

**SWAT Workshop Script**  
**Revised 02.09.2014**

**Workshop Roles**

- Intro I (+ fraternity intro) p. 2
- Intro II p. 2
- Intro III p. 3
- Sexperience p. 4
- Consent p. 5
- Getting Crunk p. 6
- Communication Scenes p. 7
  - Facilitator
  - Person 1
  - Person 2
- Rejection Scenes p. 10
  - Facilitator
  - Person 1
  - Person 2
- Monologues & Dialogues p. 12
  - Facilitator
  - Perpetrator Debrief (Max) p. 17
  - Survivor Blamer Debrief (Spencer) p. 18
  - Survivor Supporter Debrief (Danny) p. 19
  - Survivor Debrief (Marcie) p. 20
- Bystander Intervention Introduction & Scenario p. 23
  - Facilitator
  - Target
  - Creeper
  - Mean Barista
- Workshop Wrap-Up & Consent Train p. 27

**Intro I**

Goal:	<ul style="list-style-type: none"> <li>• Participants begin to identify with peer educators and develop interest in the topic of sexual violence</li> </ul>
Learning Objective:	<ul style="list-style-type: none"> <li>• Participants identify that sexual violence is an important issue for students on campus</li> <li>• Participants begin to personally relate to the topic of sexual violence</li> </ul>

Hi! We are SWAT, the Sexual Wellness Advocacy Team. We're a group of students at the University of Oregon that utilizes theater and other interactive activities to start discussions about sexual assault and dating violence. Before we get started, we'd like to introduce ourselves so you know who we are and what SWAT is all about.

Everyone says:

- Name
- Major
- Why they joined SWAT

**Extra Intro for Fraternity & Sorority Presentations**

Thank you very much for inviting us here tonight. We are really excited to work with you around these important issues that impact all of us. As fraternity men/sorority women, you are leaders at the University of Oregon. This means you play a really important role in helping to stop sexual assault here on campus. We like to know who we are presenting to, so we looked up your mission statement and values. The \_\_\_\_\_ values are: \_\_\_\_\_. These values also really align with our mission as SWAT. We really hope that you will join us in this fight and be thinking about ways that you can help us address sexual assault in our community.

**Intro II (1 min)**

Goal	• Create a safe and respectful environment that is congruent with SWAT values
Learning Objective	• Participants will be able to identify three values of SWAT, 1. SWAT talks with you, not at you, 2. SWAT is sex positive, 3. SWAT is survivor centered

We're here because sexual assault and relationship violence affect everyone. People of all genders and ages can be survivors of sexual and dating violence, and most people know at least one survivor whether they are aware of it or not, so this is a topic we all need to be talking about. There are three things we want you to know about us before this workshop gets into full swing:

- One, we aren't here to lecture at you – we want to have a conversation with you. This workshop is going to rely on your input and participation. We actually want to hear what you think, so please share your thoughts and ideas with us.
- Two, SWAT is sex positive. This means that we value all kinds of sexual relationships, whether that means you and a partner, you and multiple partners, abstinence, *self love* as long as it's healthy and consensual, we're for it!
- Lastly, SWAT is survivor centered. That means we choose to believe the stories of survivors of sexual and dating violence. All too often in our society, survivors are blamed for their assault or are assumed to be lying. However, the false reporting rate of rape is only 2-3%, which is the same false reporting rate as any other violent crime. (*This statistic retrieved from the Uniform Crime Report, FBI.*)

**Intro III**

Goal:	• Continuing the creation of a safe space for the workshop by setting ground rules
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Learning Objective:	<ul style="list-style-type: none"> <li>• Participants feel invited to talk about difficult issues</li> <li>• Participant can define options for self-care</li> </ul>
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Like (*insert SWATer's name*) mentioned, sexual assault can happen to anyone regardless of age, race, or gender. As you participate, please share experiences and make comments, but also please keep in mind that there may be survivors of sexual violence in this room. We want to hear your honest opinions, but we ask that you be considerate of others while expressing them. These issues can be difficult to talk about, so we want to emphasize self-care. At the back of the room is our support volunteer (*insert volunteer's name here*) from Sexual Assault Support Services, a confidential community based organization. They are here to provide support for anyone who needs it at any time during or after the workshop. If you leave the room, they may follow you. I promise they're not trying to be creepy, they're just making sure you're getting support if you want it. Well, I think that covers it! Please double check that your cellphones are turned off and we'll go ahead and get started.

### Sexperience

Goal:	<ul style="list-style-type: none"> <li>• Participants will understand some of the emotions a survivor of sexual assault or dating violence might go through when they share their experience.</li> </ul>
Learning Objective:	<ul style="list-style-type: none"> <li>• Participants will be able to identify reasons it may be hard for a survivor to report the abuse</li> <li>• Participants will develop a sense of empathy for survivors of sexual assault who disclose their experience</li> </ul>

We're going to jump right in with an interactive activity. I'd like to invite you all to close your eyes. I want you to think about your last positive sexual experience. If you practice abstinence or aren't sexually active, think of a positive intimate personal experience - whatever that may mean for you. I want you to delve into all of the details of that experience.

- Where were you?
- Were you with someone?
- What did it smell like/look like/taste like?
- How did it feel?
- What were you wearing...or not wearing?

Go ahead and let all of those intimate details sink in. (*Pause.*) All right, now open your eyes, turn to the person next to you, and tell them all about it.

*Pause and let that sink in for the audience.*

Stop! Just kidding! You don't actually have to tell them, but how did it feel when I asked you to share that?

*Use their language to describe how they felt. If they say they felt ok sharing you can respond with something like:*

Great. Maybe you felt comfortable sharing, maybe you know the person next to you, or who knows – maybe they were there! How did it feel for other people?

*When someone shares that they felt uncomfortable/awkward/etc., use their language to describe how they felt.*

Why do you think I asked you to do this activity?

*The audience may throw out different answers, such as 'Because sex isn't talked about a lot' or 'You wanted to break the ice'. Sometimes an audience member will say the answer we're looking for, which is 'to think about how hard it might be for a survivor to talk about their assault'.*

Think about how difficult/awkward/uncomfortable (*use their language here*) it felt to talk about a positive experience. Now, imagine if that had been a negative experience – if it hadn't been consensual. Imagine if the person sitting next to you wasn't your best friend, but a parent, a professor, your partner, or a police officer. We use this activity to create a sense of empathy for survivors of sexual assault and dating violence, and to try to understand some of the emotions they might feel if they share their experience. Please keep these feelings in mind as we continue with the rest of the workshop.

