

2014 - 2015 Year in Review

Since August of 2014, the Center for Advocacy, Response and Education has undergone several changes and implemented new policies, programs, and events to serve students, faculty, and staff at Kansas State University. This annual summary provides information on the efforts that have been made to serve individuals of the K-State community through education and responsive measures over the 2014—2015 academic year.

CARE Mission and Goals

CARE strives to provide effective measures to individuals in need by offering confidential advocacy, campus referrals, and community resources. CARE is a safe place for K-State students, faculty, and staff to explore options and viable resources for those who have been victimized by sexual assault, domestic or dating violence, sexual harassment, and stalking. Through education and preventive approaches, CARE aims to challenge the K-State community by addressing social patterns in which influence interpersonal violence and oppression.

*“Violence is a
choice and is
never the
fault of the
victim.”*

<http://www.k-state.edu/care>



Holton Hall, Kansas State University

**The Center for Advocacy,
Response and Education
(CARE)**

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Kansas State University Resource Wheel

Numerous options are available for support and reporting on campus and within the Manhattan community. If an individual is a victim of sexual assault, dating violence, domestic violence, sexual harassment or stalking, the resource wheel is a helpful guide.

K-State and Manhattan

In collaboration with the Manhattan community, K-State offers a variety of resources, both 24/7 and confidential, for advocacy, medical services, therapy, academic assistance, safety options and reporting options.

Confidentiality

The K-State Center for Advocacy Response and Education, or CARE, offers confidential advocacy and support services to any member of the K-State community who has experienced sexual assault, dating violence, domestic violence, stalking or sexual harassment. The CARE office is a safe place for survivors to explore their options, receive support from trained advocates and obtain referrals to other resources campus and community resources.



Response

CARE Advocates do their part to stand up for victims' rights, provide crisis intervention, offer support without judgment, assist with safety planning, answer questions, give information, and provide referrals to victims.

During the 2014-2015 academic year, K-State CARE:

- **Served**
 - 30** victims of Sexual Assault/Rape
 - 15** victims of Dating/Domestic Violence
 - 10** victims of Sexual Harassment
 - 3** victims of Stalking incidents
 - 5** victims in other categories
 - *includes instances on and off campus
- On average, CARE advocates spent **5.5** hours with each victim
- The CARE Excellence fund covered the cost of **144** therapy sessions at Counseling Services and the KSU Family Center

Education

CARE is dedicated to raising awareness of the social influences and patterns that perpetuate sexual and dating violence in our communities. CARE challenges members of the K-State community to create positive social change in attitudes, beliefs, and behaviors. In an attempt to reduce violence on K-State's campus, CARE welcomes training and presentation requests from student organizations, faculty, staff, community and state agencies. Trainings and presentations are designed to engage members of the K-State community, offer insight on issues surrounding sexual and dating violence, provide tips and information on how to help yourself and/or others, and inform individuals of safe and available resources.

Through more than 85 trainings, presentations, and workshops, CARE has trained over 1,600 individuals at K-State and surrounding communities.

Trainings and Presentations

During the 2014-2015 academic year, K-State CARE:

Presented information on CARE's services and educational trainings to over

- **19 student organizations and classes**
Including Student Governing Association (SGA), National and Collegiate Panhellenic Council, Panhellenic/IFC Executive Council, Black Student Union, Human Ecology Ambassadors, LGBT & Allies, the WellCat Ambassadors, Women's Studies classes, Family Studies and Human Services classes, and several fraternities and sororities.
- **10 faculty and staff groups**
Including Counseling Services, Housing and Dining staff, Lafene Women's Clinic, Greek House Mothers, Family Center Clinicians, Career & Employment Services, Residence Hall and Office of Student Life staffs.
- **5 community and state agencies**
Including the Flint Hills Sexual Assault Coalition, Ft. Leavenworth SHARP Academy, Manhattan Crisis Center, the Kansas Coalition Against Sexual and Domestic Violence Statewide Prevention Conference, and the LGBT Leadership Conference.

Evaluations

CARE recognizes the importance of receiving feedback from students, faculty, and staff on how they can improve their services and presentations. Below is data on the feedback provided by K-State students, faculty, and staff.

- **95%** of trainees strongly agreed or somewhat agreed that they had an increased knowledge on the subject matter as a result of the training.
- **88%** of trainees strongly agreed or somewhat agreed that the training had provided them with at least one new skill to implement.
- As a result of a training, **95%** strongly and/or somewhat agreed that their response and advocacy for victims will improve.

