Rape Prevention Web Page—DRAFT! July 28, 2009

WHAT IS RPE

- **DEFINITIONS**
- **LEGISLATIVELY APPROVED USES FOR RPE FUNDS**

MONTANA PARTNERS

MONTANA'S PREVENTION STRATEGY

- **Principles of Effective Prevention Programs**
- **Social Ecological Model**
- **Spectrum of Prevention**
- **Risk and Protective Factors**

MONTANA EDUCATION AND AWARENESS
MONTANA LAW
MONTANA STATEWIDE PREVENTION PLAN
MONTANA SEXUAL ASSAULT DATA

- **Youth Risk Behavior Surveillance System (YRBS)**
- **Behavioral Risk Factor Surveillance System (BRFSS)**
- **Montana Board of Crime Control (MBCC)**
- **Montana Prevention Needs Assessment (MPNA)**
- **Clery Act Crime Data from Post-Secondary Institutions**

HELPING VICTIMS

HOW YOU CAN HELP END SEXUAL VIOLENCE

WHAT IS RAPE PREVENTION EDUCATION (RPE)

Rape is a crime of violence and control—and Montana, despite its rural status, is not immune to this crime. In 2009, 337 sexual assaults were reported to the Montana Board of Crime Control. Since rape is acknowledged as one of the most under-reported crimes, most researchers see these numbers as conservative estimates.

To assist Montana in ending sexual violence, the state has applied to the Centers for Disease Control (CDC) (since 1996) to receive Rape Prevention Education (RPE) funds; however, it wasn't until 2006 that the state focused its funds on primary prevention of sexual assault. Since 2006, the goal of Montana's RPE Program (housed in DPHHS's STD/HIV Section) has been to reduce the statewide incidence of sexual violence through primary prevention efforts focused on influencing knowledge, attitudes, and behaviors of those at most at risk to perpetrate.

DEFINITIONS

Defining Sexual Violence

Sexual violence is a sex act completed or attempted against a victim's will or when a victim is unable to consent due to age, illness, disability, or the influence of alcohol or other drugs. It may involve actual or threatened physical force, use of guns or other weapons, coercion, intimidation or pressure. Sexual violence also includes intentional touching of the genitals, anus, groin, or breast against a victim's will or when a victim is unable to consent, as well as voyeurism, exposure to exhibitionism, or undesired exposure to pornography.

Defining Primary Prevention

Primary Prevention defines efforts focused on preventing sexual violence crimes *before* they occur. These include community organizing around gender equality issues, policy creation and

revision to reflect gender equity, education on several levels based on healthy relationships and awareness activities that support healthy relationships and respect.

Legislatively Approved Uses for RPE Funds

The RPE program, funded through a cooperative agreement with the CDC is committed to the following nine legislatively approved activities:

1. Operation of hotlines;
2. Primary prevention training programs for professionals;
3. Preparation of primary prevention information material;
4. Training programs for students and campus personnel designed to reduce the incidence of sexual assault at colleges and universities;
5. Education to increase awareness about drugs used to facilitate rapes or sexual assault;
6. Other efforts to increase awareness to help prevent sexual assault, including efforts to increase awareness in underserved communities and among individuals with disabilities;
7. Coalition building;
8. Community mobilization;
9. Policy and norms change.

MONTANA PARTNERS

Montana's RPE Program works with a number of state and community programs to foster leadership to end sexual violence:

- Montana Coalition Against Domestic and sexual Violence (www.mcadsv.com)
- Montana Department of Justice (www.doj.mt.gov)
- Montana Board of Crime Control (www.mbcc.mt.gov)
- Montana Association of Churches (www.montana-churches.net)

We also support the primary prevention work of seven local programs around the state:

- Custer Network Against Domestic Abuse and Sexual Assault in Miles City
- Lincoln County Crisis Solutions in Libby
- The Network Against Sexual and Domestic Abuse in Bozeman
- S.A.F.E. Inc. in Hamilton
- Voices of Hope in Great Falls
- Women's Resource Center in Dillon
- YWCA in Billings

MONTANA'S PREVENTION STRATEGY

Montana's RPE Program uses a variety to tools to ensure that work remains focused on primary prevention issues. One of those tools is the "Principles of Effective Education Programs." According to the 2003 Nation et.al article (Nation, Maury et.al. "What works in prevention: principles of effective prevention programs." *American Psychologist* June/July 2003 Vol. 58 No.

