

NASPA

Enough is Enough

Congratulations on being a part of the Enough is Enough Campaign. Whether this is your first step toward being a part of this very important campaign, or if you are looking to expand on your current programming we are committed to helping you to be successful. Our mission is to “encourage and support campuses and communities to work together in developing comprehensive, intentional, and systematic violence preventions initiatives”. We are asking for institutions to have a community and/or institutional plan which aims to prevent violence following a deliberate and effective program of evidence-based services and resources.

The following is a guide to help you in your efforts to bring carry out this systematic plan on your campus. Our hope is that campuses carry out the vision of the Enough is Enough Campaign and help our communities to decrease violence.

The following Resource manual is meant to be a guide in your violence programming efforts and has been broken down by topics. We invite you to add to this resource manual so we can all benefit from your knowledge and efforts as well.



RESOURCES

Anti-Bullying	<p>Rachel's Challenge:</p> <p>www.rachelschallenge.org</p> <p>By turning the story of a tragic death at Columbine High School into a mission for change, <i>Rachel's Challenge</i> is helping create safer learning environments and making a world-wide impact. Rachel's Challenge is a series of student empowering programs and strategies that equip students and adults to combat bullying.</p> <p>Bullies 2 Buddies- The Simple Solution to Bullying:</p> <p>http://bullies2buddies.com/</p> <p>Bullies2Buddies.com is dedicated to reducing bullying and aggression by teaching wisdom, for wisdom is the solution to life's problems. The Bullies to Buddies approach is consistent with the teachings of all major schools of psychology, philosophy and religion. It teaches the practical application of the Golden Rule, the ultimate rule of morality and harmony, and of Freedom of Speech, the cornerstone of democracy. Our mission is to reduce hostility and promote peace in schools, the workplace, the home and wherever people have to live together.</p> <p>No Bully- A Radically Effective Solution to Bullying:</p> <p>www.nobully.com</p> <p>No Bully's mission is to bring innovative, sustainable solutions to bullying, harassment and violence in schools. We envision schools where kindness triumphs over prejudice and intolerance. No Bully® is a 501(c)(3) nonprofit organization. It began in San Francisco in 2003 as a collaboration of educators, psychologists and lawyers committed to preventing the current generation of students from enduring the bullying that they experienced when they were in school.</p>
Books	<p>Geller, E. Scott, <u>Actively Caring for People</u>, 2013. It deals with violence prevention (anti-bullying and anti-hazing efforts in schools) but also broader safety considerations.</p> <p>Gavin de Becker, <u>The Gift of Fear</u></p> <p>Readers learn how to:</p>

- Recognize the survival signals that warn us about risk from strangers
- Rely on their intuition
- Separate real from imagined danger
- Predict Dangerous Behavior
- Evaluate whether someone will use violence
- Move beyond denial so that their intuition works for them

Thomas Joiner, [Why People Die by Suicide](#) published in 2005.

This is a very interesting and readable work that is serious but not morose. It helps demolish a number of unhelpful myths, and not overly identify nor under identify the connection between violence and self-harm.

Bystander Intervention Programs

Step Up <http://www.stepupprogram.org/>

A comprehensive bystander intervention program that will teach you:

- The 5 Decision Making Steps
- Other Factors that Affect Helping, including Perspective Taking
- Strategies for Effective Helping
- The S.E.E. Model: Safe; Early; Effective
- Warning Signs, Action Steps and Resources

Step UP! is used by athletics, Greek life, student affairs, campus health, violence prevention centers, residence life and many others.

Green Dot Campaign: <http://www.livethegreendot.com/>

Green Dot, etc. is an organization built on the premise that we can measurably and systematically reduce violence within any given community. Though the primary mission of Green Dot, etc. is the reduction of power-based personal violence, we also recognize the inextricable link between effective prevention and effective intervention. As such, Green Dot, etc. includes, within its mission, the strengthening of intervention services and strategies across forms of violence.

“PC” Prevent/Connect:

<http://wiki.preventconnect.org/bystander+intervention>

Bystander Intervention is a philosophy and strategy for prevention of various types of violence, including bullying, sexual harassment, sexual assault, and intimate partner violence. Bystander Intervention is based on the fact that people make decisions and continue behaviors based on the reactions they get from others.

Bystander Intervention Training Institute-Higher Education Center:

<http://www.higherdcenter.org/services/training/institute/bystander-intervention>

Mississippi Coalition Against Sexual Assault-MSCasa:

<http://mscasa.org/bystander-intervention/>

This three-page fact sheet presents a brief overview of the bystander intervention approach to sexual violence prevention, key points about this type of intervention, evidence-based outcomes regarding the effectiveness of the approach and key resources for finding additional information about this model.

