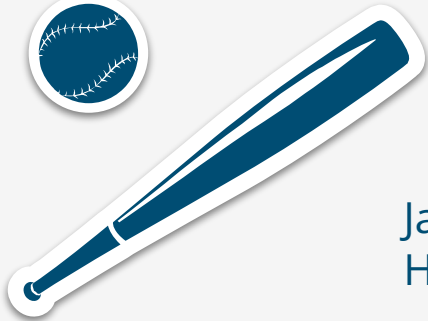




Beyond Compliance:

Creating Meaningful Trainings for Athletes

John Carroll University



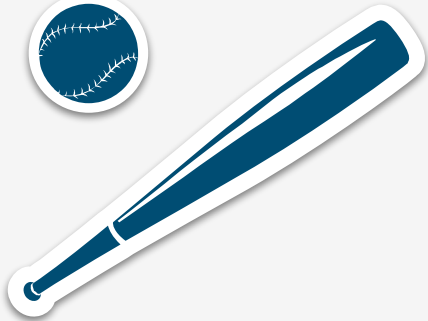
Jamie Greenwolf
He/Him/His

Wellness Center Staff

- Me!
- 2 GAs
- 18 paid peer educators

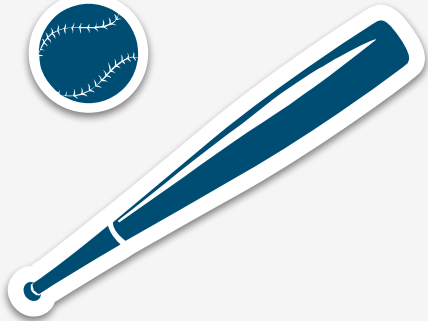
We are responsible for all things
prevention





**Who is in
the room?**



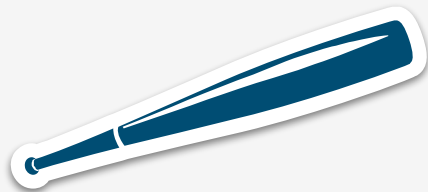


Athlete Training



01

The Set Up



The Set Up

All varsity athletes need to attend this training before they can practice/compete.

JCU has 22 varsity sport, with 23 this fall.

Trainings are set up by team and in person.

Three year rotating schedule

- Consent is Sexy
- #Relationshipgoals
- Bystander 201



The Set Up

All sessions are co-facilitated by staff members with few exceptions.

Starting in Fall of 2023 we started to train all club sports by team. There are 16 club sports.

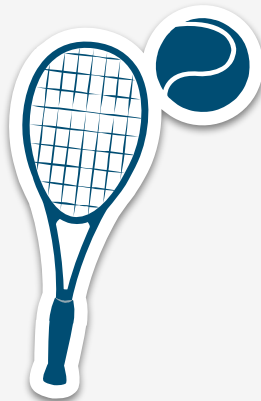
Club sports have to get 75% of their team trained by the end of the fall, or they lose reservations for the spring.

We have a peer education program but they do not help with these trainings.



02

The Programming



Programming

All programming has some of the same material each year.

- Overview of SH & IPV Policy
- Rate of self reported sexual violence
- Our consent acronym of EVACK
- How to report an issue





Consent Athlete Training



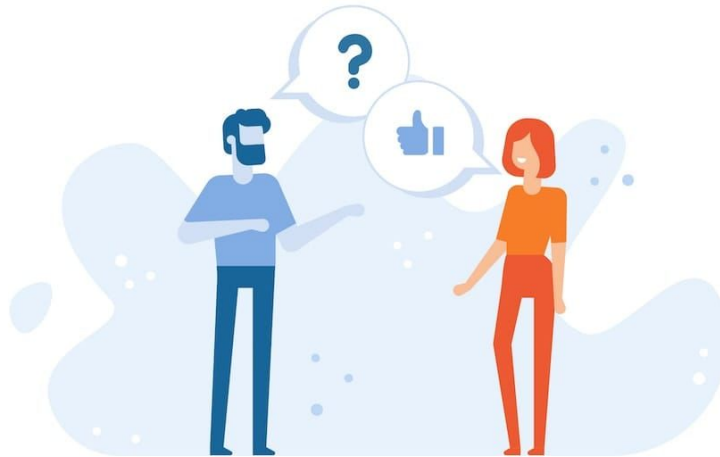


- Must have at least 3 toppings
- You must agree on every topping
- You can't split toppings
- Everyone must participate



JCU's Definition

Enthusiastic
Voluntary
Active
Clear
Knowing



✿ What do students think?