### Let's Talk Consent (5 min)

Goal:	<ul style="list-style-type: none"><li>• Participants will understand consent is necessary and communication helps lead to better sexual interactions</li></ul>
Learning Objective:	<ul style="list-style-type: none"><li>• Participants will be able to talk to their peers regarding their ideas about consent</li><li>• Participants will be able to define consent</li><li>• Participants will be able to identify ways to use consent and communication in everyday life and in sexual situations</li></ul>

By now, most of you can probably see that SWAT's motto is 'Consent is sexy' ... it's written all over us. What our shirts should really say is 'Consent is necessary... and yeah, it can be sexy, too'. Before we go any further, we would like to share our definition of what consent is, so we are all on the same page as we talk about it throughout our workshop. SWAT's definition of consent is **a yes that is freely given when the option of no is both present and viable**. That's a bit of a mouthful, so I'll go ahead and repeat that again: **consent is a yes that is freely given when the option of no is both present and viable**.

Consent is also super important in non-sexual relationships. Abstinence is a valid option that is often overlooked. The skills that we are developing today are applicable also for people who choose abstinence. Whether abstaining for a lack of partner or for other personal reasons, those who abstain should be a part of talks about consent and healthy relationships, and everyone can use enthusiastic consent in really useful ways.

## Getting Crunk

It is also important to talk about the process of negotiating consent when drunk or under the influence. Who here has been drunk before or knows from seeing people drunk on television or other media?

*Everyone will likely raise their hands*

Okay, so what are some of the signs that someone is drunk? What happens when someone is drunk?

*Audience will likely will say slurred speech, stumbling, vomiting, telling people you love them, falling, etc.*

So can we all agree that someone's speech and motor control may be a little iffy while drunk? So that cute girl may be whispering in your ear that she wants to go upstairs... or she may need help to the bathroom to throw up. That guy may be putting his arms around you because he wants to cuddle, or he maybe can't stand up properly. Because of this, it's especially important that you get explicit verbal consent while drunk.

It is important to note that according to both UO Conduct Code and Oregon law, no one can give consent while mentally incapacitated. We as SWAT aren't going to tell you that people can't have hot, consensual sex when they're drunk, because we're fully aware that they can. It's just super important to make sure things are being communicated clearly, because alcohol can definitely complicate things. If you aren't 100% positive that your partner is just as into it as you are, then just ask. It is also really important that you check in with yourself, and make sure you know what your own boundaries are. Remember, consent is a yes - a clear and undeniable yes - not the absence of a no and when drinking, it is particularly important to get a clear, undeniable, verbal yes.

## Scenarios (10 min)

Goal:	<ul style="list-style-type: none"><li>• Participants will see a scenario and hear what getting consent can sound like, and how communication plays a positive role in a sexual situation</li><li>• Participants will see a scenario and hear what respecting a partner's 'no' can</li></ul>
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Learning Objective:	<p>sound like</p> <ul style="list-style-type: none"> <li>• Participants will get a chance to talk to their peers about consent, communication, and reacting to rejection</li> <li>• Participants will be introduced to the concept of enthusiastic consent</li> </ul> <ul style="list-style-type: none"> <li>• Participants will be able to identify ways of getting consent</li> <li>• Participants will be able to recognize positive communication in sexual situations</li> <li>• Participants will understand the importance of enthusiastic consent and how it can better their sex lives</li> </ul>
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### Getting Consent Scene

To have sex, consent is necessary but we like to think honest communication is what can lead to *great sex*. We've come up with a scene to help show what getting consent can look like, and to demonstrate varying levels of communication and enthusiasm in a sexual situations. After, we'll get a chance to talk about them.

#### SCENE 1

**Person 1:** You're so sweet for bringing me to my favorite restaurant for dinner tonight!

**Person 2:** I'm just sorry there's such a long wait! I wanted to make your last night in town really special.

**Person 1:** You know... I have an idea for how to make tonight *really* memorable, and make this wait go faster. Give me a couple seconds to freshen up and meet me in the bathroom. (*Person 1 casually and consensually touches Person 2 as they walk off toward the bathroom.*)

**Person 2:** Um... shit. (*Hesitantly walks in the same direction.*)

**Facilitator:** Pause! We are going to see that scene again.

#### SCENE 2

**Person 1:** You're so sweet for bringing me to my favorite restaurant for dinner tonight!

**Person 2:** I'm just sorry there's such a long wait! I wanted to make your last night in town really special.

**Person 1:** I really want to make tonight memorable, how would you feel about ducking into the bathroom for a quicky? It'll make the wait go faster.

**Person 2:** Really in a bathroom? That doesn't seem... hygienic. But I guess, if

you want to...

**Person 1:** Okay, I'll meet you in there. (*Person 1 casually and consensually touches Person 2 as they walk off toward the bathroom. Person 2 looks slightly nervous as they hesitantly walk in the same direction.*)

**Facilitator:** Pause!

**Facilitator:** What were the differences in these two scenes? (*Allow the audience to point out the differences in communication and comfort level.*) The first scene demonstrates a lack of consent. The second scene had consent, but not everyone was super into it, so that may not have led to the best sex of their lives.

Okay, show of hands: how many of you would way rather have sex with someone who is totally into it? (*Most people will raise their hand - hopefully!*) Right!? Don't settle for, "Um... I guess" or "Sure, why not?" Go past the bare minimum when it comes to negotiating consent with your partner; enthusiastic consent is the only way to ensure that both you and your partner are actively and positively engaged in what's going on - and that's what leads to great sex.

Based on this definition of enthusiastic consent, we are going to show the scene one more time.

### SCENE 3

**Person 1:** You're so sweet for bringing me to my favorite restaurant for dinner tonight!

**Person 2:** I'm just sorry there's such a long wait! I wanted to make your last night in town really special.

**Person 1:** Since it's my last night, I was hoping we could make it memorable... Do you have any ideas? I was thinking maybe we could slip into the bathroom for a quicky before dinner but only if you're into that...

