

SVRI Conference
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The Enhanced Assess, Acknowledge, Act (EAAA) Sexual Assault Resistance Program

EAAA*



- Designed for youngest women in university (1st yr, <25)
 - Four 3-hr sessions – Assess, Acknowledge, Act, Relationships & Sexuality
 - One weekend or 4 weeknights
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- Two well-trained "expert peer" facilitators (< 30)
 - Small groups of 15 to 20 women

* program created by Senn (2008; 2015) – AAA name and idea from Rozée & Koss (2001). Built with the assistance of many graduate and former graduate student facilitators since 2005

Think about this situation ...



Enhanced Assess, Acknowledge, Act (EAAA) Sexual Assault Resistance program

- is framed within a positive sexuality context and designed to reduce the likelihood that young women will experience completed sexual assault when they come in contact with coercive men by:
 - **Decreasing the time they need to assess the situation as dangerous and take action;**
 - **Reducing the emotional obstacles to taking the action necessary to get away;**
 - **Maximizing the chance they will use the verbal and physical self-defence tactics most likely to be effective.**

RCT Demonstrates that EAAA works

- 893 1st year students at 3 Canadian Universities
- Surveys pre-, post-, every 6 months for up to 2 years
 - Retention 95% at 1-year
- >90% of those assigned to EAAA attended 3 or more units



Knowledge, Attitude & Belief Effects (maintained at least 24 months)

- Increased perceptions of personal risk of acquaintance rape
- Increased self-defense self-efficacy
- Increased use of “most effective” self-defense tactics in hypothetical situations (and at earlier stage of coercion)
- Decreased woman-blame (belief in female precipitation)
- Decreased self-blame if rape experienced in post-intervention period

46%
reduction in
completed
rape at 1 year

Only 22
students
needed to be
in a
workshop for
one rape to
be averted

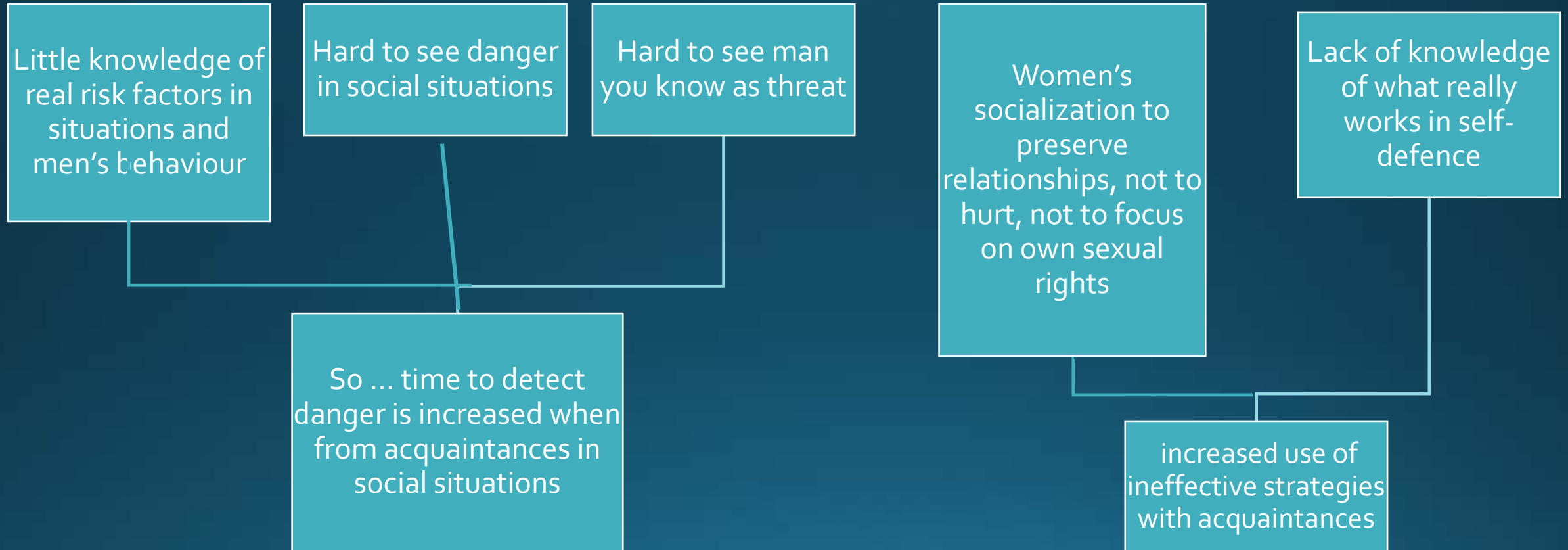
This makes the EAAA
program the **ONLY**
intervention that actually
decreases the sexual
violence women experience
while they are in university.

