
- Create change agents within our College Panhellenic Councils and on college campuses.
- Collaborate with experts in the areas of student safety and sexual assault.
- Maintain sexual assault awareness and prevention as a top NPC advocacy priority.

Based on those recommendations, the special committee developed this toolkit.

Student Safety & Sexual Assault Awareness Task Force and Special Committee members:

Jeanine Triplett, Delta Zeta, chairman

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