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Lasting Choices

Ashley and Josh

[Video of female college student, Ashley]

Ashley: My friend Crystal dragged me to a party at a house a couple of blocks from campus. I didn't really know anyone there...it was kind of loud. I was thinking about leaving.

[Video of male college student, Josh]

Josh: The party was dead at first, but then I spotted Ashley, this girl from my lit class. I went over and said "hi," and started chatting her up.

Ashley: At first, I thought Josh was cute. He asked me what I thought about the Hemingway novel that we were reading in our class. We talked for something like three hours.

[Video of Crystal, Ashley's friend, another college student.]

Crystal: Ashley and I were definitely drinking beers all evening. I think Josh and his friends were knocking back shots of vodka.

[Video of Tyler, Josh's Roommate, another college student]

Tyler: The party was pretty wild. Josh and Ashley were kind of off in a world of their own.

Josh: Ashley and I started dancing a little, and we were kissing too. The party was getting a little loud, so I asked her to come up to my room.

Ashley: Josh said he wanted to show me some stories he had written. I told Crystal I was going to Josh's room to see some of the stuff he wrote. She gave me a funny look and told me to be careful.

Crystal: Of course now I wish I'd said something to Ash about going to Josh's place but at the time I thought, Ash is a big girl. She knows what she's doing.

Ashley: Josh and I walked over to his res hall. I remember grabbing some beer for the road and spilling it

on the stairs. It was getting hard to focus.

Josh: We got back to my room, and started kissing...and I'm thinking score. And then my roommate came in. Great timing.

Tyler: I come home from the party, and there's Josh and Ashley completely making out on his bed. I could only take it for a few minutes, and then I grabbed my pillow and left to crash down the hall.

Ashley: We kept making out. I'm pretty sure I tried to push Josh off of me at one point, but he was so much bigger than me. He kept going. And then...I just don't remember anymore.

[Blonde middle-aged woman, Donna, Student Conduct Officer]

Donna: A person who is incapacitated by alcohol or drugs cannot give consent. Even if the person says "yes," it doesn't count.

Ashley: One minute, he was on top of me, kissing and feeling me up and then the next thing I know, I was looking out the window and the sun was coming up. My head was pounding and my contacts were glued to my eyeballs. And then ...I realized I wasn't in my room...I was in Josh's bed.

Josh: Ashley was into it; she was all over me. She never asked me to stop. If she had said anything, I would have stopped for sure.

Ashley: My underwear was on the floor, and my skirt was up around my waist. I realized we'd had sex. Josh was asleep. I needed to get out of there so I got myself together and left as quietly as I could.

Josh: When I woke up, Ashley was gone. I was kind of surprised.

Ashley: I went home and sat on my bed and cried. I just couldn't believe it.

Josh: The next Monday, Ashley's not in class. And after that, it always felt like she was avoiding me. And then I find out the school is going to investigate me to see if I raped her. That's crazy.

Ashley: I didn't know what to do. I mean, I was too young to be drinking, and I thought that by going to Josh's room and fooling around with him, that no one would believe what happened to me.

Crystal: I knew something was wrong with Ash, she just wasn't herself. I finally got her to tell me what happened. I wanted to kill Josh! I knew she needed to talk to someone, so I checked our college website, and then walked Ash over to meet with the student conduct officer.

Donna: I advised Ashley to see a physician, and I put her in touch with a counselor. We then discussed her options under our college's code of conduct.

Ashley: I decided to file a complaint so that Josh couldn't do this to anyone else.

Donna: The school's judicial hearing is not a court of law so Ashley does not need to prove an assault occurred beyond a reasonable doubt. Like all colleges we'll look at whether or not it was more likely than not that a sexual assault occurred.

Josh: Listen, I'm not a rapist. I shouldn't have to pay because she doesn't like what she did.

Tyler: If the judicial board believes Ashley even just a little more than Josh, he's screwed. I was there...and if Josh is guilty, so is Ashley.

Josh: Because of a hook-up, my entire future is at stake...everything I've worked for. If they rule against me, how am I going to get into medical school? Who's going to hire me?

Ashley: I thought I needed to be worried about strangers attacking me in a parking lot. But that's not reality. It's the people you know that you have to watch out for.