**Person 2:** Really in a bathroom? That doesn't seem... hygienic. But I guess, if you want to...

**Person 1:** You don't sound too excited. How do you feel about that idea?

**Person 2:** I don't feel super comfortable about the idea of having sex in a bathroom. We could enjoy our dinner here, then stop by the grocery store for whipped cream and have some sexy dessert when we get home.

**Person 1:** I'm not a fan of using food during sex - whipped cream can get *really* sticky. How about we light a fire and have dessert then do that thing we did last week... that was really memorable and would be fun to do tonight if you're down?

**Person 2:** Ooo ya I like that idea...

**Facilitator:** So, what is the difference in this scene? (*Talk about negotiation because that's basically the difference...*)

Consent can be a lot of things - it can be sexy or awkward, easy to ask for or difficult to talk about. But above all, getting consent is *mandatory*. Negotiating sexual boundaries doesn't have to be a formal, sit-down conversation. It can happen at home, in the heat of the moment, in the bedroom, or in any room for that matter!

### **Rejection Scenes**

Part of the process of getting consent is leaving room for your partner to say no, and respecting that. Making the option of no viable is part of our definition of consent. We've got another scene to show you that is designed to help us talk about how to respect a partner's 'no'.

#### **SCENE 1**

**Person 1:** So, watching seven episodes of Breaking Bad can be pretty draining.

**Person 2:** Yeah, I can only take so much of Walter Jr. eating breakfast...

**Person 1:** Maybe we should do something else for a little while?

**Person 2:** Finally, I've been wanting you all night. (*Person 2 makes a very obvious sexual advance toward Person 1.*)

**Person 1:** I was actually thinking we could get some food. (*Person 1 pulls back a bit from Person 2.*)

**Person 2:** Come on, we haven't had sex in like a week! Don't you want me?

**Person 1:** I love having sex with you, I just don't want to right this minute.

**Person 2:** Well don't expect to get some later. You missed your opportunity.

**Person 1:** Don't say that. I'm just not really feeling it – I'm hungry right now.

**Person 2:** Fine, then just go eat. (*Person 2 crosses their arms and turns away from Person 1.*)

**Facilitator:** Wow. Ok, so that wasn't designed to make us feel good. How about we see that again, only this time we'll get to hear what *respecting* a partner's 'no' can sound like. Action!



## SCENE 2

**Person 1:** So, watching seven episodes of Breaking Bad can be pretty draining.

**Person 2:** Yeah, I can only take so much of Walter Jr. eating breakfast...

**Person 1:** Maybe we should do something else for a little while?

**Person 2:** Finally, I've been wanting you all night. *(Person 2 makes a very obvious sexual advance toward Person 1.)*

**Person 1:** I was actually thinking we could get some food. *(Person 1 pulls back a bit from Person 2.)*

**Person 2:** Ok, I was hoping we could fool around a little, but if you aren't feeling up to it right now then we can totally do something else!

**Person 1:** Great, let's grab some food, and then after we can come back and cuddle for a little bit... watch more Breaking Bad...

**Person 2:** Could we maybe watch Game of Thrones instead? I really need to mix things up a bit!

**Person 1:** Yes! Totally.

**Person 2:** Hey, and if you want to take me up on that offer later, just let me know. *(Person 1 and Person 2 walk off stage, holding hands.)*

**Facilitator:** I personally liked that scene a lot better than the first one. So how many people in this room have been rejected? *(If someone doesn't raise their hand, point them out and say something like, "Wow. That's impressive, good for you.")* Most of us have been told no at some point in our lives, and we all know it doesn't feel awesome. But in this situation, one partner said no to the other and it was heard and respected, even if it didn't feel good. It is way better to ask and be told no than to *not* ask and risk sexual assault.

### Survivor Monologue & Character Dialogues (15 min)

Goal:	<ul style="list-style-type: none"><li>• Participants will hear the story of a sexual assault</li><li>• Participants will get a chance to question the behaviors of other people involved in the situation</li><li>• Participants will be introduced to rape myths, survivor blame, behavioral red flags, survivor support, and resources on and off campus</li></ul>
Learning Objective:	<ul style="list-style-type: none"><li>• Participants will practice feeling empathy for survivors of sexual assault</li><li>• Participants will be able to identify rape myths, survivor blaming comments,</li></ul>

behavioral red flags, ways to support survivors, and resources on and off campus
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### Facilitator

Okay, this next part of our workshop can be a bit heavy, so please remember to practice self-care. You are going to hear the story of a sexual assault. Afterwards, you will get a chance to interact with some of the other characters involved. This is not our story, but we do feel it is representative of situations that can and do happen on campus. Today, we are going to be portraying an assault by a male-identified person on a female-identified survivor, because research shows that 9 out of 10 sexual assaults are by a male against a female. However, we acknowledge that sexual assault can occur among all sexes, gender identities, and sexual orientations. Again, this topic can be difficult to talk about, so if you need to leave the room or talk to our confidential support volunteer, please feel free to do so at anytime. With that being said, here is Marcie, to share her story.

*It will be the facilitator's job to set up a chair for the survivor to sit in while she delivers the following monologue:*

### Survivor - Marcie

Goal:	<ul style="list-style-type: none"><li>• Participants will hear the story of a survivor of sexual assault</li><li>• Participants will feel empathy for the survivor</li><li>• Participants will be part of a conversation about how to support survivors</li></ul>
Learning Objective:	<ul style="list-style-type: none"><li>• Participants will be able to identify what it means to be survivor centered and how to support survivors</li><li>• Participants will be able to identify resources on and off campus</li></ul>

