

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

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# Context

- 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

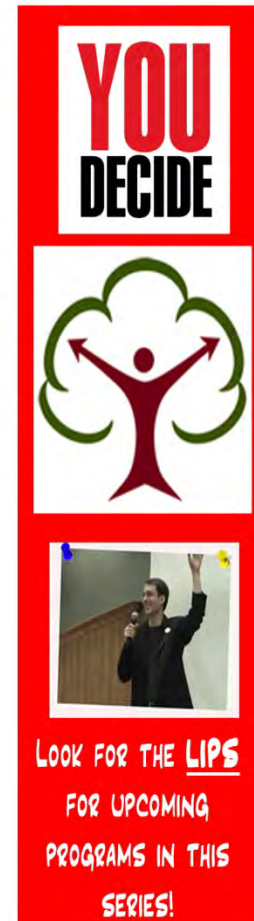
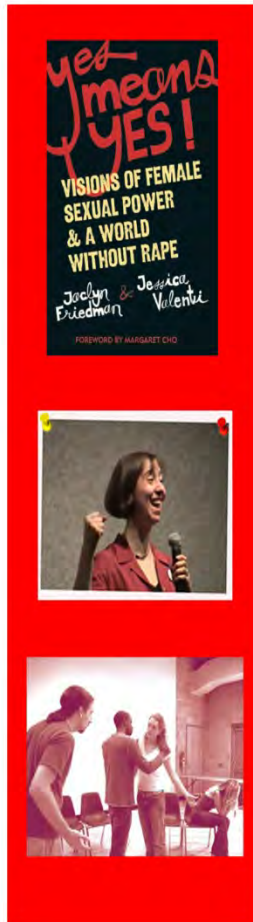
### KEEP IT SEXY, COLGATE

*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*

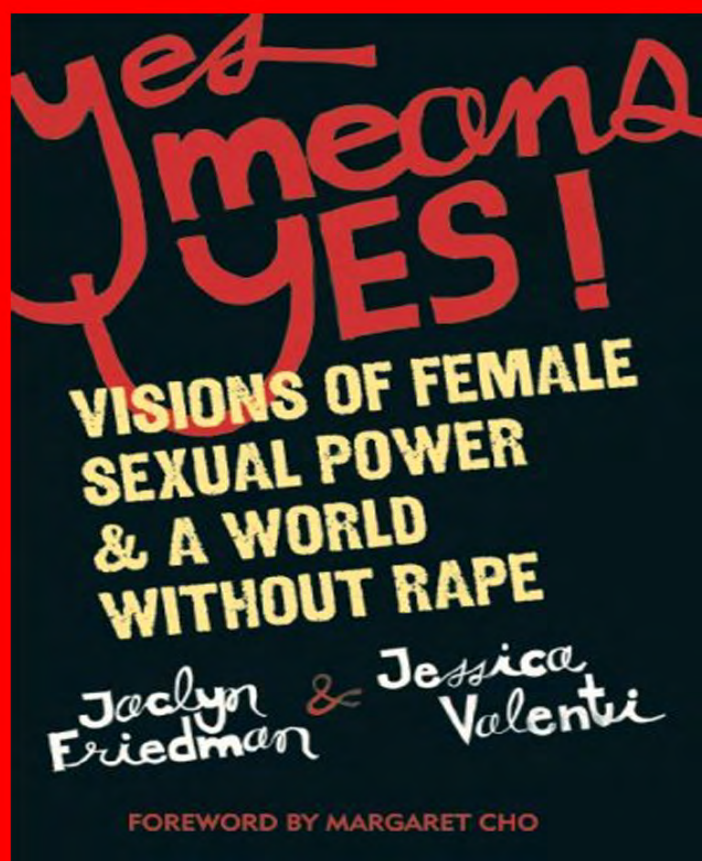


**LOOK FOR THE LIPS FOR UPCOMING PROGRAMS IN THIS SERIES!**

# 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.



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 is for you!

# The Yes Means Yes Series



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

# Content

## 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

# Content

## 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

# Content

## 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



# Content

## 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

**What I  
will do  
as a  
result  
of this  
class**

# Content

## Class 5: Action-Planning

### 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

**What I  
will do  
as a  
result  
of this  
class**



**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 MSSCO

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 ?