77% of JCU students
reported that they prefer to be sober
(0 drinks) during sexual activity



✿ Does it happen at JCU?

65% of JCU students
have reported having sex in the last 12
months





What about non-verbals?



How Clear is it?



How Clear is it?



How Clear is it?



Clear

(You know this means they
want to have sex)



How Clear is it?



Clear

(You know this means they
want to have sex)

Unclear

How Clear is it?



Clear

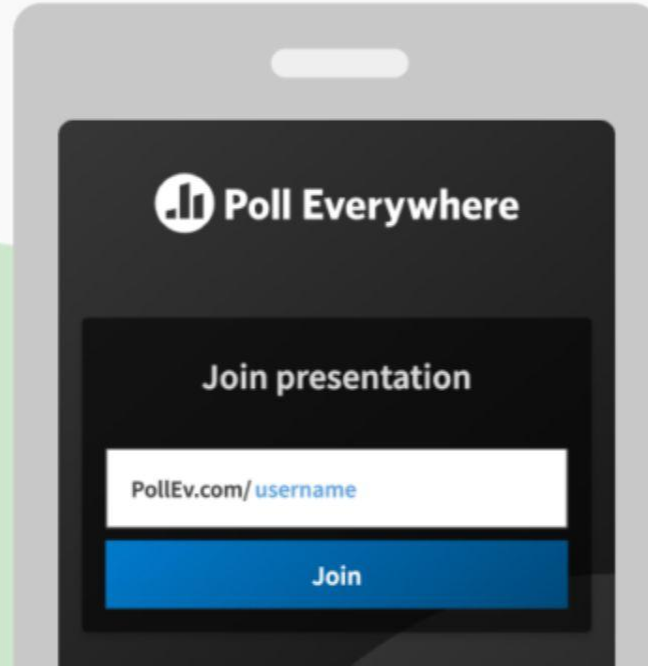
(You know this means they
want to have sex)

Unclear

(You **DO NOT** know if this means
they want to have sex)



Go to pollev.com/johncarroll096



Where would you place kissing?



Where would you place eye contact?



Where would you place inviting someone to a private space?



Where would you place touching the other person's body?



Where would you place a lack of resistance?



How Clear is it?



Continuing action by initiator

Guiding into position

Genital stimulation

Nodding

Display of contraception

Reciprocation

Invitation to private space

Touching the body/Drawing in

Sex noises/Heavy breathing

Removing own clothing

Eye contact

Lack of resistance

Arousal

Kissing



Clear

(You know this means they
want to have sex)

Unclear

(You **DO NOT** know if this means
they want to have sex)

The background is a light blue color with a white border. There are several large, detailed line drawings of roses in the corners and along the sides. The text is centered in the middle of the image.

Athlete Training

#relationshipgoals



Goals in relationships



Where are we?

We will give you a list of behaviors. If someone told you they were doing this, what would you assume their relationship status was? You can only pick one!

- ◆ Hook-Up
- ◆ “Talking”
- ◆ Exclusive



What goes where?

- ♦ DM once in a while
- ♦ Discuss STI status
- ♦ Use protection during sex
- ♦ Get drinks together
- ♦ Have sex on weekends
- ♦ Text a few days in a row
- ♦ Call just to vent
- ♦ Tell my friends about them
- ♦ Study together
- ♦ Make meals together
- ♦ Do not use STI-protection during sex
- ♦ Meet people important to me
- ♦ Sleep over at their place
- ♦ Hold hands in public
- ♦ Tag each other on social media

Where are we?

