The Men's Program

TARGET AUDIENCE

This program is for male adults.

SUMMARY

The Men's Program is designed to discuss rape and rape situations, develop empathy in participants for assault and rape survivors, teach participants how to assist rape victims, and encourage participants to reflect on and, possibly, change their behaviors.

EVIDENCE

Two randomized controlled trials of The Men's Program found that participants displayed significantly greater bystander efficacy and willingness to help in a potential rape situation and less belief in common myths about rape as compared to controls. One of these trials also found a significantly lower likelihood of raping and committing sexual assault among participants as compared to controls. One study was able to measure effects 7 months after program completion; however, this study randomized participants within fraternity groups and did not account for group effects or provide explanation for why group randomization was performed instead of participant randomization.

COMPONENTS

The Men's Program uses video, discussion, and presentation to disseminate information on rape and sexual assault. The program is typically delivered by trained male peer educators; however, it can be presented by other individuals, including women in rape crisis centers and university settings. Facilitators present a video entitled, "How to Help a Sexual Assault Survivor: What Men Can Do," which describes an assault situation in which a male police officer is raped by two men. This presentation is followed by a discussion session. Participants examine methods to help a survivor recover from a rape experience, and participants learn skills to amend personal behavior to prevent rape.

In addition, the presentation discusses bystander intervention strategies and considers situations that involve alcohol. Participants are taught practical approaches to intercede in situations of alcohol-related rape, and they consider ways they could use these new intervention techniques in their own lives.

PREVIOUS USE

The extent to which this program has been implemented is unclear; however, one study has been conducted among a sample of enlisted men in the U.S. Army.
The Men’s Program

**TRAINING**

This program is facilitated by trained peer educators. A manual, The Men's and Women's Programs: Ending Rape through Peer Education, is available on the program website for $46.95 and includes a guide for building and implementing the program. In addition, the Men's Program guide contains training materials for the peer educators. Please contact Dr. Foubert using information in Contact below for details on training.

**CONSIDERATIONS**

Considerations for implementing this program include understanding implementation and training materials will need to be purchased; recruiting and training peer educators; obtaining participant, facilitator, and university administration buy-in; finding time and space to implement sessions; realizing this program will broach difficult and sensitive information and the facilitator must be comfortable with questions regarding this material; and locating audio-visual equipment.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**

If you are interested in implementing The Men’s Program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**

This program is presented in 55 minutes. Additional time for a question and answer session varies.

**COST**

The following items are necessary for program implementation: program manual, which costs $103.95; DVD entitled, "How to Help a Sexual Assault Survivor: What Men Can Do," which costs $150; and a police rape training DVD, which is free if the other DVD is purchased or $50 if purchased alone. Please visit www.oneinfourusa.org/products.php for more information.

**EVALUATION PLAN**

To move The Men's Program to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact One in Four, Inc., by mail 10 Shirlawn Drive, Short Hills, NJ 07078 or visit www.oneinfourusa.org/contact.php

**SOURCE**

www.militaryfamilies.psu.edu

www.oneinfourusa.org/themensprogram.php