



April 2016

INJURY SPOTLIGHT

Campus Sexual Assault Prevention

The U-M Injury Center produces bi-monthly injury topic spotlights that include information about a Center member working on the topic, links to local and national resources, and an "Issues and Solutions" sheet.



Injury Center is focusing on the prevention of [sexual violence on college campuses](#).

In a random sample of 5,446 undergraduate females, 19% of women reported some type of attempted or completed sexual assault since entering college.¹

In 2015, on the campus of the University of Michigan, 11.4% of all students reported experiencing some form of nonconsensual sexual behavior in the past year --Including 22.5% of undergraduate females and 6.8% of undergraduate males.²

To learn about prevention strategies including implementing effective evidence-based programs, scroll down for information on April's issues & solutions sheet. Also, visit the Center for Disease Control and Prevention's [webpage](#) for additional information on sexual violence prevention strategies and effective programs.

References:

1. Krebs, C., et al. (2009). College women's experiences with physically forced, alcohol-or other drug-enabled, and drug-facilitated sexual assault before and since entering college. *J Am Coll Health*, 57(6), 639-649.
2. Results of 2015 University of Michigan Campus Climate Survey on Sexual Misconduct. Accessed from: <http://publicaffairs.vpcomm.umich.edu/wp-content/uploads/sites/19/2015/04/Complete-survey-results.pdf>.

UPCOMING EVENT

Lunchtime Seminar: Mieko Yoshihama, PhD and Richard Tolman, LMSW, PhD

Topic: Intimate Partner Violence Intervention

Join us to hear Mieko Yoshihama, PhD, Professor, School of Social Work, University of Michigan, and Richard Tolman, LMSW, PhD, Sheldon D. Rose Collegiate Professor of Social Work, School of Social Work, University of Michigan, present "Creating and Evaluating Socioculturally Relevant Intimate Partner Violence Prevention Programs Using Interactive Theater and Audience Response Assessments."

Effective prevention programs that are responsive to diverse communities must incorporate their values and perspectives. This presentation discusses the use of interactive theater, peer educators, and audience response systems (e.g., clickers) to create socioculturally relevant intimate partner violence prevention programs.

EVENT DETAILS:

- When: **Thursday, April 7, 12:00-1:00 p.m.**

- Where: University of Michigan School of Public Health, Building 1, Community Lounge, 1415 Washington Heights, Ann Arbor, MI 48109 ([see map.](#))
- Lunch provided to those who register by Tuesday, 4/5. [Register here.](#)
- Webcasting option: A webcast option is available for those unable to attend in person. We will send log-in information to registrants prior to the event.

ISSUES & SOLUTIONS

Our [Issues and Solutions series](#) provides information on priority injury topics, paired with evidence-based prevention programs that practitioners can implement.

See April's Issues & Solutions sheet to learn about an effective sexual assault prevention program for college campuses. Relationship Remix has been implemented with first-year college students on the University of Michigan campus since 2011.

Scroll down to find additional links for state and national resources related to the prevention of sexual violence among students and youth.

[CLICK HERE](#) to download the Issues & Solutions PDF or visit www.injurycenter.umich.edu.

INJURY CENTER
UNIVERSITY OF MICHIGAN

Issues & Solutions

Sexual Assault on College Campus: Relationship Remix

Michigan Statistics

University of Michigan 2015 Campus Climate Survey Results:

- In the past year, 13.8% of U.M. students reported some form of nonconsensual sexual behavior, including 22.3% of undergraduate females and 8.1% of undergraduate males.
- Female students were 86 more likely than males to report nonconsensual sexual penetration.
- U.M. Campus Climate Survey results align with previous data found among college students across the country.

What is the Problem?

Under State statistics:

- In a random sample of 5,446 undergraduate females, 19% of women reported some type of attempted or completed sexual assault since entering college.

What is One Solution?