Hey everyone, I'm Marcie. So... last weekend my friend Spencer and I went to a basketball game with these two guys we met in our complex, Max and Danny. I was really looking forward to going with them because Max is in one of my classes and I've always thought he was pretty cute. Anyway, he drove us all to the game, but it was super boring because (as usual) we were kicking ass. So, I thought I might want to spice things up a little bit. We had been flirting throughout the game, and I asked Max if he wanted to go back to his car for some alone time. He was down, so we walked out there together, got in the back seat, started making out... I was pretty into it, so I asked if I could give him head. I was really enjoying myself, and I thought he was too, but he made me stop after a few minutes. I thought maybe he just wanted to back into the game, but then all of a sudden he pulled my pants down, grabbed me, and lifted me on top of him **I knew what he wanted to happen, but I didn't want it. I liked him, but I didn't want to have sex right away.** I didn't want to make him feel bad, especially because we live in the same complex and have class together, so **I just told him I didn't want to have sex.** He told me it was fine and just pulled me harder against him. I froze. The next thing I knew, he was having sex with me. I had no idea what to do. I could barely comprehend what was happening. He just kept having sex with me until he was done. I was in shock... I was quiet the whole drive home, and I couldn't even make eye contact him with when I said goodbye. I was supposed to meet Spencer later, and when he/she asked me how I enjoyed the game, I said I didn't. I told him/her what had happened,

and that I felt really weird about it, but I could tell when I said it that he/she thought I was some kind of joke. She kind of just gave me a weird look, so I decided not to tell anybody else. I realized how it all must sound... like I'm a total slut who gives head at basketball games. But I didn't want to have sex with him... I don't want to walk around campus because I'm afraid of seeing him, and there is no way in hell I can go to class if he's there. I'm so fucking stupid. Why did I think it was okay to blow a guy and not expect him to want more? I don't know why I didn't just get out of the car... I honestly don't know anything right now.

**Facilitator**

Now that Marcie has shared her story with you, you're going to get a chance to talk to some of the other characters involved in this situation. Too often when we hear stories of sexual assault, we focus on the survivor's behavior: what she was wearing, what she was doing, what *she did* to lead to her assault. In this activity, you're going to get a chance to understand some of the other characters' actions and behavior in this situation which may contribute to Marcie's experience and her healing process.

Imagine that Marcie is your friend and has just shared her story with you. As you interact with the rest of these characters, attempt to identify “red-flag” behavior, and react to these characters as though you encountered them in your everyday life. If they say something you disagree with, speak up. This part of the workshop is a great way to practice intervening in survivor-blaming speech in everyday situations.

We're going to break up into three groups (*unless this doesn't work logistically or the group is too big/small*), and the characters are going to come talk to you. We cannot stress enough how much this part of the workshop relies on your participation! The more you put in, the more you'll get out. (*If the room is going to be dividing into groups, explain where the groups will be*). Okay, let's get started.

*Facilitator should walk around to each group and encourage dialogue while keeping time for each discussion. After 3 minutes (with a 30 second wrap-up warning), have the characters rotate.*

**Survivor Blamer - Spencer**

Goal:	<ul style="list-style-type: none"> <li>• Participants will hear the perspective of someone who has survivor-blaming thoughts and ideas</li> </ul>
Learning Objective:	<ul style="list-style-type: none"> <li>• Participants will be able to identify the misconceptions people often have about sexual assault and sex in general</li> <li>• Participants will be able to identify what slut-shaming is and how it is detrimental to a survivor's healing process</li> </ul>

Have you heard what Marcie's been saying? The other day she came up to me and was saying some pretty serious things about this kid Max we met recently, and honestly it doesn't make any sense. So, here's what happened... Marcie and I are getting ready to go to the tailgate, right? And I put on, typical duck game gear, you know, duck shirt, whatever. **But Marcie puts on this skanky little mini skirt and heels.** Like whatever, all power to her, but it's a duck game. I

mean, what do *you* wear to a duck game? Anyway, so we get into the game and Marcie is all over Max. After 30 minutes of non-stop flirting, they walk out together. It was really obvious what they were going to do. Marcie told me they were going to go have some ‘alone time.’ You know what that means, right? **They were obviously gonna screw.** What else would they be doing? Later I asked her for the details and she got all weird and quiet. Then she told me that he assaulted her, or something. She seemed really upset and now I’m super confused about what happened, because she was all over him. She even told me she gave him head. **And honestly he doesn’t look like the kind of person that would do that to someone, you know?** Max looks like a nice, normal guy, not some guy that creeps around in alleys. **He’s cute, why would he have to assault someone to get some?** Also, she went with him. He didn’t drag her out of the stadium. Clearly she wanted it. **And if she was really assaulted, why wouldn’t she report it?** I mean, she told me. Why wouldn’t she go to the police? **And she didn’t even have bruises or anything!** Anyway, I’m just annoyed. **I mean, you can regret hooking up with someone, but you shouldn’t call it assault.** Now I have to deal with this totally awkward situation. Whatever, I guess that’s what I get for being friends with a lying slut.

**Survivor Supporter (Friend of Perpetrator) - Danny**

Goal:	<ul style="list-style-type: none"> <li>• Participants will hear the perspective of someone who is friends with the perpetrator but chooses to believe the survivor in spite of that friendship</li> </ul>
Learning Objective:	<ul style="list-style-type: none"> <li>• Participants will learn how to confront a friend perpetrator</li> <li>• Participants will learn how to be an ally, even without approaching the survivor</li> </ul>

Hi, I’m Danny. So, I’ve been friends with Max for a long time. He got me through a lot growing up, but now I’m pretty pissed at him. It’s going around that he assaulted Marcie. I don’t know her very well, but I believe her; I can’t imagine someone would lie about that. I know Max is the kind of guy who usually gets what he wants, but that’s fucked up that he would take it that far. Now some of my friends are saying shitty things about Marcie and I don’t know how to tell them that it’s not okay with me. **How would you confront your friends saying things like that? What can I say to make them stop?** Even Marcie’s close friend Spencer thinks she’s lying and is being really mean to her. I want to help her but it doesn’t feel like my place to talk to her about it directly. Most people are taking Max’s side but I just can’t do that. **How do I talk to Max about what he did without losing his friendship? Should I continue hanging out with Max at all?** I still care about Max and everything because we’ve been friends for so long, but I want to make sure that he knows what he did is wrong and will listen and understand.

