

# Sexual Assault Prevention and Response



Reviewed, DIR-T USCGAUX

Welcome to the US Coast Guard Auxiliary **Sexual Assault and Prevention (SAPR) Training.**

## **Independent Learner Instructions.**

This document is derived from the mandatory training of the same name. It contains both images and narratives regarding the training topic and is provided in a “presenter notes” format.

As an independent learner you are expected to read all content contained in this document to include both the text within the images and the notes below the image (if any). Some images do not have notes or are self-explanatory.

As you work through this training material you should keep in mind that as an independent learner, you are responsible and accountable for learning and understanding the course content.

You should also understand its importance to our organization and the execution of our varied missions and be able to apply the knowledge gained through this independent training experience.



THE COMMANDANT OF THE UNITED STATES COAST GUARD  
Washington, DC 20593

## EQUAL OPPORTUNITY POLICY STATEMENT

Everyone should expect and demand the opportunity to work, develop and achieve his or her full potential, whether serving as a member on active duty, drilling Reservist, civilian employee or Auxiliary volunteer. Adherence to Equal Opportunity principles and our core values of Honor, Respect and Devotion to Duty, will promote positive command climates and enhance mission readiness and execution.

Everyone in the Coast Guard must work together to eliminate all forms of discrimination that violate law or policy and eliminate any actions that discriminatorily impact our workforce, those seeking Coast Guard employment and those receiving benefits from Coast Guard-sponsored programs.

All Coast Guard personnel shall:

- Reach out widely and in previously untapped markets to identify highly qualified applicants for enlistment, officer accession, civilian employment and Auxiliary enrollment;
- Recruit, retain, train, develop, promote, reward and deploy a highly capable, diverse workforce in a fair and consistent manner on the basis of merit;
- Provide reasonable accommodations for qualified applicants and employees with disabilities;
- Maintain a work environment free from unlawful discrimination, reprisal and harassment;
- Ensure all men and women of the Coast Guard are educated about their rights and responsibilities under federal civil rights laws; and
- Act promptly, appropriately and effectively to endorse this policy and to ensure personal accountability by members of the Coast Guard.

I expect every member of our workforce at all levels to respect their shipmates, treat them fairly and equally and hold those that do not demonstrate these values accountable.

A handwritten signature in blue ink, appearing to read "R. J. PAPP, JR.", is written over a circular stamp or seal that is partially obscured by the signature.

R. J. PAPP, JR.  
Admiral, U.S. Coast Guard



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Washington, DC 20593

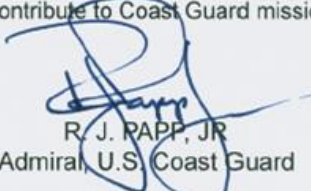
## **ANTI-DISCRIMINATION and ANTI-HARASSMENT POLICY STATEMENT**

I am committed to providing a work environment free from discrimination and harassment. Our mission success depends upon it. Our core values of Honor, Respect and Devotion to Duty demand it. Federal law and policy require it. Coast Guard men and women deserve nothing less.

We will do this by creating command climates and work environments that promote inclusion, equity and respect. Every member of the workforce should be familiar with Coast Guard Equal Employment Opportunity (EEO) policies and should take proactive measures to prevent all forms of discrimination and harassment. We must eliminate conduct that unreasonably interferes with an individual's work performance or creates an intimidating, offensive, or hostile work environment on the basis of an individual's race, color, religion, sex, sexual orientation, national origin, age, disability, marital status, parental status, political affiliation, engagement in any protected EEO activity, or any other basis protected by law.

Behavior that constitutes harassment should be reported to leaders and managers; leaders and managers must take prompt and appropriate corrective action. Reports and responses should be in accordance with Coast Guard Anti-harassment and Hate Incident Procedures. Reports of harassment can also be made to local Civil Rights or Human Resources Offices. Reprisal or threats of reprisal against individuals who report unlawful discrimination or harassment will not be tolerated.

Performing our duty to act responsibly and respect our shipmates will create work environments in which every member of the workforce has an equal opportunity to achieve their full potential, contribute to Coast Guard missions and thrive.



R. J. RAPP, JR.  
Admiral, U.S. Coast Guard

## What do I need to take away from the course?

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### **1. Recognize: There is a difference between unacceptable and acceptable conduct.**

In order to prevent and respond to sexual assault, you will need to recognize the difference between appropriate and inappropriate sexual conduct.

### **2. Prevent: Sexual assault can often be prevented.**

Knowing what actions you and others can take to prevent becoming a sexual assault offender or victim can help keep you out of trouble. Furthermore, there are actions you can take to help others avoid potentially dangerous situations.

### **3. Respond: Sexual assault needs to be responded to appropriately.**

When sexual assault does occur, appropriate response can do much to protect and help to heal victims and bring offenders to justice.

This learning opportunity will help you to recognize, prevent, and respond to sexual assault appropriately. As a member of the Coast Guard workforce, you must be able to answer these questions:

- How do I recognize incidents of sexual assault?
- How can I prevent myself and others from being involved?
- How do I respond as either a victim or someone in a position to help a victim?

Knowing the answers to these questions and acting on this knowledge can help you make a significant difference in your life and the lives of others.

## How do I complete the course?

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The Coast Guard Mandatory Training series is delivered in two modes. The offline mode still requires members to complete the online **Test-out** or the section activities to gain completion in TMT. Once you finish working through the offline study guide return to the online course to test-out or complete activity sections to gain credit for the course.

*You may use the study guide to help you complete the test.*

## Course sections

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- 1 **Introduction**
- 4 **Recognize: Where is the Line?**
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## Introduction to Sexual Assault Prevention and Response

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Not all those you can save are at sea. Your fellow Coast Guard members and the civilians in your community may need your help.

Sexual assault has a negative effect on our society, but in this course, you will learn about your roles and responsibilities in Recognizing, Preventing, and Responding to sexual assault so that you can be a Guardian.

- **Recognize sexual assault.**
- **Prevent sexual assault by minimizing risk to you and others.**
- **Respond to sexual assault whether you or others are the victim.**

This section presents a scenario in two parts that explains the effects of sexual assault. It also includes a chart showing the possible consequences of sexual assault on victims, secondary victims, and offenders.



At a morale party, Nate managed to convince fellow coastguardsman Silvia to have a few drinks. At first, she resisted but eventually, she started drinking heavily.

