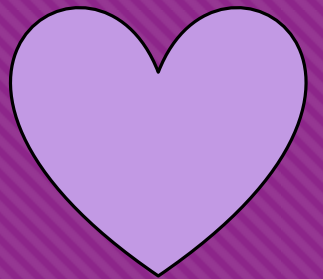


We Believe You: An Introduction to On and Off- Campus Resources for Survivors at Rutgers



A Social Action Project by Marina Ford

December 2, 2020



Institute for Women's Leadership

The Leadership Scholars Certificate Program is a two-year selective, interdisciplinary certificate program that prepares Rutgers undergraduate women to be informed, innovative, and socially responsible leaders.

Leadership Scholars design and implement social action projects to expand their understanding of issues and problems and to develop leadership skills.

This project gives Scholars the opportunity to apply the theoretical knowledge they have gained about leadership, advocacy, and social change with the practical and experiential knowledge they have developed about a particular policy issue or problem through the field site placement. It also further develops leadership skills by giving undergraduates the opportunity to *practice* leadership *through* action.

To find out more please visit the Institute for Women's Leadership's website at <http://iwl.rutgers.edu>.

Sexual Assault and Undergraduate Women in the U.S.

**1 in 5 women in college
are sexually assaulted**



- Most do not report (Spencer, 2017).
- bisexual students at heightened risk of experiencing sexual assault-nearly double the risk of gay and lesbian students and 2.5 times the risk of heterosexual students” (Worthen 191).

We hear you. We see you.
We believe you.

#believesurvivors

Why don't undergraduate women report their sexual assaults?

“It was not a big enough deal.”

“I didn't know who to report to or that I could report.”

“It wasn't related to the university.”

“I was afraid.”

“Because I was drunk.”

“I didn't want to get him in trouble.”

“Too ashamed to report.”

“I felt as though I would be blamed for putting myself in that situation.”

(Spencer 171-175)

Effects of Sexual Assault on Undergraduate Women

Overall Health

- physical health consequences (broken bones, bruises, cuts) (Potter 501)
- reproductive health impacts (STIs, unwanted pregnancy) (Potter 501)
- mental health issues (anxiety, PTSD, depression, triggers, inability to sleep, and self-medication) “72.8% reported suffering mental health complications, not present before the assault” (Potter 496).

Education

- decrease in class attendance, loss of motivation to attend or participate in class, avoidance of specific academic buildings or places they associate with the assault or perpetrator, GPA decrease, unable to graduate on time, higher drop out rate, transfer (Potter 499)

Career Aspirations/Financial Wellbeing

- “more likely to miss time from work and have positions for which they are overqualified and undercompensated compared to employed women who are not sexual assault survivors”(Potter 497).
- “Current estimates place the average lifetime cost of rape at approximately \$122,461 per victim in the United States, or \$3.1 trillion for all victims. These costs include: medical bills, lost work productivity, criminal justice activities, and victim property loss or damage” (Potter 496).

Goals of My Social Action Project

- Show students the resources
- Educate students with help from expert panelists
- INCLUSIVITY!
- Relevant resources during the COVID-19 pandemic
- Safe-space for survivors
- Encourage conversations about:
 - consent
 - sexual assault education
 - healthy vs. unhealthy relationships
 - rape culture

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Survivors at Rutgers**

JOIN RUTGERS STUDENT, MARINA FORD, FOR HER EVENT

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Attend for a chance
to win a Starbucks or
Panera Bread
gift card

Crisis Response
Advocates will
be present

Join us as we discuss
what resources look like
during COVID-19 vs.
resources pre/post
COVID-19

Panelists from the
Office for Violence
Prevention and Victim
Assistance, Center for
Social Justice
Education and LGBT
Communities, Manavi,
and Center for
Empowerment

FRIDAY, NOVEMBER 20TH AT 3:00PM

Register:

https://rutgers.zoom.us/meeting/register/tJlId-morT8iHNE9navS_c86aHpQWFzepZsY

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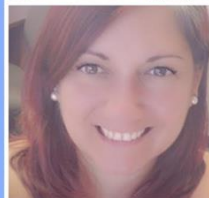
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Navneet Bhalla
Executive Director of
Manavi



Lindsay Jeffers
Assistant Director of
Programming at SJE



Jennifer Kurdyla
Prevention Coordinator
from the Center for
Empowerment



Maddy Zijdel
Peer Education
Coordinator at VPVA

Shared on Instagram
by:

- @unarutgers
- @rustudentorgs
- @ruvpva
- @manavispeaks
- @rutgerswpc
- @ruscreamtheater
- @rutgerspanhellenic
- And more!