- ♦ DM once in a while
- ♦ Discuss STI status
- ♦ Use protection
- ♦ Get drinks together

Where are we?

Action	Hook-Up	"Talking"	Exclusive
DM once in a while			
Discuss STI status			
Get drinks together			
Get dinner together			
Have sex on weekends			
Text a few days in a row			
Call just to vent			
Tell my friends about them			
Show up to a party together			
Study together			
Do not use STI-protection during sex			
Meet people important to me			
Be each other's date to an event			
Sleep over at their place			
Hold hands in public			
Tag each other on social media			
Merge friend groups			
Talk about 'what we are'			
Talk about what you like in bed			

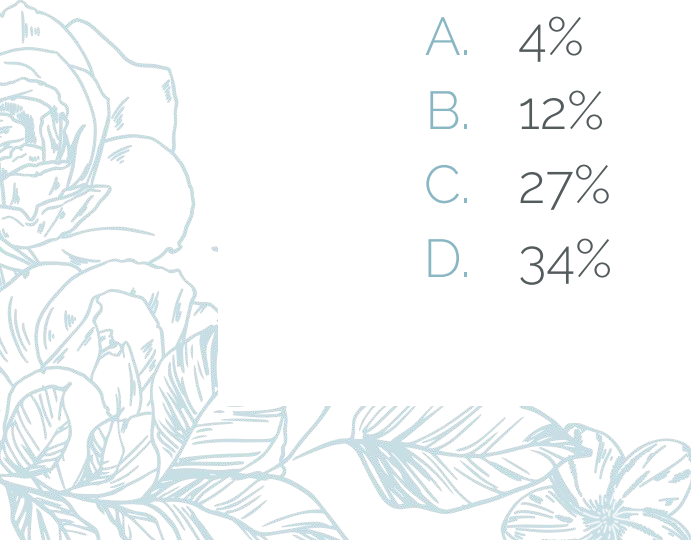
STI-protection

important to me
at their place
in public
her on social



What do people want?

What percent of first year students want either casual hook ups or a relationship without labels?

- 
- A. 4%
 - B. 12%
 - C. 27%
 - D. 34%

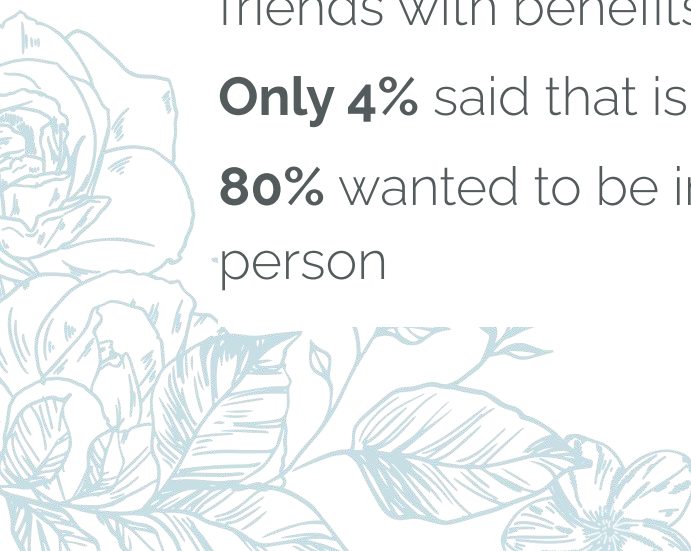


What do people want?

50% of college students **THOUGHT** others wanted to be friends with benefits

Only 4% said that is what they wanted for themselves.