Not thinking straight, Silvia let Nate take her back to her place where they made out. She passed out and later, woke up to find Nate having sex with her. She was too frightened and shocked to resist or tell him to stop.

Trying to go about her daily routine over the next several weeks, Silvia felt guilty that she had let herself get into that situation and surprised that Nate took advantage of her like that.

Her inability to stop Nate had made her feel weak and helpless. She struggled to concentrate at work and elsewhere and crying fits became a regular occurrence.

She had little appetite and rarely enjoyed even her favorite activities. Her insomnia worsened when she started having vivid nightmares where she relived that night.

What do you think of Silvia's reaction to the incident?

- She needs to just get over it—what she's going through is all in her head.
- It's a natural reaction but she'll be alright soon.
- She needs to find help—this could continue to severely impact her life.

This is sexual assault, which is often a major traumatic event in a victim's life. Victims may experience similar symptoms to Silvia's with devastating impacts to their personal and professional lives. Some symptoms are physical (e.g. injuries, potential pregnancy, or sexually transmitted diseases). Psychological impacts are not always visible but just as serious and real, such as Rape Trauma Syndrome, a form of Post-traumatic Stress Disorder.

Could Nate be punished for what happened? (Select all that apply.)

- Yes, under the UCMJ
- Yes, under civil law
- No, because Silvia consented
- No, because he did not use force

By being convicted of sexual assault, Nate's life will be severely impacted. Because he did not act according to the Coast Guard's Core Values and Guardian Ethos and made poor decisions, he is subject to court martial and severe punishment. Nate's act is punishable under Article 120 of the *Uniform Code of Military Justice (UCMJ)*, and most likely under *civil laws*, as well as the Coast Guard's **zero tolerance** policy.

Could fellow coastguardsmen be negatively affected by what happened?

- Yes, it could have a profound effect on them.
- Maybe, they may talk about it for a day or two and then move on.
- No, it will not have any effect on them.

Commandant Instruction 1754.10 (series) states that "ultimately [*sexual assault*] destroys unit cohesion and the trust that is essential for mission success." The reputation of the Coast Guard, as a humanitarian organization, is tarnished when cases like this arise. Nate's mentors and subordinates may be shocked, disappointed, and saddened by his decisions; morale, and ultimately job performance, will be negatively impacted.

Consequences for victims AND offenders can be very damaging and severe. Look at the chart below to learn about the devastation victims and offenders can experience.

### **The possible consequences of sexual assault:**

#### The victim:

- Loss of a sense of security and safety
- High levels of caution about forming new relationships
- Difficulty with sexual relations (some shying away from it; others using hyper-sexuality as an attempt to show power and control)
- Increased risk of dependency on alcohol, tobacco, or drugs
- Increased risk of eating disorders
- Development of phobias (such as fear of crowds, being alone, or going out).
- Development of Rape Trauma Syndrome (a form of Post-traumatic Stress Disorder)

#### The offender:

- **Under the Uniform Code of Military Justice (UCMJ):** death, confinement, or other such penalty as directed by a court martial, imprisonment up to life (in cases of forcible sodomy), non-judicial punishment, including a reduction in grade and forfeiture of pay
- **Under civil laws:** incarceration (with a certain number of years per each count), registration as sex offender (possibly for life), restitution to the victim, a felony record, negative media publicity, psychiatric treatment, significant fines

#### Secondary victims:

Family, friends, coworkers, and acquaintances of victims are known as secondary victims and may also experience fear, anger, grief, denial, an urge to overprotect or retaliate, a loss of intimacy or trust, and/or victim blaming (which re-victimizes the victim)

Secondary victims often need some assistance in understanding their feelings and how to best help their loved one who is the primary victim. Employment Assistance Program Coordinators (EAPCs)/Sexual Assault Response Coordinators (SARCs), licensed counselors, rape crisis centers, or even simply informational pamphlets may be of help.

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This concludes the Introduction. As you can see, sexual assault may have many devastating and long-lasting effects on victims, offenders, and entire units and communities. In the next section, you will learn how to recognize sexual assault by learning the difference between acceptable and unacceptable behavior.

## Section A: Recognize: Where is the Line?

Before you can PREVENT and RESPOND to sexual assault, you must be able to RECOGNIZE the difference between acceptable and unacceptable sexual behavior.

While some situations are easy to identify as sexual assault, other situations may leave you confused as to what, if any, offense was committed. This section will help you answer the question, "Where is the line?"

### Section Objective:

Define sexual assault, differentiating between inappropriate and appropriate conduct.

This section presents a sexual assault scenario, as well an article that defines sexual assault. It then presents several shorter scenarios which ask you to identify whether they are considered sexual assault or acceptable behavior. At the end of this section are several scenarios that will help you learn the difference between sexual assault and sexual harassment. Use the article to answer the scenario questions.



Nate and Silvia were both at a morale party. Trying to get Silvia to "loosen up and enjoy herself," Nate encouraged her to drink. She initially refused since she had had a couple drinks already, but he was persistent.

Finally, she decided that it was easier just to take the drink and hope he leaves her alone afterward. Over the course of the party, she forgot her goals to only drink a little and eventually, she ended up very drunk.

She and Nate flirted and Silvia even made some very suggestive comments. He asked her to leave with him. Silvia, now so drunk she was having trouble walking straight, agreed.

Back at her place, they made out. Silvia suddenly felt extremely dizzy and said she needed to lie down, then lost consciousness. When she came to, Nate was having sex with her.



Is this sexual assault?

- o No, this cannot be considered sexual assault.
- o Yes, Silvia was incapable of consenting.
- o Yes, but only because she passed out.

But if she didn't say "no," why might it be considered sexual assault?

- o Because she perceives herself as a victim and was incapable of giving consent while under the influence of alcohol
- o Because legally only women can be assault victims when alcohol is involved
- o Because they work together and Nate should have known that shipmates should never have sex with each other

## Article: Recognizing Sexual Assault

All members of the Coast Guard should know how to identify sexual assault. This will allow you to avoid acts that are questionable or can lead to sexual assault. It can also help you know whether you've been sexually assaulted, so you can seek for and receive needed assistance. Finally, it can help you know when to step in to help others.

After completing this article, you should be able to define and recognize sexual assault, as well as know the difference between "consent" and "lack of consent".

