

Raise the Bar: Outreach & Bystander Training

Kelli Raker Rape Prevention Education Coordinator UNC-Chapel Hill

http://campushealth.unc.edu/raisethebar



Learning Outcomes

- * Describe the components, goals, and rationale for the Raise the Bar initiative
- Identify an implementation timeline for Raise the Bar
- Plan volunteer trainings, outreach, and bar staff trainings
- Communicate the role of bar staff as active bystanders in preventing drug facilitated sexual assault
- Interpret lessons learned at UNC-CH



What is Raise the Bar?

Raise the Bar is a collaboration between UNC-CH Student Wellness, OCRCC, and trained community volunteers providing outreach and offering bystander intervention training to bar staff in the Chapel Hill community to give them to tools to prevent drug facilitated sexual assault.

What is Raise the Bar?

OUTREACH

- Introduce DFSA information
- Advertise Bar Staff Training
- Post Flyers (Crisis Response and Prevention messages)

BAR STAFF TRAINING

- In-depth DFSA info
- * Alcohol & Consent
- * Bystander Skills
- * Scenarios



Why Raise the Bar?

- * Prevalence of Drug Facilitated Sexual Assault:
 - * CSA Study from 2005 (https://www.ncjrs.gov/pdffiles1/nij/grants/221153.pdf)
 - * "the majority of sexual assaults occur when women are incapacitated due to their use of substances, primarily alcohol"
 - * Other Drugs in DFSA are "extremely rare"
- Bystander Intervention Training (One Act) since 2010
- * Bar Staff invested in a safe environment
- Small college town



Why Raise the Bar?

- * 35 bars within 1 mile of campus, not including restaurants that have liquor licenses
- * 4 microbreweries within 3 miles of campus
- * http://www.downtownchapelhill.com/bars/
- * http://www.thestagger.com/CH%20Drink%20Special s.htm
- * Just under 60,000 residents



Why R



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EXPLORE DTH TOPICS BLOGS SPORTS DIVERSIONS

Sexual assault reported at West End V

By From staff and wire reports | The Daily Tar Heel Updated: 02/05/13 12:23am

Chapel Hill Police are investigating a reported sexual assault that took place early Sunday morning at West End Wine Bar at 450 W. Franklin St.

The victim said she was assaulted in a bathroom by a male suspect she described as tall, wearing a collared blue shirt, jeans and brown shoes. The victim was not a UNC student.

Anyone with information about the assault is encouraged to call Chapel Hill-Carrboro-UNC CrimeStoppers at 919-942-7515.

TOOLS



MORE FROM 1

The Daily Tar I ACP/CMA conv

All Up In Your I

Town Council

Apartment firm forces people

League of Wo Affordable Car Chapel Hill police investigate sexual assault report in bar

Posted: Feb 04, 2013 10:50 PM EDT Updated: Feb 26, 2013 3:05 PM EDT

By Steve Sbraccia - bio | email



CHAPEL HILL, N.C. - Police are looking into reports of a sexual assault that took place inside a Chapel Hill bar.

Investigators say a woman told them a man she'd been chatting with at the West End Wine bar followed her into the ladies room and sexually assaulted her.

The victim, who police say was not a student at UNC, was attacked about 1:30 a.m. Sunday.

The incident happened in an area of Franklin Street that's filled with restaurants, bars and other social gathering spots. The attack has some women worried because they say you don't expect to be attacked in a ladies restroom.

