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DEPARTMENT OF THE NAVY

SEXUAL ASSAULT PREVENTION AND RESPONSE

PROMISING PRACTICES

AND EVENT IDEAS



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The Department of the Navy Sexual Assault Prevention and Response Office (DON SAPR) team conducts site visits and focus groups at Navy and Marine Corps installations around the world to gain insights, perspectives, and feedback on how the Sexual Assault programs are operating. During these visits the DON SAPR team collects promising practices that appear unique and new and program event ideas to support awareness for the SAPR program that may be able to be utilized in other locations. These are the initiatives, efforts, and creativity of our outstanding leadership, Sailors, Marines, and Sexual Assault Response Coordinators from around the world and they are being presented to you for your consideration in growing your Sexual Assault Prevention and Response Program.

Section 1.....Promising Practices

Section 2.....SAPR Program Event Ideas

Denim Day - an event in which people are encouraged to wear jeans in order to raise awareness of rape and sexual assault. Each year a date is announced for a national campaign, however, any time during the month of April is an opportunity to incorporate this into SAAM. The visual provides an opportunity for others to ask the question why you are wearing denim today and to start a conversation about sexual assault awareness. This is a good initiative to get civilian employees involved. A option for military personnel may be cover doors in denim material or display denim jeans in various locations throughout workspaces. For more information on Denim Day visit <http://denimdayusa.org/>

Initiate a Flag Campaign - Coordinate with your Installation Commander to obtain small teal flags and insert them into grassy areas throughout the installation. Flags can represent the number of sexual assaults reported on the installation in the current year.



Social Media - Establish a SAPR Facebook page and Twitter account for your command. Have the SARC and Victim Advocates post daily updates or fact of the day to grow awareness about SAPR prevention and events.

Create a Restroom Campaign - to take advantage of unconventional advertising space by placing SAPR program fliers on the back of stall doors in the restrooms of buildings and heads of ships . Focus the messages to the gender utilizing the facilities.

Present a SAAM Educational Mini-Series - Collaborate with the Family Advocacy Program (FAP), Work and Family Life (WFL), Command Managed Equal Opportunity (CMEO) advisor, and/or Drug and Alcohol Programs Advisor (DAPA) in providing weekly, 1 to 1.5 hour prevention focused workshops on healthy relationships, alcohol awareness, suicide awareness, and sexual harassment.

"Start by Believing" Campaign - is a powerful public awareness campaign created by Ending Violence Against Women International (EVAWI), and includes free resources, such as videos, a PowerPoint presentation, brochure, and a poster design for local printing. SARCs should approach their local medical, NCIS, and JAG contacts to arrange for a brief about the campaign. For more information visit www.startbybelieving.org/

CNIC Toolkit for Navy SARCs Sexual Assault Awareness Month April 2014 Booklet - Most of the events sighted above are included in this booklet which also includes an event planning guide, and a sample proclamation. The booklet can be downloaded by searching the title on your web browser.

THIS SECTION INCLUDES THOSE PRACTICES THAT HAVE BEEN VIEWED AS NEW AND INNOVATIVE IN ARE OF SEXUAL ASSAULT PREVENTION AND RESPONSE. IF A POINT OF CONTACT IS AVAILABLE THE INFORMATION IS PROVIDED AT THE END OF THE DESCRIPTION.

Conduct a Mock Trial - Pearl Harbor and Groton, CT have conducted and filmed Mock Trials with the Judge Advocate General (JAG) to educate communities on the military judicial hearing process while addressing myths and facts of the legal process when working through a sexual assault trial. Contact the Groton or Pearl Harbor JAG offices for information.

Real Talk - No Rank - Naval Medical Center Portsmouth, VA initiated this mentoring group to engage female Sailors in open and candid discussion addressing common issues of today with the target audience of E-1 to O-3 and open to all military and civilian personnel. The program establishes a link between all female Sailors to promote trust, support, and mentorship, enhance self awareness and self perception, educate on early intervention in order to reduce the occurrence of behaviors that lead to an array of tragedies, obtain individual commitments to stop sexual assaults and destructive behaviors, to provide a voice from junior personnel that lets them know others are listening, and to show that what you tolerate in the workplace is what you get out of the workplace. The program has grown to male groups as well with the intent to initiate combined sessions as well. For more information about this program contact: YNCS Wheeler or HMCS Snaza at 757-953-7424.