6/7 pp. 449-456), there are nine principles that can help prevention practitioners select, modify, or create more effective education programs.

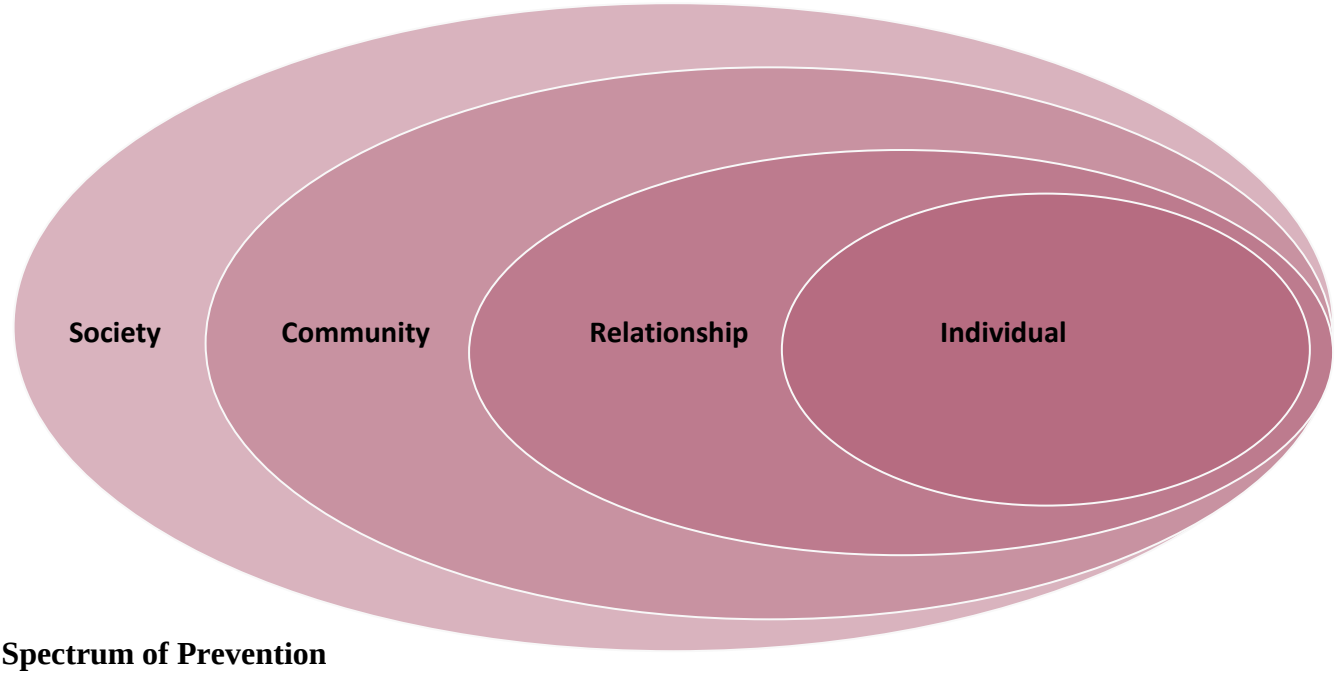
Principles of Effective Prevention Programs

Comprehensive	Multi-component approaches that address critical domains (e.g. family, peers, community) that influence the development and perpetuation of the behaviors to be prevented.
Varied Teaching Methods	Programs which involve diverse teaching methods that focuses on increasing the awareness and understanding of the problem behaviors and on acquiring or enhancing skills.
Sufficient Dosage	Programs that provide enough intervention to produce the desired effects and provide follow-up as necessary to maintain effects.
Theory Driven	Programs that have theoretical justifications that are based on accurate information, and are supported by empirical research.
Positive Relationships	Programs that provide exposure to adults and peers in a way which promotes strong relationships and supports positive outcomes.
Appropriately Timed	Programs that are initiated early enough to have an impact on the development of the problem behavior and are sensitive to the developmental needs of participants.
Socio-culturally Relevant	Programs that are tailored to the community and cultural norms of the participants and make efforts to include the target group in program planning and implementation.
Outcome Evaluation	Programs that have clear goals and objectives and make an effort to systemically document their results relative to the goals.
Well-trained Staff	Program staff that support the program and are provided with training regarding the implementation of the intervention.