Published February 5, 2013 in City

"It makes me more aware and makes me take more pregautions " said Sofia Morales "Going in pairs



Individual:

- -Academic class
- -Peer educator trainings
- -Skills Trainings

Relationship:

- -Interactive pedagogy facilitates inter-trainee relationships and peer norming
- -Networking of students in academic class and in group trainings
- -Mentoring between professional and student trainers

Organizational:

- -Affecting organizational culture in *existing* campus student groups by having trainings specific to that organization/group
- -Development of a Student Group on campus
- -University resources and buy-in

Community and Society:

- -Social marketing campaign: changing norms around party culture on campus
- -Collaborative curriculum design
- -Campus/community partnerships /

Goals of Raise the Bar

- Promote an environment of safety in local bars and establishments selling alcohol
- Inform bar staff and patrons about DFSA, date rape drugs, and local statistics
- Create dialogue around alcohol impairment and sexual assault
- Create safe plans in the event someone is drugged or overly intoxicated and therefore more susceptible to sexual assault
- Promote bystander intervention from bar staff

Small Group Discussion

- * What data do you have on your community's rates of DFSA? What do you know about the climate of bars/restaurants in your community?
- * If you could change one thing about "bar culture" in your community, what would it be?
- * What other types of social opportunities do you have in your town besides bars/clubs?
- * Who are your partners or allies in this type of project?

Research & Planning Timeline

- Learned about Bar Outreach from Our Voice staff person at NCCASA Primary Prevention Conference in October 2012
- Ordered Curriculum in December 2012
- Sought funding from Student Safety and Security Committee in February 2013 for Office Supplies, Copies, Curriculum Reimbursement
- Collaborated with local rape crisis center to develop logo/flyers/t-shirts and adapt curriculum
- Advertised Raise the Bar at ALE training, through Chapel Hill Downtown Partnership email, and individual contacts
- Published web page
- Outreach Events in April & May 2013
- Piloted Bar Staff Training internally
- Bar Staff Training in May 2013



Implementation Timeline

- * Spring 2013: Pilot
- * Summer 2013: Wrote summary report
- Fall 2013: Data collection on bar culture; making adjustments to training based on lessons learned
- * Winter/Spring 2014: Contact bar owners (individual meetings where possible); Train more volunteers; Next outreach event and bar staff trainings



Implementation Lessons Learned

- * Organize dates for training of volunteers AND outreach event together, so that you only train volunteers who are able to do the outreach
- Ditto for bar staff training
- Host trainings in locations amenable to bars possibly even in a bar
- * Tailor the curriculum to the needs of your community
- * Assume best intentions



Outreach: Teaching Volunteers

What Does Outreach Involve?

- * Meet with the group to get assigned bars, map, flyers, pens, tape, and paperwork on a clipboard
- * Wear a "Raise the Bar" t-shirt for visibility
- * As a pair or trio, walking into an open bar or restaurant that serves alcohol
- * Talking to the bartender, door staff, or manager (whoever is available)
- * Document how the interaction went!



Talking to Bar Staff!

- Introduce self and Raise the Bar
- * Acknowledge DFSA happens and we want to work with them to make their bar safer.
- * Reinforce ALE rules (check IDs) and acknowledge what they already do to intervene (i.e. aggressive behavior)
- * Share helpful information about DFSA and what you can do as bartenders.
- Leave an informational sheet with the person they speak with ask them to share it where all bar staff can read it
- * Ask if they have a plan for when you see someone who is over-intoxicated or someone who is disruptive or bothering other patrons
- * Ask if they are interested in bystander intervention training, what days/times work best for them, contact information for manager
- Leave half sheet about Raise the Bar if they are interested
- Ask if we can post flyers in restroom stalls (for privacy)
- Thank them for their time



Talking to Bar Staff!

Establishment:		THE BAR CHAPEL HIM
General Manager:		
Phone	Email	
Owner:		
Phone	Email	_

When would be most convenient for you/your staff to attend or host a Raise the Bar Training? (circle all that apply)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
Afternoon						
Evening						

Fliers used in April/May 2013



IF YOU SEE SOMETHING, SAY SOMETHING.
SILENCE PERPETUATES VIOLENCE.

Taking advantage of someone who's drunk isn't just creepy...

IT'S A CRIME.



Make sure to get a Clear & Enthusiastic

YES

Every time.

GIVE RESPECT.

Asking first shows you care.

GET CONSENT.

Keep everyone safe. Talk about what you want.

EVERY TIME.

