Training and Consulting Information for the Military

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Ending Rape with The Men’s Program

“The Men’s Program” opens with a non-confrontational tone, defining rape and sexual assault. Next, participants view a 15 minute video where a police trainer describes a rape experience that is used to develop men’s understanding of and empathy toward rape survivors. After noting that the experience the police officer had is similar to that which has been experienced by one in four college women, participants learn to help a woman recover from a rape experience who comes to them seeking assistance and support. Participants hear what men can do in their own behavior to help prevent rape including defining consent and using effective bystander intervention strategies. The final section focuses on bystander intervention in situations involving alcohol and sexual assault. In this interactive section, participants are taken through a guided imagery of an alcohol-related rape and are taught effective ways that they could intervene if they come upon such a situation. Participants brainstorm ways to apply this new information to their own social groups. Research has shown that this brief not only teaches men how to help women recover from rape and increases their empathy toward female rape survivors, but that high risk men who see the brief commit 40% fewer incidents of sexual assault than men who don't. This brief can be presented to audiences as small as 1 to as large as 1,000 men. Smaller audiences are better. A ‘train the trainers’ workshop can be done for anywhere from 4-20 men in 15 hours – usually over 2 days.

Ending Rape with The Women’s Program

Because few women perceive themselves to be potential victims of rape, The Women’s Program focuses on how to identify men’s potentially high-risk behavior and how women can be effective bystanders with their friends in high-risk situations, particularly those involving alcohol. In addition, the brief focuses on how to
help a friend recover from sexual assault without blaming the survivor. During the brief, participants learn characteristics of men who rape and the situations in which men are most likely to commit rape. We discuss how to identify red flags in men’s behavior and how to help ones friends identify these behaviors. We also discuss ways participants can help sexual assault survivors and explain that helping sexual assault survivors involves understanding the needs of the survivor as well as self-limitations. In the end, participants are engaged in discussion of bystander intervention scenarios and talk about how they can help their friends avoid risky situations. Research shows that participants become more likely to intervene as bystanders in sexual assault situations. This brief can be presented to audiences as small as 1 to as large as 1,000 women. Smaller audiences are better. A ‘train the trainers’ workshop can be done for anywhere from 4-20 women in 15 hours – usually over 2 days.

Bystander Intervention: A Key Element in Going from Attitude to Behavior Change

The bystander intervention model is the latest trend in sexual assault awareness today for both men and women. More than just a passing fad, it is a trend because it works; the research supports it. This session will review the earliest research on bystander intervention, the steps of bystander intervention, a model brief for men and a model brief for women that use bystander intervention, and outcome research showing the efficacy of both briefs.

Ending Rape in the Military: Definitive Data on How to Do it

Is ending rape in the military possible? Maybe not completely, but the data suggests we can get close. Rather than focusing on opinion, this session focuses on science and hard data about what works to end rape in society at large and in the military in particular. Specifically, Dr. Foubert shares the latest national statistics on prevalence of rape and briefing methods that have been shown to work well and what doesn’t work so well. He then discusses myths the rape prevention movement has embraced and how we need to modify our approach. He next reviews the results of an experimental study done on a rape prevention brief in USAREUR that has valuable lessons that extend to other military environments.

Pornography: How the Porn Industry Encourages Sexual Assault

The 100 billion dollar porn industry wants us to believe that they provide a service to society that empowers women to make liberating choices about expressing their sexuality. Survivors from the industry and solid research consistently tell the opposite story. Exposure to pornography causes rape supportive attitudes and aggressive behavior. Pornography is among the strongest reinforcers of rape in our society. This lively brief shares the results of interviews with people from the porn industry and what they say about what really goes on behind the page, screen and curtain. What does research say about the effects of porn on women in the industry and the men who consume it? This provocative brief will give you a lot to think about.

Rape Trauma Syndrome: How to Evaluate Changing Victim Statements in a Rape Case

Rape Trauma Syndrome, a type of Post-Traumatic Stress Disorder, is a common result of a sexual assault experience. The symptoms that characterize PTSD have serious implications for how a survivor characterizes her experience. This session will take participants through a rape experience by seeing a scene from a movie. Afterward, we will engage in an interactive activity to identify how women in different states of PTSD might talk about their rape experience. Implications for witness testimony in court hearings will be discussed in this highly enlightening and dynamic session.