### Who becomes involved in sexual assault?

Be aware that, contrary to popular perception, both men and women can commit sexual assault and both can become victims.

In addition, sexual assault can take place between genders (a man assaulting a woman or vice versa) or between people of the same gender. When same-gender assault takes place, neither the victim nor the offender are necessarily homosexual.

Offenders sexually assault their victims to humiliate and dominate them. Sexual assault to them is about gaining power and control, **not** about romance, passion, or even sexual gratification.

### What is sexual assault?

Sexual assault is intentional sexual contact, set apart from legal sexual activity because it includes:

- Force
- Threats
- Intimidation
- Abuse of rank or authority
- A situation where the victim does not consent
- A situation where he or she cannot legally consent, such as
- when the victim is:
  - Drunk or under the influence of drugs
  - Unconscious or asleep
  - Incapacitated
  - Underage
  - Unable to understand the nature of the sexual act

Specific acts that are included as sexual assault are rape, forcible sodomy, and other unwanted sexual contact that is aggravated, abusive, and/or wrongful.

An attempt to commit one of these acts is also considered sexual assault.

### Did You Know?

According to the Department of Justice, 1 in 4 females and 1 in 6 males are sexually assaulted.

## What is consent?

Consent is words or overt acts by a competent person indicating a freely given agreement to the sexual conduct at issue. Consent can be denied at any point (even if, for example, the two people have had sex in the past or have made suggestive remarks or acts).

## What is lack of consent?

The following shows a lack of consent:

- Declining or expressing unwillingness to engage in a sexual act (No means NO!)
- Lack of physical resistance to conduct without overt words or acts of consent
- Submission resulting from the offender's
  - use of force,
  - threat of force, or
  - placing another person in fear
- Submission resulting from the victim's
  - intoxication,
  - unconsciousness,
  - incapacitation, or
  - substantial incapability to understand the nature of the sexual acts

In addition, the following does NOT imply consent:

- Current or previous dating relationship—just because two people are dating, have been intimate, or are married doesn't mean that one person can insist on or force sex on the other
- A person's manner of dress—the way another person is dressed does not excuse you from your responsibility to obtain consent from them

## What are examples of situations, words, or actions that show a lack of consent?

Words and actions which indicate that a person does not consent include:

- "Not now"
- "I'd rather be alone"
- "I'm not sure"
- "I'm not ready for this" or "I don't feel good about this"
- "You've been drinking" or "I've been drinking"
- Pushing you away, moving away from you, trying to leave
- Crying
- Silence

If you are in doubt whether the other person consents or not, ask. Communication can help you avoid making bad assumptions about a partner's wants and getting into trouble because of it.

### Myth

"She was asking for it by the way she dressed."  
Fact: Dressing attractively, or even provocatively, is often used simply as a way to get attention, not to invite sexual conduct, and does not constitute consent.

### Myth

"The other person didn't say anything and didn't resist, so it was okay."  
Fact: They may have felt afraid or pressured and were unable to speak or resist. This is not consent.

## Section A: Activity Feedback

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Is this sexual assault?

- No, this cannot be considered sexual assault.
- Yes, Silvia was incapable of consenting.**
- Yes, but only because she passed out.

Consent is words or overt acts by a competent person indicating that they agree to a sexual act. Silvia could not provide this consent because she was heavily intoxicated. Even if Silvia had said she wanted to have sex, it was Nate's responsibility to realize that she was too drunk to make that decision and not have sex with her.

But if she didn't say "no", why might it be considered sexual assault?

- Because she perceives herself as a victim and was incapable of giving consent while under the influence of alcohol**
- Because legally only women can be assault victims when alcohol is involved
- Because they work together and Nate should have known that shipmates should never have sex with each other

An intoxicated person is unable to provide consent using overt acts. Even if both Silvia and Nate had been completely sober, in this situation, Silvia did not actually provide consent through words or overt acts. Nate cannot assume consent for a sexual act, even if Silvia consented to making out.

## Section A: Sexual Assault or Acceptable Behavior?

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Try to decide whether the following are examples of sexual assault or acceptable behavior. Each of the scenarios is followed by the answer and an explanation.

*Tracey and Scott drink heavily before he took her back to his place. They start fooling around. Scott tells Tracey that he feels like he is going to pass out. Tracey says, "Don't worry" and they have sex.*

Assault. Just because Scott didn't distinctly say "no" doesn't mean he consented. Someone who is intoxicated as a result of drug or alcohol use is never in a position to consent to sex.

*Sandra sends John text messages, including explicit pictures of herself, saying that she wants to have sex with him. Later, John initiates sex and Sandra says, "Not now." John ignores her because he thinks she's playing "hard to get" and has sex with her.*

Assault. Sandra has the right to change her mind at any time. Consent is not assumed just because Sandra had indicated previously that she wanted to have sex.

*LTJG Jones meets Maria at a bar where they dance and have drinks. Later that evening, Maria and LTJG Jones both verbally agree to, and have, sex. LTJG Jones later finds out that Maria is sixteen.*

Assault. A minor is legally unable to consent. LTJG Jones was responsible for making sure that his partner was of age. His ignorance of her age cannot be considered a valid excuse.

*Your partner suggests that you have sex with him or her. The two of you already have an intimate relationship, but are not in agreement this night. Your partner physically forces to have sex with him or her.*

Assault. It doesn't matter if you and your partner had or even currently have an intimate relationship; consent must be gained. Forced sex with an intimate partner can be as traumatic as being raped by a stranger. A relationship or marriage is meant to be a mutual partnership; one partner does not become the property of the other.

*Mr. Smith (a supervisor) calls Carrie (his subordinate) into his office for a performance review and counseling session. Mr. Smith backs Carrie into a corner of his office and without either of them saying a word, they have sex.*

Assault. What Mr. Smith did was an abuse of authority. It left Carrie feeling like she must submit to his demands or sacrifice her career. Using authority to gain sexual favors is a way of gaining power and control over an unwilling person and is considered sexual assault.

*Brad is waiting outside of a bar for a cab when he sees Susan who appears to be very drunk. He is very attracted to her, so he asks her for her phone number. Brad gives Susan his cab and gives her a call the following afternoon.*

Acceptable behavior. Brad acted responsibly by asking Susan for her phone number, instead of taking advantage of her when she was drunk. He can ask her later when she's sober, thus respecting her right to choose and allowing him to protect himself from the penalties of sexual assault.