Desires change all the time. ALWAYS ask.

Take a picture with your phone in case you or a friend needs support:



safe.unc.edu



24-Hour Help Line: 1-866-WE LISTEN

Documentation of Outreach

- Filled out a form after leaving the establishment
- * Volunteer Name
- Date/Time of Interaction
- * Bar/Restaurant Name
- Volunteer Actions (talked to who? Posted flyers?)
- * General Reaction from Bar (Positive? Negative?)
- * Additional Notes



Considerations

- Volunteers must by 21+!
- Incentives like food and a t-shirt help
- * Encourage self-care
- * Meet up at the end of the evening to process how it went and turn in all paperwork



Training for Outreach Volunteers

Agenda

- Objectives of Raise the Bar
- Responsibilities/expectations of Raise the Bar Outreach and Training volunteers
- Background information on drug facilitated sexual assault (DFSA)
- The local bar scene and bystander intervention
- Talking points and plans for outreach
- Outline of bystander intervention training for bar staff
- Wrap Up

Responsibilities of Bar Outreach and Training Volunteers

- Be respectful in all circumstances the goal is not to blame bar staff for DFSA, and some bar staff might be defensive in response to the outreach. Let them know Raise the Bar wants to work with them to keep the community safer.
- Remember that you are representing an organization please maintain a professional appearance and demeanor.
- Stick to the information provided in this training.
 People have their own opinions and boundaries regarding alcohol and sex; however, Raise the Bar and Student Wellness need to have a consistent message.

You may hear disturbing stories from bar staff while doing this outreach and training.

In this case, remember to:

- Listen.
- Be supportive. Remind them it was not their fault and they did what they thought best in the situation.
- Tell them the agency and volunteers are trying to create a safer community, and that any ideas they have learned from their experience are great things to share with other bar staff.

You may also hear disclosures of assaults from patrons. In this case remember to:

- Listen. No need to ask questions.
- Be supportive. Believe them and remind the survivor that the assault was not their fault.
- Tell them about local resources for support and reporting-we will have OCRCC information to give them

Overview of Drug Facilitated Sexual Assault (DFSA)

The Rape Abuse & Incest National Network defines DFSA as:

"when drugs or alcohol are used to compromise an individual's ability to consent to sexual activity. In addition, drugs and alcohol are often used in order to minimize the resistance and memory of the victim of sexual assault."

Sexual Assault Statutes in NC

First Degree Rape [NCGS 14-27.2(2), Class B1 felony] (SOR)9

 Vaginal intercourse by force and without consent, and proof of at least one of the following: (a) use or display of a dangerous or deadly weapon or an article which the other person reasonably believes to be a dangerous or deadly weapon, (b) infliction of serious personal injury on the victim or another; or (c) commission of the rape aided and abetted by others.

Second Degree Rape [NCGS 14-27.3(a), Class C felony] (SOR)10

Vaginal intercourse by force and without consent [note: no injury required].

All other sex acts are considered various "Sexual Offenses" by North Carolina law.

Sex acts are defined as "cunnilingus, fellatio, analingus, or analintercourse," as well as "penetration, however slight, by any object into the genital or anal opening of another person's body."

Alcohol

- Change in mood or demeanor (varies from person to person – could be euphoric, excitable, sleepy, lethargic, etc.)
- Impaired vision
- Impaired judgment and decision making ability
- Impaired memory (dependent on quantity consumed)

Alcohol is the most common substance used in sexual assaults. Anywhere from 30-79% of sexual assault cases involve alcohol use.

Rohypnol – also called 'roofies'

- Rohypnol is the brand name for a sleeping pill not approved by the FDA for use in the US.
- Dispensed as a pill that quickly dissolves in liquid. Can impact the color or clarity of a drink, but it is hard to detect changes in poorly lit environments. There is also a version that is colorless.
- Effects appear within 30 minutes after intake and last approximately four to six hours.
- Effects include decreased blood pressure, sleepiness, muscle relaxation, loss of consciousness, difficulty talking, amnesia and nausea.
- Sedative and toxic effects are aggravated by alcohol.

