

# The College Program

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## Factsheet

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COLLEGE  
PROGRAM

THE  
**STOP.**  
CAMPAIGN

# The College Program

The College Program is a series of education and advocacy workshops for tertiary students in residential halls which aim to prevent sexual violence and promote sexual wellbeing. The College Program is underpinned by The STOP Campaign's commitment to intersectional feminism, destigmatisation, and the importance of lived experience and peer facilitation to effectively engage students and build safer communities.

## Key Objectives:

- Facilitate safe and open discussions about sex and sexual violence, including the behaviours, institutional structures and cultural norms that drive sexual violence.
- Equip participants with skills and strategies to respond to sexual violence in their communities, promote ethical sexual relationships and engage in activism and advocacy after program completion.
- Provide evidence-informed and trauma-informed educational resources on sexual violence, sexual wellbeing and relevant support services.

## Program Structure

Each session begins with an outline of the prevalence and sociocultural drivers of sexual violence in Australia and common myths and stigmas surrounding sexual violence and wellbeing. This is followed by the module/s chosen by the organisers. Each session concludes with a debrief on how participants can care for themselves, support their communities and seek professional assistance. The content and structure of sessions can be amended depending on whether participants are student leaders or members of the broader university community.



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# Optional Modules

The optional modules of the College Program provide a comprehensive overview of topics relating to sexual wellbeing and sexual violence, with a specific focus on topics that are important to young people within the community.

The purpose of these modules is to equip students with the knowledge and skills to address sexual violence within college communities and to ultimately change the narrative of sexual violence in this setting.

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## → Responding to Disclosures of Sexual Violence (Victim-Survivors)

Participants will practise how to safely respond to disclosures of sexual violence from victim-survivors, including how and when to refer victim-survivors to appropriate support services.

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## → Responding to Disclosures of Sexual Violence (Alleged Perpetrators)

Participants will practise how to safely respond to disclosures from people who may have perpetrated sexual violence and discuss the importance of accountability and recognition of harm caused.

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## → Ethical Sex and Consent

Participants will discuss the principles of ethical sex and consent including key legislative frameworks, affirmative consent principles and the gendered context of sexual violence and consent.

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## → Sex Positivity and Wellbeing

Participants will learn how sexual health and wellbeing are essential to preventing sexual violence, eliminating harmful stigmas and creating safer communities.

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## → Being an Upstander

Participants will practise how to be a safe and effective upstander against sexual violence and harmful behaviours (rather than a passive bystander), and discuss strategies for intervention and support.

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## → Being the Change: The Power of Collective Activism

Participants will discuss activism and advocacy movements and practices, explore how sexual violence prevention is everyone's responsibility, recognise how collective action is essential to long-lasting change and be equipped with the tools and networks to engage in activism in their communities.

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# The STOP Campaign

## Vision

Australian tertiary learning communities that are free from sexual violence and stigmatisation.

## Mission

Empower young people to create and sustain positive sociocultural change in Australian tertiary learning communities through activism, awareness, empowerment and education.

The STOP Campaign is a grassroots organisation and registered not-for-profit dedicated to empowering young people to create and sustain positive sociocultural change regarding sex and sexual violence by starting conversations and breaking down stigmas. We are focused on tackling sexual violence in Australian tertiary learning communities through empowerment, education, activism and awareness. We are a volunteer-run feminist organisation that values intersectionality, integrity, respect and passion.

Since our inception in 2018, The STOP Campaign has successfully implemented a number of projects. These include:

- the creation of educational materials and resources on topics including safe sex, consent, sexual and family violence, sex positivity, and access to medical, legal and personal support,
- facilitating peer-led education and advocacy workshops with tertiary students in residential halls to prevent sexual violence and promote sexual wellbeing,
- facilitating programs for young people (particularly victim-survivors) focused on empowerment, confidence and building connections, and
- building a platform for victim-survivors in Australia to publicly share their experiences and journeys towards healing.

The STOP Campaign has also participated in consultation and resource development on sexual violence policy and response driven by government and non-government bodies, mostly in the ACT.

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# Thank You to Our College Program Funders

The Program is being developed by The STOP Campaign with support from White Ribbon Australia and funding from the Department of Social Services. The STOP Campaign's College Program was chosen as the ACT's Community Action Group primary prevention activity and received funding to develop and facilitate the College Program.

## Department of Social Services

The Department of Social Services (DSS) works to improve the wellbeing of individuals and families in Australian communities through a number of programs and services. DSS' initiatives continue to help contribute to a significant and sustained reduction in violence against women and their children in the Australian context. DSS is responsible for implementing the *National Plan to Reduce Violence Against Women and their Children 2010-2022* (the National Plan) and has provided funding to Community Action Groups across Australia to implement programs aimed at preventing gendered violence and creating safer communities.



