



Indiana Coalition to End Sexual Assault

Engage. Educate. Empower.

Food Insecurities and Sexual Violence on College Campuses: Connections between Poverty and Sexual Victimization of Students

Skye Kantola

Multicultural Efforts to end Sexual
Assault (MESA)

December 11, 2017

ICESA Campus Consortium
Sexual Violence
Prevention and Response
Webinar Series

*Facilitated by Kirat Sandhu,
ICESA Training Coordinator*

Welcome and Introductions

- Thanks for joining us!
 - Kirat Sandhu (Training Coordinator)
- ICESA and the ICESA Campus Consortium
 - OWH Federal Grantee
 - Tracey Horth Krueger (Chief Executive Officer)
 - Mahri Irvine, PhD (Director of Campus Initiatives)
 - Alexandria Benifield, MPH (Evaluation Specialist)
 - Burton Patterson (Rape Prevention Education Coordinator)
 - Piper Rowley (Research Assistant)

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Office on Women's Health, *College Sexual Assault Policy and Prevention Initiative.*



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ICESA Campus Consortium



IUPUC
PRIDE



DOMESTIC VIOLENCE NETWORK



INDIANA COMMISSION
for
HIGHER EDUCATION



BUTLER
UNIVERSITY



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Webinar Technology

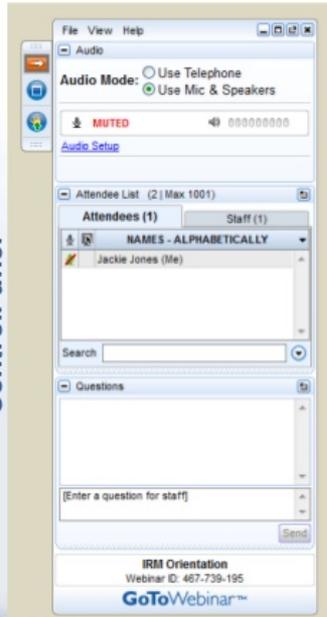
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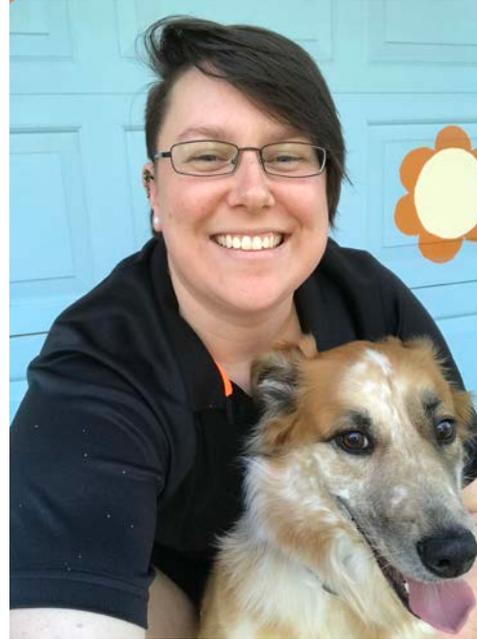
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Today's Presenter

Skye Kantola

Program Coordinator

*Multicultural Efforts to end
Sexual Assault (MESA)*



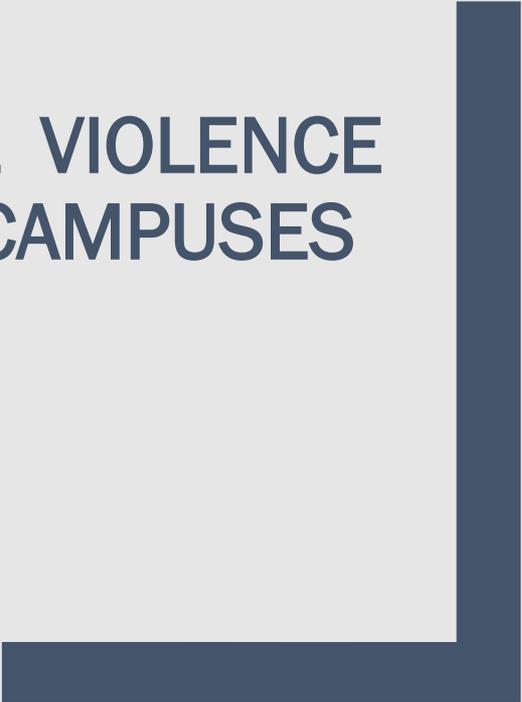
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FOOD INSECURITY & SEXUAL VIOLENCE PREVENTION ON COLLEGE CAMPUSES