45

**Participants stayed for most
of the event** (not including panelists or advocates)

- 4 Panelists
- 2 VPVA advocates
- All participants received a resource document with contact information for offices represented in panel as well as other organizations

| Organization Name | Website | Email | Address | Phone Number/ Hotline | Facebook | Instagram | Twitter |
|--|---|---|---|-------------------------------------|---|---------------|------------|
| VPVA (New Brunswick) | http://vpva.rutgers.edu/ | vpva@echo.rutgers.edu | 3 Bartlett Street New Brunswick, NJ 08901 | (848)-932-1181 (24/7) | https://www.facebook.com/RUVPVA/ | @ruvpva | |
|  | http://www.manavi.org/ | manavi@manavi.org | | 1(732)-435-1414 (24/7) | | @manavispeaks | |
|  | http://www.middlesexcountynj.gov/government/departments/psh/pages/center-for-empowerment.aspx | empowerment@co.middlesex.nj.us | 29 Oakwood Avenue Edison, NJ 08837 | 1-877-665-7273 (24/7) | | | |
| SJE | http://socialjustice.rutgers.edu/ | sje@echo.Rutgers.edu | 17 Bartlett Street (CAC) New Brunswick, NJ 08901 | 848-445-4141 | https://www.facebook.com/RUSJELGBT/ | @rusjelgbt | @rusjelgbt |
| RU Student Affairs Compliance & Title IX | http://compliance.rutgers.edu/title-ix/ | | | | | | |
| RUPD | https://ipo.rutgers.edu/publicsafety/rupd-nb | | Public Safety 55 Commercial Ave; New Brunswick, NJ 08901 (C/D) | | | | |
| NJ Coalition Against Sexual Assault | https://njcasa.org/ | info@njcasa.org | | 609-631-4450 800-601-7200 (24/7) | https://www.facebook.com/NJCASA | @nj_casa | @NJ_CASA |
| RAINN | https://www.rainn.org/ | Online chat: online.rainn.org Español: rainn.org/es | | 800-656-HOPE (24/7) | https://www.facebook.com/RAINN01 | @rainn | @RAINN01 |

The Panelists



Maddy Zijdel

**Peer Education
Coordinator at the
Office for Violence
Prevention and Victim
Assistance (VPVA)-
New Brunswick**



Navneet Bhalla

**Executive Director of
Manavi**



Source for photos: (see flyer)