*Jennifer had been drinking at the bar all evening. She sees Ryan, who in her opinion is a cute guy, also hanging out at the bar. Jennifer runs up to him to kiss him. Ryan tries to block her attempts and moves his head away. Jennifer grabs his head and kisses him.*

Assault. What Jennifer did can be considered sexual assault since, for Ryan, it was an unwanted sexual act. Also note that we are responsible for our actions regardless of whether or not we are under the influence.

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Sexual assault involves unwanted sexual contact. This includes situations where force, threats, abuse of authority, or intimidation are used to gain submission. Also, there are circumstances where a person cannot legally consent.

## Section A: The Difference between Sexual Harassment and Sexual Assault

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Besides recognizing the difference between acceptable and unacceptable behavior, you should know the **difference between sexual harassment and sexual assault**, particularly because the reporting procedures are different. Can you figure out which of the following scenarios is sexual harassment and which is sexual assault?



Every day at work, Andrea would have to face Ryan who would make catcalls at her and call her names as she passed. He would remark that a woman had no business doing her job.

One day, he blocked her way, came uncomfortably close to her, and suggested that they have sex. When she looked at him in shock, he laughed and walked away. What are Ryan's actions?

- Sexual harassment
- Sexual assault
- Normal teasing

This is sexual harassment. The intimidation and proposition was threatening but Ryan did not actually touch her, so it cannot be considered sexual assault. However, he has created an atmosphere of fear and hostility for Andrea. Andrea will probably be concentrating more on avoiding and dealing with him than on her job, which will affect both her and those who rely on her. Ryan's conduct is unacceptable and may be reported through sexual harassment reporting procedures.



Hannah had started going out with fellow coastguardsman Patrick. He soon began to pressure her to become intimate but she wasn't too sure she even wanted to continue seeing him.

Finally, Hannah told Patrick they needed to slow down and think things over.

A couple of days later, he cornered her, told her to stop playing games with him, then forced her to have sex. Hannah was too dazed to resist. What happened here?

- o Sexual harassment
- o Sexual assault
- o Acceptable dating behavior

This is sexual assault, which involves unwanted sexual contact. Hannah's lack of resistance was due to her fear and shock. She did not consent to sex; Patrick was wrong to assume that she was playing games with him and really wanted sex. Patrick's lack of respect may lead to serious consequences for Hannah, such as flashbacks, self-blame, and phobias. Hannah can use the reporting options outlined in the Respond section of this course.



## Section A: Sexual Harassment or Sexual Assault?

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It is important for you to RECOGNIZE the difference between sexual harassment and sexual assault.

Review the each scenario below to learn why they are considered sexual harassment or sexual assault.

While in his office's supply closet, a coastguardsman is cornered by a coworker. She kisses him and then hits him when he pushes her away.

Being cornered and then subjected to an unwanted kiss and violence can have a traumatizing impact on a victim. Because the kiss was aggravated and wrongful sexual contact, it can be considered **sexual assault**.

A coastguardsman is stalked by her supervisor during off-duty hours. He hints she'll receive a poor performance evaluation if she tells anybody.

Unwanted attention of a sexual nature, regardless of the intention of the offender, is considered **sexual harassment**, as is using authority to make someone submit to sexual conduct. While there is no sexual contact in this case at this point, the coastguardsman should report her supervisor before the situation escalates.

Coworkers tease other coworkers by putting up lewd photographs, making obscene gestures, and telling vulgar jokes.

Using sexual images, gestures, and words create an environment that is unwelcome and hostile to coworkers. This is considered **sexual harassment**.

BM3 and his male shipmate drink heavily one night. After passing out, he wakes to realize that something uninvited of a sexual nature occurred.

Uninvited sexual contact is always considered **sexual assault**, even if it occurs between people of the same gender. Remember, same-gender assault does not indicate a specific sexual orientation for either the victim or offender.

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This concludes Section A: Recognize: Where Is the Line?

## Section B: Prevent: How Do I Protect Myself?

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Sexual assault is always a threat. But often, the risk of becoming a victim or an offender can be significantly reduced or even avoided by following preventative measures.

Showing respect for others, communicating, and being responsible about alcohol and drug use can help you avoid sexual offenses. Taking precautions to stay safe and maintaining awareness can minimize your risk of becoming a victim.

### Section Objective:

Take actions to minimize the risk of becoming a sexual assault offender or victim.

This section presents a scenario as well as an article that details ways to prevent sexual assault. Read through the article found after the scenario to answer the scenario questions. There are also several short scenarios that give you the opportunity to consider ways to reduce the characters' risks.



Silvia attended a morale party, where, early in the evening, she had taken a few vodka shots. Nate walked up and offered her a beer.

Nate's determination made it hard for Silvia to resist the beer. Even though Silvia had hoped he would go away after one beer, they spent the evening drinking together.

Nate felt a little buzzed but Silvia was definitely drunk. At the end of the night, she felt it too late to call any of her friends. She saw her trusted friends, Adam and John, and wondered if they would loan her money for a taxi.

Before she could ask, Nate suggested, "Hey, let's get out of here. Come on, I'll give you a ride." She went along with him.

He took her back to her place, where they made out. Soon, Silvia said, "Wow, I drank too much. I need to lay down." When she did, she passed out. Nate began having sex with her, which, as he later learned, constitutes rape.

What should Nate have done differently to avoid being accused of rape? (Select any that apply.)

- Watched his alcohol consumption
- Gotten someone else drunk who actually likes him
- Not had sex with someone who was drunk
- Not had sex with someone who had passed out
- Gotten verbal consent before she passed out

Even though the rape wasn't her fault, what are some things Silvia could have done differently? (Select any that apply.)

- Called her friends even if she had to wake them
- Not have laid down even if she was dizzy
- Asked Adam or John for help getting home
- Refused drinks from Nate even if he kept pestering her

## Article: Preventing Sexual Assault

Unfortunately, there is always some risk of becoming a victim of sexual assault. However, by practicing some protective habits and knowing some warning signs, you can greatly minimize that risk. In addition, adopting a few practices can help ensure that you don't cross the line and become an offender.