Painful Lessons

[Photo of Ashley and Josh]

Just a few weeks ago, Ashley and Josh were typical college students, making new friends and exploring college life. But instead, both are now learning painful lessons.

[Photo of female student with a laptop on a college campus]

For many students, college is the first chance to get away from home and take control of your own life. But with freedom comes responsibility.

[Text bubble: Freedom and responsibility go hand in hand.]

Responsibility to make smart choices; like keeping yourself out of dangerous situations, and looking out for your friends and community.

[Text bubble: Being smart means looking out for yourself...and others.]

Myth or Fact?

[Photo of young man and young woman facing away from each other.]

When we talk about sexual assault, we're also talking about relationships and how they can go wrong. During this course, you'll be presented with some myths and facts about sexual assault.

Do you think the following is a myth or a fact? [Image of person in a hood on a dark campus.]

Most sexual assaults of college students are committed by strangers.
(Choose Myth or Fact.)

(Incorrect answer: Fact) It's a *myth* that most sexual assaults are committed by strangers. In fact, the overwhelming majority of college sexual assaults—between 80 and 90 percent—happen between people who know each other.

(Correct answer: Myth) *You got it.* Studies confirm that the overwhelming majority of college sexual assaults—between 80 and 90 percent—happen between people who know each other.

Many students are careful when walking alone at night but let their guard down around other students and friends in social settings.

[Onscreen text]

The threats you're not seeing may be more dangerous than the ones you worry about.

About This Course

[Photo of a college campus.]

Sexual assault is all too common at America's colleges.

[Image of one male and one female African-American college student.]

What's the best way to keep yourself and others safe? That's the purpose of this course.

[Image of bar chart with an X over it.]

We're not going to bore you with a lot of statistics.

[Image of a student taking a quiz, with an X over the whole image.]

We're not going to make you take a huge quiz at the end. Best of all?

[Image of a timer.]

You're going to learn what you need to know in a short 30 minutes. All you need to do is remember some common-sense rules, and you'll have the tools you need to make smart choices.

Myth or Fact?

[Image of young male student.]

Myth or fact? Men are rarely victims of sexual assault.
(Choose Myth or Fact.)

(Incorrect answer: Fact) That's not correct.

(Correct answer: Myth) Right.

While most victims are female, national studies indicate that 14% of rape victims are men. We're not just talking about rapes in prison. You've probably heard of cases where boys and adolescents are lured into sexual acts and relationships with older men and women. Guys are also sexually abused by their peers or sometimes even as part of hazing rituals. Both gay and straight men report being sexually assaulted by other men seeking sex.

Sexual Assault Hurts Us All

[Image of combinations of male and female symbols.]

Sexual assaults happen to women, they happen to men. They can happen if you're straight, gay, lesbian, bi, transgendered, or questioning.

While men commit the vast majority of sexual assaults, women are offenders too, usually against adolescent males or other women. Unwanted sexual touching and attacks occur in both heterosexual and same-sex relationships.

[Image of a fist and a hand pushing back.]

Many offenders are motivated by power and domination.

[Image of male and female students arguing.]

But in some cases, an assault would not have happened if either student had expressed themselves more clearly or exercised better judgment.

[Onscreen text: Clear communication and good judgment can help you avoid dangerous situations.]

This course is designed to help you recognize and avoid such situations.

Did An Assault Take Place?

Study the following scenario. Did a sexual assault take place?

[Image of male and female students arguing.]

Kendra and Matt have been together for six months, and have had sex many times. Despite their relationship, she recently accused him of forcing her to have sex when she didn't want to. Since they were involved in an ongoing sexual relationship, can this be a case of assault?

(Choose Yes or No)

(Incorrect answer: No) Not true.

(Correct answer: Yes) Definitely.

Prior sexual contact does not mean consent, even when students are in a relationship. Everyone has a right to say "no" at any time and have that wish respected.

What is Consent?

So what does consent mean?

[Image of dictionary definition of consent: Intransitive verb, 1. To give assent or approval.]

[Image of male student looking puzzled.]