CARE educational trainings include but are not limited to:

- Affirmative Consent
- Boundaries, Ethics, and Self-Care
- Bystander Intervention
- Drug-Facilitated Sexual Violence
- Sexual Assault and the Effects of Trauma
- The Spectrum of Sexual Violence

To request a training, call the CARE office at (785) 532-6444 or email ksucare@k-state.edu.

It's On Us K-State

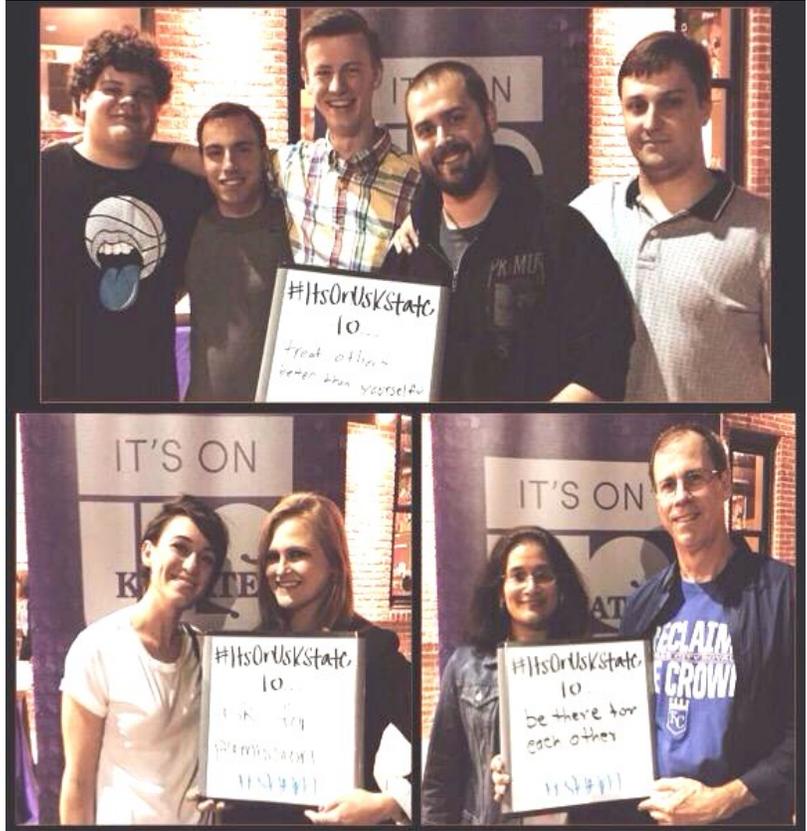
Since the launch of the *It's On Us* campaign by the White House in September 2014 hundreds of colleges and national organizations have partnered with the campaign to address sexual violence in our communities.

In February 2015 K-State officially launched the *It's On Us K-State* campaign. The purpose of the *It's On Us K-State* campaign is to raise awareness about issues surrounding sexual violence and empower college students to be active bystanders. Sexual violence affects thousands in our K-State family, and we all have a part to play in the solution to this problem. This campaign offers the *It's On Us K-State* pledge to encourage individuals to take a stand against sexual violence in our community.

Take a stand

Over the course of three months, CARE staff and student volunteers managed informational booths in the K-State Student Union and K-State Recreational Center where students, faculty, and staff could learn about the campaign, sign the pledge, and explore ways to get involved. As a part of Greek Week activities, sororities and fraternities challenged one another to pledge against sexual violence. Student volunteers participated in the *It's On Us K-State* campaign by recording a public service announcement and advertising the pledge on posters and K-State websites.

White board statements created in support of survivors for Sexual Assault Awareness Month — Aggieville



In the Spring of 2015 over 1,001 individuals of the K-State and Manhattan community signed the It's On Us K-State pledge to prevent sexual violence.

It's On Us, K-State

To **RECOGNIZE** the dignity and value of each member of the K-State community, and treat them with the respect they deserve.

To **ASK** permission and respect a partner's choice.

To **UNDERSTAND** that non-consensual sex is sexual assault.

To **NOT** be a silent bystander, but intervene when consent has not or cannot be given.

To **MAKE** sexual assault unacceptable at K-State.

To **SUPPORT** survivors and never blame the victim.



Take the Pledge.