Command Sexual Assault Prevention and Response

Counsel - CNIC leads this with region offices, and many other Navy Commands conduct these as a monthly meeting led by the Command Triad with the command leadership teams and those leading and supporting the SAPR Prevention and Response program. This effort provides for all attending the opportunity to stay up to date on changing policies and procedures as well as address command climate issues that may affect sexual assault prevention and response. (This is NOT a meeting to discuss individual cases.) Commands should contact their SARC for support in discussions and use this as an opportunity to grow cooperation and understanding throughout the command team. Contact CNIC for format and organization.

Sexual Assault Response and Reporting Drill - Patuxent River and various other Navy commands conduct a review of responding to a victim of sexual assault, dealing with an accused perpetrator of sexual assault, and review and exercise reporting and overall process of a sexual assault scenario. A victim who feels like their organizations leadership is aware and confident in working through this scenario will themselves have a greater confidence in reporting if they are assaulted. Showing those you lead that you take this seriously can grow confidence in the leadership and grow command climate. Practice this similar to practicing any other casualty enables greater success in recovery. If our people are our most important resource, than this provides you the opportunity to show them you mean this. Contact Patuxent River Command.

Coalition of Sailors Against Destructive Decisions

(CSADD) - is a navy-wide peer to peer mentoring initiative, geared towards 18-25 years of age Sailors. Membership is voluntary and members help reinforce the navy culture of "Shipmates helping Shipmates", while preventing destructive behavior and building leadership skills through a variety of activities. For more information on CSADD visit [http://www.public.navy.mil/bupers-npc/support/21st Century Sailor/CSADD/Pages/default2.aspx](http://www.public.navy.mil/bupers-npc/support/21st%20Century%20Sailor/CSADD/Pages/default2.aspx)

Host an Open House at the Fleet and Family Service

Center - to grow awareness about the services and resources while providing information. SARCs can invite all installation commands, SAPR Stakeholders, and local community organizations. Seeking assistance from peer mentoring groups and leadership teams such CPO Messes, Wardrooms, CSADD Chapters, Petty Officer Associations to support the event through communicating about the event and manning stations may help in growing attendance. Brochures, cards, and educational materials can be made available throughout the open house. Additionally, the SARC can provide information on how command personnel can become SAPR victim advocates. The open house should be publicized installation wide in newspapers, social media sites, electronic billboards, and flyers in installation owned family and single Sailor housing.

Partner with Naval Criminal Investigative Service

(NCIS) and Host a Video Viewing - SARCs can coordinate with the NCIS in hosting the viewing of "Bringing Sexual Assault Offenders to Justice: A Law Enforcement Response", a 39 minute video developed by the International Association of Chiefs of Police (IACP). The goal of the video is to help officers generate stronger cases by reframing sexual crimes, providing tools to conduct perpetrator-focused investigations, and building an understanding of victim behavior. The video will help officers and others identify victim trauma and provide information about victim behavior (such as delayed reporting, alcohol or substance abuse, and encounters that start out consensually) that can be used to support sexual assault reports. This video also provides useful information on how perpetrators often have a history of unreported acts of sexual violence and may select victims with vulnerabilities to exploit. You can order a copy of this video from the IACP by emailing stopviolence@iacp.com

Take Back the Night Event - is an international movement that was initiated in the early 1970s in response to sexual assault and violence against women. The event unifies local community members and organizations against violence in their communities. This event can include a candlelight vigil, a rally, or a large-scale public march. The event also can be used to display a Clothesline Project and Survivor art exhibit. It is important to ensure that an adequate number of SAPR Victim Advocates and clinical counseling personnel are present at events to support any survivors who disclose their personal experience with sexual violence. It is also important to provide information at the beginning of the event about reporting options to ensure that no disclosures unintentionally eliminate the restricted reporting option. Visit www.takebackthenight.org for more information.

Host a SAPR Victim Advocate Appreciation Event - Collaborate with FFSC leadership or the galley to host an appreciation breakfast or luncheon for the SAPR VAs. Present SAPR VAs with certificates of appreciation/recognition and challenge them to encourage others to become victim advocates. Ensure the VAs understand the importance of their prevention efforts as well as the response efforts directly from the command leadership.