Jennifer Kurdyla

**Prevention Coordinator
with the Middlesex
County Center for
Empowerment**



Lindsay Jeffers

**Assistant Director of
Programming at the
Center for Social
Justice Education
and LGBT
Communities (SJE)**

Interesting Findings

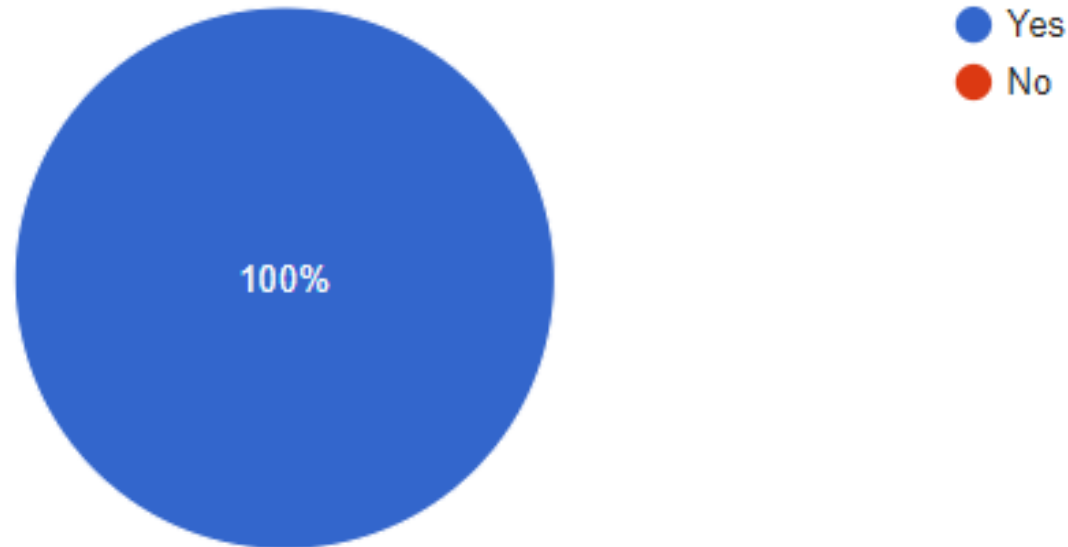
- When I conducted a post-event feedback form, one of my questions was: Did you know about all of the resources and offices discussed today before the event?
 - NONE of the 11 respondents knew about all 4 resources
 - 2 out of 11 respondents knew about some of the resources
 - 9 out of 11 respondents did not know about any of them

(My Google Form)
- Study with 220 female survivors of sexual assault on U.S. college campuses found that one of the top reasons students do not report is because they didn't know what resources were available to them. They didn't know "who to report to or that they could report" (Spencer 173).

Event Feedback

Did you feel that the event was inclusive?

11 responses



(My Google Forms)

“Most campus sexual education assault programs are designed around heteronormative relationships, some students- particularly lesbian, gay, and bisexual (LGB) students- are especially vulnerable to remaining undereducated about sexual assault despite the presence of campus-wide education programs” (Worthen 180).

Event Feedback

“Compared to women in the general population, college age women (18–24 years-old) are 3 times more likely to be sexually assaulted” (Potter 496).

Do you see a need for events like this to happen at Rutgers and other universities?

11 responses



● Yes
● No

(My Google Forms)

Participant Comments

- **“I really liked the fact that this should be taught earlier in schools (before college). I thought the moderator did an excellent job - Informative & thought provoking - particularly like that we all need to be advocates.”**
- **“I enjoyed hearing about the services Rutgers offers which I wish I knew about when I was dating someone who I was serious with. Now that I know about the services, I will visit them and read more about them and communicate concerns if needed to people involved in VPVA.”**

“This event was very eye-opening for me, as a Cis-gender white male. This is the first event about sexual violence that I’ve experienced and it was so cool to see professionals representing different organizations have a productive and thought-invoking conversation. I enjoyed in particular the topics of partnership and educating children and feel like those are very realistic ways to be more active in reducing sexual violence. Kudos to all of the panelists!”

Looking Into the Future...