Social Ecological Model

Montana's RPE Program also uses the social ecological model to govern its work. A strong prevention program addresses each level of the social ecology, and we try to ensure that each program using RPE funds creates strategies for social change that affect individuals, their immediate relationships, their community, and their society.

Social Ecological Model



The Spectrum of Prevention

Another way to address social change is with "The Spectrum of Prevention" which highlights the need to govern social change with a multi-level response. The following is a list of a multi-level spectrum of change produced by the National Sexual Violence Resource Center (*Sexual Violence and the Spectrum of Prevention: Toward a Community Solution*. Rachel Davis, Lisa Fujie Parks, Larry Cohen. 2006). For more information on the spectrum of change please visit www.nsvrc.org.

The *Spectrum of Prevention:* A tool for comprehensive action and norms change

Level 1 Strengthening Individual Knowledge and Skills
Enhancing an individual's capability to prevent violence and promote safety

Level 2 Promoting Community Education
Reaching groups of people with information and resources to prevent violence and promote safety

Level 3 Educating Providers
Informing providers who will transmit skills and knowledge to others and model positive norms

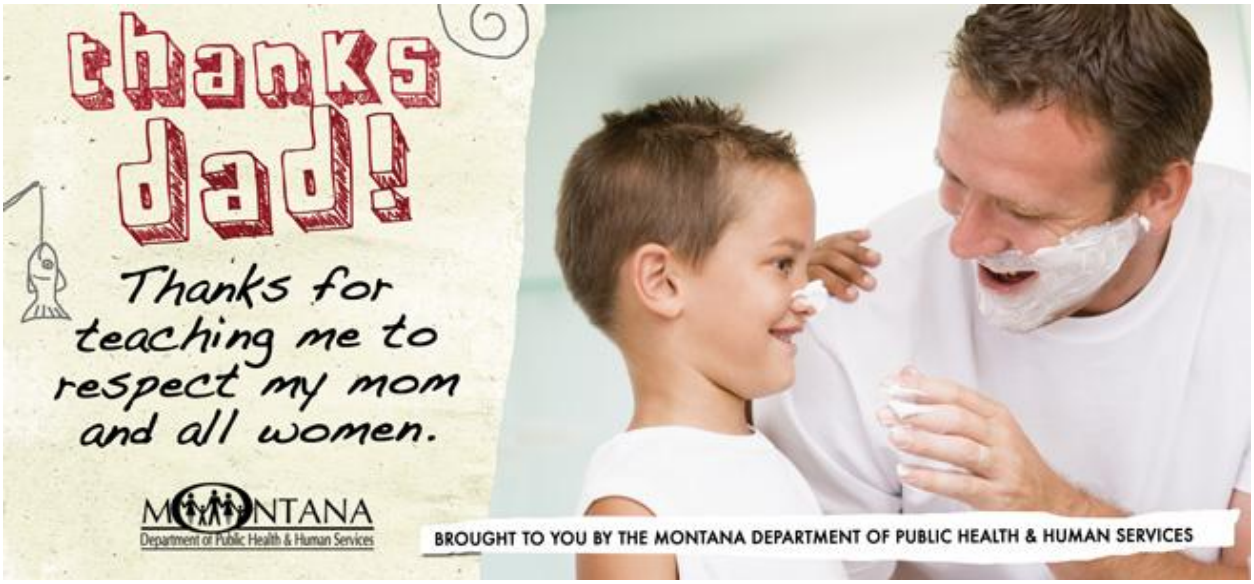
Level 4 Fostering Coalitions and Networks
Bringing together groups and individuals for broader goals and greater impact

Level 5 Changing Organizational Practices
Adopting regulations and shaping norms to prevent violence and improve safety

Level 6 Influencing Policies and Legislation
Enacting laws and policies that support healthy community norms and a violence-free

Risk and Protective Factors
While some say that violent behavior is inevitable and often unavoidable, there are identifiable risk factors—factors that may increase the chances of perpetration. These include individual factors such as hostile attitudes toward women as well as community and societal factors such as a general tolerance of sexual violence within the community that lead some to believe that violence against women is acceptable. For more information about risk and protective factors as they pertain to sexual violence, please visit
http://www.cdc.gov/ViolencePrevention/sexualviolence/riskprotectivefactors.html

MONTANA EDUCATION AND AWARENESS
Each year Montana creates a media campaign to celebrate good Montana men. We call this our "Dad Ad Campaign," and it is comprised of radio spots [click here to hear the radio PSA], billboards and print ads that highlight ways men can teach boys to support respect for women. Our goal is to highlight and promote healthy gender relationships to prevent sexual violence.