Should potential sexual partners sign a contract? Of course not. Let's examine what consent is, and what it isn't.

Here's one good definition: Consent is the act of willingly agreeing to engage in specific sexual conduct.

[Image of sign showing this definition.]

Keep in mind that each college and state defines what consent is and isn't. So check your student handbook or policy on sexual misconduct or assault for full details. But here are a few common rules.

[Image of hand with thumb pointing down. Words onscreen: No means no.]

Rule number one: "no" means "no." If a person says "no" even once, there is no consent. No one needs to say "no" more than once.

[Image of hand held straight up to indicate "no." Words onscreen: Any resistance eliminates consent.]

Likewise, any resistance—either physical or verbal—eliminates consent. Also, a victim does not have to physically resist for activity to be considered sexual assault.

[Image of two shot glasses with alcohol. Words onscreen: Someone who is seriously drunk or high can't give consent.]

A person who is substantially impaired because they're drunk or using drugs cannot give consent. Even if a person says "yes" under these circumstances, it doesn't count.

[Words onscreen: If someone consents under these circumstances, it doesn't count]

Revealing clothing or flirting does not imply consent. Having previous multiple sex partners does not either. No one deserves to be sexually assaulted.

Prior sexual contact does not imply consent, even when students are in a relationship. Everyone has a right to say "no" and have that wish respected.

Finally, one type of sexual contact does not provide consent for something else. For instance, someone may be comfortable kissing in bed but does not want to have intercourse.

[Image of woman looking away.]

Pay attention to body language. If your partner turns away or pushes you away, that's a clear signal to stop. If they are silent or unresponsive, you should make sure he or she is willing and wants to continue.

[Image of man giving a flower to a woman.]

So...how do you get consent? It's simple. Just ask. Verbal consent is the best way to ensure both you and your partner are on the same playing field.

The Hearing Process

[Image of judge's gavel.]

Needless to say, rape or sexual assault can lead to lawsuits, criminal charges, or even time in prison. Disciplinary charges by the college might be the least of an offender's problems, but suspension and expulsion are strong possibilities.

[Image of a conference room in a college.]

For cases of sexual assault, every college is required to conduct a thorough and prompt investigation. The law requires colleges to provide a fair and equitable process for accusers and accused students.

It's important to know how hearing officers and boards make decisions.

[Image of two signs with arrows, each pointing in the opposite way.]

The law only requires them to find that it is "more likely than not" that a sexual assault occurred, which means the board or officer is at least 51 percent sure.

[Image of a magnifying glass.]

In deciding who to believe, hearing officers and boards look at many factors. This might include how much each student had to drink, whether one student was more powerful physically or emotionally than the other, and what type of previous relationship the students had.

The bottom line is that lots of different factors can influence the hearing board's decision.

[Image of hand holding a globe.]

Because your future is on the line, the best approach is playing it safe. Always make sure you get consent, and don't take chances when you or your partner are intoxicated.

Myth or Fact?

[Image of young multiracial woman.]

Myth or fact? First-year students are more likely to be sexually assaulted than other students.
(Choose Myth or Fact.)

(Correct answer: Fact) You're correct.

(Incorrect answer: Myth) That's a fact.

First-year students are at the highest risk of sexual assault. The most dangerous time is between the first day of school and Thanksgiving break.

Why is this? Some reasons include being away from home and in an unfamiliar environment, and being

around new friends and other people you may not know very well.

Generally, sexual assaults in college are more likely to occur at night, in either the victim's or offender's residence.

Get Help

[Image of young man sitting cross-legged with his head down. Onscreen text: Remember, men are victims too.]

What if you or someone you know has been sexually assaulted? What should you do?

[Image of a medical center.]

Above all else, get medical help right away. Even if you think you're OK, you may have been injured or exposed to a sexually transmitted disease.

[Image of a bar of soap with an X over it. Image of a pile of dirty clothes with an X over it.]

In order to preserve physical evidence, you shouldn't shower or change clothes before seeking help.

[Image of a nurse writing in a chart.]

Almost all hospital emergency rooms and medical clinics have trained nurses or doctors who can explain your options and conduct an examination with your consent. It's important to do this within five days so that valid DNA or other evidence can be obtained.

