

# **Red Zone Micro Session #1:**

## **What is the Red Zone & How Can I Help Support?!**



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**THE OHIO STATE UNIVERSITY**

OFFICE OF STUDENT LIFE



# Where are we?



- **Main Suite**  
Recreation and Physical Activity Center (RPAC) Suite B130
- **Wellness Coaching**  
Physical Activity and Educational Services Building (PAES)  
Suite 445
- **Collegiate Recovery Community**  
095 Baker Hall
- **Buckeye Food Alliance**  
Lincoln Tower, Room 150
- **COMING SOON: Monda Student Resource Center**

Visit our [website](#) to learn more about our hours of operation, which vary by location.



The Student Life Student Wellness Center supports **all** Ohio State students as they work to live happier and healthier lives.

## Programs and Services Include:

- Alcohol and Other Drug Prevention Services
- Buckeye Food Alliance
- Collegiate Recovery Community
- Condom Club
- Financial Coaching
- Nutrition Coaching
- Relationship Education and Violence Prevention
- Wellness Ambassadors
- Wellness Coaching



# Upcoming Red Zone Programming

## Red Zone Micro Series

Every Thursday until October 10<sup>th</sup>  
Zoom

## Bystander Education Webinar

September 24, 2024  
1 - 2 PM  
Zoom

## Silent Disco Party

October 22, 2024  
7 - 10 PM  
Ohio Union Performance Hall



**Scan QR code to  
get Registration  
Links + Info!**



## **Our Goals for Red Zone Programming**

- To equip and empower all students, faculty and staff
- To promote campus-wide collaborations and partnerships
- To ensure that all campus locations have adequate support resources and information
- To increase efforts to create a safer and more violence-free culture at Ohio State



## Learning Objectives

By the end of this micro session, staff & faculty will:

1. Hear the definition of *The Red Zone*
2. Learn why this programming is essential on OSU's campus
3. Become aware of the options for sharing Red Zone programming information with students
4. Understand the impact of students seeing staff & faculty support sexual violence prevention programming



# What is the "Red Zone"?



# The Red Zone, Defined

## The Red Zone is...

a period from **the beginning of orientation till the start of winter break** when over 50% of campus sexual assaults occur, with particular risk from the start of move-in to the beginning of Thanksgiving break.





# The Data



## The Data



**Half** of female-identifying and **1 in 3** male-identifying students across the US will be sexually assaulted during their time in college.

Of those, **less than 10%** of sexual assaults are formally reported.



# **Sexual Misconduct, Defined.**



## What is Consent?

Permission that is **clear, knowing, voluntary, and expressed** prior to engaging in and during an act. Consent is **active, not passive**. Silence, in and of itself, cannot be interpreted as consent. Consent can be given by words or actions, as long as those words or actions create **mutually understandable clear permission** regarding willingness to engage in (and the conditions of) sexual activity.



## What is Sexual Assault?

Any sexual act directed against another person, without the consent of the complainant including instances where the complainant is incapable of giving consent. Sexual assault is an umbrella term that includes: **non-consensual sexual contact, non-consensual sexual penetration, incest, and statutory rape.**



**To access all Title IX Definitions...**



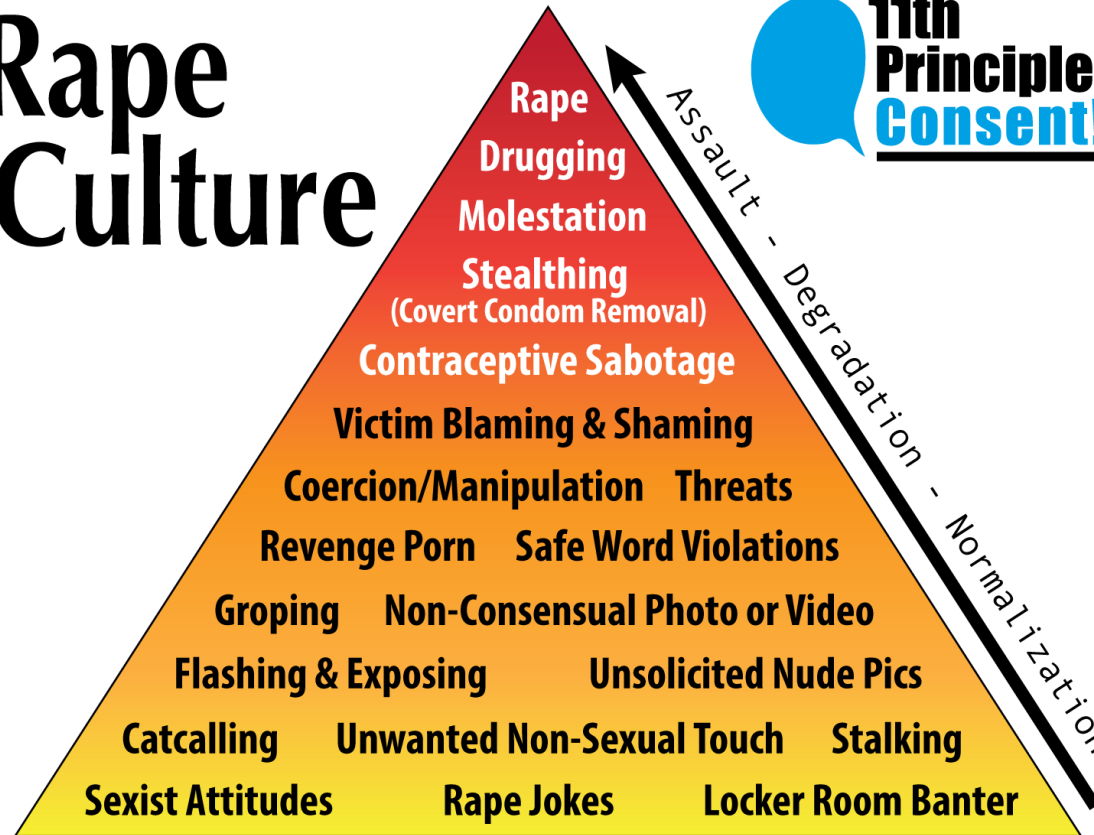
**[go.osu.edu/TitleIXDefinitions](https://go.osu.edu/TitleIXDefinitions)**