80% wanted to be in a relationship committed to one other person





Bystander 201

The Intent to Action Gap



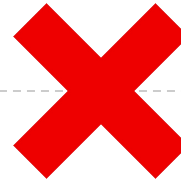
You recognize a situation that could be dangerous



You believe you should respond



You know how to respond



You take action to help the situation



Doubts
Fears
Confidence





Scenario 1

Party Time

Scenario 1: Party Time



Morgan and Taylor have a class together and have talked and flirted a few times. They were both invited to a mutual friend's party on Friday night to play 'fifth and a friend'. Taylor asked Morgan if they would be their partner, and Morgan said sure. Morgan pregamed with 3 shots right before coming to the party, and Taylor pregamed with a couple beers. They get to the party and are excited to see each other and give each other a hug! The host of the party says it's time to start the game and brings out the zipties. Taylor looks over at Morgan and raises their eyebrows while nodding at the fifth. Morgan smiles and nods. Morgan says they have never played this game before - they text their friend that they are feeling nervous. Taylor sets them up by zipting their hands and opening the bottle. Morgan laughs and says 'cheers!' They are having great conversation for a half an hour and Morgan says "this is so fun! Let's take some selfies." They take a couple and Taylor kisses Morgan on the cheek for one. Morgan smiles but looks down. They have drank half of the fifth at this point. A friend offers them both a shot, so they take it. Morgan is slurring their words and tells a friend at the party 'not gonna lie I'm wasted but, I'm having so much fun with Taylor!' As they are walking through the party Morgan trips and Taylor helps catch them by grabbing their waist. They start kissing each other in the corner, and Taylor puts their hand under Morgan's shirt. Morgan says 'oh, not here.' They are nearing the end of their fifth, and you hear Taylor suggest that they go to a bedroom so that they can get scissors to cut the zip-tie.

When to Intervene

Person starts to feel
uncomfortable

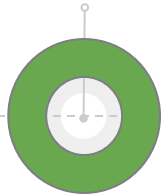


The person is
assaulted or hurt

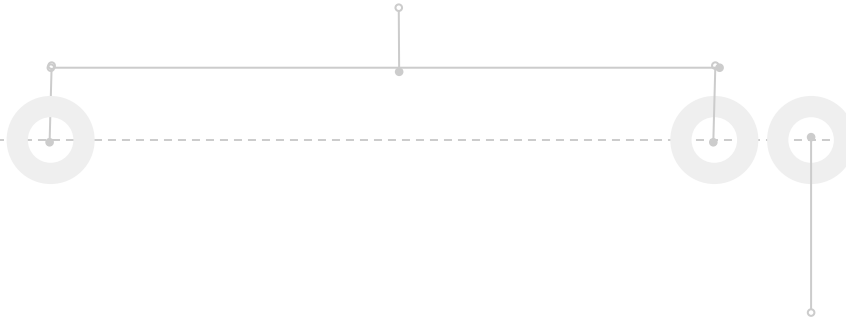


When to Intervene

Person starts to feel
uncomfortable



We have gathered enough
information to know



The person is
assaulted or hurt

“

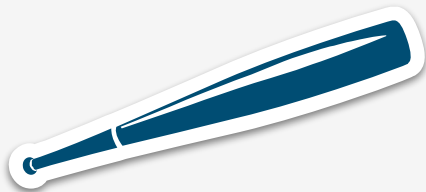
“I was dating somebody who I thought really cared for me... at the same time he would ALWAYS ask who I was texting, he would surprise me by showing up at my house unannounced even when I said I couldn't hang out, yell at me and grab me in public when he was drunk, and among other things he eventually convinced me that my parents and friends didn't truly love me. It sounds crazy in writing, but I could always rationalize it. I had several friends let me know that they saw signs, and they thought I deserved better. They were direct and honest with me, but also patient despite having to tell me multiple times. If they wouldn't have continued to reach out, I wouldn't have ever left him and recognized that I deserve better.”

