The Women's Program

TARGET AUDIENCE

This program is for females who are 17 to 25 years old.

SUMMARY

The Women's Program is a community-based sexual assault prevention program that is designed to increase college-aged women's knowledge of high-risk behaviors in men, empower women to intervene in high-risk situations, and enable women to help sexual assault survivors.

EVIDENCE

A randomized controlled trial found that participants who completed The Women's Program in the control group showed significant increases in bystander efficacy from pretest to posttest; although, the treatment group showed significantly larger increases in bystander efficacy than the control group. In reducing rape myth beliefs, however, there was a significant interaction between time (i.e., pretest vs. posttest) and group (i.e., treatment vs. control), but there was only a significant main effect for time. There was no significant difference between the control and treatment groups on rape myth beliefs. A second pretest/posttest study with no control group was conducted among college sorority members. A small number of participants responded to a 2-week follow-up, and results indicated a significant decrease in rape myth acceptance; however, there were no changes in bystander self-efficacy or in sexual assertiveness.

COMPONENTS

The Women's Program presentation discusses basic information, considers high-risk situations, and presents intervention methods. Several basic topics include the following:

- Define rape;
- Discuss mental incapacity; and
- Recognize physical helplessness.

This presentation also intends to teach women how to identify high-risk situations and high-risk behaviors of men and provides participants with information on how to help survivors of sexual assault.

During this presentation, trained peer educators present a video entitled “The Undetected Rapist.” The video shows an interview between a researcher and a man who committed rape, and the presentation continues with a discussion session. In addition, participants examine a range of intervention methods that encourage the safety of the potential victim and the intervening bystander, consider situations that involve alcohol, and brainstorm ways to apply newly learned strategies.

PREVIOUS USE

This program was created in 2006. The extent to which this program has been used is unknown.
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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 Women's Program guide contains training materials for the peer educators. Please contact Dr. Foubert using information in the Contact section for details on training.

CONSIDERATIONS

Considerations for implementing this program include recruiting peer educators, obtaining participant and university administrator buy-in, finding time and space to implement sessions, understanding topics will broach sensitive and confidential information, 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 Women's Program, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

TIME

The program is approximately 45 minutes. Additional time could be allotted for a question and answer session.

COST

The program manual costs $65.92, and “The Undetected Rapist” DVD is $20. The video can be purchased from the National Judicial Education Program at www.legalmomentum.org/store/undetected-rapist-dvd

EVALUATION PLAN

To move The Women'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

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