Gamma-hydroxybutyrate – also called GHB, GBL, or Liquid X

- Used as a general anesthetic and to treat insomnia and clinical depression, among other conditions.
- Dispensed as a pill, white powder, and liquid
- Can have a somewhat salty taste, but this can be covered up by a sweet drink
- Effects appear within 15 minutes, and last approximately two to four hours.
- Effects include drowsiness, dizziness, decreased heart rate, nausea, loss of consciousness, amnesia, seizures
- GHB does not always cause unconsciousness or amnesia, and in some cases of DFSA with GHB the assault may be remembered

Ketamine - also called 'Special K'

- Used as an anesthetic in human and veterinary medicine.
- Dispensed as a liquid or a white powder.
- Effects appear within 15 minutes, and last approximately four to six hours.
- Effects include hallucinations, loss of sense of time, agitation, violent behavior, loss of consciousness and coordination.

Other Drugs

- Ambien prescription medication used for treating insomnia. It works quickly, within about 15 minutes and will be out of the bloodstream within a few hours.
- Ecstasy A stimulant that lasts four to six hours and can be found in pill or liquid form. It creates feelings of euphoria, emotional closeness to others, and altered social perceptions. Ecstasy can also cause anxiety, cognitive impairment, memory loss, and heat exhaustion.

DFSA Myths

- A person has to be drugged to be a victim of DFSA.
- The most common drug used in DFSA is Rohypnol.
- If a woman is sexually assaulted after she gets really drunk, it is partly her fault because she was asking for it.
- Only teenage girls are victims of DFSA.
- Drug facilitated sexual assaults are very uncommon.

Local Bar Scene

- What happens when you see someone who is drunk? Have you ever intervened or witnessed others intervening? Do you think people should intervene?
- Why don't people intervene in bar settings? What are the risks of intervening?
- Why would someone intervene? What are some benefits of intervening?
- What are different ways someone could intervene?

Local Bar Scene

- Why don't people intervene in bar settings? What are the risks of intervening?
 - It's not cool
 - Not my problem/responsibility/job
 - Want to mind my own business
 - Don't know what to do or say
 - Don't feel safe
 - Don't want to make things worse
 - -Don't want to negatively affect my job
 - -Don't want negative attention from the community on my place of work
 - -The person behaving inappropriately is a regular patron/friend of the bar staff

Local Bar Scene

- Why would someone intervene? What are some benefits of intervening?
 - The person involved is someone I care about
 - Want to be helpful
 - Know that something wrong is happening
 - It's how I would want to be treated
 - Feel confident I can speak up
 - -Want people/the community to feel safe coming to our bar
 - -Want to set an example for the rest of the bar scene in the community
 - I know the rest of the staff/my boss would back me up

Bar Outreach

- Talking Points
- Some bars might be resistant, and if that is the case, to thank the staff for their time and ask if it would be OK to leave behind some information for their manager or owner.
- If they say yes, leave behind half sheet of information and the DFSA Info Sheet for bar staff.
- Posters hang in restrooms.
- Report Forms

Bar Outreach

Things to remember:

- Safety first
- Be respectful- you are representing UNC-CH!
- Stick to talking points
- Record your interactions
- Hang posters yourself if at all possible
- Leave hard copy of DFSA Info Sheet and half sheet at each bar
- Thank people for their time

Outreach: Successes & Lessons Learned

Successes

- * Reached 9 places in April 2012 and 3 more in May 2012
- No one was outright rude or disrespectful, though some folks were obviously less or more interested
- Many staff willing to share manager's numbers and names with us



Lessons Learned

- * Trained more volunteers than were able to attend on the nights we chose for outreach – in the future, plan all dates at the beginning
- Didn't reach as many locations as we wanted
- * Some staff were not accessible for outreach because of noise, business with patrons, or hours of operation



Small Group Discussion

- * Who are your allies or collaborators in this type of project? Who would be against it?
- * What concerns do you have about implementing this type of initiative?
- * Are there locations in our community other than bars where you would want to do this type of outreach?
- * What remaining questions do you have about Outreach?