[Onscreen text: Your first priority is getting medical help. Physical evidence may be collected up to five days after an assault.]

[Image of a stethoscope. Onscreen text: Free exams may be available.]

Many campus and public medical facilities will provide you with a free examination after a sexual assault. However, it's a good idea to confirm this at the time of your visit.

Places to Report

[Image of female medical professional with a stethoscope.]

If you obtain a medical examination following an assault, the medical staff should advise and encourage you to report it to the police or campus authorities. In some states, medical staff are required by law to contact law enforcement officials in cases of sexual and/or physical assaults. Whether or not you seek medical help, you have many options when it comes to getting advice or reporting the incident.

[Image of Police Station]

Campus security or local police will take a report of what happened. If they believe there is evidence of a crime and/or violation of the student conduct code, an investigation will be conducted.

[Image of Counseling Center]

A counseling center can provide information, confidential mental health therapy, and other services. Staff should advise you on the limits of confidentiality (for instance, victims who are minors, elderly, or disabled have special protection that may mandate reporting). In some instances, campus counselors are required to share statistical data with the campus Title IX coordinator when a student discloses that a sexual assault has occurred.

[Image of Residence Hall]

Report to a residence advisor. As a representative of your college or university, a RA can provide guidance on where to report an assault, such as police or the campus Title IX coordinator. A RA can also connect you with counseling and other services. RAs have an obligation to report any assault to their supervisors, who may in turn provide information to other campus officials.

[Image of Administration Building]

Report to your college's Title IX coordinator. Title IX is a federal law that prohibits sex discrimination. The coordinator can spell out the options for both victims and students who are accused of committing sexual assault.

[Image of Rape Crisis Center]

Other options that might be available on your campus include a women's center, a sexual assault advocate, or rape crisis center. Check your school's website to see what resources are available. Like the other places listed, please check the limits of confidentiality for these services since certain caregivers or advocates may be required to report an assault to local or campus authorities.

Myth or Fact?

[Image of light pole marked Emergency.]

Myth or fact? Most sexual assaults are not reported to campus officials or the police.
(Choose Myth or Fact.)

(Correct answer: Fact) That's correct.

(Incorrect answer: Myth) Sadly, this is a fact.

Some studies show that only one in seven assaults are ever reported to authorities. It's even less likely that someone will file a report if they know the assailant.

Remember, failure to file a report does not mean a sexual assault did not occur.

Why Doesn't Everyone Report?

[Image of Ashley.]

In our opening scenario, Ashley waited several days before reporting what happened to her. Many victims never report at all. Why is that?

[Onscreen text: Why doesn't everyone report?]

Well, there are many reasons.

[Image of African-American male with his hand over his eyes.]

They may not want to cause trouble, or they may simply blame themselves, embarrassed that they got into a bad situation.

[Onscreen text: Sexual assault is never the victim's fault.]

But sexual assault is never the fault of the victim; it's squarely on the shoulders of the perpetrator. Reporting can ensure that someone else does not become a victim.

[Image of hourglass timer.]

Some students are concerned that they waited too long to file a report. But because of factors like shock and post-traumatic stress disorder, victims are allowed to report later.

[Image of a shot of alcohol with a slice of lime on top.]

Some worry that by reporting they might also get in trouble for offenses like underage drinking. It is true that alcohol use can complicate a hearing, as the conduct officer or board will need to decide how clearly the students can recall what happened. Despite this, however, many colleges give victims of assault amnesty or leniency for rules violations. At the very least, alcohol or other violations may be considered separately.

[Image of young woman holding her hands over her face.]

Some worry that an investigation will look into their prior sexual history. In fact, a student accused of assault may try to bring up the victim's sexual history during a hearing. Most boards won't allow this to be raised except as it may relate to prior sexual history with the accused student.

[Image of a shadowy person leaning against a glass door or window. Onscreen text: Why doesn't everyone report? Some are afraid, or fear retaliation. Retaliation is against the law.]

Finally, victims may be afraid of the person who committed the assault. Retaliation against a person who reports sexual assault is against the law. Depending on the circumstances, a college can offer alternate living arrangements, issue a no-contact order, or suspend any student who might retaliate.