# **Rape Culture & the Normalization of Behaviors**



# Rape Culture



Tolerance of the behaviors at the bottom supports or excuses those higher up. To change outcomes, we must change the culture.

**If you see something, say something!**  
**Start the conversation today.**

[www.11thPrincipleConsent.org](http://www.11thPrincipleConsent.org)

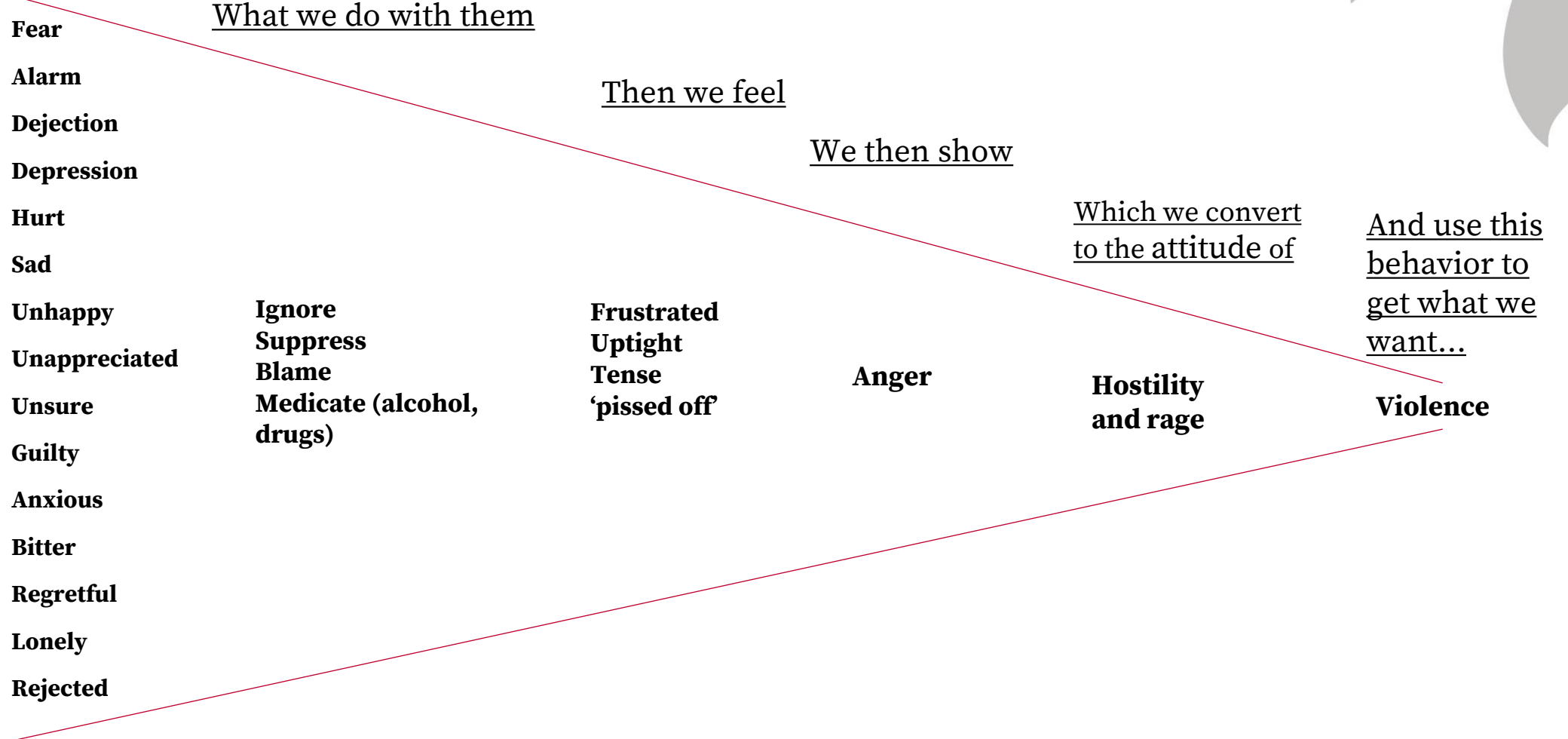




# Emotional Funnel System



## Feelings





# **What Does Your Support Mean To Students?**



# Students Seeing Your Support

- You're a person they can get helpful resources from
- Creates a sense of greater awareness
- Feels supported in speaking up
- Helps build trust among students, staff + faculty
- Seen as a possible safer space for disclosure



