MONTHLY NEWSLETTER
OCTOBER 2014

In This Issue
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!

How much more likely are you to encounter sexual aggression on days of any alcohol consumption?

Got it? E-mail 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
Join Our Mailing List!

Thank you to those who were able to attend the First Town Hall hosted by the Women's Coalition! The event was a success, with sharing of information, rich dialogue, and great questions from the audience. We look forward to continued conversations around Title IX and our community.

For those who were unable to attend the first town hall, the Student Coalition for the Eradication of Sexual Assault with support from the Women's Coalition invites undergraduate and graduate students, staff, and faculty to join in on the second in their series of Town Halls:

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 in the second of our open conversations about the services and policies on the DU campus to address issues of sexual assault and harassment.

**October 27, 2014**
*6:30 PM - 8:00 PM*
*Pizza Provided*
*Sturm 281*

To attend, [RSVP here](#) by Thursday, October 23rd

---

**This Month in CAPE**

**VOICES:**

**A Night of Community, Love, and Empowerment**

Voices is a collaborative community event co-hosted by the Center for Advocacy, Prevention, and Empowerment, Kappa Phi Lambda, SafeHouse Denver, and Fortitude Foundation. This two part event aims to empower and honor those who have been affected by gender violence as well as teaches how spoken word can be used as a healing tool. Please join us for this evening of love, community, and empowerment.

**Saturday, October 25th**

**Workshops:** 4:00PM-5:00PM in Sturm Hall  
**Open Gallery:** 6:00PM-7:00PM  
**Voices Performance:** 7:30PM  
Gallery and Performance in the Anderson Academic Commons Special Events Room  
**Price:** $7 pre-registration or $10 at the door

Tickets are available for pre-purchase by
Tickets include the opportunity to participate in a workshop (limited to first 40 registrants), the Open Gallery art show, and the Voices Performance.

Find out more about the event, workshops, and artists on the VOICES Website.

Vagina Monologues

Interested in being a part of DU's 2015 production of The Vagina Monologues? There are tons of opportunities to be part of the cast, support team, marketing, outreach, and more! Be a part of this amazing show and even more incredible conversation.

Questions? Contact Lori Scott at loritscott@gmail.com or Brooke Baxa at brooke769@gmail.com.

Interested in a B.O.S.S. Training?

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

Being A B.O.S.S.

Each month, CAPE will be highlight a campus advocate who promotes healthy relationships, teaches non-violence and equality, and fosters a respectful and safe environment for all members of the University of Denver community.

This month’s DU B.O.S.S. is:

Lori Scott
Lori is a second year student at the University of Denver and has been a “B.O.S.S.” since she joined the DU community fall of 2013. Lori is actively involved in issues that promote healthy relationships and prevent gender violence. Some highlights include her leadership on the Undergraduate Women's Council, her co-directing DU's Vagina Monologues, her starring in and promoting the B.O.S.S. campaign last year, and her role as a trainer for the “Be a B.O.S.S.” workshop for both the Pioneer Leadership Program and the Living Learning Communities. Lori is an asset to the DU community and a great partner to CAPE for promoting a healthy culture in our community. Thank you, Lori, for being a B.O.S.S.!!

Do you know a B.O.S.S. in the community? Send us an e-mail with the person's name, e-mail, and why you believe they're a B.O.S.S. to potentially have them featured in our CAPE Connection!

For more B.O.S.S. highlights, please visit us on the DU CAPE Facebook Page.

Did You Know?

Alcohol does not cause sexual assault - as alcohol as an entity does not have any agency and cannot take action on its own. Although there is not a causal relationship between alcohol and sexual assault, research has shown that there is clearly a relationship between alcohol and sexual assault.
In 2004, Parks and Fals-Stewart assessed daily alcohol consumption and concurrent daily incidents of sexual aggression over a 6 week period. Complete data were available for the full sample of 94 women and they found that the odds of experiencing sexual aggression were:

- more than 7 times higher on days of any alcohol consumption compared with days of no alcohol consumption.
- 9 times higher on days of heavy drinking compared with days of no alcohol consumption.

In 2007, the National Institute of Justice funded the Campus Sexual Assault Study which was a study focused on assessing the various types of sexual assault that university students experience. Using a web-based survey of 5,446 undergraduate women and 1,375 undergraduate men, Krebs and colleagues found that:

- 11% women reported experiencing sexual assault since entering college; 84% of these were enabled by alcohol and other drugs.
- 3.7% men reported experiencing sexual assault; 90.2% were enabled by alcohol and other drugs.
- 72% of the rapes occurred when victims were so intoxicated they were unable to consent.

Alcohol is the number one "date rape" drug and offenders frequently seek out individuals who are intoxicated. Offenders also intentionally try to get their potential "victims" intoxicated by encouraging alcohol and drug use. When it comes to the use of alcohol and other drugs, it is important that everyone in our community engages in safe practices and that we also look out for one another when someone we care about is in a vulnerable position.

If you and your friends would like more information about your alcohol use and how to engage in safe drinking practices, please join the Health and Counseling Center for DU's Alcohol Screening Day on October 15th from 10AM - 3PM on the Driscoll Green.

For more information about how to look out for your friends when you believe someone wants to take advantage of them, please contact CAPE to participate in the workshop "Be a B.O.S.S.: How to Harness Your Power to Prevent Sexual Violence" workshop.

Together we have the power to keep ourselves and our
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