Visit www.ksu.edu/itsonus

Nonviolence Half-hour

CARE has the great pleasure of working with the K-State radio station, the Wildcat 91.9, to bring listeners the *Nonviolence Half-hour*. During these shows, CARE coordinators explore current events and topics related to sexual, dating, or domestic violence for 30 minutes while also sharing music. This year's current shows include:

- *Male Sexual Assault*
- *How to Support Friends and Family Who Experience Sexual or Domestic Violence*
- *Consent is Merely a Cup of Tea*
- *Yes Means Yes*
- *Game of Thrones and Rape Depictions on TV*
- *Inappropriate Responses from Healthcare Providers*

Shatter the Silence

Shatter the Silence Lunch Hour is named in recognition of the cultural norms that encourage individuals to stay silent about the issues of sexual violence.

The lunch hour provides a safe place for any member of the K-State community to express views, seek clarification and reflect on the topics of sexual violence on college campuses. Held the first Monday of every month, Shatter the Silence allows the community to have a voice and join the conversation in an attempt to create social change.

Events

K-State departments and CARE work collaboratively to offer several educational events over the academic year for students, faculty, staff, and members of the Manhattan community to learn more about the issues of sexual and domestic violence. Guest speakers, researchers, and presenters share their knowledge, experiences, and best practices to inform individuals of the effects of violence and to create collaborative campus prevention response.



Can I Kiss You?

In August of 2014, Mike Domitrz performed *Can I Kiss You*, an educational presentation aimed to encourage people to ask for consent, support survivors, and to intervene in situations that could lead to sexual assault. This powerful program intends to create a cultural shift on campus that ultimately prevents sexual violence. **Over 750 students, faculty, and staff attended the *Can I Kiss You* program.**

The Reality of Sexual Violence on Campuses

David Lisak, a nationally recognized forensic consultant and professional in the field of sexual violence, shared his knowledge, research, and advice with K-state students, faculty, and staff. The training intended to inform individuals of the issues of sexual violence and create a dialog pertaining to how universities can prevent violent acts on their campus. **Over 85 students, faculty, and staff attended David Lisak's educational training and workshop with livestream to Olathe and Salina campuses.**

Every Two Minutes

Every Two Minutes is a documentary filmed and produced by Michigan State University students with the purpose of raising awareness of sexual assault on campus. The documentary raises issues of sociocultural influences in our society with use of survivor's stories and relevant statistics. In April of 2015, a screening of the documentary took places for members of the K-State community to attend.

Our Voices, Our Stories

Members of the K-State and Manhattan community were encouraged to submit their artwork to the *Our Voices, Our Stories* art exhibit in support of those who have experienced sexual, dating, or domestic violence. K-State students, staff, and alumni submitted a variety of art including: canvas paintings, sculptures, crafts, drawings, written and spoken art. The art was displayed in the William T. Kemper Art Gallery in the K-State Student Union throughout the month of April for community viewing. The K-State community was invited to attend the art gallery reception on April 27th where artists and survivors of violence shared spoken art and came together to raise awareness.

Yes Means Yes

In 2015, CARE launched its first *Yes Means Yes* course with an enrollment of 20 students. Modeled off a similar course taught at Colgate University and based off the anthology "*Yes Means Yes!: Visions of Female Power and A World Without Rape*," the course attempts to promote a healthy sexual climate and transform the culture to become a knowledgeable and acceptable atmosphere for all members of the K-State community.

This free, non-credit six-week course, led by CARE staff and K-State graduate students, gives individuals the opportunity to reflect on their identities, relationships and intimate interactions in an attempt to destigmatize conversations about sex, sexuality and pleasure. Topics covered in the course include bystander intervention, consent, combating sexual violence and the ways that different identities interact with sex and sexuality. *Yes Means Yes* encourages honest discussion about healthy relationships, sexual desires and societal expectations concerning sex and gender. The course provides action steps, tips and resources for individuals to utilize positive sexuality techniques.



Students line up to take the It's On Us K-State pledge—K-State Student Union



Involvement

CARE provides informational services to members of the K-State community through campaigns, campus events, and social media.

Orientation

During transfer and new student orientation, CARE welcomes students and families new to K-State by offering informational brochures, cards, freebies, and resources. CARE staff engages in conversation with transferring and new students about the services available for survivors and opportunities to be involved.

Collaboration

As a part of Sexual Assault Awareness month, CARE partnered with Fort Riley's Sexual Harassment Assault Response Program (SHARP) and the Manhattan chapter of *Hollaback!* The organizations dedicated the last weekend of April to raising awareness of sexual violence, providing resources, educating on bystander intervention techniques, and engaging with the Manhattan community. This event took place in Aggieville, where individuals of the military, K-state, and Manhattan community come together.

Outreach

Educational and prevention efforts are also being made through social media. CARE reaches K-State students, faculty, staff, and members of the Manhattan community through Twitter, Facebook, and Instagram. These tools have allowed CARE to update the campus on news and current information regarding campus violence, resources, and safety.