Myth or Fact?

[Image of a hand dropping a pill into a plastic cup.]

Myth or fact? More than half of sexual assaults are the result of someone putting "roofies" in another person's drink.

(Choose Myth or Fact.)

(Incorrect answer: Fact) That's actually a myth, since "roofies" and other date rape drugs are not used very often.

(Correct answer: Myth) Good job. "Roofies" and other date rape drugs are not used very often.

But alcohol is. It's involved in the large majority of campus rapes and sexual assaults.

Raising the Bar

[Image of UE logo. Onscreen text: We're your school's insurance company.]

[Image of a bottle of clear liquid.]

Data compiled by United Educators shows that the majority of sexual assaults involve alcohol use by both the accuser and the accused. You can avoid dangerous situations by abstaining or moderating your drinking, and understanding the effects of alcohol.

[Image of a person holding a bottle against his head.]

Getting sloppy drunk means you probably aren't thinking straight. And if you're not thinking straight, you're likely to make some bad decisions.

Err on the side of caution...if you're not sure of someone's intentions, if you're not sure if you have consent, don't go there.

[Image of a woman passed out in bed.]

Remember, a person who is substantially impaired by alcohol or other drugs may not be able to legally give consent. Someone doesn't have to be passed out to be considered incapacitated under the law.

Facts To Consider

[Image of a pint glass of beer with a question mark on top.]

Whether to drink alcohol is ultimately a decision you have to make for yourself. But make sure you're armed with the facts.

[Image of an Asian woman holding a glass of wine. Image of an ambulance.]

Factors such as weight, prescription drugs, tolerance and drinking on an empty stomach can turn one person's buzz into another's trip to the hospital. There are gender differences too.

[Onscreen text: Similar amounts of alcohol can have a greater effect on women than on men.]

Women absorb and metabolize alcohol differently than men, often leading to higher concentrations of alcohol in the bloodstream even when drinking equivalent amounts as men of similar body weight.

On the Rocks

[Image of slider bar with text "Number of drinks over two hours.]"

Explore this screen to learn more about the effects of alcohol on a man and a woman of different weights.

[Columns for 180 pound man and 120 pound woman show very different blood alcohol levels. For 2 drinks, the woman has 0.0607 blood alcohol, and she shows loss of coordination and inhibitions. The man has 0.0237 and just shows relaxation and a sense of well-being. At 3 drinks, the woman has impaired reflexes and reasoning, and she is well above the .08 legal driving limit at 0.1031. The man has 0.0476 blood alcohol, and his concentration and judgment are impaired. At 4 drinks, the woman's level is 0.1454. She has emotional swings, delayed reaction time, and loss of balance. The man's level is 0.0714. He shows loss of coordination and inhibitions. At 5 drinks, the woman's level is 0.1878. She experiences dizziness, feeling the room is spinning. She exhibits staggering and loss of motor control, and she has slurred speech. The man's level is 0.0953. His reflexes and reasoning are impaired, he is above the .08 legal driving limit. .08 isn't a goal: alcohol use by young adults increases the risk of fatal and other injuries. At 6 drinks, the woman is 0.2301. She suffers severe motor impairment, vomiting, memory blackout, and loss of consciousness. The man is at .1191. He suffers emotional swings, delayed reaction time, and loss of balance. Source: National Highway Traffic Safety Administration.]

Know Your Limits

[Image of young man holding beer bottles, followed by an image of an unconscious woman, followed by an image of an umbrella with the onscreen text "Know your limits."]

As you just saw, the 180 pound man who has six drinks is definitely over the line. But the 120 pound woman may be passed out from the same amount of alcohol. Many, many factors can affect someone's intoxication level, so the best advice is to know your own limits.

Myth or Fact?

[Image of empty beer bottle on its side, with the bottle cap in front.]

Myth or fact? Someone who was drinking or drunk when sexually assaulted is at least partially to blame. (Choose Myth or Fact.)

(Incorrect answer: Fact) That's a myth.

(Correct answer: Myth) Very good.

Sexual assault survivors are never responsible for an attack. Alcohol may increase the risk of an assault and may make someone incapable of giving consent or protecting themselves, but it is not the cause.