No. a							
Control							
Resistance	451	442	440	429	417	415	409



Example of activity
from Unit 3: ACT

What are the obstacles to successful resistance in response to men's sexual coercion?



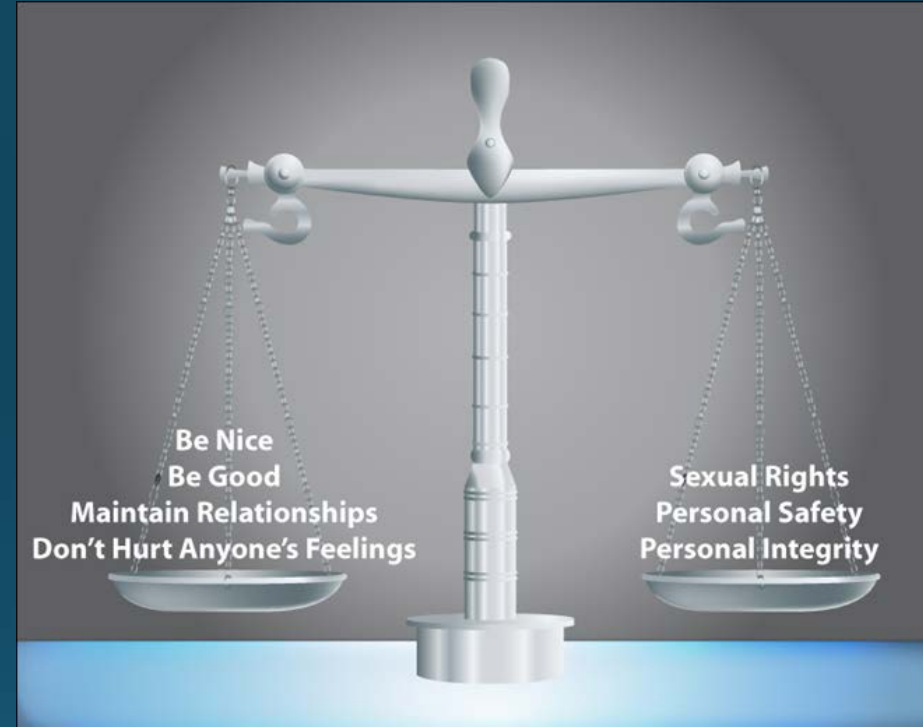
ASSESS

- Provides information on, and practice identifying, the (empirically supported) risk cues in situations and in men's behaviour.



ACKNOWLEDGE

- Provides information and practice in identifying and overcoming emotional barriers to acknowledging risk cues when they are present in situations and men's behaviour
- Practice responding to common verbal coercive tactics
- Debunks "miscommunication hypothesis"



ACT

- Provides necessary physical and emotional preparation, knowledge, and skills to help women defend their sexual and physical rights.
- Debunks self-defense myths and presents evidence of most effective self-defense tactics (i.e., forceful verbal & physical resistance)
- 2 hours of self-defense focused on acquaintance situations (based on WenDo Women's Self-defense)



RELATIONSHIPS & SEXUALITY

Adapted From Our Whole Lives (for Adults: Kimball, 2000; for grades 10-12: Goldfarb & Casparian, 2000)

- Unit provides opportunity to increase ...
 - Comfort talking about sex
 - Knowledge of the range of sexual behaviors possible – expand definition of 'sex'
 - Self-knowledge related to personal values about sexual behavior and romantic/sexual relationships
 - Skills in negotiating desired sex (safer sex as well as specific sexual acts)
- NOTE: This unit was carefully adapted to be inclusive of asexual women and women who are not sexually active.

EAAA undermines woman-blaming

- Sends a clear message that:
 - 'Risk' is only present when a man willing to behave in a coercive way is present, and
 - Women are the best judge of what they can do in any given situation
 - Survival IS successful resistance
- It does NOT:
 - tell women what they 'should' do, or
 - hold women responsible for men's behaviour.



One Survivor's Feedback

“Thank you for giving me my freedom back.”



University
of Windsor

SARECentre

Sexual Assault Resistance Education Centre

Contact me at csenn@uwindsor.ca or for more information about EAAA go to SARECentre.org

Questions or Comments?