Roving Patrols - Chief Petty Officers and First Class Petty Officers join forces to patrol the single Sailor housing areas on installations. The patrols are safety watches that are there to assist Sailors who may be in need of assistance or just to show a presence to ensure orderly conduct.

By-stander Intervention Training - All Training Support Centers in the Navy now provide this training to all new students. The curriculum is managed by Center for Personal and Professional Development who certifies instructors to provide the training.

CSADD Rallies - conducted by Mid-Atlantic, South West region, and Navy District Washington CSADD offices, CSADD Rallies bring local CSADD chapters together in a geographic region for various activities and events to grow awareness about best practices and networking across the various chapters. Contact Amanda Alston in OPNAV N17 for information.

CSADD Skits - various chapters such as NAS Key West have developed by-stander scenarios that are role played by CSADD Sailors to grow awareness about scenarios that lead to sexual assault and how by-standers can engage in to stop the sexual assault from occurring. The CSADD Sailors present these skits at annual training and throughout the year to show Shipmates helping Shipmates. Contact NAS Key West CMDCM for info.

SCREAM - A program similar to the CSADD Skits in which the SARC Fleet Activities Yokosuka, Japan organizes a team of Sailors to act a sexual assault scenario while also engaging the audience in discussion about the events leading to the event and how can those in the scenario engage and reduce the risk of sexual assault. Contact Yokosuka SARC for details.

Consent Campaigns - Conducted on many college campuses to grow awareness about what consent is and is not that is associated with sexual activity. Video messages and posters are made to address the issue to grow awareness of obtaining verbal consent from a partner before entering into a sexual relationship and/or activity. Search consent campaigns for sample programs.

Emotional Effects of Sexual Assault - The NAS Sigonella SARC conducts a presentation provided to command leaders to understand the emotional effects to a victim of sexual assault. Growing awareness may enable greater empathy and understanding the emotional state of a victim and the fact that each victim will likely respond differently. Growing awareness may grow the opportunity to understand the need to believe a victim. Elizabeth Walther, CAP Sup., FAP Rep, NAS Sigonella: elizabeth.walther@eu.navy.mil

House Party Training - Kitsap Washington had concerns about house parties becoming an environment in which sexual assaults occur. Efforts are being made to reduce this situation by training on how to conduct a safe house party by setting up safe areas and assignment of personnel to watch vulnerable individuals. The presentation discusses the use of designated drivers and have a common area established if someone over indulges in alcohol to keep someone from isolating them or setting up a room that the person would be taken to in which the door would be locked and a routine check by the holder of the keys to ensure the person is safe. Having a plan to deal with such a situation will enable greater success for all involved. Contact the Kitsap SARC for info.

Joint Command Victim Advocate Partnerships - In joint commands such as NIOC Hawaii and NMTSC San Antonio, Victim Advocates from the various services are meeting on a regular basis to learn about the differences in the service programs and how they can work together in supporting all service members. This affords the opportunity for learning and growing of your victim advocates while also providing another visual to service members that leaders are working together to ensure they have the very best support. Contact the NIOC Hawaii CMDCM for info.

SAPR Victim Advocate Summit - CNIC conducts an annual SARC summit and various regions conduct summits and training for Victim Advocates, following SAAM, where the Victim Advocates are recognized for their efforts during SAAM and encourage them to continue their efforts throughout the year in the areas of prevention and response. Military and/or civilian subject matter guest speakers facilitate discussion on sexual assault awareness and share prevention strategies. Contact CNIC SAPR Office for information.

White Ribbon Campaign - The goals of this campaign are to involve men in working to end violence against women, to raise awareness in the community, and to support organizations that deal with the consequences of men's violence against women. Men who choose to participate wear a white ribbon and sign a pledge card stating that they will never commit, condone, or remain silent about violence against women. visit www.whiteribbon.ca.

Command Indoctrination - Conduct quarterly reviews of command indoctrination and other brilliant on the basic programs to ensure updates are included and provide the most up to date information in all areas, but specifically in this case to sexual assault to ensure local area awareness of areas of concern as well as understanding local laws in the community of country the command is located within.

"Let's BAG Sexual Assault" Commissary Event - This is an awareness event where SAPR Vas, POCs, and Command Liaison bag groceries and hand out SAPR materials to increase awareness among commissary patrons. Consider combining this with the teal ribbon event and tie a teal ribbon to one of the patrons grocery bags.