Bringing in the Bystander:

<http://www.crimesolutions.gov/ProgramDetails.aspx?ID=159>

Bringing in the Bystander™ is a sexual violence prevention program aimed at increasing, among potential bystanders and third-person witnesses, pro-social attitudes and behaviors toward and awareness of risky behaviors and precursors to sexual victimization. It also aims to increase empathy and awareness of the problems experienced by those victimized by sexual and intimate partner violence. The program emphasizes that all members of the community have a role to play in preventing sexual and intimate partner violence.

Sexual Assault

National Sexual Assault Resource Center:

<http://www.nsvrc.org/blogs/preventionista/campaign-spotlight-ive-got-your-back>

SASO-Sexual Assault Service Organization:

<http://www.unh.edu/preventioninnovations/index.cfm?ID=BCC7DE31->

[CE05-901F-0EC95DF7AB5B31F1](#)

This prevention program emphasizes a bystander intervention approach and assumes that everyone has a role to play in ending violence against women. In addition to the prevention goal, the program has a research component which seeks to measure the effectiveness of the prevention program with different constituencies. Participation in this program and research project represents a unique opportunity for members of the UNH community to take on a leadership role in educating themselves on how to stop violence against women on the UNH campus.

One In Four:

<http://www.oneinfourusa.org/products.php>

One in Four, Inc. is a 501 (c) 3 non-profit organization dedicated to the prevention of rape by the thoughtful application of theory and research to rape prevention programming. Our presentation and prevention strategies are based in statistical research and have been shown to increase likelihood of bystander intervention in a situation where rape or sexual assault may occur. One in Four strives to provide presentations, trainings, and technical assistance to men and women, with a focus on single sex programming targeted toward colleges, high schools, the military and local community organizations.

RAINN-Rape Abuse and Incest National Network:

<http://www.rainn.org/>

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization and was named one of "America's 100 Best Charities" by Worth magazine. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE and online.rainn.org) in partnership with more than 1,100 local rape crisis centers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN also carries out programs to prevent sexual violence, help victims and ensure that rapists are brought to justice.

US Department of Defense Sexual Assault Prevention and Response:

<http://www.sapr.mil/index.php/training>

The Department of Defense's Sexual Assault Prevention and Response program focuses on: Preventing sexual assault; Improving a victim's access to service; Increasing the frequency and quality of information provided to the victim regarding all aspects of his or

her case; Expediting the proper handling and resolution of a sexual assault case. The key to prevention is ensuring everyone understands their role and responsibilities in preventing sexual assault. A consistent, vigorous training and education element is crucial.

One Student Campaign-No Woman Left Behind:

<http://onestudent.org/programs/no-woman-left-behind/>

One Student is a non-profit organization that provides cutting edge programs, resources and opportunities that engage students to create social change to reduce sexual violence. Mission Statement: One Student provides students and their allies with programs, resources and opportunities to address sexual violence.

Kelly and Becca- “Lets Talk About it”:

<http://kellyandbecca.com/>

Together, a survivor and her best friend would work to end sexual violence.

NO MORE Day:

<http://nomore.org/>

NO MORE Day is an event where film screenings are happening simultaneously around the country in support of ending domestic and sexual abuse. NO MORE is the first unifying symbol to express support for ending domestic violence and sexual assault. Virtually every major victim services organization across our country, from the US Department of Justice to 24 hour- hotlines to support groups for men, stands behind the NO MORE symbol. NO MORE aims to help end the stigma, shame and silence of domestic violence and sexual assault. NO MORE will help increase funding to prevent domestic violence and assault.

Independent Consultant and speaker on rape prevention and response policies- David Lisak:

<http://www.davidlisak.com/>

David Lisak is a nationally recognized forensic consultant, trainer and lecturer. His research and applied forensic work on non-stranger rapists has helped guide rape prevention and response policies in major institutions, including the U.S. Armed Services and numerous colleges and universities. He speaks at conferences and public speaking events on a wide variety of topics related to sexual violence. A sample topic is: “Confronting the Reality of Sexual Violence on the College Campus”.