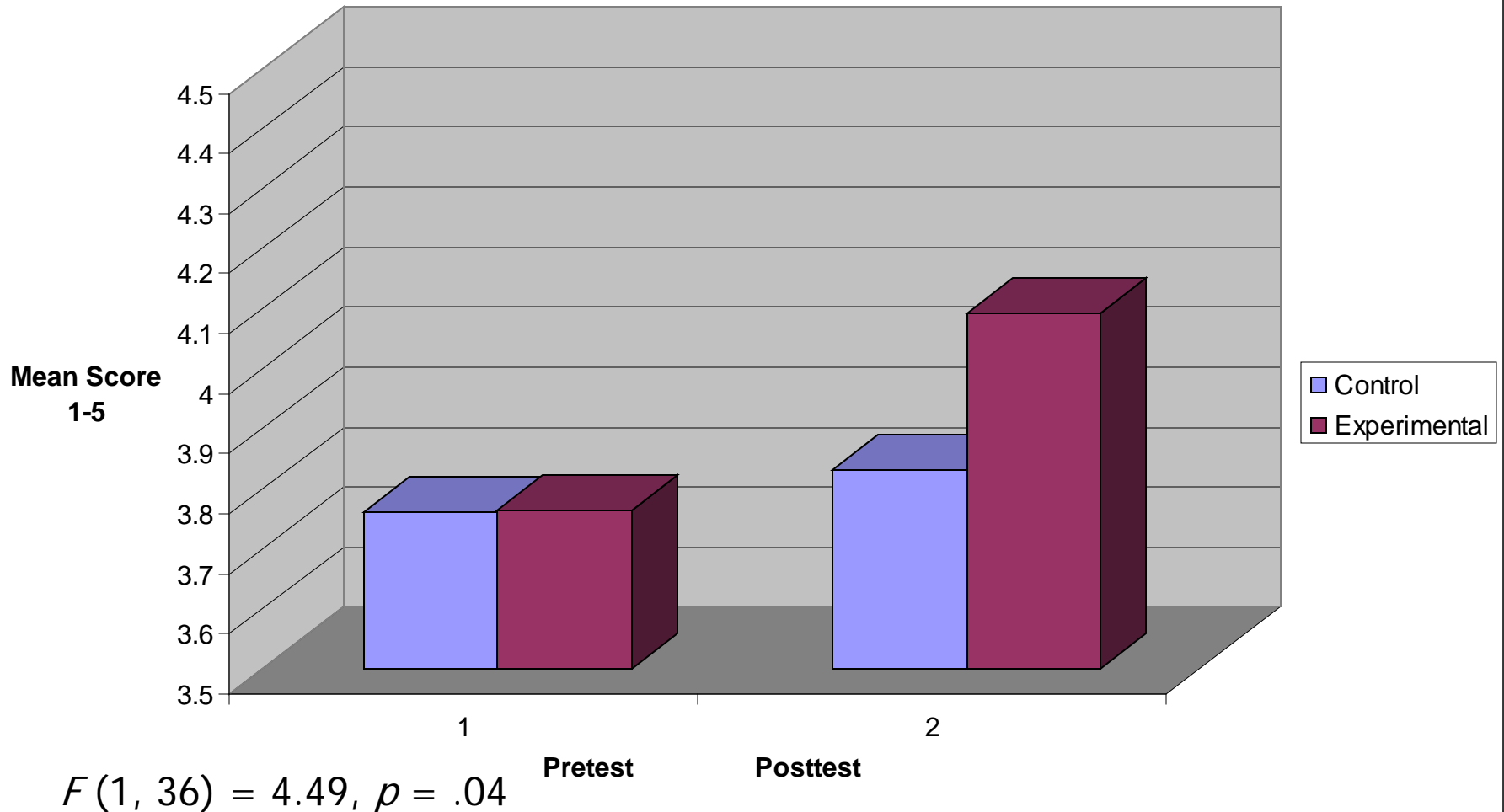
No Findings:

Motivation to Avoid Risk  
Sexual Problem Prevention

Sexual Problem-Management

# Effectiveness: MSSCQ 6 Subscales

MSSCQ YMY Subscore

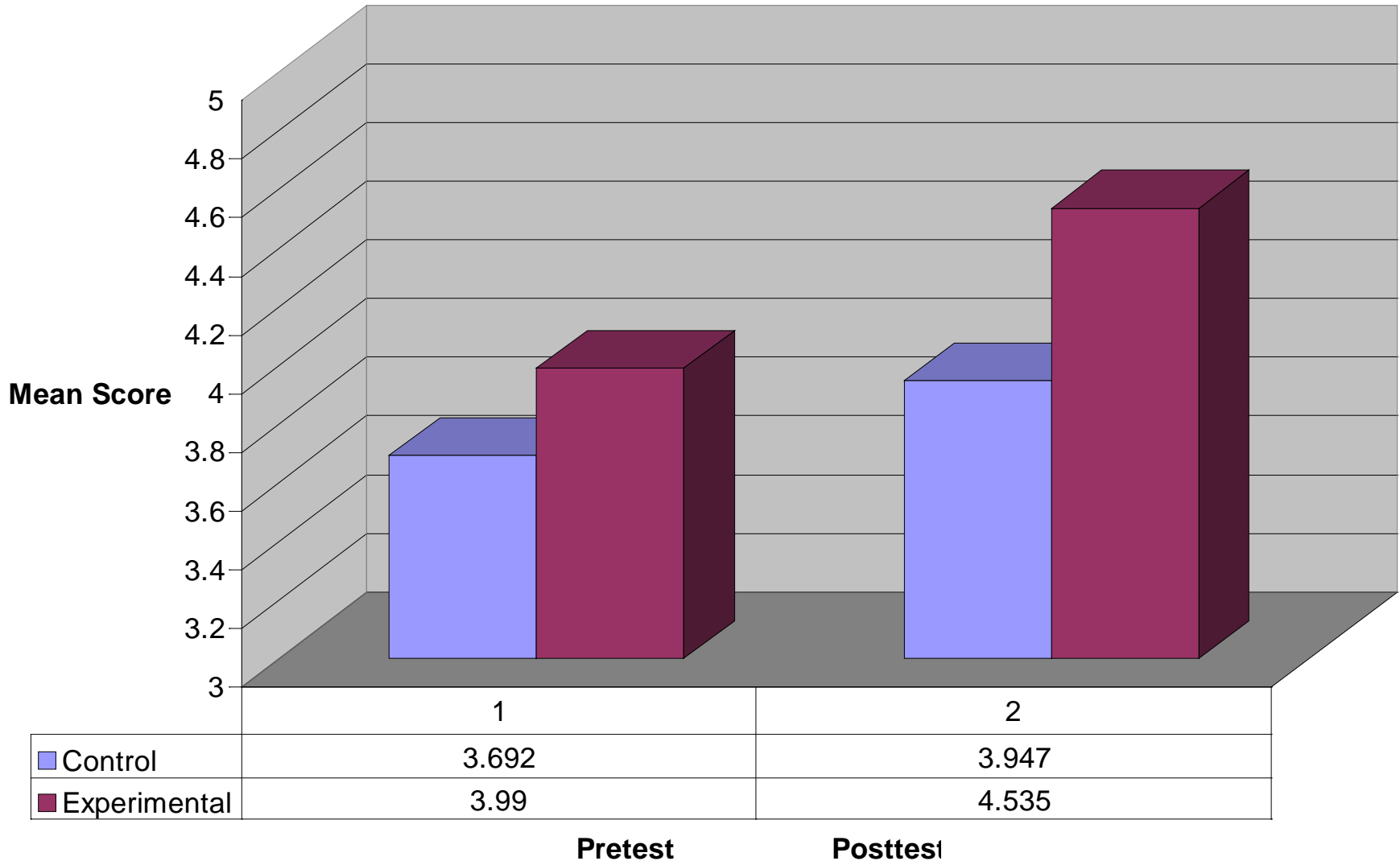




# Effectiveness: YMY-Q

- 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

# 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

- Friedman, J., & Valenti, J. (2008). *Yes means yes! Visions of female sexual power and a world without rape*. Berkeley, CA: Seal Press.
- Lottes, I. (1998). Rape Supportive Attitude Scale. In C. D. Davis, W. L. Yarber, R. Bauserman, G., Schreer, & S. L. Davis (Eds.). *Handbook of sexuality-related measures* (pp. 504-505). Thousand Oaks, CA: Sage.
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- ETR Associates (2007-2009). Resource Center for Adolescent Pregnancy Prevention. Retrieved from <http://www.etr.org/recapp/index.cfm?fuseaction=pages.TopicsInBriefDetail&pageID=61&PageTypeID=1>
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# References & Evaluations

## Evaluation!!!

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