Skye Ashton Kantola
Program Coordinator, MESA





Multicultural Efforts to end Sexual Assault

www.ydae.purdue.edu/mesa

Promoting dialogue for social change!

Welcome!

MESA

Statewide violence prevention program

Focus on underserved & underrepresented populations

What does MESA do?

- Webinars and state-wide trainings/workshops
- Technical support
- Collaborative programming within Indiana
- Violence prevention resources and information
- Temporary victim advocacy



Agenda

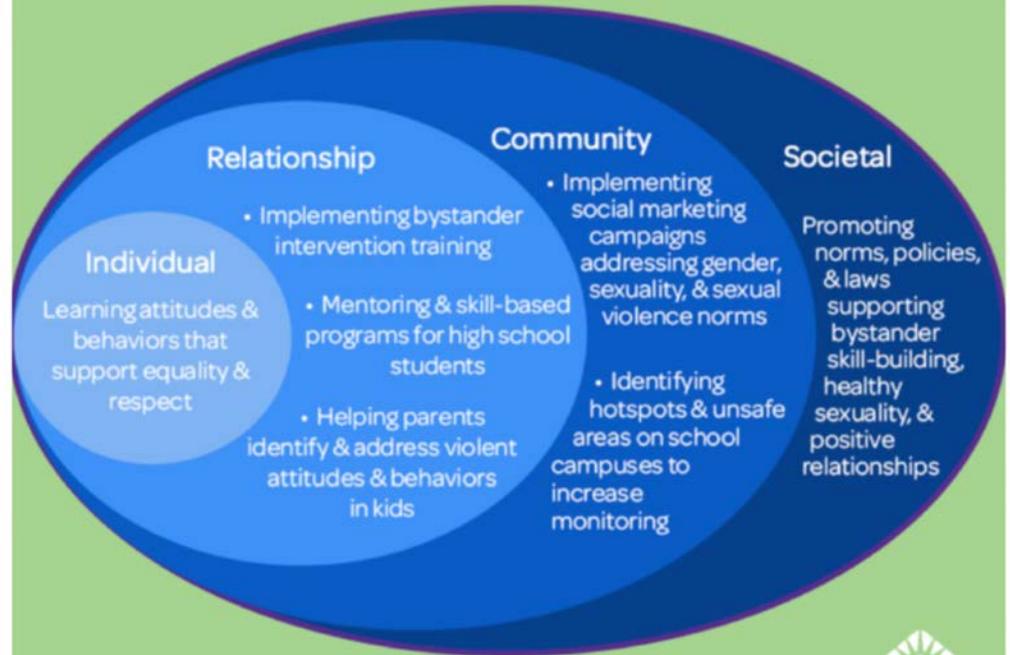
1. Welcome
2. Risk & Protective Factors for Sexual Violence in Marginalized Communities
3. Intersectionality, Systems Thinking, & Trauma Informed Practice
4. Violence Prevention & Food Insecurity
5. Strategies for Intersectional Prevention

Primary Prevention

A public health framework for social change.

Encouraging Work at All Levels Prevents Sexual Violence

Strategies may include:



Learn more about sexual violence prevention from CDC:
<http://www.cdc.gov/violenceprevention/sexualviolence/prevention.html>.