Bar Staff Training: Teaching Volunteers

Training Volunteers to Lead Bar Staff Training

- Must participate in Outreach Training as pre-requisite
- Facilitator training is approximately 2 hours.
- * Readings Assigned in Advance on various topics:
 - * DFSA
 - proposed theories for the relationship between alcohol and sexual violence perpetration
 - critical analysis of what other programs are out there are doing to prevent DFSA
- * The language portion of this training outline provides talking points for the program manager.
- Discuss their own experiences and perspectives on bar scenes, alcohol, and consent



Content of Meeting

- Discussion of readings
 - * How will you avoid or challenge victim-blaming solutions to DFSA as a facilitator of Raise the Bar training?
 - What is your personal view on alcohol and consent?
- Points on Language
 - Avoids using the term "creeper". Use "aggressor"
 - * Avoid focusing on "kicking the creepers out" in Raise the Bar due to profiling
 - * Focus on problematic behaviors
- Bar Scene Discussion Questions
- Discussion of Facilitation experience and style
- Assign Sections of Curriculum & Facilitation Practice
- * Feedback



Bar Staff Training: Logistics

Logistics

- * Spring 2013: Training Held in on-campus location, advertised widely (same listservs as before), asked for RSVP, provided food.
- * Future Goals: Hold in a bar itself with staff from one or more location



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NEWS EXPLORE DTH TOPICS BLOGS SPORTS DIVERSIONS MULTIMEDIA OPINION INTERACT ABOUT

Training program teaches bar employees sexual assault prevention strategies

By Anna Long | The Daily Tar Heel Updated: 06/13/13 7:30am

As UNC grapples with how best to prevent sexual assault on campus, local bar employees met Tuesday to discuss their role in keeping patrons safe.

The training and outreach program, called "Raise the Bar," promotes awareness of sexual assault in bars and provides bar staff with a plan of action to prevent it, said Arianna Timko, an organizer of the program.

UNC Student Wellness, which hosted the program, collaborated with community volunteers to offer training to teach bar staff in the Chapel Hill area how to prevent drug- and alcohol-facilitated sexual assault.

"We want bars to raise awareness for their staff," Timko said.

"Bar staff know what (sexual assault) is, they just don't necessarily call it 'drug-facilitated sexual assault.' They see the situations, but we want them to think about what happens three hours later."

The training focused on helping bar staff recognize the danger of sexual violence between





Brennan Cumalander / DTH

UNC Student Wellness Instructor Annie Peacock

Media Coverage



Bar Staff Training: Content

Overview

- Introduction of People, Program, and Purpose (15 minutes)
- DFSA Basics and Legal Information (20 minutes)
- Ethics Alcohol and Consent (20 minutes)
- Bystander Intervention and Scenarios (20 minutes)
- Wrap Up and Evaluation (10 minutes)

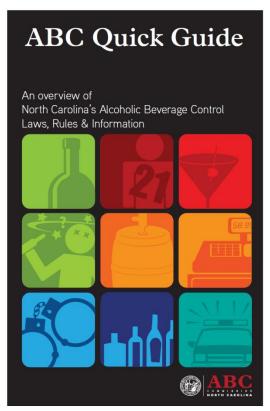


Goals for Bar Staff Training

- To promote an environment of safety in local bars and establishments selling alcohol
- To promote bystander intervention within the local bar staff
- * To provide a space for bar staff to talk about what they see happening in their bars and to brainstorm solutions



DFSA Basics & Legal Information



- * Ask bar staff what they know about DFSA
- Legal statutes around incapacitation and sexual violence
- * What are signs of incapacitation?
- * Legal responsibilities of bar staff around serving alcohol – what do they do already?