Walk a Mile in Her Shoes - During this event men walk one mile in women's high heeled shoes to help men gain a better understanding and appreciation of women's experiences. Another approach may be to walk a mile in her shoe and then walk a mile in his shoes to emphasize and acknowledge that sexual assault affects everyone and occurs to men as well as women. These marches are designed to benefit sexual assault programs, and provide a fun opportunity for men to participate in educating communities about sexual violence. A discussion on the purpose and of the event must occur at the beginning with a wrap up discussion after the walk to discuss how to prevent sexual assaults for men and women. These events also unite the community to discuss connections between gender relations and sexual violence and to take action to prevent sexual violence.

Offer a SAAM Poster Contest - Hold a contest for Sailors at the command to create SAAM posters to be displayed during the month of April. Promote the event through social networking, websites, e-mails, etc. to grow participation and announcing of the winner. Display the posters at other events, such as a 5K run where they may be placed via the race route for the runners to view.

Line of Courage/Clothesline Project - The Clothesline Project began as a vehicle for women affected by violence to express their emotions by decorating a T-shirt. The shirt is then hung on a clothesline to be viewed by others as testimony to the problem of sexual violence. Most events include a shirt-making session, held in conjunction with a display of previously created shirts. These shirts can also make for a great backdrop during a proclamation signing or other events.

SAAM Banners at Installations - Have vinyl banners made with SAPR themes to be posted at the entrances of the installations and other high foot traffic areas to grow awareness about the commands emphasis in eliminating sexual assault throughout the installation. Also have random notes about SAPR awareness posted on electronic marque signs.

Promote a Teal Ribbon Campaign - Have magnets made for placing on cars, lockers or other areas. Tie a teal ribbon on your car, your clothing when and where authorized, place teal ribbons in various office spaces to include Commanding Officer offices to emphasize the importance of the SAPR initiative. Where ever you place a ribbon, ensure you also place information about reducing sexual assault to grow knowledge and awareness about prevention efforts.

Candlelight Vigil - SARC's can collaborate with base chaplain to host a candlelight vigil to honor all victims of sexual assault. The candlelight vigil can also be combined with take back the

SAPR Leadership Symposium - Various Navy Installations conduct these to have subject matter experts from NCIS, JAG, FFSC, etc. to present to all Command Leadership Triads on the installation the services and program updates as well as the process for the case management group.

Walk the Plank - Practical Lessons for Advocates Needing Knowledge. Naval Base Kitsap conducts Walk the P.L.A.N.K. which is a unique training opportunity that allows participants to support a victim of military sexual trauma throughout the lifetime of a sexual assault case. Based on real experience, this program has been developed to assist sailors in understanding the complete advocacy role. Participants learn the entire process of supporting the victim from initial report through final closure of the case and are confronted with barriers, successes, and challenges throughout. Naval Base Kitsap - POC for curriculum: Candy Cardinal and Nicki Hayford, Sexual Assault Victim Advocates, Naval Base Kitsap

Rota 25 - is a small group interaction of under 25 year old service members. Rota 25 provides alternative decision making and opportunities for all to take advantage of besides going out and drinking or just staying in their rooms. The Co opens the forum followed by talks about CSADD recruiting, Alcohol/Drug Accountability, SAPR Group discussion, Finances, Safety/Security Off-base, Social Media awareness, MWR activities/traveling, Suicide, and Ethics/Decision Making Group interaction. Finally we end the seminar with SEL/SEA closers and course critiques for feedback. The program establishes a link between Triads and Service members to promote trust, support, and mentorship up, down and across from leadership, enhances self awareness and self acceptance, educates on early intervention in order to reduce the occurrence of inappropriate behaviors, and seeks an individual commitment to stop Sexual Assaults and destructive behaviors. For more information contact the Naval Station Rota CMDCM.



SIG SAFE WORKSHOP

Purpose: The purpose of the workshop is to empower Service Members 25 and younger to make mindful decision and choices in order to reach their goals while in Sigonella. Sig Safe is a peer to peer learning environment meant to challenge Service Members in a safe and supportive environment.

Goals: The goals of the Sig Safe workshop are to provide information and educate on the resources available, enable and influence behavioral and cognitive change, stimulate provoking thoughts, conversations, and interactions.