This article provides measures you can take to protect yourself from becoming a victim, as well as avoid inadvertently committing offensive and illegal acts.

### How do I reduce my risk of becoming a victim of sexual assault?

The following are general actions that can help you to minimize the possibility of being victimized:

- Trust your instinct
- Don't overindulge in alcohol
- Don't assume coworkers or other non-strangers would never harm you
- Be aware of your surroundings
- Avoid isolated places
- Ensure someone knows where you are
- Meet first-time dates in a public place
- Travel and socialize in groups
- Always have money to get home
- Have your cell phone with you
- Take a self-defense class
- Don't prop outside doors open
- Always lock your door

### Are date rape drugs a risk?

Date rape drugs, such as Ecstasy or GHB, are drugs that rapists use to subdue their victims, although alcohol is the most commonly used. Some indications that you may have been drugged with a date rape drug are that you:

- Feel a lot more intoxicated than usual after only a few drinks
- Wake up very hung over
- Experience lapse of memory
- Remember taking a drink, but cannot recall what happened afterward

Ways you can avoid an assault by drugging are:

- Going to pubs, clubs, and parties with trustworthy friends
- Appointing a trusted friend to help you watch your drink
- Not leaving your drink unattended
- Avoid sharing or exchanging drinks
- Refusing drinks from anyone you don't know and trust
- Refusing drinks from an open container
- Drinking from a bottle and keeping your thumb on top
- Avoiding drinking anything that tastes or looks unusual
- Seeking help from a trusted friend if you feel really drunk

#### Did You Know?

Over 66% of all rapes are committed by someone the victim knows.

#### Did You Know?

Date rape drugs are easily slipped into a drink at a pub, club, or party and are colorless, odorless, and often tasteless.

after only a drink or two

### Does the use of alcohol increase the chance of sexual assault?

Excessive alcohol use can increase the risk of committing or being vulnerable to sexual assault. Alcohol can:

- Impair judgment
- Lower inhibitions
- Impair ability to recognize potentially dangerous situations
- Increase sexual aggression
- Make it difficult to resist a sexual assault

Offenders may take advantage of the fact that alcohol or other drugs increase vulnerability. Also, while an individual cannot legally consent to sex if they are drunk, those who are drunk when assaulted often feel responsible.

There are measures you can take to minimize your risk of alcohol-related sexual assault:

- Understand the effects alcohol may have
- Watch what and how much you drink
- Never allow yourself to be incapacitated by alcohol – make sure that you always have control
- Ask a trusted friend or call a taxi to take you home if you are drunk

### What are the warning signs that someone may be a non-stranger rapist?

A non-stranger rapist may exhibit the following behaviors:

- Ignores, interrupts, or makes fun of you
- Has a reputation for being a player
- Drinks too much or uses drugs
- Tries to get you to drink or take drugs
- Invades your personal space and sits or stands too close
- Tries to touch or kiss you when you barely know him or her
- Wants to be alone or pressures you to be alone together
- Pressures or tries to guilt you into sex
- Wants to appear strong and in charge
  - Does what he or she wants without asking what you want
  - Becomes angry or mopes if he or she doesn't get their own way

### How do I avoid becoming a sexual assault offender?

The following actions can help you to avoid being an offender:

- Ensure your partner consents (and that they can legally consent – they are not incapacitated, drunk, drugged, or underage)
- Communicate your expectations
- Avoid using drugs and excessive alcohol
- Remember that “No means No”

#### Did You Know?

Most rapes involve alcohol use, either by the offender, the victim, or both.

## Section B: Activity Feedback



What should Nate have done differently to avoid being accused of rape?

- **Watched his alcohol consumption**
- Gotten someone else drunk who actually likes him
- **Not had sex with someone who was drunk**
- **Not had sex with someone who had passed out**
- Gotten verbal consent before she passed out

Nate's alcohol consumption was enough that his judgment was probably clouded. In this case, combining sex and alcohol led to serious consequences. In addition, it was his responsibility to know that Silvia could not consent to sex since she was drunk and unconscious. By taking advantage of her while she was incapacitated he demonstrated a deep lack of respect towards her, her desires, and her well-being.

Even though the rape wasn't her fault, what are some things Silvia could have done differently?

- **Called her friends even if she had to wake them**
- Not have laid down even if she was dizzy
- **Asked Adam or John for help getting home**
- **Refused drinks from Nate even if he kept pestering her**

Please be aware that none of Silvia's choices, no matter how poor, gave Nate the right to rape her. Rape is too traumatic to ever be justified as an appropriate punishment for any decision. However, to lower her risk, she could have called or asked a trusted friend for help. Most people would rather be a little inconvenienced than witness the aftermath of an assault of a loved one. Also, refuse drinks if you feel that you've had enough alcohol or if there is the possibility that it's drugged.

## Section B: Reduce the risk

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Read the scenario and try to identify how the person could lower their risk. Compare your answer with the feedback below. For each question, select **all** options that apply.

*During a night of binge drinking and dancing, Peter started talking to Heidi who was standing next to him at the bar. They drank heavily for several hours until Heidi appeared to be drunk. She winked at Peter several times throughout the night, so Peter asked her if she wanted to come back to his place. At Peter's apartment, they had sex. In the morning, Heidi had very little recollection of the evening and claimed that Peter sexually assaulted her. What should Peter have done differently?*

1. Been more responsible in his drinking
2. Not have had sex with Heidi since she was obviously drunk
3. Ensured that Heidi verbally consented to having sex

Correct answers: 1 and 2. Heidi is not capable of verbally consenting because she is intoxicated. Therefore, the best decision Peter could have made, besides having been more responsible in his drinking, to avoid being accused of sexual assault is to not have had sex with Heidi.

*Joseph had been receiving threats from others at work and started drinking heavily at night to deal with his problems. One night, when he was by himself at a bar, he saw his harassers and their friends, also drinking. He left, stumbling a little, and tried to walk home. He was followed and was assaulted physically and sexually. How could Joseph have lowered his risk in this situation?*

1. Controlled his drinking
2. Fought back against his attackers
3. Called a taxi to pick him up
4. Gone out with others he can trust

Correct answers: 1, 3, and 4. Although Joseph could have made some safer choices, it is not his fault that he was subjected to violent behavior. Excessive alcohol can make it harder for a person to resist attack and make attackers more aggressive. Controlling your alcohol consumption and seeking help if you are dependent is crucial. When going out, make sure that you have a safe way home, (e. g. money for a taxi, a cell phone to call a friend). Avoid going out alone, especially to pubs, clubs, or parties; ask friends to go with you, so you can watch out for each other. Also, report threats to a supervisor or appropriate authority before they escalate to violence.