Ethics Alcohol and Consent

- Brainstorm differences between rape and sex
- Definition of consent
- * How do you know when patrons are uncomfortable, unable to freely give consent, or not interested in sexual attention?



Bystander Interventions

- Definition of a bystander
- Definition of bystander intervention
- Small group work on scenarios
- * Brainstorm strategies for intervention as a large group: Checking In with Potential Victim, OR Keeping Patron's Behavior In Check
- * Benefits of Intervention



Scenarios

Your establishment has a regular female patron who comes in every week and orders five or six drinks. Each time she comes in, she leaves stumbling and tripping over herself. One evening, you notice two men approach her as she is walking towards the door and they try and take her arms.

Two men are drinking at the bar. One of them gets up to go to the bathroom, and you see his companion drop something into his unattended drink.

A female patron is heavily intoxicated. She begins to make loud comments to male staff and other patrons, and starts grabbing at male patrons' and servers' belt buckles.

Bar Staff Training - Handouts

- University and community resources for sexual assault prevention and response
- Fact sheet on DFSA
- * Information on how to host a Raise the Bar training for all staff members at their establishment



Process Evaluation

		Ctro	ngly									Strongly
			0,									Strongly
		DISZ	gree									Agree
1.	The training increased my understanding of	1	2	3	4	5	6	7	8	9	10	
	drug-facilitated sexual assault.											
	Overall, the training will help me become	1	2	3	4	5	6	7	8	9	10	
	more effective in preventing violence before											
2.	it occurs.											
	Overall, the training will help me become	1	2	3	4	5	6	7	8	9	10	
3.	more effective in keeping my bar and my	·	_	,	'	,		′	•	,		
	patrons safe.											
	I am more confident in my skills to intervene	1	2	3	4	5	6	7	8	9	10	
	and prevent drug facilitated sexual assault											
4.	than I was prior to the training.											
	I would recommend Raise the Bar training to	1	2	3	4	5	6	7	8	9	10	
5.	my colleagues.											
٠,	,											



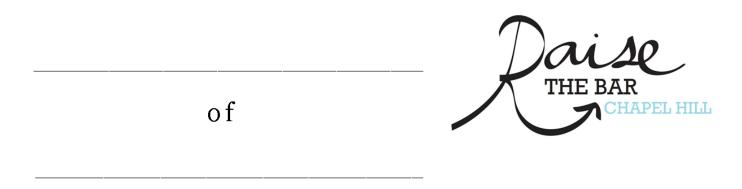
Process Evaluation

The Raise the Bar training was designed to build skills in preventing drug-facilitated sexual assault. To what extent did the training improve your ability to:

entente did dire di diriming improve your domey tot												
		No ¹	t at									Very Much
6.	Identify warning signs of drug-facilitated sexual assault	1	2	3	4	5	6	7	8	9	10	
7.	Discuss alcohol impairment and sexual assault	1	2	3	4	5	6	7	8	9	10	
8.	Create a plan to intervene in the event someone is drugged	1	2	3	4	5	6	7	8	9	10	
9.	Identify resources to help in the event someone is drugged or overly intoxicated and therefore more susceptible to sexual assault	1	2	3	4	5	6	7	8	9	10	
10.	Identify resources to intervene with someone who may take advantage of another bar patron	1	2	3	4	5	6	7	8	9	10	



Certificate of Participation



Participated in **Raise the Bar training** on the prevention of drug-facilitated sexual assault.

Raise the Bar is an		
initiative of		
UNC Chapel Hill	Training Facilitator	Date
Student Wellness	_	

Bar Staff Training: Successes & Lessons Learned

Where we're going...