MONTANA LAW
Montana has several state statutes governing sexual assault crimes and consequences. The following briefly lists some of Montana's statutes related to sexual violence. For more information about these and other statutes, please visit http://data.opi.mt.gov/bills/MCA
Montana State Statutes

45-5-501 Sexual Intercourse without Consent Definition
45-5-502 Sexual Assault
45-2-101(66) Sexual Contact
45-2-101(67) (a) Sexual Intercourse
45-5-503 Sexual Intercourse without Consent
45-5-511 Provisions Generally Applicable to Sexual Crimes

45-5-624 (10) Unlawful Consumption of an Intoxicating Substance
45-5-507 Incest

MONTANA'S STATEWIDE PREVENTION PLAN
On a statewide level, Montana has been working with other state entities to create comprehensive plan to end sexual violence. That document, created in partnership with the Montana Coalition Against Domestic and Sexual Violence can be accessed by clicking here {insert link to "Montana Intimate Partner and Sexual Violence Primary Prevention Plan}. The plan outlines a program of action both on the state and local levels to create a Montana culture that no longer tolerates intimate partner and sexual violence. While this document is a work in progress, it is also the best "road map" we have for ending violence.

MONTANA SEXUAL ASSAULT DATA
Montana has several ways it tracks sexual assault, dating violence, and rape data. Below are links to the various state agencies that compile data on sexual violence.

Youth Risk Behavior Surveillance System (YRBS)
YRBS is sponsored by the Centers for Disease Control and is administered in Montana by the Office of Public Instruction (OPI). All public schools in Montana with students in grades 9 through 12 are eligible to be selected for inclusion in the YRBS sample. Fifty schools are randomly selected and then schools elect to participate. While the survey does not focus solely on sexual violence, it does include key questions that shed light on Montana teen behavior with regard to gender violence. On the 2009 survey,

- 9.2% of Montana teens said that they had "been physically forced to have sexual intercourse when they didn't want to."

- 9.6% of Montana teens said that they were "hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the past 12 months."

For more information about the YRBS survey and its findings, please visit www.opi.mt.gov/YRBS or www.cdc.gov/HealthyYouth/yrbs

Behavioral Risk Factor Surveillance System (BRFSS)
The Montana Department of Public Health and Human Services (DPHHS) receives funds in a cooperative agreement with the Centers for Disease Control and Prevention (CDC) to operate the state-based Behavioral Risk Factor Surveillance System (BRFSS). Conducted annually, the BRFSS is a phone survey of Montanans 18 years old and older. The 2007 BRFSS Report states that "34,495 Montana adults reported being a victim of sex against their will or without consent," and that Montana "females (11%) were almost four times more likely to be victims of attempted rape than males (3%) in their lifetime." For more information about the BRFSS survey and its finding, please visit www.brfss.mt.gov.

Montana Board of Crime Control (MBCC)
MBCC annually tracks all crimes reported to Montana law enforcement. The July 2009 *Crime in Montana 2007-2008 Report* states that, "the volume and rate of rape offenses reported by non-

Tribal jurisdictions in Montana remained relatively unchanged from 2007 to 2008. The rape rate peaked in 2005, steadily decreased, and is now returned to 2004 levels. The rape rate is up 50.2% over a thirty year period. Out of the seven index crimes (homicide, rape, robbery, aggravated assault, burglary, larceny and motor vehicle theft), rape is the only offense category that has shown a marked increase over the last thirty years."

Year	Number of Offenses	Crime Rate per 100,000
1979	183	23.7
1999	293	37.1
2004	324	35.5
2007	335	36.0
2008	337	35.6

For more information about sexual assault crimes reported to Montana law enforcement and the MBCC, please visit www.mbcc.mt.gov/crimerport.

