

Power Play: Sexual Assault Prevention HiTOPS Educator

Designed for: Parents and guardians

"One day I was a happy-go-lucky teenager and my biggest problem was that I was getting bad grades. Then I got raped. How can someone's life do a complete 180 in 45 minutes?"

Megan, age 14

Date or acquaintance rape is a growing problem for young women in high school and college. Studies show that females, aged 12-24, are at greatest risk of being raped and girls, aged 16-19 are four times more likely than the general population to be victims of rape, attempted rape or sexual assault. Boys whose actions meet the legal definition of rape often do not view their behavior as sexual assault and are not aware of the legal and psychological severity of what they have done. Date rape is primarily a problem for young women, but one in ten rape victims are male.

This workshop uses a video of a high school party where a rape occurs, to spark discussion about blame, responsibility and the role of alcohol and drugs in sexual assault. Parents and guardians will be given primary prevention strategies to help their children decrease the risk of being involved in a rape situation. Participants view a second video that highlights the confusion and fear that is a part of the date rape experience, and learn about the resources that are available to victims for healing and recovery.

Our goals are to help parents and guardians:

- Improve understanding about the definition, causes and effects of date rape
- Learn primary prevention strategies
- Understand the effects of sexual assault and learn about resources for recovery

Average length of program: 90 minutes

Recommended number of participants: 20-100