

# **FACTSHEET • Focusing on the Prevention of First-Time Male Perpetration of Sexual Violence**

This factsheet provides information about programs targeting prevention of first-time male perpetration of sexual violence. This information is drawn from a review of 37 sexual violence prevention programs, key experts in the field, and a comprehensive literature review.

## **Focusing on Men and the Prevention of Sexual Violence**

Current research indicates that men are most often the perpetrators of sexual assaults on women, children, and other men. However, there is little research that describes promising programs to prevent first-time male perpetration of sexual violence. Such programs provide differing levels of direct prevention services to boys or men and attempt to change attitudes and behaviors that are tolerant of sexual violence. In addition, there is a lack of comprehensive research documenting the prevention approaches being used in these programs as well as their effectiveness.

## **Prevention Approaches**

The prevention approaches used by these various programs fall into four general categories:

- **Multiple-session, curriculum-based prevention interventions** involve the use of a structured curriculum that may range in length from a few sessions over several days to multiple sessions over several months.
- **Ongoing, open-forum discussion groups** allow participants to talk about a variety of topics. Discussion is sometimes stimulated by using pieces of structured curricula or other sexual violence prevention materials; but most often, groups use a loosely structured open forum.
- **One-time awareness/educational workshops and theater performances** provide a single presentation to participants and utilize a range of techniques, such as peer-led educational workshops and scripted theatrical performances.
- **Environmental change strategies** use tools, such as media campaigns, to change the prevailing attitudes or social norms that support sexual violence. This approach is often used together with other prevention strategies.

## **Common Curricula and Theoretical Approaches**

Several of the programs targeting prevention of first-time male perpetration of sexual violence use curricula and/or are based on theoretical approaches in this prevention area. Table 1 lists several of the more well-known prevention programs. Contact information for the program developer or researcher is also provided.

**Table 1. Programs Targeting Prevention of First-Time Male Perpetration of Sexual Violence**

Curriculum or Approach	Developer/Researcher	Web site/E-mail
Expect Respect Program	Barrie Rosenbluth	<a href="http://www.austin-safeplace.org">www.austin-safeplace.org</a>
Fraternity Violence Education Project	Deborah Mahlstedt	<a href="mailto:dmahlstedt@wcupa.edu">dmahlstedt@wcupa.edu</a>
Men's Program and 1 in 4 Program	John Foubert	<a href="http://www.nomorerape.org/john.html">www.nomorerape.org/john.html</a>
Mentors in Violence Prevention, Tough Guise Curriculum, and additional video resources	Jackson Katz	<a href="http://www.jacksonkatz.com">www.jacksonkatz.com</a>
Social Norms Approach	Alan Berkowitz	<a href="http://www.alanberkowitz.com">www.alanberkowitz.com</a>
Strength Campaign, media campaigns	Men Can Stop Rape	<a href="http://www.mencanstoppers.org">www.mencanstoppers.org</a>

## Program Effectiveness

While the approaches noted above have been evaluated with varying degrees of rigor, other programs in this prevention area have been less well evaluated. Most programs reported basic evaluations assessing attitude change from before the intervention to immediately after the intervention. In general, these evaluations do not measure sexually violent behavior, conduct long-term follow-up, or have a comparison group.

## Key Findings in the Evaluation Literature

- Prevention programs showed promise for changing attitudes and beliefs among participants; however, there is not yet evidence that these programs reduce the incidence of sexual violence.
- Interactive programs that target single-gender audiences and consist of multiple sessions showed the most promise for changing attitudes and beliefs.
- Programs that use smaller groups in less formal settings and incorporate role-playing, multimedia presentations, and interactive methods appeared most promising.

## Resources and Information

### Web Sites

Table 2 provides some key resources for information on the prevention of sexual violence.

**Table 2. Resources on Sexual Violence**

Resource	Web Site
National Center for Injury Prevention and Control, Centers for Disease Control and Prevention	<a href="http://www.cdc.gov/ncipc">www.cdc.gov/ncipc</a>
National Institute of Justice	<a href="http://www.ojp.usdoj.gov/nij">www.ojp.usdoj.gov/nij</a>
National Sexual Violence Resource Center	<a href="http://www.nsvrc.org">www.nsvrc.org</a>
National Violence Against Women Prevention Research Center (NVAWPRC)	<a href="http://www.vawprevention.org">www.vawprevention.org</a>
The Office on Violence Against Women	<a href="http://www.ojp.usdoj.gov/vawo">www.ojp.usdoj.gov/vawo</a>
The Prevention Institute	<a href="http://www.preventioninstitute.org">www.preventioninstitute.org</a>

### Publications

- American College of Obstetrician and Gynecologist's National Rape and Sexual Assault Prevention Project. (2002). *Drawing the line: A guide to developing effective sexual assault prevention programs for middle school students*. Available from Judy Brenner at [jbrenner@acog.org](mailto:jbrenner@acog.org)
- Berkowitz, A.D. (Ed.). (1994). *Men and rape: Theory, research, and prevention programs in higher education*. San Francisco: Jossey-Bass.
- Brecklin, L.R., and Forde, D.R. (2001). A meta-analysis of rape education programs. *Violence & Victims*, 16, 303-321.
- Kilmartin, C.T. (Ed.). (2001). *Sexual assault in context: Teaching college men about gender*. Holmes Beach, FL: Learning Publications.
- Massachusetts Department of Public Health. (1997). *Sexual violence prevention: A catalogue of educational materials*. Compiled by JSI Research and Training Institute and the Massachusetts Coalition Against Sexual Assault. Available from [www.vahealth.org/civp/sexualviolence/SVP\\_Resource\\_Catalog.pdf](http://www.vahealth.org/civp/sexualviolence/SVP_Resource_Catalog.pdf)
- Schewe, P. (Ed.). (2001). *Preventing intimate partner violence: Developmentally appropriate interventions across the lifespan*. Washington, DC: American Psychological Association.

## Information about this Project\*

For more information on the programs identified in this study, as well as new and emerging prevention programs, please contact the National Sexual Violence Resource Center toll free at 877-739-3895; TTY: 717-909-0715; Website: <http://www.nsvrc.org>; or e-mail: [resources@nsvrc.org](mailto:resources@nsvrc.org)

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