



# Student Takeaways

## for Sexual Assault prevention

### Intro: The empowerment-first approach

#### 1: Understanding consent and sexual assault

- Reality check on sexual assault
- What we mean when we talk about consent

#### 2: Defining boundaries, tools, and safety plans

- How to use intuition and your gut
- Define your personal desires, needs, and boundaries
- Your 'just in case' plan and toolkit for you or a friend

#### 3: Developing communication skills

- Helpful phrases and actions to avoid hazardous situations
- Expressing your concerns
- Expressing your experience

#### 4: Being an empowered bystander or Survivor

- What do when you witness a hazardous situation
- What to do if you experienced a hazardous situation
- Tools to support your experience

#### 5: Exclusive Survivor Stories Project resources

- Overview of your exclusive tools, features, and community

