

Social Influence:

Leadership:

- Leadership is a process of social influence, which maximizes the efforts of others, towards the achievement of a goal.
 - o If we're trying to achieve healthy masculinity on campus what steps are we going to take to get there:

Numbers: What is the challenge:

- 1 in 4 (Think about 4 women on campus that you know)
 - o Statistically across the country(esp on college campuses) will experience an attempted or actual rape ~6k women on Ohio State's campus
 - *SA and Rape somewhat interchangeably
- 1 in 14 men will experience an attempted or actual rape (~1.5K)
- 90% of those who experience sexual assault will never report it (~21k)
 - o More than half will never tell another person about it

*Question: What are these numbers like for gender nonconforming individuals?

**Answer: The research is poor for these individuals, but likely higher than rates for both men and women individually.

Terry Crews Video:

- Even though women are more likely to be survivors and victims of sexual violence, it happens to men too.
- Terry Crews is an example why people don't come forward
- Crews' first thought was to break the man that groped him
 - o This is where race and sexual misconduct intersect
 - o Crews' race prevented him from retaliating in that situation, so the agent held all the power
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90% of men do not commit sexual violence

- o There's a lot of pointing fingers; and sometimes as men we say that, "I don't do it so we're good". Even though a small percentage of men commit sexual violence. As men we need to have conversations with other men.
 - Stopping sexual violence is not just rape and sexual assault (This is just the tip of the pyramid). The behaviors below are parts of Manipulation and Intimidation (coercion, groping, threatening, drugging, stealthing, physical force...etc.) are more common to see and just as important to be aware of and stop.
 - EX. If women really want to listen to good music they may have to make a decision between going to a particular club and risk of groping.
 - Below that are Humiliating and Offensive (Stalking/Following, catcalling, revenge porn, flashing) These are not illegal – and some have increased in prevalence over the pandemic.

- When men cat call they know how far its going to go, but when women experience a catcall – they don't know how far it's going to go. If you're a women the thoughts/possibilities are far scarier.
- The behaviors that normalize the other behaviors above. [Normalization]
 - Rape jokes, victim blaming, boys will be boys, Sexist attitudes
 - Spongebob squarepants "drop the soap"
 - Victim blaming "why are they dressed like that"
 - Boys will be Boys "boys given a pass just because of their gender"
 - Saying things like "don't tag me in that gay shit" normalizes more harmful behaviors.
 - All of us have participated in these behaviors. It is important to acknowledge that we're participated and done harm to others – and try to do better. Constant improvement.
 - We don't use terms like "perpetrators and offenders" because we've all don't things at the bottom of the pyramid – these are problematic actions – and things we need to get better at.

Rape Culture: A society or environment whose prevailing social attitudes have the effect of normalizing or trivializing sexual assault.

As leaders its important to focus on behaviors at the bottom: Because when you don't allow these behaviors (rape jokes, victim blaming, boys will be boys, sexist attitudes), you also don't allow the other attitudes:

Ruth George: In November of 2019 – she was being catcalled, ignored the guy that has catcalling her – the guy ended up following her to the parking garage sexually assaulted her

Q: When in the hierarchy do we use the term "offender" or "perpetrator"

A: Using terms like that "others" the groups that commit these actions. When to use these terms are an individual choice – but being mindful about what these words actually mean.

Q: What is the difference between sexual assault, sexual harassment, sexual violence?

A: Sexual Violence is the whole pyramid, sexual assault generally has to do with penetration, sexual harassment encompasses levels below sexual assault

Video: https://www.youtube.com/watch?v=jVI1Xutc_Ws

Be a Man: Joe Erhmann:

Redefining masculinity

Three Myths of Masculinity:

- Ball Field:** athletic ability, size, strength, skill set
- Bedroom:** sexual conquest
- Billfold:** economic success

Two Criteria for a new definition of Masculinity:

Two Criteria:

1. Relationships:

to love and be loved

2. Cause:

make the world a better place

A team is a set of relationships for a cause:

- Common Purpose
- Performance Goals and Objectives
- Mutually Accountable work ethic
- Trust, Respect, Integrity, Dignity of all Team Members



Bystander Intervention:

How to Intervene:

- Keep yourself safe
- Approach everyone as a friend
- Don't be antagonistic
- Avoid using violence
- Be honest and direct whenever possible
- Recruit help if necessary
- Tell others about your plans so they'll have YOUR back
- If things get out of hand or you aren't in a position to intervene for safety reasons, find someone who can

Understand your privilege – if you're with people that are black and brown calling the police isn't always the best options. Figuring out ways to interrupt/disrupt the situation is critical.

Not intervening has got to be an option. Sometimes you aren't in a position to do something.

How to support survivors:

1. BELIEVE THEM
 - a. Many people don't ever tell because they fear they will be called liars
 - i. It is your responsibility to know the resources on this campus
 1. What happens if you talk to a Title IX coordinator
 2. What happens when you talk to a therapist
 3. What happens if you talk to an advocate on campus
 - a. If you talk to a professor (they are mandatory reporters) but if you talk to the advocate they are not obligated to report
2. Tell them THEY ARE NOT TO BLAME
 - a. Jeff says two things anytime he meets with someone who was a survivor:
 - i. Tell them you believe them
 - ii. Tell them they are not to blame
 - b. No matter ***what they were doing before the assault, they didn't cause it to happen***
3. They are in charge!
 - a. Give them back their power by offering choices and then supporting their decisions
4. Call 614.267.7020
 - a. Give them the helpline number for support
 - b. You can call to learn more about how to support a survivor
5. Don't tell others about their sexual assault
 - a. Let them share with friends when they choose

Helpful Resources:

SARNO: sarnco@ohiohealth.com

Podcast – Remaking Manhood (<http://remakingmanhood.com/>)

OHMAN: Ohio Men’s Action Network (<https://ohman-ohio.org/>)

Men Can Stop Rape (<https://mcsr.org/>)

Contact Information: Jeff Puster, Campus Prevention Coordinator
(Jeffrey.Puster@Ohiohealth.com)

Statewide Helpline: 1-844-OHIO-HELP ([844.644.6435](tel:844.644.6435))

Q: How can we be prepared when for bystander intervention when we travel to competitions around the country?

A: Review the resources provided by the competitions; be familiar with statewide help hotlines etc.

Ask for Cards from Jeff:

Healthy vs. Unhealthy relationships (Toxic relationships)

Q: How do you go about talking to survivors that it wasn’t their fault

A: Start by breaking down the myths. We think that its some creepy guy jumping out of the bushes – but in reality 85% of survivors know the people that sexually assaulted them. It’s the thought of “why did I let my guard down” that’s even more insidious. It’s not as extreme as it’s often portrayed – oftentimes in real life its slight physical force, slight verbal manipulations – you might start to think “was it really assault.”. The person took advantage of your situation and trust.