In This Issue
CAPE Team
CAPE Events
Town Hall
It's On Us

CAPE Trivia
Each month, CAPE will be giving away prizes to the first three students who e-mail CAPE with the correct answer to the following trivia question. All answers can be found within our newsletter!

What time period is typically referred to as "the Red Zone"?

Got it? Email us here with the answer in the body of your e-mail.

Quick Links
CAPE Website
Be a B.O.S.S.
CAPE Helpline
CAPE Facebook
Health and Counseling Center

Subscribe
Interested in signing up for our monthly Cape Connection? Email us at: hcc.capefellow1@du.edu

Welcome back, Pioneers!

Thank you to everyone who stopped by our booth at Pioneer Carnival and who shared what it means for them to "Be a B.O.S.S." Please visit us on Facebook (DU CAPE) for more photos from the event.

The CAPE team is excited to have everyone back on campus and is looking forward to partnering with you this year to promote healthy relationships and prevent gender violence from happening in our community.
Sincerely,
The CAPE Team

Meet the CAPE Team

Gillian Kaag, PhD - Program Director
Jenny McGee - Intern, Graduate School of Social Work
Vanessa Teck - Inclusive Excellence Fellow, Morgridge College of Education

We are also fortunate to work with a team of incredible undergraduate employees:

Brooke Baxa, Program Assistant
Zea Gravitt-Beck, Program Assistant
Adrian Nava, Program Assistant

For more information about our staff, please visit our website.

This Month in CAPE

"Be a B.O.S.S."

At DU, to “Be a B.O.S.S.” means to be a leader on campus and to be willing to speak up and act in order to prevent violence from happening.

To be a DU B.O.S.S. is to:
Be aware,
Observe your situation,
Size up your options,
Speak up and act.
CAPE is looking forward to expanding our BOSS program this year and already has workshops planned with the RA’s, the Pioneer Leadership Program, the Living and Learning Communities, and members of Greek Life.

ARE YOU INTERESTED IN LEARNING MORE?
REQUEST A WORKSHOP:

“Be a B.O.S.S.”: How to Harness Your Power to Prevent Violence

This workshop focuses on the issue of leadership on DU’s campus and teaches practical bystander intervention skills for students to use in order to prevent violence from happening in our community. To “Be a B.O.S.S.” individuals must: 1) Be aware, 2) Observe the situation, 3) Size up their options, and 4) Speak up and act. This interactive training provides participants with the tools to know when and how to “Be a B.O.S.S.” and helps participants gain the confidence to take action when it is needed, particularly around the issue of preventing sexual violence.

Contact the CAPE Program Director: Dr. Gillian Kaag at gillian.kaag@hcc.du.edu

Title IX Town Hall

On September 24th, 2014, the Women’s Coalition and Undergraduate Women’s Council will be hosting their First Town Hall:

Sexual Assault and Harassment - Where does DU stand?

As a campus we have been working diligently to address issues of gender violence, and we still have work to do in promoting a safe and equitable community - you can be a part of the change. Join us for an open conversation about the services and policies on the DU campus to address issues of sexual assault and harassment.

Hear from members of the DU TITLE IX Team:

Kathryne Grove, Director of EO and Title IX Coordinator
Dr. Gillian Kaag, Program Director, CAPE
Don Enloe, Director, Campus Safety
Kristin Olson, Director, Student Conduct
Molly Hooker, Director, Graduate Student Services

September 24, 2014
White House Announces the "It's On Us" Campaign

To advance the goal of preventing sexual assault, the President and Vice President will unveil a new public awareness and education campaign: "It's On Us." The campaign seeks to engage college students and all members of campus communities in preventing sexual assault in the first place. The campaign is being launched in partnership with the Center for American Progress, Generation Progress, along with student body leadership from nearly 200 colleges and universities across the country, collegiate sports organizations such as the NCAA, and private companies that have strong connections with students at colleges and universities.

Stay updated on the campaign by following us on the DU CAPE Facebook Page.

Did You Know?

The weeks between when a woman first steps foot on campus until Thanksgiving is when she is most likely to be sexually assaulted. This time period is typically referred to as The Red Zone. Although a sexual assault can happen at any point during a student's college career, The Red Zone is of highest risk because a student has more risk factors and less protective factors in place, and perpetrators seek out individuals who are vulnerable. For example, students may be experimenting with alcohol for the first time and not know what their personal limits are. They also may experience the social anxiety to try fit in in order to make friends, and the pressure to “look cool” by drinking. As a result, these students drink more than they feel comfortable doing or end up drinking beyond their personal limits of control. Perpetrators then seek these intoxicated individuals out in order to take advantage of them when they are vulnerable. In addition, friendships can be a significant protective factor, but first year students new to campus do not have a stable friend group yet. Given this,
bystander intervention is less likely to happen where friends could look out for each other.

Stay informed, get trained in bystander intervention, and look out for your fellow DU community member! Together, we can prevent sexual violence from happening in our community.

Get involved! CAPE is always looking for volunteers and opportunities to collaborate. Please feel free to reach us at: hcc.capefellow1@du.edu

HCC’s Center for Advocacy, Prevention, & Empowerment (CAPE)
Nelson Hall, Room 102 and 103
Appointments available Mon - Fri, 8AM - 5PM

CAPE Program Director: Dr. Gillian Kaag
gillian.kaag@hcc.du.edu
(303) 871-3853