Yes Means Yes: A Student/Faculty/Staff Mini-Course Promoting Positive Sexuality

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Colgate University
ACPA March 28, 2011
As higher education professionals, we need to understand the social world of our students.

Includes alcohol abuse, violence, and regret.

Sexuality is a highly-personal issue, but has ramifications for the campus community.
Outcomes

- Articulate some of the issues that would be included in a college positive sexuality program

- Consider ways to implement the YMY course on your campus
Workshop Agenda

- Yes Means Yes!
- Logistical Setup
- Content
- The Press
- Data Examining Effectiveness
- References & Evaluation
Yes Means Yes!
Cross-Departmental Committee

Keep It Sexy, Colgate
A semester-long series promoting positive sexual health on campus

Brought to you by:
Wellness Initiative, MAC, Conant House, CLSI, FYE, SYE, The Network, Peer Health Educators, Lambda, SHAG, Link Staff
Yes Means Yes!
Positive Sexuality

- Sexuality – Natural and healthy aspect of life
- Responsible choices
- Respectful communication and exchange of thoughts/feelings between partners
- Safe and mutually consensual sexual activity.

Resource Center for Adolescent Pregnancy Prevention
Are you confused by the “hook up culture”? Do you ever wonder about how to ask for what you want in a relationship? Would you like to think about how to navigate your sexuality better? Could you learn how to better help others with these areas? If you answered yes to any of these questions, this series if for you!

Join other students, faculty, and staff as we explore healthy relationships through positive sexuality, assertive communication, and better understanding ourselves.
Yes Means Yes!
Student’s Initiation

Jaclyn Berger's ('09) Senior Thesis
Students' perceptions
Buy-In
Yes Means Yes!

Goals

- Honest discussion about sexuality
- Understand selves identities
- Improve sexual self image and satisfaction
- Discuss how consent can be given and how to gain appropriate consent
- Consider ways to improve social scene (i.e., the “hook up culture”)

Logistical Setup

- Wellness Initiative
- Dinners provided ($700)
- “Yes Means Yes: Visions of Female Sexual Power and A World Without Rape” by Jaclyn Friedman & Jessica Valenti (2008; approx. $12/copy)
- 7-8:30, 5 consecutive Wednesdays, necessary attendance
- Comfortable location
Logistical Setup Facilitation

- Minimal Preparation
- Low Time Commitment
- High Impact
Logistical Setup

Facilitation

**Staff:** Counseling Center, Center of Leadership & Student Involvement, Center of Volunteerism, Women’s Studies Center, Dean’s Office, Alumni Affairs

**Faculty:** Departments of Mathematics, Queer Studies, Sociology & Anthropology, Women’s Studies, Religion, Education, Economics
Logistical Setup
Recruitment

- Word of mouth
- Campus email distribution
- Faculty encouragement
- Peer encouragement
- Brownbag advertising
Fall: 21 women, 4 men, racially diverse, many seniors
Spring: 17 women, 5 men, 14 White, 8 Students of Color, all class years represented
Logistical Setup

Some Key Elements

- Several discussion formats – large group, dyads, writings
- Self-disclosure – honesty and open communication, everyone involved
- Facilitators speak genuinely, participate, don't dominate
Content
Class 1: Kick Off & Defining “Hooking Up”

- Overview
- Ground rules
- Thermometer Exercise
- Define Hooking Up/Pros and Cons
- Participant Expectations & Goal-Setting
Consent
Class 1: What is “Hooking Up”? 

• Differs depending on who you ask
• Vagueness is strategic
• Dissatisfaction with social options and lack of authentic relationships
Class 1: Defining “Hooking Up”

A casual, noncommittal sexual experience ranging from making out to sexual intercourse [with a potential lack of mutual commitment, affection, attachment, emotion, and there is not necessarily a balance of power].
Content
Class 2: “An Immodest Proposal”

- Meaning of first time sexual encounters
- Experiences of men and women
- Goals of sex
- Sexual agency and power
Class 3: “Gray Rape and Why it Matters” & “Fantasy of Acceptable ‘Non-Consent’”

- What is rape?
- Rape vs. gray rape
- College life and acquaintance rape
- Consent within unexplored relationships
Content
Class 4: “Beyond Yes or NO: Consent as a Sexual Process”