Partnerships Continue and Expand

Organizations specifically reach out to universities

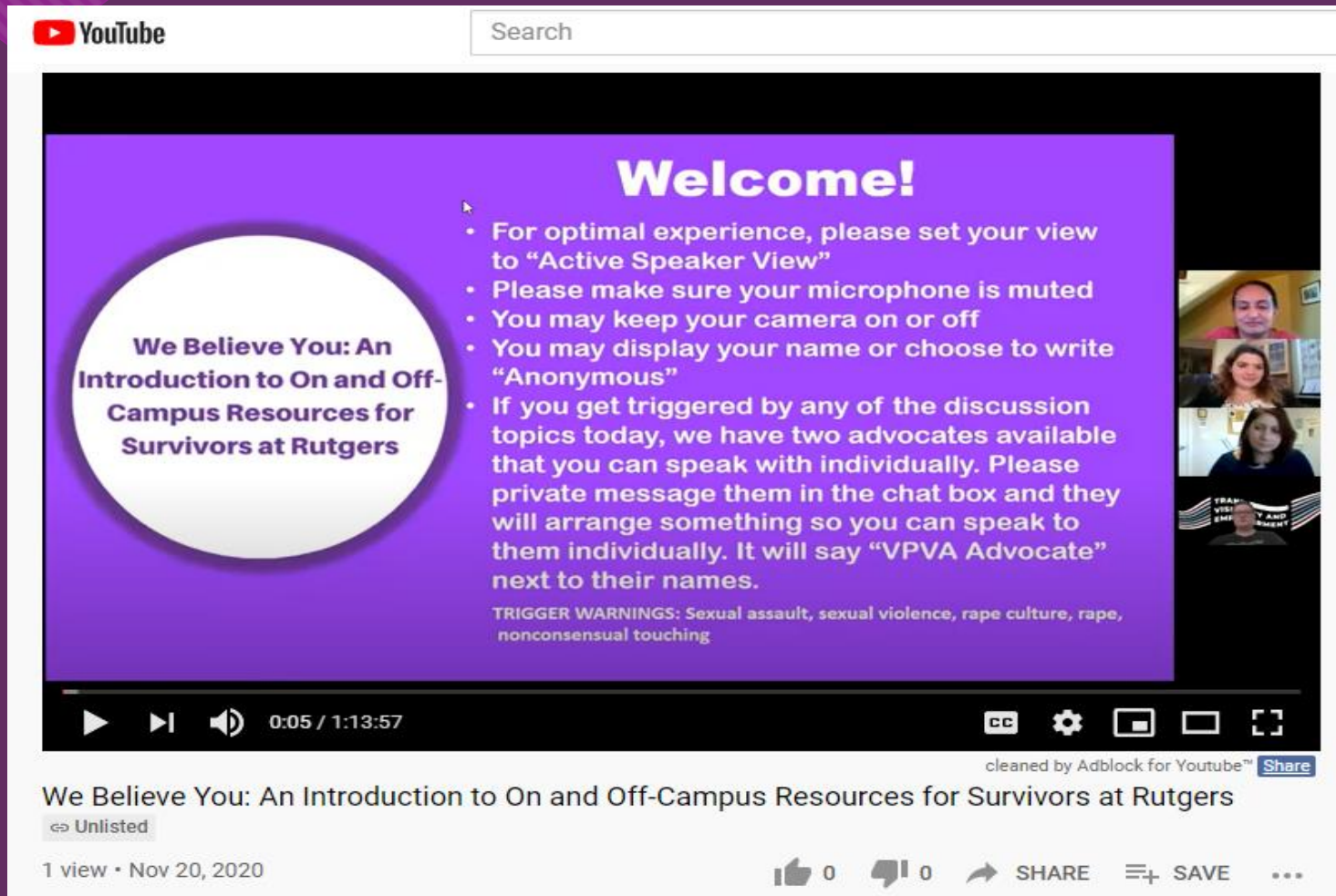
First exposure of sexual assault education BEFORE college

Combat rape culture



Recording of the Panel

<https://www.youtube.com/watch?v=0oHbxriBgc&feature=youtu.be>



The image shows a YouTube video player interface. The video content is a purple screen with white text. On the left, a white circle contains the text "We Believe You: An Introduction to On and Off-Campus Resources for Survivors at Rutgers". To the right of the circle, the word "Welcome!" is displayed in large white font. Below it, a bulleted list provides instructions for the panel discussion. At the bottom of the purple screen, there is a trigger warning. The video player controls at the bottom show a play button, a progress bar at 0:05 / 1:13:57, and various settings icons. Below the video player, the video title is displayed, followed by "Unlisted", view count, date, and interaction buttons.

Welcome!

- For optimal experience, please set your view to "Active Speaker View"
- Please make sure your microphone is muted
- You may keep your camera on or off
- You may display your name or choose to write "Anonymous"
- If you get triggered by any of the discussion topics today, we have two advocates available that you can speak with individually. Please private message them in the chat box and they will arrange something so you can speak to them individually. It will say "VPVA Advocate" next to their names.