**Perpetrator – Max**

Goal:	<ul style="list-style-type: none"> <li>• Participants will hear the perspective of a perpetrator of sexual assault</li> </ul>
Learning Objective:	<ul style="list-style-type: none"> <li>• Participants will be able to identify behavioral red flags</li> <li>• Participants will be able to identify ways perpetrators justify sexual violence</li> </ul>

Hey everyone, I'm Max. So I'm really freaked out by everything that's going on right now. I mean, you've heard about what people are saying, right? I can't believe this. Marcie and I have lived in the same complex for a while and it's been pretty obvious that she was in to me. **I mean, she didn't show up to the game in a little mini-skirt and heels for no reason. Girls totally only wear that stuff to get attention from guys, right?** So when we were flirting and she invited me back to the car I knew I was gonna get lucky. But now she's saying I assaulted her? **Dude, she is one who asked to give me head.** This just doesn't make any sense. Marcie is not just some innocent prude, okay? She was eager to get my pants off, but of course now she's acting like such a 'good girl.' **Yeah right, she totally wanted it and now she's just regretting it.** I mean, you can regret having sex but don't ruin another person's reputation over it. **What about me?** Do you think people are ever going to look at me the same? I don't know why she's doing this to me. I just don't even know what to say about this.

*Responses to commonly-asked questions:*

Q. How did you know she was in to it?

A. I feel like that's the kind of thing you just know from **body language**... you know what I mean? 80% of human communication is body language, there's certain situations where you just don't need words. Also, she wouldn't just give me head if she didn't want to have sex.

Q. Did you ask her?

A. No, it was kind of implied... **I wasn't about to kill the mood with conversation in the heat of the moment.**

Q. Didn't she tell you she didn't want to?

A. She might've been nervous. **Giving someone head kinda implies you're down for sex, she just needed me to take control.**

Q. Have you talked to her?

A. No, I'm pretty sure we both understood it was a one-time thing.

### **Facilitator**

*After each character has talked to each group, have the group reconvene for debriefs.*

All right, these characters can be a bit overwhelming to inhabit, so I'm going to invite everyone to 'unzip' and 'step out' of their characters. Great, now we're going to have a little discussion about your interactions with them, starting with \_\_\_\_\_, who played Max.

*Each person debriefs their character, in the following order: perp - Max, survivor blamer - Spencer, survivor supporter - Danny, survivor - Marcie.*

**Character Debriefs** (13 min - 4 min for Max, 3 min for the other characters)

**Perpetrator - Max**

Goal:	• Begin to question perpetrator
Learning Objectives:	• Participants will be able to identify red flags in behavior • Participants will be able to identify how perpetrators justify their actions

**1. My name is \_\_\_\_\_, I played Max. What are some red flags you saw in Max’s behavior and things he said that seemed unhealthy? Possible follow-up prompt: What were his attitudes about women, dating, and sex?**

*(The following are possible answers, as well as ways you can address them:)*

*- He assumed she wanted to have sex*

Right, he made assumptions rather than actually checking in with her about what she wanted. People are allowed to wear sexy things and not want to have sex. And just because she initiated going down on him, that doesn’t mean he got a free pass to do whatever he wanted with her. Consent is a step-by-step process. A person can be comfortable with one sexual act, but not comfortable with going further. It’s important not to assume, and to keep checking in every step of the way.

*-He bragged about having sex with her, saying, “She was pretty quiet. I guess I gave it to her so good she was speechless.”*

He is proud of his sexual encounter. It seems like having sex with her was a conquest, which is definitely a red flag when it comes to sexual assault.

**2. What are some ways Max justifies his behavior, and tries to convince us that he didn’t do anything wrong?**

*(The following are possible answers, as well as ways you can address them:)*

*-He kept saying it was obvious she wanted it and that she was ‘asking for it’*

He makes it seem like he didn’t have to check in because the fact she initiated going down on him meant she wanted to have sex, which it clearly did not. Even if someone is comfortable engaging in some form of sexual interaction, they can still say no at any time or be comfortable with one thing and not comfortable with another. Remember, consent is more than the absence of a no - it’s the presence of a yes.

*-He blames her for what happened, rather than owning up to what he did*

The only person you can remove from a situation to prevent sexual assault is the perpetrator. Someone can go to a party, get drunk, and wear short skirts every weekend, but no sexual assault occurs until a perpetrator is present and decides to assault them.

**Closing Statement**

It’s important that we realize Max actually committed sexual misconduct according to both the UO and Oregon Law. Sexual assault is a violent crime and perpetrators face serious

consequences. Max could face potential suspension or expulsion from the university, or even jail time. By looking at Max's character we were able to:

- Identify some red flags in things he said and did,
- Understand that it's never the survivor's fault, no matter what they're wearing or what else they are comfortable doing sexually, and
- Talk about how consent is a step-by-step process.

**Survivor Blamer - Spencer**

Goal:	<ul style="list-style-type: none"> <li>• Participants will get a chance to unpack the perspective of someone who has survivor-blaming thoughts and ideas</li> </ul>
Learning Objective:	<ul style="list-style-type: none"> <li>• Participants will be able to identify the misconceptions people often have about sexual assault and sex in general</li> <li>• Participants will be able to identify what slut-shaming is and how it is detrimental to a survivor's healing process</li> </ul>

**1. Hi, I'm \_\_\_\_\_, I played Spencer. Who here knows someone like Spencer?**  
*(Most audience members will raise their hands.)*

**2. What misconceptions does Spencer have about sexual assault, and how does Spencer rationalize not believing Marcie?**  
*(The following are possible answers, as well as ways you can address them:)*

*-She thinks Marcie is lying about having sex with Max because she regrets it*  
 There is a huge difference between regretting sex and never being given a choice. Remember, the false reporting rate for rape is only 2-3%, the same as any other violent crime.

*-She thinks 'nice guys' won't be perpetrators, and that perpetrators are creepy people that hang around in dark allies.*

Yeah, and actually, 85% of sexual assaults are committed by someone the survivor knows. Studies have shown that people who assault others look for people who are accessible (people around them and people who trust them), so it make sense that partners and friends could commit assault because all it takes is making a choice to cross someone's boundaries.

*- She thinks that if someone is assaulted they will report it.*  
 Reporting a sexual assault is a totally valid option, but it's not for everyone. We'll talk about why it can be difficult to report in the next debrief. In addition to the myth about reporting, there are myths that someone hasn't been assaulted unless they have bruises or obvious physical injuries.

*-Another myth about sexual assault is that it always leaves visual marks.*  
 Sexual assault is a form of violence, whether or not it leaves external marks. Less than 20% of people who commit sexual assault use physical violence or the threat of violence. That's not to say physical injuries don't occur, because they absolutely can, but injuries can be internal or psychological as well. Just because they're not physically visible, that doesn't mean they don't

exist. Also, we hear a lot about the fight or flight reaction, but some people freeze to avoid injury or further violation, which is a totally valid reaction.