Montana Prevention Needs Assessment (MPNA)

The MPNA is produced through Montana's Addictive and Mental Disorders Division (AMDD) in collaboration with the Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Substance Abuse Prevention (CSAP). The MPNA tracks information on needs and resources found in Montana with regard to risk factors for substance abuse and other dangerous behaviors. While the MPNA doesn't directly address sexual assault issues, it does catalog data on risk factors regarding perpetration of sexual assault. For example, a risk factor for perpetration of sexual violence is alcohol use (see http://www.cdc.gov/ViolencePrevention/sexualviolence/riskprotectivefactors.htm). By working on lowering the incidence of alcohol use in high-risk age groups (12-24 year olds) we may be able to lower the incidences of sexual assault in Montana. For more information on the MPNA, please visit http://www.prevention.mt.gov/pna/default.asp

Clery Act Crime Data from Post-Secondary Institutions

All post-secondary institutions that receive federal funding are required by the Clery Act to report annual crime statistics. Montana has over 30 post-secondary institutions (including two and four year colleges and universities as well as several technical and cosmetology schools) most of which receive some form of federal funding. While states don't have a specific agency that collects and collates this data, the U.S. Department of Education (DOE) does. The DOE has created "The Campus Security Data Analysis Cutting Tool." With this instrument, researchers simply click on "Get data for one institution" and then type in the name of the institution they are investigating. This instrument can be found at http://ope.ed.gov/security.

Other useful websites for information on sexual violence at post-secondary institutions include

- The Department of Justice Office of Violence Against Women at www.ovw.usdoj.gov
- U.S. Department of Education, Office of Post Secondary Education, Campus Security at www.ed.gov/admins/lead/safety/campus
- Higher Education Center for Alcohol and Other Drug Abuse and Violence Prevention at www.higheredcenter.org/
- Security on Campus Inc. at www.securityoncampus.org

HELPING VICTIMS

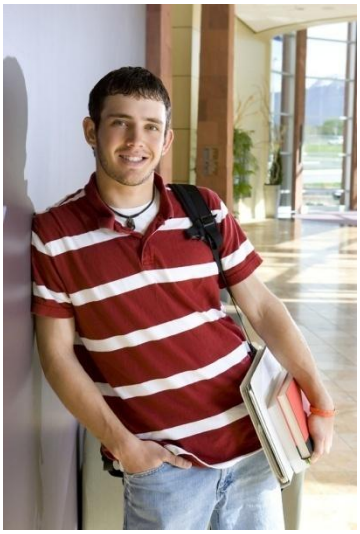
There are many programs around the state that assist sexual assault victims. To find victim services in your area, please contact the Montana Coalition against Domestic and Sexual Violence at (406) 4430-7794 or 1 (888) 404-7794 or www.mcadsv.com.

HOW YOU CAN HELP END SEXUAL VIOLENCE

Sexual violence has often been seen as a "women's issue." However, it affects everyone in a community and is actually an issue beyond gender and even beyond sexuality. It is a community issue based on the health and safety of all its members. With this in mind, preventing sexual violence is an issue in which we all can play a role. Women can continue to work to support equality and teach about healthy relationships, and men can continue to influence their peers and younger males in understanding that respect for women is crucial for healthy relationships.

There are several national resources to help both men and women put an end to sexual violence**:**

- "Working with Men and Boys to Prevent Gender Based Violence" created by the Family Violence Prevention Fund at www.endabuse.org
- "Coaching Boys into Men" created by the Family Violence Prevention Fund at www.endabuse.org
- "Coaches Corner" created by the Family Violence Prevention Fund at www.endabuse.org
- "Building Healthy Teen Relationships" created by the Family Violence Prevention Fund at www.endabuse.org
- "Preventing Violence Against Women: Program Activity Guide" created by the National Center for Injury Prevention and Control at www.cdc.gov/ncipc
- "Building Healthy Relationships: Engaging Men in Prevention Strategies to End Sexual Assault and Intimate partner violence" created by the Connecticut Department of Health at www.ct.gov/dph
- "Strategies for Preventing Men's Violence Against Women: What Works?" created by Alan Berkowitz at www.alanberkowitz.com

Other helpful websites include:

- www.fatherhood.gov
- www.jacksonkatz.com
- www.mencanstoprape.org
- www.menstopingviolence.org
- www.whiteribbon.com