	<p>Blogger, Feminist Writer and Speaker- Jessica Valenti:</p> <p>Jessica Valenti is known for her feminist blog, <i>Feministing</i>. Founded in 2004. She is called one of the <u>Top 100 Inspiring Women</u> in the world by <i>The Guardian</i>- and is the author of three books: <i>Full Frontal Feminism: A Young Woman’s Guide to Why Feminism Matters, He’s a Stud, She’s a Slut”</i> and <i>49 Other Double Standards Every Woman Should Know</i>, and <i>The Purity Myth: How America’s Obsession with Virginity is Hurting Young Women</i> which has been made into a <u>documentary</u> by the <u>Media Education Foundation</u>. Jessica is also a widely sought-after speaker who gives dozen of speeches at universities and organizations in the U.S and abroad.</p>
<p>Social Marketing Campaigns</p>	<p>Know Your Power:</p> <p>http://www.know-your-power.org/</p> <p>The Know Your Power™ social marketing campaign was developed by a team of university students, staff and faculty. The Know Your Power social marketing campaign is the innovative marketing campaign of the Bringing in the Bystander Project™ that was developed, administered and evaluated by University of New Hampshire researchers.</p> <p>Red Flag Campaign:</p> <p>http://theredflagcampaign.org/</p> <p>The Red Flag Campaign is a public awareness campaign designed to address dating violence and promote the prevention of dating violence on college campuses. The campaign was created using a “bystander intervention” strategy, encouraging friends and other campus community members to “say something” when they see warning signs ("red flags") for dating violence in a friend’s relationship. The Campaign is a project of the Virginia Sexual and Domestic Violence Action Alliance, and was created by college students, college personnel, and community victim advocates.</p>
<p>Violence Prevention</p>	<p>Mentors in Violence Prevention:</p> <p>http://www.jacksonkatz.com/mvp.html</p> <p>The Mentors in Violence Prevention (MVP) Model is a gender violence, bullying, and school violence prevention approach that encourages young men and women from all socioeconomic, racial and ethnic backgrounds to take on leadership roles in their schools and communities. The heart of the training consists of role-plays intended to allow students to construct and practice viable options in response to incidents of harassment, abuse, or violence before, during, or after the fact.</p>

My Strength is not for Hurting (men):

<http://www.mystrength.org/>

MyStrength is a project of the California Department of Health Services and the California Coalition Against Sexual Assault (CALCASA), a statewide coalition of rape crisis centers and prevention programs founded in 1980. Our mission is to provide leadership, vision and resources for rape crisis centers, individuals and other entities committed to ending sexual violence.

CHASCO –Coalition for Healthy and Safe Campus Communities:

<http://www.tchasco.org/training>

The mission of CHASCO is to proactively address alcohol, drug, and violence prevention issues on Tennessee's campuses by providing high-quality consultation and training, technical assistance, research support, and policy development to our member institutions.

Students Against Violence Everywhere:

www.nationalsave.org

Through a cadre of volunteers and the resourcefulness of student members, SAVE chapters are growing and making a positive difference across the nation. SAVE is a unique and powerful approach to youth safety because it recognizes the role that young people can take in making schools and communities safer. Because SAVE chapters are established and operated by students, the opportunity to spread the message of nonviolence to young people and their communities is enhanced when SAVE chapters exist. Focusing on crime prevention, conflict management and service projects, SAVE students are providing positive peer influences in violence prevention efforts.

National Youth Violence Prevention Campaign:

www.nyvpw.org

The National Association of Students Against Violence Everywhere (S A V E) and The Guidance Group are proud to be founding partners of the National Youth Violence Prevention Campaign. The goal of this campaign is to raise awareness and to educate students, teachers, school administrators, counselors, school resource officers, school staff, parents, and the public on effective ways to prevent or reduce youth violence.

Jackson Katz- Anti-Sexist Activist, Speaker, Author, Filmmaker

www.jacksonkatz.com

(JacksonKatz@aol.com) is one of America's leading anti-sexist male activists. An educator, author, filmmaker, and cultural theorist, he is internationally recognized for his groundbreaking work in the field of gender violence prevention education and critical media literacy.

Speaker's Bureau:

<http://www.apbspeakers.com/>

American Program Bureau is a global speakers bureau representing professional & celebrity speakers for association, college, corporate, & non-profit meetings & events.

Crisis Connection- Speakers Available:

<http://www.crisisconnectioninc.org/>

The mission of Crisis Connection, Inc. is to enlighten and empower people to adopt zero tolerance toward interpersonal, domestic and sexual violence. We promote individual accountability and respect through confidential crisis intervention, victim advocacy, prevention education and collaboration with community partners. **Our Vision:** An enlightened, engaged community free of interpersonal violence.

Violence Against Women Speakers:

<http://www.diversityspeakers.com/>

At Diversity Speakers we are dedicated to working with colleges, universities, and non-profit organization to provide quality speakers for heritage month, luncheons, special events, and training workshops. Our company facilitates this success by providing expert diverse consultants/speakers on every subject.

Every 9 Seconds- Violence Against Women Prevention:

<http://www.every9seconds.com/>

Every 9 Seconds purpose is to lay the groundwork for positive change with victims of

domestic violence. To create and foster an arena for those wanting to help family, friends or incarcerated victims of abuse to gain the empowerment and steps that it takes to gain their freedom. Every 9 Seconds is a non-profit committed to Education, Prevention, Intervention & Legislative lobbying to create change in the arena of domestic violence victimization and survivor incarceration worldwide.

Domestic Violence Speaker & Survivor- Brenda Clubine

<http://www.brendaclubine.com/>

On October 22, 2008 Brenda Clubine was released from prison after serving 26 years for defending herself against her abusive husband. She now continues with her advocacy by speaking out about the dangers of abusive relationships in hopes that people will continue to make a difference in the struggle against domestic violence.