Areas of Focus: Responsible use of alcohol, military career decisions, healthy relationship choices, the impact/consequence of risky behaviors (STI, unplanned pregnancies, et.), encourage utilization of resources

A. Relationships: Main Facilitators: FFSC Clinical & NAVHOSP staff

Discussion topics

1. Strengths and goals
2. The impact and power of healthy decision making
3. How to set limits and boundaries for yourself
4. Healthy sexuality
5. Healthy relationship vs risky relationships/behaviors and use of resources and engagement in healthy alternatives.

SAAM Prevention 5K Run/Walk - Collaborate with MWR to plan a run/walk for sexual assault awareness on the installation. SARCs also can consider partnering with other stakeholders who are holding a run/walk during April to promote SAAM efforts.

Organize a SAAM Flash Mob - A flash mob is a group of people who assemble suddenly in a public place, give a performance, and then quickly disperse, for the purpose of entertaining or drawing attention to an issue.

Host a Brown Bag Lunch and Learn - Invite installation members to join a lunchtime discussion on sexual assault awareness and prevention. Consider showing a short video on bystander intervention and then conduct a discussion about how to encourage bystander actions.

Host a "Breakfast With" Event - Installation Commanders coordinate with their SARC to invite installation senior leadership to a continental breakfast to talk about installation trends and prevention efforts. Consider utilizing a location such as the galley so that Sailors see leadership coming together to address this important topic.

Organize an Art Exhibit - Have survivors, allies, and supporters create art or photography displays to express their healing and support for survivors. The art could be displayed in a high-traffic area on the installation/command.

Sponsor a Writing Contest - Invite installation members to write about the impact of sexual violence in their lives and their role in prevention. Collect and publish the writing in installation newsletters or on websites with their approval.

Collaborate on "A Cup of Prevention" - Coordinate with the galley on an event to offer free coffee while hosting a discussion on ways to prevent and/or reduce sexual assault. Seek spe-

THIS SECTION INCLUDES SAPR PROGRAM EVENT IDEAS THAT YOU MAY CONSIDER IMPLEMENTING DURING SEXUAL ASSAULT AWARENESS MONTH (SAAM) OR THROUGHOUT THE YEAR TO GROW AWARENESS AND TEAMWORK THROUGHOUT YOUR ORGANIZATION.

Proclamation Signing - Coordinate with your installation commanding officer (ICO) to hold a proclamation signing event to kickoff SAAM. The proclamation can be displayed on the installation website and/or in high-traffic areas at the installation. A proclamation with accompanying events can also be applicable to tenant commands. See SAAM April 2014 Toolkit for Navy SARCs for a proclamation example.

SAAM Day of Action - SAAM Day of Action, individuals can get connected by spreading awareness through social media sites. Facebook (www.facebook.com) and Twitter (www.twitter.com) users can change their profile pictures on April 1, 2014, to show them holding clocks to represent "It's time!" Additionally, individuals can connect by starting the conversation about healthy sexuality and sexual violence prevention with their friends, family, neighbors, colleagues, classmates, and others. By opening the lines of communication, we can raise awareness and help others learn about prevention.

Awareness Booth/table - SARCs can set up an information booth or table at multiple locations (e.g., NEX, base theater, galley, quarterdeck, etc.). The booth/table can have SAPR program brochures, fact sheets, and local resources (i.e., Safe Help-line, FFSC, community). Additionally, SARCs can offer teal ribbons and other giveaways to attract visitors. This event should be manned by SARCs and/ or SAPR victim advocates, as it provides an opportunity to answer questions and share information.

B. Reducing Risk: Main Facilitators: SARC, SARP and Legal
Discussion topics

1. Responsible use of Alcohol-career implications
2. SJA-victim scenarios
3. Bystander Intervention-looking out for one another

C. Resiliency: Main Facilitators: Chaplain, CPO's and CSADD President/Representative

Discussion topics

1. Stress/Suicide Awareness- family, career, relationships, away from *home*, etc.
2. Creating healthy alternatives, Clubs and organizations, strengthen social bonding
3. Avoiding Peer Pressure, Boredom

Metric: We hope to encourage service members to have a positive way of thinking about themselves and their relationship. Success will be measured by course feedback.

For additional information contact the Sigonella Italy SARC.

See the SIG SAFE model on the next page for how they bring resources together to support Sailors.

SIG SAFE MODEL



SAPR PROGRAM



EVENT IDEAS