**Australian Government**  
**Department of Social Services**

## White Ribbon Australia

White Ribbon Australia is part of a social movement that works to engage boys and men in violence prevention and promotes gender equality through creating opportunities for young people to build their knowledge on healthy, positive and respectful relationships. White Ribbon takes a primary prevention approach and works within communities, schools and workplaces across Australia. White Ribbon's Community Action Groups are community-established, informal volunteer groups which work to further the shared goals of White Ribbon Australia to eliminate violence against women. The STOP Campaign was selected by White Ribbon Australia to support the implementation of The College Program to promote gender equality and to prevent violence against women and their children, to further the purposes and outcomes of the National Plan and to support the strategically-aligned engagement and initiatives of each organisation.



Thank you to our community partners and supporters.

# Sexual Violence: The Problem

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Participants will learn about the prevalence and sociocultural drivers of sexual violence in Australia (particularly in the tertiary context), and discuss common myths and stigmas surrounding sexual violence and wellbeing.

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## Learning Outcomes

- Understand the drivers of sexual violence and how language and behaviour normalises violence and stigmatisation.
- Unpack common myths and misconceptions about sexual violence and gain a better understanding of where these myths originate from.



# Module 1

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## Responding to Disclosures of Sexual Violence (Victim-Survivors)

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Participants will practise how to safely respond to disclosures of sexual violence from victim-survivors, including how and when to refer victim-survivors to appropriate support services.

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### Learning Outcomes

- Understand the barriers for people to disclose and the impact responders can have on victim-survivors' next steps and their life trajectory/journey towards healing.
- Understand and practise how to appropriately respond to disclosures of sexual violence by victim-survivors in the context of their college community.
- Understand vicarious trauma, re-traumatisation and burnout, and discuss different self-care strategies to mitigate symptoms.

## Module 2

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# Responding to Disclosures of Sexual Violence (Alleged Perpetrators)

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Participants will practise how to safely respond to disclosures from people who may have perpetrated sexual violence and discuss the importance of accountability and recognition of harm caused.

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## Learning Outcomes

- Understand and practise safe and appropriate conversations with peers who have perpetrated sexual violence, including by providing safe referrals to support, responding to acute mental health crises, addressing their potential social isolation from the community and encouraging behavioural change.
- Understand how to support victim-survivors of sexual violence and prevent future violence from occurring by recognising harm and encouraging accountability,
- self-reflection and continuous improvement.
- Learn how to set safe and appropriate boundaries with residents who disclose they may have perpetrated sexual violence.
- Understand vicarious trauma, re-traumatisation and burnout, and discuss different self-care strategies to mitigate symptoms.



# Module 3

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## Ethical Sex and Consent

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Participants will discuss the principles of ethical sex and consent including key legislative frameworks, affirmative consent principles and the gendered context of sexual violence and consent.

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### Learning Outcomes

- Understand the principles of ethical sex, affirmative consent and the gendered patterns of sexual violence.
- Build knowledge of key legislative frameworks and national legal reforms related to consent.
- Practise communicating affirmative consent and setting safe and appropriate boundaries, and understand how intoxication in the residential college context can impact ethical sex, consent and sexual violence.

# Module 4

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## Sex Positivity and Wellbeing

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Participants will learn how sexual health and wellbeing are essential to preventing sexual violence, eliminating harmful stigmas and creating safer communities.

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### Learning Outcomes

- Understand sexual wellbeing at the individual, interpersonal and societal levels, including how it can lead to the reduction of sexual violence and create safer, more sex-positive communities.
- Build knowledge of key sexual health support services that are available in the ACT.
- Destigmatise sex positivity and sexual health, eliminate victim-blaming and promote overall wellbeing in the college context.

# Module 5

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## Being an Upstander

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Participants will practise how to be a safe and effective upstander against sexual violence and harmful behaviours (rather than a passive bystander), and discuss strategies for intervention and support.

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### Learning Outcomes

- Recognise the drivers of sexual violence and harmful behaviours.
- Understand how to implement safe and effective bystander strategies for intervention and support, particularly within the college context.
- Practise upstander strategies in a variety of different scenarios and reflect on how these skills contribute to wider sociocultural change.

## Module 6

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# Being the Change: The Power of Collective Activism

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Participants will discuss activism and advocacy movements and practices, explore how sexual violence prevention is everyone's responsibility, recognise how collective action is essential to long-lasting change and be equipped with the tools and networks to engage in activism in their communities.

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## Learning Outcomes

- Understand how activism and advocacy movements and practices can create long-lasting change, informed by the evidence base.
- Reflect on how to engage in effective and intersectional activism and advocacy in their own communities.

# Contact Us

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## Websites

[www.thestopcampaign.org.au](http://www.thestopcampaign.org.au)

[www.saferesponsetoolkit.com.au](http://www.saferesponsetoolkit.com.au)

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## Email

[general@thestopcampaign.org.au](mailto:general@thestopcampaign.org.au)

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## We have social media accounts on the following platforms:

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 Instagram

 Facebook

 Twitter

 LinkedIn

 Youtube

 TikTok

@thestopcampaignaus