### 3. Who here knows what slut shaming is?

*(Allow someone from the audience to explain it, then reiterate by saying:)*

‘Slut-shaming’ is when someone makes a person feel guilty or inferior for certain sexual behaviors or desires that deviate from the so-called norm. Like when someone says, ‘She gets drunk every weekend – it’s like she wants to get taken advantage of’ or ‘she’ll sleep with anyone – she’s such a whore.’ Spencer says that Marcie was dressed like a slut, shaming her for her clothing choice. If someone is hearing these kinds of comments from the people around them – the people they are supposed to trust – are they going to feel comfortable disclosing a sexual assault that happened to them? Maybe, but probably not. We already have to live in a society that blames the survivor of sexual assault... so wouldn’t it be wonderful if you could create a community here on campus that is supportive, rather than blaming?

### Closing Statement

With this character we were able to look at:

- Some misconceptions people often have about sex and sexual assault,
- Some myths about what people who perpetrate look like, and
- The detrimental nature of blaming behaviors like slut-shaming.

### Survivor Supporter - Danny

Goal:	<ul style="list-style-type: none"> <li>• Participants will get a chance to unpack the perspective of someone who is friends with the perpetrator but chooses to believe the survivor in spite of that friendship</li> </ul>
Learning Objective:	<ul style="list-style-type: none"> <li>• Participants will understand what it means to be survivor centered</li> <li>• Participants will understand how to confront a friend who they suspect to be a perpetrator</li> </ul>

### 1. Hi, my name is \_\_\_\_\_, and I played Danny. So, who here has ever disagreed with something a friend said or did?

It seems like a lot of us. Yeah, it’s a difficult situation to be in and it’s hard to know what to do, if anything.

### 2. What are some things that Danny can say to his friends to help get them to share his perspective?

- He can talk about the importance of believing survivors.*
- He can tell them that it is unlikely that a person would lie about being assaulted.*
- He can ask them to help hold each other accountable to being respecting others’ boundaries, helping to prevent any future negative situations.*
- He can stop his friends from spreading rumors.*

Talking to friends about their language can definitely be difficult, he could lose friends or it could get back to Max that he is supportive of Marcie. However, he also has an opportunity to change his friend’s minds and potentially make a more supportive community/group for Marcie if she decides to confide in another friend or if she decides to report.



**3. Approaching a friend about their behavior can be difficult. What are some of the potential losses Danny will experience if he talks to Max?**

*-Danny could lose his friend.*

*-Max could get angry.*

Helping to hold our friends and community accountable is important. It can also be difficult and not always successful. Danny could lose Max as a friend. Max could also get angry, and even violent. If you know that your friend will listen to you, that's great and talking to them could be an educational experience. Intervention also works well before assault happens. Hold your community accountable by starting up conversations about the importance of communication, getting consent, and respecting survivors.

**4. What are some of the potential gains?**

*-Max could listen and learn that what he did was not okay.*

**5. Another important issue of Danny's character is whether or not he should approach Marcie about her assault. What might make this not the best idea?**

*-He's a man*

*-He doesn't know her very well*

*-He's friends with Max*

Max is not only a man, but he is also known to be best friends with Marcie's perpetrator, Max. Therefore being approached by Danny may be very triggering to Marcie, and not a great idea. But even if Danny can't support Marcie directly by talking to her, he can still show his support for Marcie by interrupting the problematic behavior his friends are engaging in, and by talking to his friend Max about how what he did was not okay.

**Closing Statement**

Danny's character helped us understand:

*-Why it can be hard to confront a friend about their unacceptable behavior*

**Survivor - Marcie**

Goal:	<ul style="list-style-type: none"> <li>• Participants will get a chance to talk about our survivor blaming society, self-blame, and what resources are on campus and in the community</li> </ul>
Learning Objective:	<ul style="list-style-type: none"> <li>• Participants will be able to identify that we live in a survivor blaming society and how that leads to self-blame</li> <li>• Participants will be able to identify resources on and off campus, as well as how to support a survivor.</li> </ul>

**1. Hi, my name is \_\_\_\_\_, and I played Marcie. So we talked about how society often blames survivors for their assault. What are some things Marcie says that shows she might blame herself for what happened?**

*- She says things like: -I must sound like a slut, Why did I think it was okay to just blow a guy and not expect him to want more?*

So it's obvious that because society blames survivors of sexual assault, it's very easy for survivors to blame themselves, too. That's what makes it even more important that you assure them you believe them and that it's not their fault.

## **2. What are some ways you could help support a survivor?**

- *Say you believe them, tell them resources, etc.*

Those are some great ideas. Above all, it is most important to show your support by showing that you believe the survivor, and that can look like a lot of things. It can mean just being there for them, or going with them to appointments, or telling them about resources if that's what they want, but overall it is letting the survivor make their own choices.

## **3. Why do you all think this is important?**

- *You can help them heal, etc.*

Knowing that you are there for them can make an incredible impact on the survivor's healing experience. The first person a survivor tells their story to can influence how they feel about their entire healing process. By listening to a survivor, and being aware of their needs, you can help a survivor take their power back. Healing from a sexual assault can take time, a lot of time or none at all, but no matter what, the survivor and their wishes should be respected.

## **4. Now I'd like to explain some resources for survivors and supporters that are on campus and in the community.**

*(This part of the debrief is not a question. You will simply talk about the following resources.)*

Even if these resources don't seem pertinent now, you never know when you might need to support someone. We recognize that it can be difficult to support a survivor of sexual assault, so we want you to know that these confidential resources are available to supporters as well as survivors.

-The **UO Health Center** is a great on-campus resource. They have nurses there who are specifically trained to support and medically care for survivors. They can also provide emergency contraception and test for sexually transmitted infections, and survivors of assault can often even get the cost of their visit covered or decreased through grant funding.

-On the second floor of the Health Center is the **UO Counseling Center**. They have a 24-hour crisis line as well as experienced counselors who can help students cope with these kinds of issues. If they know someone is seeking counseling due to a sexual assault, they will clear their calendar to help them schedule an appointment as soon as possible.