- Consumer Survey developed by OCRCC in Fall 2013
- * "Bar Safe" meeting at The Crunkleton (long-time partner with OCRCC)
- New flyers for outreach developed by OCRCC
- Adjust bar staff training curriculum
- Train new pool of volunteers for outreach and bar staff training (Alternative Fall Break volunteers)
- Increase media coverage of outreach



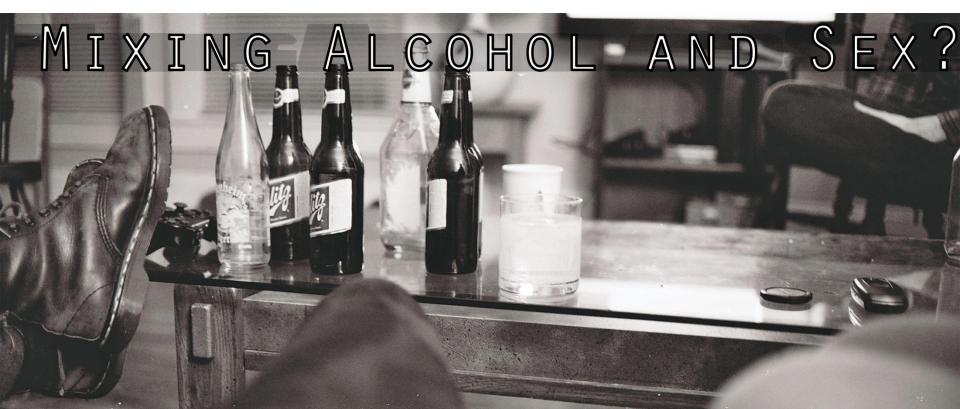
Please join us for food, drink, and a panel discussion with representatives from NC ABC Commission, Orange County Rape Crisis Center, and Chapel Hill Police Department. OCTOBER 29 12:00 - 2:00PM

THE CRUNKLETON

RSVP by October 25, 2013 info@thecrunkleton.com

- * 5 Bars, Rape Crisis Center, Chapel Hill Police
 Department, UNC, and NC
 ABC Commission Attended
- Bar Staff already use strategies to intervene, but not aware of all perpetrator tactics

Owners invested!



MAKE SURE YOU HAVE THE MAIN INGREDIENT: CLEAR AND ENTHUSIASTIC CONSENT.

CONSENT IS CLEAR. CONSENT IS ACTIVE.

RAISE THE BAR.







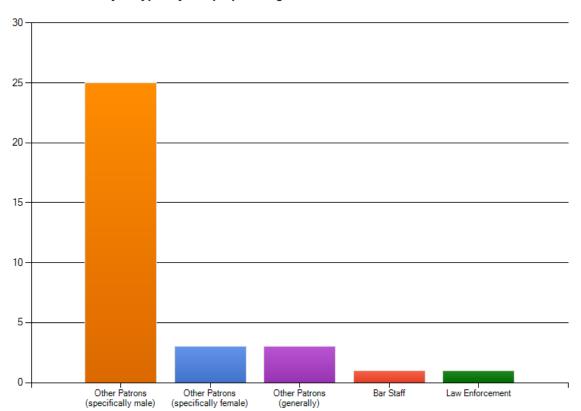
Consumer Survey – Questions

- * How often do you feel uncomfortable with the sexual attention you receive in a bar?
- * What type of sexual harassment have you experienced or witnessed in a local bar?
- * How much does this type of harassment upset you when you experience or witness it?
- * Check the physical spaces in which you've felt unsafe
- * Who do you typically see intervene when harassment or assault happens in bars?
- Whom do you turn to for help when you feel unsafe in a bar?



(n=26 completed)