- JCU Undergrad student

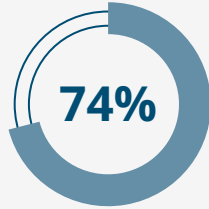


03

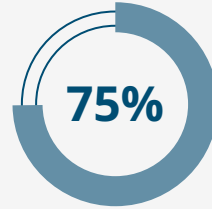
The Data



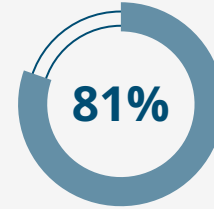
This Fall's Data



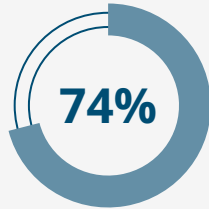
Better understand
what non-verbal
consent looks like



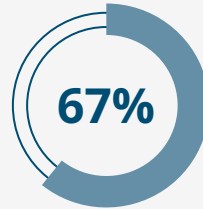
More likely to clarify
unclear signals
around consent



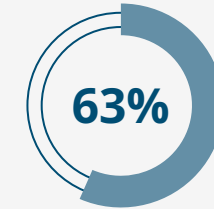
Feel confident in their
ability to respect a 'no'
from a partner



I know what resources
are available to support
someone



I found the program
engaging

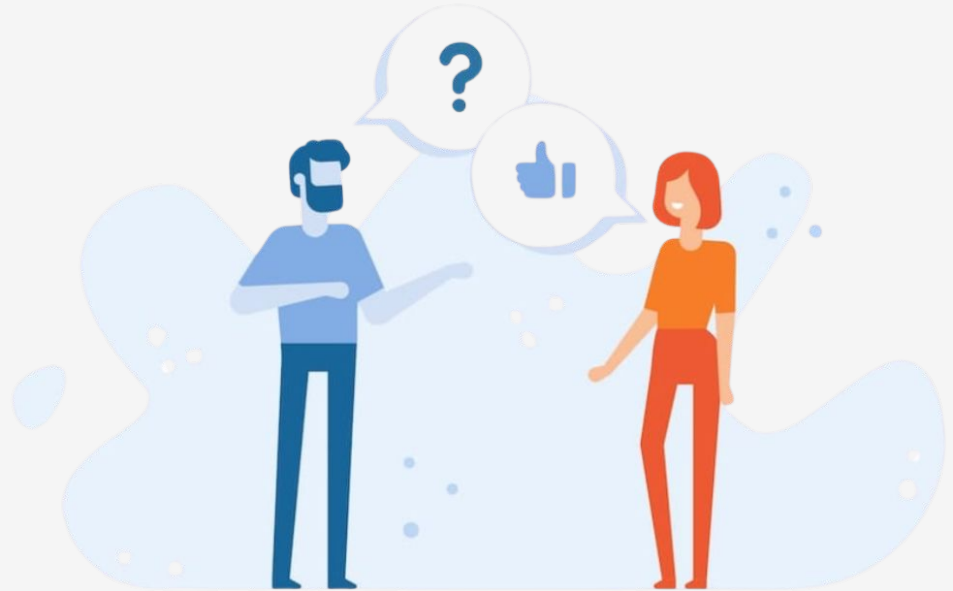


I would recommend
this program to
other students



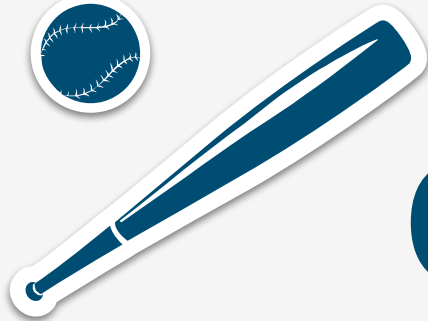
JCU's Definition

Enthusiastic
Voluntary
Active
Clear
Knowing



EVACK Retention

Year	Enthusiastic	Voluntary	Active	Clear	Knowing	EVACK	Average Total	Got all 5
First	69.84%	63.10%	56.35%	56.35%	75.00%	0.79%	3.2	33.33%
Second	80.34%	76.40%	64.04%	62.92%	83.71%	0.00%	3.7	43.82%
Third	81.10%	79.27%	70.12%	70.12%	87.80%	0.00%	3.9	49.39%
Fourth	88.55%	80.92%	78.63%	68.70%	90.08%	0.76%	4.1	55.73%
Average	79.96%	74.92%	67.29%	64.52%	84.15%	0.39%	3.7	45.57%



Questions?