**\*mandatory reporting blurb\*** - It is important to note that although the Health Center and the Counseling Center are confidential on-campus resources, all other faculty, staff, or student workers at the U of O are required reporters.

-An amazing off-campus resource is SASS, Sexual Assault Support Services. They have a 24-hour crisis line, support groups, and offer a lot of other great advocacy services, such as legal advocacy.

**Closing Statement**

Through this character we were able to:

- Identify what self-blame can sound like,
- Learn how to support a survivor by listening to their needs and
- Learn about three important confidential resources; the health center, the counseling center, and SASS.

**Bystander Intervention Introduction and Facilitation**

Goal:	<ul style="list-style-type: none"> <li>• Participants will learn what bystander intervention is</li> <li>• Participants will get a chance to see a scenario that depicts a situation that could and should be diffused by an intervening bystander</li> <li>• Participants will get a chance to practice intervening in uncomfortable and/or harmful situations</li> </ul>
Learning Objective:	<ul style="list-style-type: none"> <li>• Participants will be able to identify what bystander intervention is</li> <li>• Participants will be inspired to intervene in uncomfortable situations</li> <li>• Participants will be able to identify behavioral red flags</li> <li>• Participants will be inspired to intervene in uncomfortable situations</li> <li>• Participants will learn ways they can intervene in uncomfortable and/or harmful situations</li> </ul>



**Facilitator:** For this next part of our workshop we’re going to talk about bystander intervention. Bystander intervention is when someone who is not directly involved in a situation steps in to offer assistance. It is never the survivor’s or bystander’s fault if someone is assaulted – that fault lies solely on the perpetrator. That said, if you have an opportunity to diffuse an uncomfortable or potentially harmful situation, be the person who stands up. We want to encourage you to challenge the attitudes and beliefs that support sexual violence. Sexual assault is everyone’s problem. You may never actually witness a sexual assault. But there are other behaviors - like sexist jokes and sexual harassment - that contribute to a culture that tolerates sexual violence, and those are great places that you can intervene to help change that culture.



One of our goals today is to give you the skills and confidence to take action. We’ve created a situation of our own, and what we’re going to do now is show a scene and then invite a few of you up to try different interventions to change the outcome. The scenario we’re going to show you is a little blatant - maybe even over the top - but we want to give you plenty of opportunities within the scene to practice intervening. First, let’s see it one time through. As you watch, be thinking of possible things you could say or do if you were a bystander.

**(Start Scene)**

Barista: How much longer until my shift is over, it's been so busy today!

Mean Barista: I know! Oh there is another customer.

Barista: Hello, how can I help you?

Customer: Damn, I came in here for a coffee but I'll take your number as well.

Barista: Umm, I can get you a coffee?

Customer: Alright, its nice to know when I come here I'm getting my money's worth.

Barista: (flustered) Um, can I get a drink started for you?

Customer: Why don't you make me something sweet, like you?

Barista: Okay... I can make you a Peppermint Mocha?

Customer: Alright, only if you make it for me. Why don't you put your number on the cup too?

Barista: I'll just go get that started for you... (turns around to face mean barista) Uh, this customer is making me feel really uncomfortable ...

Mean Barista: Honestly, you should be flattered. They'll tip you extra if they like you. Just suck it up, it's part of the job. And I don't think you wore that shirt for nothing...

Barista: Alright... (turns around to face customer) Here's your mocha.

Customer: Thanks. What time do you get off tonight? I'll drive you home.

**(End Scene)**

**Facilitator**

Alright stop. So now that you've seen the scenario, you're all going to get a chance to take one of these characters' places and practice intervening. What's going to happen is we're going to see the scene again, but this time you're going to intervene. You can enter the scene as a fellow coworker, or as another customer. When you see a moment where there's something you'd like to say or do to change the scenario for the better, or when you just can't stand to watch anymore, yell 'STOP' and then you can intervene in the scene.

Remember, there's no right way to do this. We're all practicing this together and we know it takes a lot of courage to get up here. Let's all be really supportive of anyone who has the guts to get up and try something. Let's see the scene - and again, if you see something you'd like to change, yell 'STOP'. It doesn't have to be perfect. The point is to just start trying things. So here we go!"

*SWATers repeat the scene until someone from the audience yells 'stop'. The facilitator asks them which character they want to take over and where they want to start the scene from. If no one yells 'stop' all the way through, you can respond by saying,*

Okay, so no one came up to sub in. Are we all totally comfortable with what's going on? Maybe not? What are some things we are uncomfortable with? Think about a situation where you saw or heard something that made you feel uncomfortable, but you didn't actively do anything about it - a time where you wish you'd said or done something, but you didn't. Maybe you heard a friend make a sexist joke, or maybe you heard a teacher make an offensive comment.

*Make sure to applaud anyone who gets up to try an intervention. Ask them:*

Where would you like to start the scene?

*Clearly repeat their answers so you can direct the actors to the appropriate part of the scene. Run the scene, allowing the audience member to try their intervention. After someone intervenes, complete the following steps:*

- *Find out their tactic*  
What was your tactic? What were you hoping to achieve with that intervention?
- *Find out how it felt*  
How did you feel about how that went? Do you feel like it was pretty successful? (*In some cases, you may want to ask the Target how the intervention felt for them. This is a tool that can be used to identify whether or not the Target felt she had an out or not.*)
- *Thank them, invite them to sit down*

Thanks, you can have a seat. Let's give them a round of applause. (*It is important to invite them to sit down before discussing the gains and losses, so they do not feel judged for trying an intervention.*)

- *Discuss gains and losses*  
Let's talk about what you might gain and what you might lose with this kind of intervention. There are always gains and losses in any situation we insert ourselves into, so what are some disadvantages to this type of intervention, or things that might be difficult? Another way of saying this is what are some "**potential**" losses. What might you gain from intervening this way? What are the things that worked in that situation?

That was just one way of intervening, but we know that everyone will do it differently, so let's go through it again. If there is another point where you would like to intervene, or another person whose place you would like to take, please yell 'stop'. Again, we know that it takes a lot of

courage to get up here and try things. Some ideas may work better than others but there is no one right way to do this. Let's see the scene again. Action!