Staying Safe

What are some good ways for staying safe on campus? Explore the interaction to learn more.

[Image of woman pointing at diamond shapes that contain words. Clicking on each of the following words brings an explanation. Words are Buddy System, Designated Drivers, Lock Your Doors, Safety Escorts, and Help Others.]

Buddy System: A buddy system can help students make better decisions. Buddies can go to parties together and keep an eye on each other, or buddies can simply be a way to avoid walking alone at night.

Designated Drivers: Always use designated drivers, and if your school offers one, safe ride programs. Even if you stay within legal blood alcohol limits, consuming alcohol increases your chances of being in a crash.

Lock Your Doors: While most assaults occur between people who know each other, you should still be careful around strangers. Lock your doors when you're home or away. Never prop open exterior doors. If you see strangers in your residence hall, call campus security or your RA immediately.

Safety Escorts: Many schools provide 24-hour escort services to help provide students with safe transportation around campus. Check with your public safety department for details.

Help Others: If you see someone who needs help, don't just be a bystander. The person you help today just might come to your rescue one day.

Helping Your Friends and Community

[Image of two hands coming together, then falling away]

People meet and begin relationships all the time. But the playing field is not level when one or both partners are seriously impaired.

[Image of \$10 bill and a hand of five playing cards.]

You probably wouldn't stop your best friend from betting \$10 in a poker game.

[Image of a pile of dollars. Image of young man holding a hand of poker cards appears on top of the dollars.]

But what if your friend emptied his bank account and then decided to risk it all on one hand?

[Image of young woman surrounded by shopping bags, with a stack of bills and a stack of dollars.]

Or what if your best friend is a shopaholic and keeps on buying expensive stuff when she's maxed out on all of her credit cards?

[Images of the same young man and young woman, one with poker cards and the other with shopping bags.]

In either case, chances are you'd try to talk them out of it.

[Images of Ashley and Josh.]

The same logic applies when intervening in a situation that could lead to a sexual assault.

[Onscreen text: Intervention Strategies: How to help...before it's too late.]

But to offer the right kind of help, you have to know which strategies are appropriate and most effective.

Intervention Strategies

The following exercise looks at two events that took place on the night of the party from our opening scenario. Could friends or bystanders have intervened and changed the outcome for Ashley and Josh?

[Image of Crystal, a young African American woman, and Tyler, a young white man.]

We asked some of the students involved for ideas on what they might have done differently.

Bystander Strategies #1

[Onscreen text: 12:24am]

Josh convinces Ashley to leave the party and go to his room at a residence hall two blocks away. How might friends have intervened at this point? Click each of the three possible solutions to learn more.

Choice 1, Crystal:

[Video of Crystal talking.]

Crystal: I guess if I had pulled Ash aside before she left, I could have tried to get her to think about what she was doing. Maybe I could have gotten through to her. But I'm not really sure how I could have dealt with Josh. He and I aren't exactly friends.

Choice 2, Tyler:

[Video of Tyler talking.]

Tyler: Like I said, I could have had a talk with Josh, but there's no guarantee he would have been listening. I know Ashley from high school, but I don't think she would have listened to my advice.

Choice 3, Crystal and Tyler:

[Video of Crystal and Tyler talking]

Crystal: What if I had teamed up with one of Josh's friends? I could have pulled Ash aside and had a talk, and...

Tyler: ...I could have talked to Josh. Both of them hearing the same message from friends might have convinced them that they were in no condition to leave together.

Ready to Choose:

Which of these strategies do you think would be most effective? Choose the button below your choice.

You'll also hear what Ashley and Josh think might have worked best.

Choice 1, Ashley:

[Video of Ashley talking.]

Ashley: The problem was, I never thought I was in danger, so I honestly can't say what would have worked. But pulling Josh and me apart sounds like a good idea now."

[Video of Tyler talking.]

Tyler: Tyler's a good friend. I might have listened to him if Ashley and I had been separated. Otherwise, it's hard to see how that would have worked.

Narrator:

Trying to intervene on your own is sometimes the only option. But getting one or more friends to help out is a great strategy. In this example, Crystal and Tyler could have been even more effective by working together. In some cases, you might need to enlist even more friends, as many as it takes.