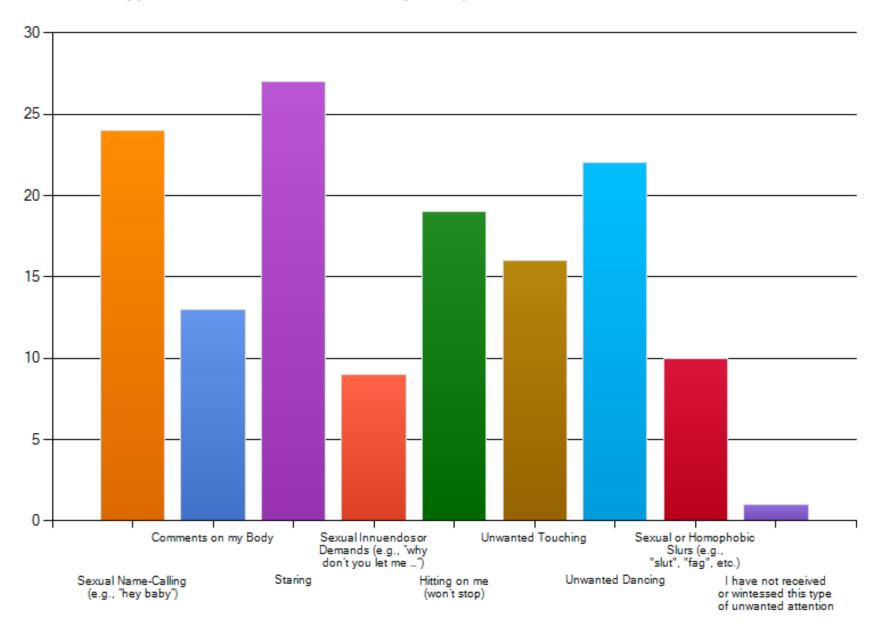
Who do you typically see perpetrating sexual harassment or assault in bars?



* 50% of respondents sometimes or frequently feel uncomfortable with the sexual attention they receive in a bar

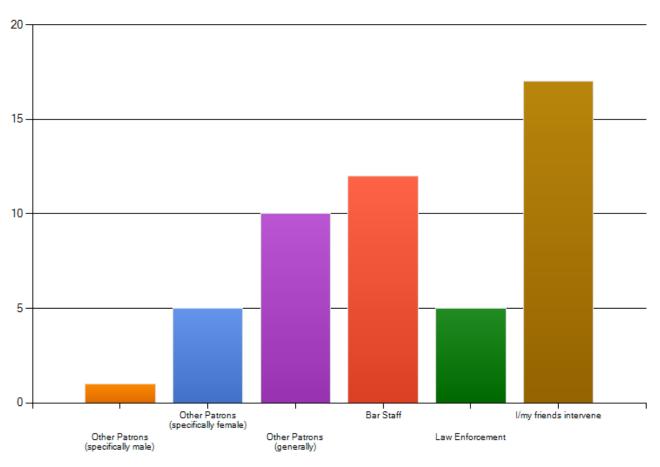


What type of sexual harassment have you experienced or witnessed in a local bar?



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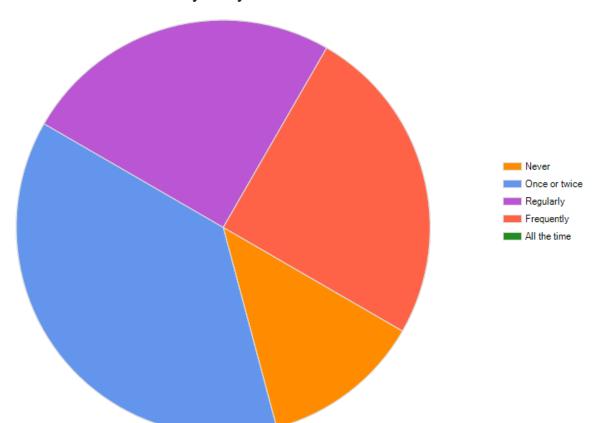
Who do you typically see intervene when harassment or assault happens in bars? Select all options that apply.





(n=26 completed)

Have you ever witnessed someone being served more drinks when they were already clearly intoxicated?





(n=26 completed)

- * Are there particular bars that feel safer to you?
 - * 96% Yes
- * What makes them feel safer:
 - * Atmosphere, lighting, open spaces, not too dark
 - Staff is engaging and welcoming
- * Are there particular bars that feel less safe to you?
 - * 92% Yes
- What makes them feel less safe:
 - * Poor lighting, dark corners, crowded
 - * Staff who hit on patrons, who encourage taking advantage of drunk women



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