*Jessica met Aidan at a local bookstore. He seems aggressive and eccentric, but good-looking and intelligent. One day, he insists that she meet him at his apartment for dinner. She decides to accept just this once, despite being a little intimidated by him. During the date, Aidan gets much too close for Jessica's comfort. When she asks him to back off, he gets angry and rapes her. How could Jessica have protected herself better?*

1. Not have confronted him about his behavior
2. Trusted her instincts and said no
3. Asked that they meet in a public place

Correct answers: 2 and 3. Never feel that you should get into or stay in a situation with other people that is unsafe or that makes you extremely uncomfortable. Always follow your instincts. You do not have to sacrifice your safety for another person's wants. Give yourself permission to keep yourself safe. As a precaution, meet dates, especially first dates and blind dates, in a public place or in a double or group date setting; there is safety in numbers.

*Lindsey has a goal to get in shape for a race. She jogs whenever she can fit it into her schedule. From time to time, she doesn't have any time to herself except before dawn or after dark. She would like to meet her goal but she also wants to stay safe. What can Lindsey do?*

1. Plan a route close to home
2. Jog only during daylight hours
3. Jog with friends
4. Run really fast
5. Train on a treadmill

Correct answers: 2, 3, and 5. Lindsey will need to find an alternative if she can't exercise during the day, such as gather a group of friends to jog with her or use an indoor track or a treadmill at a safe location if available. She needs to be aware that even if she is strong or fast, she is still at an increased risk of something going wrong by jogging alone at night.

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This concludes Section B: Prevent: How Do I Protect Myself?



## Section C: Respond: What Do I Do Now?

If you are a victim of sexual assault, your appropriate RESPONSE can be an important step towards resolution and recovery.

In the Coast Guard, two reporting options are available to provide valuable assistance and greater ability to regain control of your life.

### Section Objective:

Take appropriate measures if you have been sexually assaulted.

This section presents a scenario as well as an article about sexual assault reporting options. Read through the article found after the scenarios to answer the scenario questions.



Nate and Silvia were both at a morale party, where he was purposefully trying to get her drunk. As the night progressed, Silvia did get drunk like Nate had hoped and he offered her a ride, which she accepted.

He drove her home, where they made out, even though her judgment was too impaired for her to legally be able to consent to any sexual activity.

Soon, she felt dizzy, and subsequently passed out. Later, she woke to discover that Nate had begun raping her while she was out cold. After the assault finally ended, Silvia, feeling stunned and upset, wondered what to do.

What should Silvia do immediately? (Select any that apply.)

- Get away from Nate and to a safe place
- Avoid the hospital if she wants confidentiality
- Gather and take items he touched to the police
- Report the assault to her supervisor
- Call the Employee Assistance Program Coordinator (EAPC)/Sexual Assault Response Coordinator (SARC)

What might influence the reporting option that Silvia chooses? (Select any that apply.)

- Silvia wants to maintain her confidentiality.
- Nate is threatening to harm Silvia.
- The EAPC/SARC decides that confidentiality is the best thing for Silvia.
- Silvia wants an investigation against Nate.

## Article: Responding as a Sexual Assault Victim

Learning how to act if you are sexually assaulted can prepare you to take action, protect yourself from further harm, and begin healing.

This article will outline reporting options available to sexual assault victims, as well as inform you about what to do immediately after a sexual assault and how to engage assistance to help begin the recovery process.

### What do I do if I'm sexually assaulted?

If you are ever sexually assaulted, immediately after the attack, you need to:

- Get to a safe place
- Get medical care as needed
- Preserve the evidence of the assault if interested in potential prosecution of the offender
- Write down what you can remember of the offender and the attack
- Choose your reporting option (see below)

### How do I preserve the evidence?

To preserve important evidence for possible prosecution of the offender, avoid certain actions until medical personnel (and investigators, if using unrestricted reporting) have had the opportunity to collect evidence. Specifically, do not:

- Bathe, shower, or douche
- Change clothing
- Wash your hands
- Brush your teeth or gargle
- Use the restroom, if possible
- Eat or drink
- Clean, rearrange, or remove items from the scene of the assault.

### What are my reporting options?

Members of the Coast Guard have two options for reporting an assault: restricted reporting and unrestricted reporting.

Restricted reporting:

- is a confidential method of reporting an assault by contacting **ONLY** the Employee Assistance Program Coordinator (EAPC)/Sexual Assault Response Coordinator (SARC), a Family Advocacy Specialist (FAS), a Health Care Provider (HCP), or a Victim Advocate (VA). If the assault is disclosed to anyone other than these individuals, the report must be unrestricted.
- gives victims access to medical and counseling services even if they are not willing to openly report the offense.
- may not be available in every circumstance

#### Did You Know?

Preserving evidence is important. Even if a victim initially chooses restricted reporting, evidence will be kept for twelve months and an investigation can be initiated at any time at the victim's request.

#### Myth

"It's better if I pretend like nothing happened."

Fact: Victims may need assistance to fully recover and may likely need medical care.

Unrestricted reporting:

- allows for a formal investigation to be initiated and the offender to be punished, which is usually done by calling the police or reporting the offense to military authorities.
- Victims can switch to this option after having chosen restricted reporting but evidence will not be available after a year.
- Victims are not required to cooperate with investigators.

For details on reporting options, see Commandant Instruction (series) or an EAPC/SARC.

Is there someone who will help me through this?

Yes, a Victim Advocate (VA) will be made available to sexual assault victims. The Victim Advocate is a trained volunteer who supports and informs victims; acts as a companion during recovery and through investigative and medical processes; and ensures the victim's safety.

Victims also have access to:

- Medical support
- Local rape crisis centers
- Employee Assistance Program Counseling Services
- USCG Legal services
- USCG Investigative services

To request services, contact your local EAPC/SARC or any military healthcare provider. Websites that can help you locate USCG resources are:

- [www.worklife4you.com](http://www.worklife4you.com)
- [http://www.uscg.mil/worklife/rape\\_sexual\\_assault.asp](http://www.uscg.mil/worklife/rape_sexual_assault.asp)

Outside resources include the National Sexual Assault Hotline at (800) 656-4673, the Rape, Abuse, and Incest National Network (RAINN) (<http://www.rainn.org>), or Hope for Healing (<http://www.hopeforhealing.org/>).