Bystander Intervention Tips — #itsonuskstate

Over the course of a week, the @KStateCARE Twitter account released bystander intervention tips to increase awareness and safety during Spring Break.

K-State CARE Office @KStateCARE · Mar 16
SB Bystander Tip #1: Trust your gut. If something looks like it might be a bad situation, it probably is [#TakeAStand](#) [#itsonuskstate](#) [#SB2015](#)

RETWEETS 9 FAVORITES 4

8:35 PM - 16 Mar 2015 · Details



K-State CARE Office @KStateCARE · Mar 17
SB Bystander Tip #3: Be direct. Ask someone who looks like they may need help if they're ok [#BystanderTips](#) [#itsonuskstate](#) [#SB2015](#)

RETWEETS 5 FAVORITES 4

7:10 PM - 17 Mar 2015 · Details



K-State CARE Office @KStateCARE · Mar 21
SB Bystander Tip #10: Never blame the victim [#TheresNoPerfectVictim](#) [#itsonuskstate](#) [#SB2015](#)

RETWEETS 3 FAVORITES 4

11:30 AM - 21 Mar 2015 · Details



Social Media

Check out CARE's social media pages for more information on:

- Resources for victims
- Current issues in higher education
- Updates on policies
- Educational articles and helpful information based on research findings
- Bystander intervention tips
- Conversations around campus safety
- Opportunities to be involved
- Upcoming trainings, workshops, presentations, shows, and screenings

 @KStateCARE

 @KStateCAREoffice

 www.facebook.com/kstaterwomenscenter

Relevant Findings

CARE strives to help K-State students, faculty, and staff by using information and data published and analyzed by researchers in the professional fields of higher education and interpersonal violence. The statistics and data below demonstrate the prevalence of interpersonal violence on college campuses and the need for advocacy services are woven into CARE education and outreach.

National Research

- **1 in 5 women and 1 in 16 men will experience sexual violence while in college** ([CSA Study, NIJ, 2007](#)).

While the rate of rape and sexual assault is 1.2 times higher for non-students than for students, this statistic shows the prevalence of campus sexual assault. Research has also shown that sexual assault victimizations of students (80%) were more likely than nonstudents (67%) to go unreported to police.

- **More than one in 4 women (22.3%) have been the victim of severe physical violence by an intimate partner, while 14.0% men have experienced the same** ([CDC, NISVS, 2011](#)).

Intimate partner violence crosses all borders of age, race, and social status. High prevalence rates amongst men and women who have experienced intimate partner violence prove the need for victim advocacy and assistance in this area.

- **The percentage of false reports begin to converge around 2-8%** ([Lonsway, Archambault and Lisak, 2009](#)).

The assumption that most sexual assault allegations are falsely reported prove inaccurate by the research presented above. The data suggests that over 90% of sexual assault complaints have truth behind the occurrence. More than 9 times out of 10 an individual reporting sexual assault is telling the truth.

- **More than 3 in 4 student victims of rape and sexual assault knew the offender** ([BJS, NCVS, 2013](#)).

Additionally, college female victims knew their offender in 80% of rape and sexual assault victimizations. The preconceived notion that sexual assault perpetrators are strangers to their victims is wrongly assumed as proven by this statistic.

Campus Climate Survey

The University wide Climate Survey, administered by Rankin & Associates Consulting, included responses from students, faculty, and staff across the Manhattan, Salina, Olathe, and Global K-State campuses. The results presented important information that contributed to the direction of CARE's efforts.

Out of the fifty respondents who reported unwanted sexual contact to a campus official or staff member:

- **15** respondents felt that their experience was handled appropriately after making the report.
- **19** respondents stated their concern was not handled appropriately by campus officials.

Themes

Several themes surfaced in written explanations provided by 120 respondents indicating why they did not report their experience. Commonly cited examples are listed below with actual participant responses.

I felt responsible.

"Honestly at the time I felt like I was responsible, that maybe I sent him a signal that it was ok that I wanted it or something."

Alcohol was involved.

"I did not wish to be charged with underage drinking."

No clear support.

"I did not think I had the evidence to prove anything. I didn't feel anyone would believe me."

For the full university climate report, visit www.k-state.edu/2025/initiatives/climate-survey/.

Rankin & Associates Consulting, Campus Climate Assessment Project, Kansas State University, Final Report 4-04-15



Center for Advocacy, Response and Education

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Contact Us

Give us a call for more information about our services and trainings.

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