



What is Sexual Assault Awareness Month?



April is
**Sexual Assault
Awareness Month**

HISTORY OF SAAM

Sexual Assault Awareness Month, otherwise known as **SAAM**, is a month-long campaign held every April by the National Sexual Violence Resource Center to encourage awareness and prevention of sexual violence. This year marks the 23rd anniversary of SAAM, but the prevention of sexual violence can be traced back to women of color in the 1940s during the Civil Rights Movement and even before then.

SEXUAL VIOLENCE ON TULANE'S CAMPUS AND BEYOND

The 2022 Sexual Misconduct Climate Survey revealed that 29% of survey respondents had experienced unwanted sexual contact since coming to Tulane, and 83% of respondents reported feeling that sexual violence is a problem on Tulane's campus. Our community needs more people who are willing to support survivors and prevent sexual violence.

According to RAINN (Rape, Abuse and Incest National Network), another American is sexually assaulted every 68 seconds, but most perpetrators will not be convicted. Survivors, especially those belonging to minority groups,

often do not have access to the medical, mental health, and judicial resources that they need to heal from sexual violence. This needs to change.

SAAM 2024

While each campaign has a different theme, they all share the same goal: to raise visibility about sexual assault and to share how it can be prevented through education about healthy sexuality, consent, or bystander intervention. This year's theme is *Building Connected Communities*. A community, such as a neighborhood, a place of worship, a school, a workplace, or any common bond that links a group of people, is important for bringing us together and allowing us to protect each other. Discussing topics like sexual violence within communities can make it easier and safer for survivors to come forward.

Education about consent within communities can help to prevent sexual violence as it allows for the conversation around sexual encounters to be more open and communicative, and can also change the attitude and language surrounding the topic. Normalizing verbal consent and the denormalization of rape culture can have a huge positive impact on survivors' experiences. Connected communities also offer more resources for survivors, such as rape crisis centers and on-call advocates. Education for public service providers such as the police, first responders, and hospital staff about consent, sexual violence, and trauma-informed care, can prevent the retraumatization of survivors.

Look Out for Others with Bystander Intervention

Bystander intervention is a powerful tool to prevent power-based personal violence, which is where the primary motivation is power, control, or intimidation. As a bystander, you have to assess the situation and decide on the intervention that you are most comfortable with. A helpful mnemonic to remember bystander intervention strategies is the **4 D's: Direct, Delegate, Distract, and Delay**.

Direct: directly intervening in a situation through asking the aggressor to stop, checking in on victim

Delegate: involving another party when you feel uncomfortable OR that someone else can better handle the situation

Distract: redirect the attention of the individuals involved to interfere with a violent scenario

Delay: check in after the event, asking the victim how you can support them and emphasizing that they are not alone

Remember that any form of intervention is valuable! We need to look out for each other to work towards preventing power-based personal violence on campus. You can learn more about bystander intervention by requesting a TUPHE One Wave workshop for your campus group, organization, or class.

ONE WAVE WORKSHOP

Scan the QR code to request a bystander intervention workshop from the Tulane University Peer Health Educators (TUPHES).



TUPHE FEATURE

Stress Management Techniques for Finals



Finals are coming up, which is a particularly high-stress time for students across majors, and often self-care is the first thing to go. Here are a few finals-specific stress management techniques that can help you get through this finals season:

- 1. Prioritize Self-Care:** This may seem obvious, but ensuring you practice basic self-care such as showering, brushing your teeth, and keeping your space clean can greatly improve your mood and help you feel ready to study.
- 2. Prioritize Sleep:** While it may be tempting to sacrifice sleep to get in more study hours, it has been proven that reducing sleep time is correlated with lower test scores (and feeling tired!).
- 3. Find an Accountability Buddy:** It can be hard to stay motivated, especially when you have many projects and tests around the same time. Finding someone who can ensure you stay on track is a great method to make sure you are where you need to be.
- 4. Take Breaks to Do Things You Enjoy:** It may seem like all you should be doing during finals period is studying or working, but it is important to make sure you take breaks to do things you love. Moving your body is a particularly effective way to take a break while refreshing your brain!