**Did You Know?**

Services are available to Active Duty members, reservists on active duty, full time Civil Service, Exchange System, and MWR employees, as well as their dependents.

## Section C: Activity Feedback



What should Silvia do immediately?

- **Get away from Nate and to a safe place**
- Avoid the hospital if she wants confidentiality
- Gather and take items he touched to the police
- Report the assault to their supervisor
- **Call the Employee Assistance Program Coordinator (EAPC)/Sexual Assault Response Coordinator (SARC)**

Silvia should focus first on personal safety, including getting to a safe place and seeking medical help. Medical care can be provided confidentially. She should contact the EAPC/SARC to receive guidance and support right away, but she does not need to report the assault to a supervisor. She should not move anything at the crime scene or even wash herself prior to a forensic exam, since valuable evidence could be lost.

What might influence the reporting option that Silvia chooses?

- **Silvia wants to maintain her confidentiality.**
- **Nate is threatening to harm Silvia.**
- The EAPC/SARC decides that confidentiality is the best thing for Silvia.
- **Silvia wants an investigation against Nate.**

The EAPC/SARC will guide and inform a victim but will typically allow the victim to choose an option if the assault has not been disclosed to anyone other than an EAPC/SARC, FAS, HCP or Victim Advocate. If Silvia decides that she would like an investigation initiated, she can choose unrestricted reporting, while restricted reporting is an option if she wishes for greater confidentiality. There are a few circumstances where restricted reporting is not an option.

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This concludes Section C: Respond: What Do I Do Now?

## Section D: Prevent and Respond: How Do I Help Others?

You can be a Guardian against sexual assault by knowing how to intercede safely to aid those in harm's way and by being supportive of any victims who ask for help.

By knowing how to PREVENT situations from escalating and to RESPOND appropriately, you will be ready to make a significant positive difference in the lives of those around you.

### Section Objective:

Take appropriate measures when another person has been or may be sexually assaulted.

This section presents a scenario in two parts. It also includes an article that discusses how you can prevent violent situations and respond to victims and potential victims of sexual assault. Read through the article found after the scenarios to answer the scenario questions.



Adam and his shipmates, John and Grant, were at the morale party where Nate had been purposely working to get Silvia drunk. Later on, Nate seemed a bit buzzed and Silvia was obviously drunk.

They were flirting in a way that Silvia would never even consider if she was sober and she was even making some suggestive comments. Adam noticed Nate trying to convince Silvia to leave with him.

Concerned, Adam told John and Grant that they should engage Nate in conversation while one of them speaks to Silvia privately, but John was more ready just to tell Nate off.

Grant felt that they shouldn't intervene since Silvia is a smart girl and could get out of the situation on her own if she is truly uncomfortable.

Which plan would be the best approach to take?

- John's (confront Nate)
- Adam's (distract Nate)
- Grant's (let Silvia decide for herself)

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If Nate becomes violent, what should the three bystanders do?

- Call the police
- Apologize for interfering
- Fight back



One day, Silvia walked into her supervisor Joel's office and asked, "Are you busy?" He noticed how teary she was and asked her to sit down.

She described what happened to her during and after a morale party. A guy at the party, she said, had taken her back to her place and made out with her when she was drunk.

She told Joel that she then passed out and woke some time later to find him raping her. Tearfully, Silvia looked at Joel and added, "I can't stand this. I don't know what to do. Can you help me?"

Could the way Joel reacts make a difference?

- Yes
- No

What is an appropriate way for Joel to respond to Silvia?

- Collect information about the offender and the assault
- Try to help her figure out what went wrong
- Listen to what she has to say
- Give her advice about how to recover

What are some appropriate steps Joel could take to help Silvia? (Select all that apply.)

- Drive her to the hospital if she asks
- Contact the Employment Assistance Program Coordinator (EAPC)/Sexual Assault Response Coordinator (SARC)
- Contact her family without asking her first



## Article: Helping Victims of Sexual Assault

Would you be prepared if a sexual assault victim came to you for help? What if you felt that someone was in danger of being sexually assaulted? Or if you witnessed an attack? Would you know what to do?

This article will teach you appropriate methods of interceding to prevent sexually violent situations and responding when someone else has been sexually assaulted.

### What do I do if I witness a sexual assault?

If you witness an assault or a potential assault, become an **active bystander**—look for safe and effective ways to intervene. If you are in a situation to act, remember these ABCs:

- **Assess the situation for safety:** Ensure the victim's safety and your own. Avoid violence. Call the police if the situation is too risky to intervene—they are specifically trained for such situations.
- **Be with others:** Don't intervene alone. Approach both the victim and offender in a courteous manner but be firm. By working with others, you will have greater influence over the outcome, as well as increased safety.
- **Care for the victim:** Even if you perceive a behavior as an assault, be sure to verify this perception by asking the victim how they feel about the behavior. Also ask whether they need medical care, want to talk to an Employee Assistance Program Coordinator (EAPC)/Sexual Assault Response Coordinator (SARC), or need help getting home.

### What are examples of actions I can take as an active bystander?

Here are actions you can take to prevent behavior that could lead to an assault or get involved when one does occur:

- Make up an excuse to give a potential victim a reason to separate himself or herself from a potential perpetrator.
- Let a bartender or host of a party know when someone has had too much to drink.
- Talk to the victim or potential victim to make sure he or she is okay.
- Address any disrespectful behavior in a manner that is courteous but firm to avoid violence.
- Call the police.
- Distract those engaged in sexist behavior (for example, if a man on the street is harassing a woman, you could ask him for directions or the time).

#### Did You Know?

Confronting offenders respectfully, rather than reacting in anger, will discourage violence that would put you, the victim, or others at risk.

#### Did You Know?

Sexist behavior can lead to assault or to tolerance of forceful sexual acts. If you witness such behavior, intercede.