*Have several more people come up and try some interventions. Try as many as time allows. If you are getting a lot of suggestions in which the two people seem to know each other, ask,*

What would it look like if the bystander who chooses to intervene doesn't know either of the people involved? Does anyone have an idea of how to intervene when these people are strangers but you don't feel comfortable with the behavior you're noticing?

*Remember that intervention can include asking for help. If someone tries an intervention where they choose to call the police or get a friend's help, say:*

Great! Intervention doesn't just have to be physical, by literally inserting yourself in the situation. Diffusing a situation can include calling the police or asking other people to help you address the situation.

*If people have a lot of different reasons why they wouldn't want to intervene, you can have a conversation about that and say,*

*Repeat the audience's answers out loud so everyone can hear.*

It can be really difficult to work up the courage to intervene in serious situations like these. Some reasons people hold back include worrying about safety, not knowing what to do, not wanting someone to get mad at you or feel embarrassed, not feeling like it was your place, thinking someone else will do it, thinking that others don't see it as a problem, not wanting to stand up to an authority figure, etc. All of these reasons can make us remain silent when action is necessary. We acknowledge that being the person who speaks up can be very difficult, but you all have the power to create change in our society, one action at a time. Step up. Say something. Hold each other accountable, because one moment of honesty can make a lifelong difference.

### **Workshop Wrap-Up, Consent Train & Conclusion**

There are a lot of ways you can help stop sexual violence, whether you incorporate more communication into your lives, make sure you get and give enthusiastic consent, or hold people accountable for inappropriate behavior. You play an important role in changing the way society perceives sex and sexual violence. Thanks for taking the time to think and talk about this important issue. Just to wrap up, we're going to show you a few more quick, fun scenes to get you in the mood for talking about consent!

#### **Scene 1:**

Person 1: "I can't get off without dressing like a lightning bug and hearing the word flapjack. Do you think we could incorporate that into our sex tonight?"

Person 2: "I can say flapjack for sure, I'd actually like that."

#### **Scene 2:**

Person 1: "Hey, we've been having sex a lot, and I've been thinking, can we take a break from sex? I want to focus on other stuff for a while and not be distracted by sexual activity."

Person 2: "I think that would be great! (Fine, ok) Let's focus on our relationship and catch up on all our television shows. "

**Scene 3:**

Person 1: "I know you don't want to have sex tonight, so would you mind if I just did my own thing (i.e. masturbation) while laying next to you?"

Person 2: "Yes, is there anyway I can help?"

Person 1: "Can you whisper sweet nothings in my ear?"

Person 2: "Yes I can."

**Scene 4:**

Person 1: "I have been wanting to try some new stuff lately, would you mind sticking your finger in my butt?"

P2: "I've never really thought about that, can I use a finger cot?"

P3: "Yes finger cots are great."

**Scene 5:**

P1: "Do you mind tying me up when we have sex tonight?"

P2: "I just bought 60 feet of rope today!"

**Scene 6:**

P1: "Can we have sex in a bath and watch the bath sex scene from Game of Thrones?"

P2: "With Danaeris!? Hecka yeah!"

**Scene 7:**

P1: "I would like to start using safe words when we have sex, just so we know each other's boundaries."

P2: "I would love that. What words do you want to use?"

P1: "Rocketship works or manatee or red."

P2: "Those are so great."

**Scene 8:**

P1: "You lookin' real good. Can we have sex like right this minute?"

P2: "There's a lot of people here, want to wait until they're gone?"

P1: "Yeah for sure. And can (insert name) join?"

P2: "Yes, I'd enjoy that."

**Scene 9:**

P1: "I really like when you bite my neck. Could you do more of that?"

P2: "I'd love to. Tell me if it hurts."

**Scene 10:**

P1: "You are really good at fingering me, but your nails are getting a little long. Do you mind cutting them?"

P2: "Definitely, I don't want to hurt you. (looks at nails) These aren't knives."

**Scene 11:**

P1: "Would you be interested in me sticking a strap on into your butt?"

P2: "I would love that. I've been wanting to do that, but didn't know how to ask."

**Scene 12:**

P1: "Do you want to take a bath together then cuddle and watch movies tonight?"

P2: "Yes, that sounds amazing."

**Scene 13:**

P1: "So, I'm asexual, but I want I to continue spending time with you. I want to take this to the next level with you, but will not want to have sex with you."

P2: "I respect that. Are we still going to be able to cuddle and everything?"

P1: "Of course we can."

**Scene 14:**

P1: "I've been really wanting to get a strap on. Would you be willing to go to the sex shop with me?"

P2: "I would love to. I wanted to look at vibrators."

**Scene 15:**

P1: "I've been wanting to try glow in the dark condoms for our late night bedroom activity. Are you okay with that? I'm want to be a light saber tonight."

P2: "Hell yes. A light saber sounds great."

**Scene 16:**

P1: "Do you mind if we open this relationship to other people?"

P2: "I think we should have a longer conversation about this later, but I think that sounds like a great idea."

**Scene 17:**

P1: "I really don't like whipped cream. Could we try peanut butter instead?"

P2: "I think that sounds great. I love peanut butter."

**Scene 18:**

P1: "I really don't want to kiss in public. I hate when people watch us do that."

P2: "I completely understand. I think pda is a weird thing as well."

P3: "Yeah it is."

**Scene 19:**

P1: "When we cuddle tonight do you want to be my jetpack?"

P2: "Hell yeah. I love being the big spoon."

**Scene 20:**

P1: "Hey so I've been feeling really close to you and I really like you, and I've been wanting to take our relationship to the next level - I was just wondering what that means to you?"

P2: "I'm abstinent, so having sex isn't an option for me. But maybe we can talk about becoming more exclusive?"

Thank you so much, everyone! We have some SWAG to pass out – handouts, buttons, condoms, pins, pens! Take some, and help represent SWAT around campus. You will also be handed a survey, and if you could fill it out we'd really appreciate it. We actually *read* the surveys and we will use your suggestions to create future workshops. Thank you again for a great workshop. We really appreciate the opportunity to work with all of you!

*The following is an option plug for SWAT if/when we are recruiting new members:*

We also want you to know that SWAT is now recruiting! If you want to get involved with an awesome group on campus, earn upper division leadership credit, and have something impressive to put on a resume, fill out an application at [swat.uoregon.edu](http://swat.uoregon.edu)!