Relationship Remix is a program designed to teach first-year college students about consent, communication, decision-making, sexual health, and healthy relationships. Based on the Self-Determination and Belief Systems Theories, Relationship Remix is an upstream approach to preventing and reducing sexual assault and violence on college campus. It has been implemented on the University of Michigan campus since 2011.^{1,2}

Program Components

Created by the Sexual Assault Prevention and Awareness Center (SAPAC), the University Health Service's sexual education group, Sengstern, and University Housing, the program is a 100-minute workshop and consists of interactive modules developed to encourage student discussion. The program includes various activities where students learn to identify their core values, brainstorm what they do and don't want in a relationship and/or partner, role-play scenarios, and practice declining a romantic invitation from a partner.^{3,4}

Evaluation

The pre- and post-program surveys were conducted to evaluate the immediate impact of Relationship Remix on the knowledge and attitudes of first-year college students that attended the program in the fall 2015 semester at the University of Michigan. The web-based, self-administered surveys occurred immediately before and after students attended; a total of 2,205 students provided data that was linked between pre- and post-surveys.⁵

Evidence of Effectiveness

- From pre- to post-program surveys, students showed meaningful changes in knowledge and confidence related to program content.⁶
- Relationship Remix provided information about campus resources for sexual assault prevention and response—88% of students who were not aware of these resources at the pre-program survey reported understanding them at the post-program survey.⁷
- In the post-program survey, students improved in their abilities to define consent and sexual assault, and increased in confidence related to communication in relationships.⁸

Citations

1. Jaffe, M. (2013, February 05). Let's Talk About Sex... and Relationships. Retrieved March 03, 2016. Accessed from <https://umich.edu/newsroom/2013/02/05/lets-talk-about-sex-and-relationships/>

2. Christ, E. (n.d.). Relationship Remix: Workshops on Relationships, Sex, and Consent. Retrieved March 23, 2016. Accessed from <https://sape.umich.edu/relationship-remix-workshops-relationships-101/>

3. Koper, E.E., Rider-Milkovich, H.M., Holmes, A.K., Malhotra, L., Gotsdiner, J.E., Cunningham, J.M., Malhotra, M.A. (2014). Evaluation of Campus Sexual Assault Prevention Programs from First-Year College Students. (Article under review.)

INJURY PREVENTION EXPERT

MEMBER HIGHLIGHT: Holly Rider-Milkovich

Holly Rider-Milkovich is Director of the Sexual Assault Prevention and Awareness Center (SAPAC), and Co-Chair of the Abuse Hurts Initiative at the University of Michigan.

Holly provides leadership and direction to the University of Michigan's efforts toward sexual assault prevention and awareness. [Click here](#) to watch C-SPAN's video of Holly speaking at the Senate Subcommittee Roundtable on campus sexual assault chaired by Senate Claire

McCaskill.

[CLICK HERE](#) to view Holly's full member highlight on the [U-M Injury Center's website](#).



Holly Rider-Milkovich

RESOURCES

Michigan

- [University of Michigan 2015 Campus Climate Survey on Sexual Misconduct](#). Read about the University of Michigan's sexual violence prevention efforts on campus.
 - [Survey results](#)
 - [Survey questions](#)
- [University of Michigan: Ending Sexual Misconduct on Campus](#). Watch this YouTube video to hear U-M's leaders speak about the institutional commitment to providing a safe environment free of sexual misconduct for students to live, work and grow.

National

- [Sexual Violence: Prevention Strategies](#). Visit the Centers for Disease Control and Prevention's website to learn about evidence-based, effective programs to prevent sexual violence. Find more information on:
 - [Data sources](#)
 - [Violence prevention publications](#)
 - [Additional resources](#)
- [National Sexual Violence Resource Center \(NSVRC\): Preventing Sexual Violence on Campus](#). This website provides resources on campus sexual violence prevention

including fact sheets, campaign materials for Sexual Assault Awareness Month, graphics, and a social media toolkit.

- [Preventing Sexual Violence on College Campuses: Lessons from Research and Practice](#). View the April 2014 report prepared for the White House Task Force to learn about evidence-based strategies for the primary prevention of sexual violence perpetration, prevention activities implemented by CDC's Rape Prevention and Education program, and additional campus prevention program examples.
- [University of Michigan Injury Center's Tools & Programs Database](#). This database provides professionals and researchers with convenient access to evidence-based injury prevention programs, databases of evaluated programs and best-practice education materials. Click on the link above to find filtered results specifically on sexual violence.
- [New Funding Opportunity: Evaluating Practice-based Sexual Violence Primary Prevention Approaches from CDC's Rape Prevention and Education \(RPE\) Program](#) (RFA-CE-16-005). The purpose of this funding opportunity announcement is to support research to rigorously evaluate the effectiveness of primary prevention programs, policies, or practices implemented by Rape Prevention and Education (RPE) programs for sexual violence perpetration. The goal of the RPE Program is to strengthen sexual violence prevention efforts at the local, state, and national level.
 - Deadline to submit: 5/23/16

Questions or Comments?

Email us at UMInjuryCenter@umich.edu or call 734-232-2105

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