## What do I do if someone tells me that they've been sexually assaulted?

If someone tells you that they have been sexually assaulted, take the following actions:

- Make sure that the victim is safe.
- Ask the victim if he or she needs medical care.
- Transport the victim to receive assistance (such as to the EAPC/SARC or to medical care), if requested.
- Contact an EAPC/SARC, a Family Advocacy Specialist (FAS), a Health Care Provider (HCP), or a Victim Advocate (VA).
- Offer to stay with the victim.
- Listen to the victim.
- Ask what you can do to help.

## What if I'd like to be more involved in assisting sexual assault victims?

A volunteer opportunity as a Victim Advocate (VA) may be an option for you. A Victim Advocate is a trained volunteer that gives support and information to victims, acts as a companion during a victim's recovery and during medical and investigative processes, and ensures the victim's safety.

Interested? If you have no unresolved issues with sexual assault, show the maturity to maintain confidentiality, demonstrate good communication and interpersonal skills, and have at least one year remaining at your unit, contact an EAPC/SARC for details.

## Section D: Activity Feedback



Which plan would be the best approach to take?

- John's (confront Nate)
- Adam's (distract Nate)**
- Grant's (let Silvia decide for herself)

Confrontation may escalate into unnecessary violence, so John's approach is not advisable. Silvia is not in a condition to make decisions or defend herself and Grant's idea of ignoring the situation may leave a vulnerable person with little or no options for escape. Adam's approach allows these three bystanders to avoid violence while providing Silvia a means of escape. Their goal should be to get Silvia away from Nate and home safely.

If Nate becomes violent, what should the three bystanders do?

- Call the police**
- Apologize for interfering
- Fight back

While they need to continue to ensure Silvia's safety, they also need to be concerned with their own safety. If the situation gets out of control, call the police to step in. The police are trained to handle just such a situation as this. You should not sacrifice your personal safety, especially when the police could handle things better.



Could the way Joel reacts make a difference?

- Yes**
- No

Many victims fear that others will not believe them, or else embarrass or blame them. Silvia probably feels that she has taken a major risk by speaking about the rape. If Joel responds appropriately, she will be far more likely to feel like others will not reject or criticize her, receive the medical and counseling support that she may want or need, and be protected from further harm.

What are some appropriate steps Joel could take to help Silvia? (Select all that apply.)

- Listen to what she has to say**
- Try to help her figure out what went wrong
- Give her advice about how to recover
- Collect information about the offender and the assault

Joel can comfort Silvia by listening to her, but asking for details may be intrusive and could even hurt any investigation later. Likewise, placing blame or giving unsolicited advice could be more harmful than helpful.

What are some appropriate steps Joel could take to help Silvia?

- o **Drive her to the hospital if she asks**
- o **Contact the Employment Assistance Program Coordinator (EAPC)/Sexual Assault Response Coordinator (SARC)**
- o Contact her family without asking her first

Joel needs to first ensure her safety and medical needs are met. Next, he should contact the EAPC/SARC so they can support her and inform her of her choices. He should not contact her family, since that may violate her wishes at a time when she needs to feel more in control of her life.

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This concludes Section D: Prevent & Respond: How Can I Help Others?

## Conclusion

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Sexual assault is **not** about romance and sexual desire. It's about exercising power over and humiliating another human being, using sexual conduct as a weapon. It violates the Coast Guard Core Values of **Honor, Respect, and Devotion to Duty**.

Being a Guardian against sexual assault requires being able to recognize the difference between acceptable and unacceptable conduct. Be especially certain to know the difference between consent and lack of consent.

You must also be able to prevent and respond to sexual assault. Take precautions, especially when alcohol is involved. Use the Coast Guard's reporting options when needed. Help others in risky situations by assessing the situation, being with others, and caring for the victim. Listen to victims, make sure they are safe, and help them get the assistance they want and need.

Remember to **Recognize, Prevent, and Respond!**

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### **1. Recognize: There is a difference between unacceptable and acceptable conduct.**

In order to prevent and respond to sexual assault, you will need to recognize the difference between appropriate and inappropriate sexual conduct.

### **2. Prevent: Sexual assault can often be prevented.**

Knowing what actions you and others can take to prevent becoming a sexual assault offender or victim can help keep you out of trouble. Furthermore, there are actions you can take to help others avoid potentially dangerous situations.

### **3. Respond: Sexual assault need to be responded to appropriately.**

When sexual assault does occur, appropriate response can do much to protect and help to heal victims and bring offenders to justice.

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The course also contains three posters that you can print out and post in your workspace, as well as a job aid that you can keep for your reference. This should help to remind everyone how they can recognize, prevent, and respond to sexual assault.



## Completed Training Attestation

### Coast Guard Core Values

- **Honor**
  - Integrity is our standard. We demonstrate uncompromising ethical conduct and moral behavior in all of our actions. We are loyal and accountable to the public trust.”
- **Respect**
  - We value our diverse workforce. We treat each other with fairness, dignity, and compassion. We encourage creativity through empowerment. We work as a team
- **Devotion to Duty**
  - We are professionals, military and civilian, who seek responsibility, accept accountability, and are committed to the successful achievement of our organizational goals. We exist to serve. We serve with pride.

Reviewed, DIR-T USCGAUX

The mandatory training that you have just completed reflects the **Core Values of the U.S. Coast Guard** and **Coast Guard Auxiliary**. As a member of this organization, you have taken an oath to uphold those Core Values. In order to receive completion credit for this training, please read, understand, and sign this document. Once completed, keep a copy for your records and provide a copy to your Flotilla Staff Officer for Information Services (FSO-IS) for AUXDATA entry.

In regards to the selected mandated training modules: Codes: \_\_\_\_\_

I, \_\_\_\_\_ (print name) as a member of District \_\_\_\_\_

Division \_\_\_\_\_ Flotilla \_\_\_\_\_ attest that I have completed and understand the course contents.

Signature: \_\_\_\_\_, Member ID \_\_\_\_\_

Date: \_\_\_\_\_

Course Code	Course Name	Frequency
502379	Building Resilience and Preventing Suicide	Every 5 years
810030	Security Fundamentals	Every 5 years
810015	Privacy at DHS / Protecting Personal Information	Every 5 years
810000	Sexual Harassment Prevention	Every 5 years
810045	Sexual Assault Prevention and Response	Every 5 years
502319	Civil Rights Awareness	Every 5 years
502306	Ethics 1 / Personal Gifts	1 time only
502290	Influenza Training	1 time only