# **How to Become A Support Champion!**



# Be A Red Zone Support Champion!



Post the link to Red Zone website or the program flyer in your online platform where you mainly communicate with students



Share SARNCO & The Office of Institutional Equity contact info with students



Talk about the information you learned at this micro session with students



List the SWC as a resource for more information on this topic



Attend upcoming micro sessions that cover a range of topics specific to your role as staff + faculty



Invite SWC into class to talk about sexual violence prevention + healthy relationships



Provide extra credit for students attending an event



# Statewide & Other Resources



[Ohio Alliance to End Sexual Violence](#)

[Ohio Department of Health Prevention Resources](#)

[SARNCO \(Franklin County's Rape Crisis Center\)](#)

[Ohio Sexual Violence Helpline \(find a rape crisis center in Ohio\)](#)

[Shattering the Red Zone – PAVE](#)

[Rape and Incest National Network](#)

[It's On Us](#)

[Join One Love](#)

[Love Is Respect](#)

[National Sexual Violence Resource Center](#)



# Campus Resources





Office of  
**Institutional Equity**

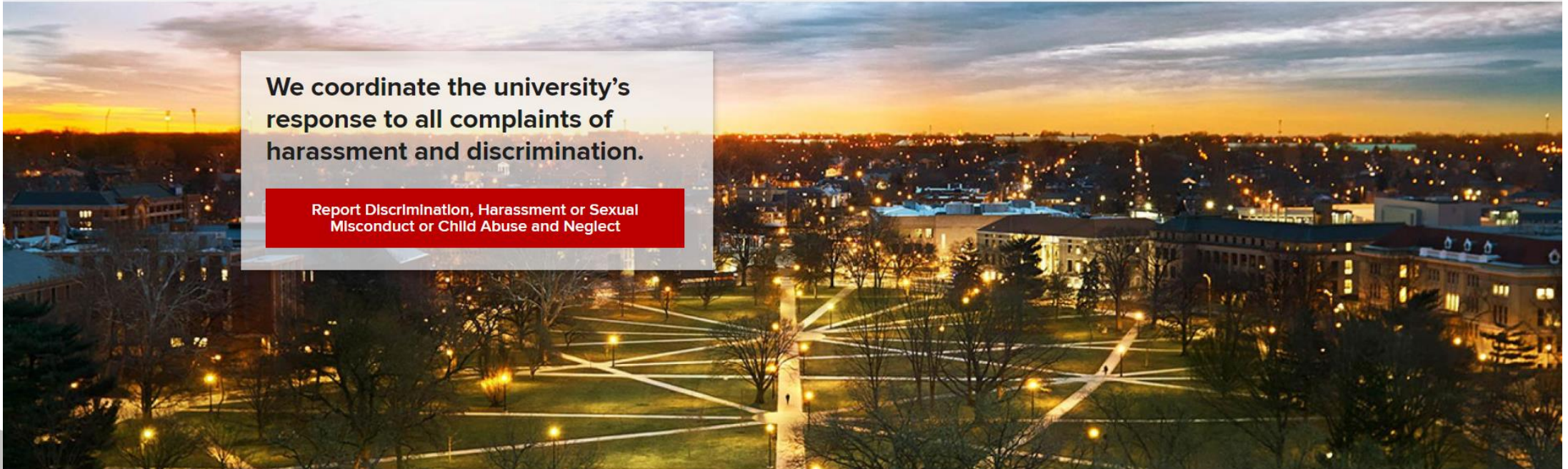


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- [Policies and Standards](#)
- [Education and Resources](#) ▾
- [Reporting](#) ▾
- [Resolutions](#)



**We coordinate the university's  
response to all complaints of  
harassment and discrimination.**

**Report Discrimination, Harassment or Sexual  
Misconduct or Child Abuse and Neglect**





# Has sexual violence impacted your life or someone you know?

**SARNCO offers free, confidential, independent assistance to anyone on campus impacted by sexual violence.**

Our Ohio State University office serves to OSU students, staff, faculty and visitors:

- Confidentiality
- Crisis response
- Emotional support and listening
- Support with protection orders
- Safety planning
- Connection to vital resources
- Support with Title IX sexual misconduct procedures



**We're here to help. Scan the QR code to contact us today.**



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# Your Feedback Matters



Visit [go.osu.edu/swcpresentation](https://go.osu.edu/swcpresentation) or Scan our QR code



# Thank You

Student Wellness Center  
RPAC Room B130



**@OSUwellness**

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