Bystander Strategies #2

[Onscreen text: Intervention Strategies, How to help...before it's too late. Onscreen text: 1:39 a.m.]

Tyler returns to find his roommate and Ashley in bed making out. How might a friend or roommate have best intervened at this point? Click each of the two possible solutions to learn more.

Choice 1, Tyler:

[Video of Tyler talking.]

Tyler: I kind of blew the first time around, didn't I? I guess now, I could have stepped in and confronted Josh about what he was doing. But knowing him, I wouldn't be surprised if he would have tried to throw me out. I generally try not to get into fistfights with my roommates. I expect my friends to handle stuff themselves.

Choice 2, Crystal:

[Video of Crystal talking.]

Crystal: If I'd found Josh and Ashley making out, I don't think I would have been able to reason with either of them. I think I might have taken a more creative approach. Like inviting five neighbors into the room to watch TV. Or "accidentally" spilling a drink on Josh's head. Maybe I could have told Ash I was feeling totally sick and needed her help.

Ready to Choose:

Which of these strategies do you think would be most effective? Click the button below your choice. You'll also hear what Ashley and Josh think might have worked best.

[Video of Ashley talking.]

Ashley: The idea of Crystal pouring a soda on Josh's head actually made me laugh. I think her creative

ideas are great. They all would have worked.

[Video of Josh talking.]

Josh: Tyler's right, I probably would have yelled at him to get out if he'd tried to get involved. Not that I'm a big Crystal fan, but bringing other people into the room would have been a smart idea.

[Image of chalkboard with football plays marked in chalk. Onscreen text: Intervention Strategies, How to help...before it's too late.]

Answer for either choice: All situations are different, which means you will have to change your tactics accordingly.

[Image of a policeman writing a ticket and a young woman leaning on packing boxes. Onscreen Text: Intervention Strategies, How to help...before it's too late.]

Thinking outside the box is a great approach. If all else fails, it's OK to call campus authorities or the police.

[Image of young man with duct tape across his mouth and holding a large beer bottle.]

One final point to consider: if you've been drinking, it's a lot harder to help anyone else.

Intervention Checklist

[Image of a group of young people.]

It's perfectly OK to talk to your friends about this before it ever happens. How would they want you to intervene if they get in an uncomfortable situation? How would you want them to intervene for you?

[Image: Young woman looking upward. Onscreen Text: If a situation gets out of hand, you have several options.]

Remember, if a situation between friends or other people does get out of hand, you have several options. You can try to intervene on your own, but getting others to help will probably be more effective. Using diversions and other similar tactics can be a great approach.

And, don't forget—when it comes to protecting personal safety, call in campus authorities or the police.

Playing Smart

[Image: a post-it note with the word "Remember."]

We're almost done, so we'll leave you with a few key takeaways:

[Onscreen text: Alcohol is involved in most assault situations.]

Alcohol greatly increases the chances of being involved in a sexual assault situation.

[Onscreen text: Have you got your friends' backs?"]

You have a responsibility to look out for the safety of your friends and community.

[Onscreen text: Do they have yours?"]

And speaking of friends, it's a two-way street. Do your friends have your back?

[Image of a group of young people.]

You have a choice to be around people who support you and help make you a better person.

[Image of Ashley and Josh.]

By knowing how to handle yourself and protect others, you can change the odds, and make sure you don't wind up in a situation like the one Ashley and Josh are facing.

[Video of Ashley talking.]

Ashley: I keep replaying what happened over again in my head. I'm just not sure who I can trust anymore.

[Video of Josh talking.]

Josh: I think a lot about that night. It wasn't my fault, but...I still regret what happened.

Ashley: I'm always going through all these "what ifs." Like what if I hadn't gone to Josh's room that night?

Josh: What would have happened if we hadn't both been so drunk?

Ashley: What if I hadn't let him kiss me?

Josh: It's all like a bad dream.

[Josh & Ashley split screen, speaking at the same time]

Josh/Ashley: I wish I had been more careful.

[Onscreen text: Thanks for taking this course.]

Thank you for taking this course.

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