VetoViolence

Risk & Protective Factors – LGBTQ+ Communities

- Lack of access to sexual health and healthy sexuality education
- Lack of awareness about what constitutes violence and consent
- Social and physical isolation
- Under-skilled, unskilled, and anti-LGBTQ service providers
- Medical, legal, educational and other systems not made to support LGBTQ+ people and often actively criminalize/harm
- Poverty and lack of access to food
- Strick gender norms
- Title IX offices, student affairs offices, and cultural centers that haven't developed the capacity to work in affirming ways with LGBTQ+ (international, POC, undocumented, non-traditional) students

Risk & Protective Factors – Migrant Farm Workers

- Language and legal status barriers are common
- Highly varied concepts of what constitutes sexual violence (marital rape)
- Rarely have access to the food they put into the ag industry
- Heavily invisibilized and often lacking access to fair employment standards
- Vulnerable to financial, social, sexual coercion, harassment, and control by crew leader

Risk & Protective Factors – Disabled Communities

- Differences in communication
- Rarely believed in describing their own experiences
- Access to public spaces, food, health care, legal support
- Poverty
- Highly normalized violence (“cure” mentality and normalization of health)

Risk & Protective Factors – Communities of Color

- Internalization of strict gender norms
- Connecting prevention and/or victimization with fulfillment of white stereotypes about race (“representing” race)
- Hypersexuality and hyposexuality
- Redlining, poverty, mass criminalization

Risk & Protective Factors – Immigrant & Refugee Communities

- Lack of understanding of legal rights and social support systems
- Language and cultural barriers to accessing resources
- Lack of recognition by many U.S. service agencies the importance of faith
- Temporary or complete lack of legal status; differing legal status from family and friends

Risk & Protective Factors in Marginalized Communities: Summary

1. Community isolation & systematic violence
2. “Representing” the community
3. Lack of access to holistic, culturally affirming sexual health education
4. Language and communication differences
5. Basic needs: food, shelter, clothing, safe/stable/nurturing relationships, health care

Agenda

1. Welcome
2. Risk & Protective Factors for Sexual Violence in Marginalized Communities
- 3. Intersectionality, Systems Thinking, & Trauma Informed Practice**
4. Violence Prevention & Food Insecurity
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Intersectionality & Systems

- Intersectionality

- *What is it?*
- *Why name difference at all?*

- Systems Level Thinking

- *How does this get us closer to prevention and intervention?*
- *University system impacts student access; student behavior impacts university policy and practice*
- *Example: Lack of transition related care policy by university >>> increased student stress, less sleep, worse academic performance >>> students save funds for health care instead of food >>> make food choices as they impact access to health care instead of nutritional quality*

Trauma Informed Practice

- Trauma is a normal part of life and is experienced in the BODY
- Our bodies have evolutionarily conserved mechanisms to allow us to process trauma
- Unprocessed trauma is stored in the body in our central nervous system
- Not all trauma leads to unprocessed trauma
- Unprocessed/internalized trauma will continue to wreck havoc on the persons' mind, body, memories, and behaviors until resolved and similar to chronic pain, symptoms will become more severe with time
- Body-engaging therapies can process stored trauma for healing, building resiliency, and even transformative growth

Trauma Informed Practice

- Can be applied by individuals without a professional background:
 - *Focusing* by Eugene Gendlin
 - *Somatic Experiencing* by Peter Levine
 - *Trauma Release Exercises* (<https://traumaprevention.com/>) by David Berceli
- Somatic Psychotherapy by Pat Ogden
- EMDR (eye movement desensitization & reprocessing) by Francine Shapiro
- Complementary & Alternative Medicines which assist in developing restored regulation of the autonomic nervous system: meditation, yoga
- Complementary techniques:
 - *CBT (cognitive behavioral therapy)* by Aaron Beck
 - *DBT (dialectical behavioral therapy)*
- Unhelpful: Exposure therapies