TRIGGER WARNINGS: Sexual assault, sexual violence, rape culture, rape, nonconsensual touching

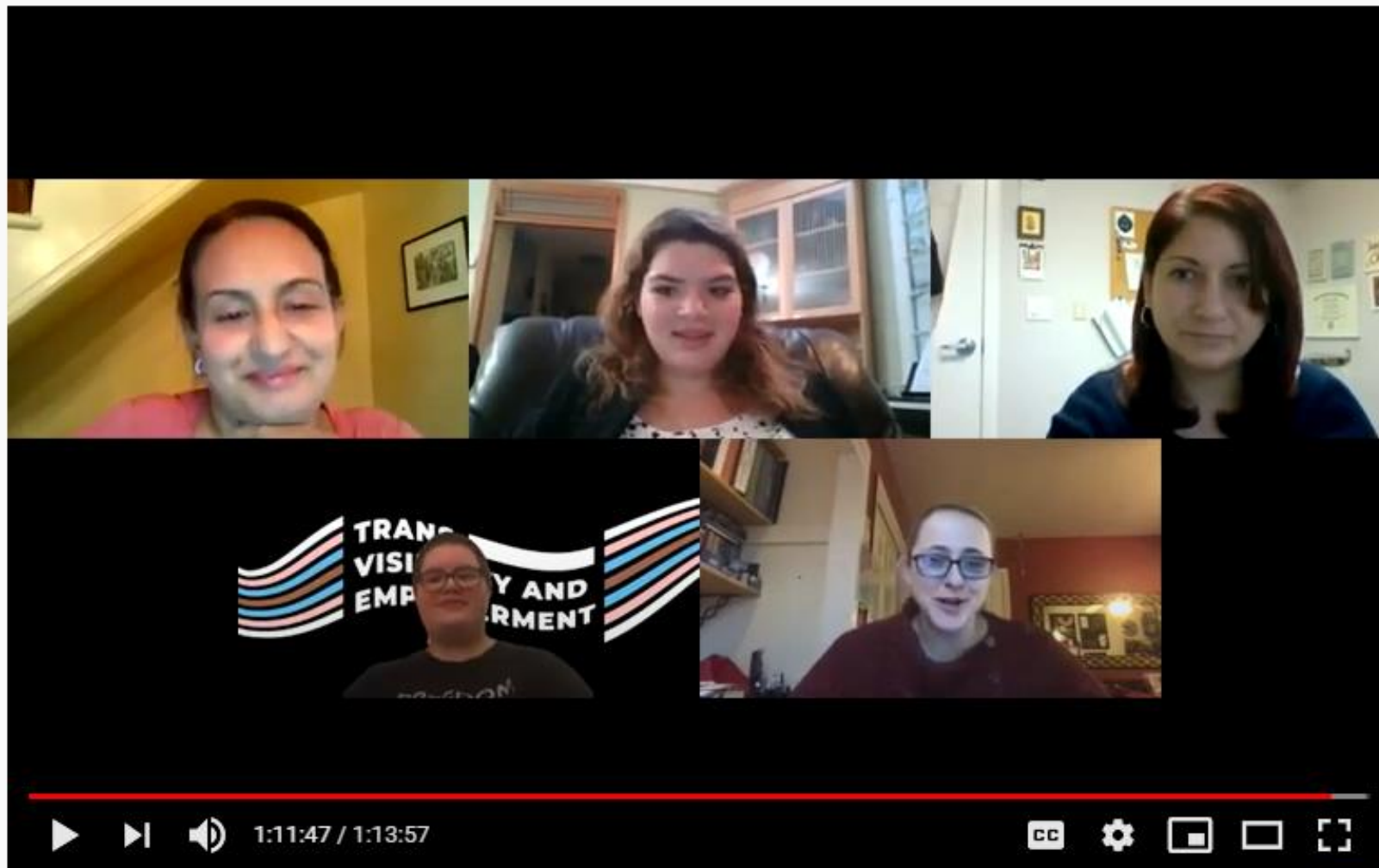
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Unlisted

1 view • Nov 20, 2020

0 0 SHARE SAVE ...

Thank You!



We Believe You: An Introduction to On and Off-Campus Resources for Survivors at Rutgers

Unlisted

<https://www.youtube.com/watch?v=0oHbxriBgc&feature=youtu.be>

Thank you to all of my panelists- Maddy Zijdel, Navneet Bhalla, Jennifer Kurdyla, and Lindsay Jeffers, as well as the advocates who were on the call.

I would also like to thank my two project advisors Maddy Zijdel and Laura Luciano for all of their guidance and expertise.

Thank you to the Institute for Women's Leadership for funding this project and giving me the opportunity to make my vision a reality.

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