• Responsibilities in sexual relationships
• LGBTQ relationships
• Using consent to achieve sexual goals
Class 5: “Offensive Feminism: The Conservative Gender Norms That Perpetuate Rape Culture”

• What does rape mean on THIS campus?
• Does college culture impact sexual relationships?
• Hierarchies that perpetuate entitlement and power
Class 5: Action-Planning

This month

• Communicate my intentions & feelings
• Go on more dates
• Lend my “Yes Means Yes” book to a friend!
• Have confidence to make my own sexual decisions
• Be genuine with my friends
• Assert myself when I’m at a party
This semester

• Encourage friends to be open about what they want
• Engage in more activities like this, TALK
• Change speak-out to a Friday at midnight
• Get to know my partners/love interests better, listen
• Participate in the Take Back the Night
Consistently Enthusiastic Consent!!!!
The Press!

• *KISC Creates Hook-Up Convos: "Yes Means Yes!" Series Introduced at 'Gate (Maroon News article)*
• Feministing.com Blog
• The Colgate Scene (Alumni Magazine)
• Colgate Homepage
• Facebook Group
Effectiveness

- 2X2 Design, Pretest/Post-test, Experimental/Control

- Measures
  - Yes Means Yes Questionnaire (YMY-Q)
  - Rape Supportive Attitude Scale (Lottes, 1998)
  - Multidimensional Sexual Self-Concept Questionnaire (MSSCQ; Snell, 1998)
Effectiveness MSSCQ

20 subscales – 5 questions each, scored in different directions

- Sexual Self-Efficacy
- Sexual Consciousness
- Sexual Satisfaction
- Sexual Self-Schemata
- Sexual Esteem
- Sexual Self-Monitoring
- Sexual Problem Self-Blame
- Internal Sexual Control
- Sexual Optimism
- Power-Other Sexual Control
- Chance/Luck Sexual Control
- Sexual Anxiety
- Fear of Sex
- Sexual Assertiveness
- Sexual Depression

*Scales trending in appropriate direction

Preoccupation with Sex
Sexual Motivation

No Findings:
Motivation to Avoid Risk
Sexual Problem-Management
Effectiveness: MSSCQ 6 Subscales

MSSCQ YMY Subscore

$F(1, 36) = 4.49, p = .04$
Effectiveness: YMY-Q

• I feel comfortable talking in a group about sexual topics.

• I feel equipped with enough knowledge to engage in intellectual discourse about intimate relationships.

• I understand the “hook up culture” and can articulate my opinions about it.

• I understand what consent means and I am able to provide examples of verbal and non-verbal means of giving consent.
Effectiveness: YMY-Q

\[ F(1, 36) = 4.76, p = .036 \]
Good Internal Consistency, Cronbach’s Alpha = .78

<table>
<thead>
<tr>
<th></th>
<th>Pretest</th>
<th>Posttest</th>
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<tr>
<td>Control</td>
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<td>3.947</td>
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<tr>
<td>Experimental</td>
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<td>4.535</td>
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\[ F(1, 36) = 4.76, p = .036 \]
Effectiveness: What I liked most

“So open! And such good ideas that I can start applying in my life. Also, I feel so much more empowered knowing that others feel the same way I do.”

“The ideas and people gave more insight into sexual health.”

“Being able to discuss in a mixed group, so many of the things I have been thinking about the past 4 years.”
Effectiveness: What I learned about myself during this series

“*My own weaknesses in addressing consent and non-verbal cues I give. I also learned to be more comfortable with myself.*”

“There are other people who dislike the way things are as much as I do.”

“How much I didn't know myself about what is consent, and sexual assault, and sexuality.”

“I need to start being more confident with what I want - healthy relationships”
Effectiveness: Ways to improve this series

“More about LGBTQ issues on our campus... a committee to make sure we keep up with all the ideas we came up with!”

“I wish there were more heterosexual men in the class”

“More time talking about Change. Realistic ways to do this.”

“Mandatory! Longer!”
References & Evaluations


• Feministing.com
References & Evaluations

Evaluation!!!

• Thanks to Jaclyn Berger, Kevin Carlsmith, the Wellness Initiative, and all the co-facilitators!
• Contact information: dlafrance@colgate.edu sbrown@colgate.edu
• Available upon request: YMY-Q, YMY 5-session Syllabus, Powerpoint