Agenda

1. Thanks & Introductions
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- 4. Violence Prevention & Food Insecurity**
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Food Insecurity & Violence Prevention

- USDA: a household-level economic and social condition of limited or uncertain access to adequate food.
 - *~20% of households with children are food insecure in the U.S. 2011-2013*
 - *13-14% of households in the U.S. are food insecure 2013 to 2015*
 - 17.5 million households in 2013
- What does food insecurity look like...
 - *In school?*
 - *At home?*
 - *In the community?*
 - *At work?*
 - *At university?*
- How does food insecurity impact sexual violence and visa versa?
 - *What does this look like in marginalized communities?*

Agenda

1. Welcome
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3. Intersectionality, Systems Thinking, & Trauma Informed Practice
4. Violence Prevention & Food Insecurity
5. **Strategies for Intersectional Prevention**

Strategies for Prevention & Intervention Students

- Buy local!
- Get involved in local food cooperatives & community farms
- How can you make sure student events have nutrition food options, including vegetarian, gluten free, etc. options?
- Proposition staff and faculty to support your efforts and offer guidance
- Request meetings with Title IX office, cultural center staff, student affairs and health professionals, and folks from the president's office meet with you to work on these issues (and know that institutional change tends to be slow) and identify perceived barriers/opportunities
- Learn how to implement mental health AND trauma “first aid”

Strategies for Prevention & Intervention Faculty

- Prioritize interactive, experience based learning/teaching
- **Incorporate food security, violence prevention, and marginalized community wellness education into your curriculum**
- Consider who does the emotional labor in service learning projects (contact cultural centers or community centers in advance)
- **Build interactive and experiential education skills for curriculum development!**
- Verbalize to students that you are a resource in addressing these issues and let them know if you are a mandated reporter
- Educate about university processes, reporting, and support services on syllabus day
- Incorporate clear and comprehensive statement of non-discrimination in syllabus and communication guidelines

Strategies for Prevention & Intervention

Student Affairs Staff

- Intentional, direct outreach
- **Forming collaborative partnerships** in which marginalized community leaders lead and are valued (rather than tokenized)
- How can you develop student leadership and utilize student expertise in campus programs?
- **Pairing education with all service and resource initiatives**
- Work with food companies to ensure events have nutrition foods available
- Do not draw attention or reprimand students who attend events just to eat or who take “too much” food to-go
- Community, institutional, and regional level media campaigns and education
- Utilize social media
- Learn how to implement mental health AND trauma “first aid”

Strategies for Prevention & Intervention Administrators

- Campus climate survey
- Learn about urban farming and vertical farms – give away food
- Re-evaluate workplace policies and practices affecting staff, volunteers, clients, patients, and those utilizing services
 - *Meeting format & concepts of “time”*
 - *Is interrupting acceptable behavior in your work/social culture?*
- Addressing food deserts (work with resources already present)
- Organizing to address community and systematic issues





QUESTIONS/COMMENTS?

For Additional Information about MESA, Contact us:
Skye Ashton Kantola Kantola@purdue.edu
Follow us on Facebook @PurdueMESA or Twitter!

This training was supported in part by the Rape Prevention Education Grant from the Centers for Disease Control and Prevention and Indiana State Department of Health. The views and information in this training do not necessarily represent the official views of the Centers for Disease Control and Prevention, the Indiana State Department of Health, or Purdue University.

Thank You!

- Please complete the survey at end of webinar
- Upcoming Webinars (Spring 2018 Dates TBA)
 - Digital Storytelling
 - Human Resources Investigations
 - Protection Orders
 - Stalking
 - Trans Advocacy and Services
- Upcoming Trainings and Events
 - April 9 – 10, 2018: ICESA annual conference
 - May 23-24, 2018: Trauma-Informed, Evidence-Based Best Practices for Sexual Violence Response
 - Featuring Russell Strand and Andrew Pari
- www.indianacesa.org



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