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# MyStudentBody

Sexual Violence Prevention Program



SCOPE AND SEQUENCE

from



For more information about this program,  
visit [hazelden.org/bookstore](http://hazelden.org/bookstore) or call 800-328-9000.

### **What Is MyStudentBody?**

MyStudentBody (MSB) is a comprehensive, web-based, and mobile-accessible program that covers the topics of alcohol, other drugs, sexual violence, and student wellness. The program is geared for colleges and universities and currently used by more than one million students. Developed with grant funding from the National Institutes of Health, MyStudentBody takes an evidence-based, comprehensive approach to prevention. Developed for students, parents, guardians, and campus administrators, MyStudentBody can help schools reduce student health risks on the individual and campus community levels, empowering students with strategies and tools for supporting student health and strengthening prevention initiatives. MyStudentBody is designed to reduce risky student behavior using strategies that research has shown are most effective: motivational, attitudinal, and skill-building interventions.

### **What Is the MyStudentBody Essentials Course on Sexual Violence Prevention?**

As part of MSB's "Essentials" Course, Sexual Violence Prevention includes thirteen interactive topics meant to promote healthy relationships, build awareness to prevent sexual violence, and help students who have experienced sexual violence. Intended for all students, including those who have been victims, survivors, and perpetrators of sexual violence, the information in this course meets all education requirements identified in the Campus Sexual Violence Elimination (SaVE) Act. The course is designed for both first-year students and as a yearly refresher for all returning students. The course has pre-test and post-test questions that ensure the student has read and understands the material.

### **What Are the Goals of the Essentials Sexual Violence Prevention Course?**

The goals of the course are to

- help students understand what healthy and unhealthy relationships look like.
- define meaningful consent and how to set boundaries.
- help prevent relationship abuse, domestic and dating violence, stalking, sexual assault, and rape.
- help students understand the Campus SaVE Act and their rights under the Act.
- motivate bystanders to intervene to help friends or others who may be experiencing relationship violence.
- support students who have experienced sexual assault and rape.

**What Type of Support Is Available  
as the Program Is Implemented on Campus?**

MyStudentBody includes a social media site for college and university administrators, which supports them in the implementation of the program, as well as in other sexual violence prevention efforts on campus. With a purchase of MSB, Hazelden also provides individualized help from a dedicated and experienced implementation specialist. MyStudentBody is also available with customer implementation training and support and with technical support for students and administrators on an as-needed basis.

**MyStudentBody Sexual Violence Prevention Program  
Scope and Sequence**

<b>Topic</b>	<b>Learner Outcomes</b>
<b>Section 1: Building Healthy Relationships</b>	
<b>1. Having Healthy Relationships</b>	Learners will <ul style="list-style-type: none"> <li>• identify the qualities of a healthy relationship.</li> <li>• identify the qualities of an unhealthy relationship.</li> <li>• be motivated to take action if they are in an unhealthy relationship.</li> </ul>
<b>2. Consent and Setting Boundaries</b>	Learners will <ul style="list-style-type: none"> <li>• define what meaningful consent is.</li> <li>• identify the importance of giving and getting consent in a sexual relationship.</li> <li>• recognize the importance of knowing and respecting boundaries early in a relationship.</li> </ul>
<b>Know Your Rights: The Campus SaVE Act</b> <ul style="list-style-type: none"> <li>• Article: What Is the Campus SaVE Act?</li> </ul>	

<b>Section 2: Recognizing Unhealthy Relationships</b>	
<b>3. Relationship Abuse</b>	Learners will <ul style="list-style-type: none"> <li>• define what domestic and dating violence is.</li> <li>• describe the warning signs and examples of abusive or violent relationship.</li> <li>• explain what to do if they are in an abusive or violent relationship.</li> </ul>

<p><b>4. Preventing Relationship Abuse</b></p>	<p>Learners will</p> <ul style="list-style-type: none"> <li>• describe the risk factors and reasons why some people act in abusive or violent ways in their relationships.</li> <li>• describe positive ways to avoid being abusive or violent.</li> <li>• describe positive ways to deal with anger.</li> </ul>
<p><b>5. How You Can Make a Difference</b></p>	<p>Learners will</p> <ul style="list-style-type: none"> <li>• explain what to do if someone they know is in an abusive relationship.</li> <li>• explain practical, safe steps they can take to support someone who is experiencing relationship abuse.</li> </ul>
<p><b>6. Stalking</b></p>	<p>Learners will</p> <ul style="list-style-type: none"> <li>• define what physical and cyber stalking are.</li> <li>• recognize stalking facts and the danger of stalking behaviors.</li> <li>• identify what actions to take if they, or a friend, are being stalked.</li> </ul>
<p><b>The Campus SaVE Act Key Points 1</b>                  Articles:</p> <ul style="list-style-type: none"> <li>• Legal Implications of Domestic and Dating Violence</li> <li>• Legal Implications of Stalking</li> </ul>	

<p><b>Section 3: Awareness of Sexual Violence</b></p>	
<p><b>7. Sexual Violence</b></p>	<p>Learners will</p> <ul style="list-style-type: none"> <li>• define what sexual assault, rape, and date rape are.</li> <li>• recognize sexual violence as a continuum of violent behaviors that can build in a sexual relationship.</li> </ul>
<p><b>8. Preventing Sexual Violence</b></p>	<p>Learners will</p> <ul style="list-style-type: none"> <li>• explain what they can do to minimize their risk for sexual assault or rape.</li> <li>• recognize the role of alcohol and other drugs in sexual assault or rape.</li> <li>• explain ways to recognize and check their own behaviors to prevent sexual assault or rape.</li> </ul>
<p><b>9. When Sexual Violence Happens</b></p>	<p>Learners will</p> <ul style="list-style-type: none"> <li>• describe what they should do, from personal, medical and legal standpoints, if they have been sexually assaulted.</li> <li>• identify resources that can help them immediately after a sexual assault.</li> <li>• be motivated to seek help if they have been sexually assaulted.</li> </ul>

<p><b>10. Bystander Intervention</b></p>	<p>Learners will</p> <ul style="list-style-type: none"> <li>• define what bystander intervention is.</li> <li>• be motivated to help others who are in potentially abusive or violent situations.</li> <li>• be motivated to play a role to ending sexual violence in their campus and community.</li> </ul>
<p><b>The Campus SaVE Act Key Points 2</b></p> <p>Articles:</p> <ul style="list-style-type: none"> <li>• Legal Implications of Sexual Assault and Rape</li> <li>• What the Campus SaVE Act Means to Victims / Survivors of Sexual Violence</li> <li>• What the Campus SaVE Act Means to Perpetrators of Sexual Violence</li> </ul>	

**The Campus SaVE Act and the MSB Essentials Sexual Violence Prevention Course**

Along with other obligations under the Campus Sexual Violence Elimination (SaVE) Act, higher education institutions must provide related educational programs for students. This table describes these education requirements and specifies which topics or articles of the MSB Sexual Violence Prevention course address those requirements.

<p><b>SaVE Act Education Requirement</b></p>	<p><b>MSB Sexual Violence Prevention Topics</b></p>
<p>1. Education programs will promote awareness of rape, acquaintance rape, and domestic violence, dating violence, sexual assault, and stalking.</p>	<ul style="list-style-type: none"> <li>• Topics 3, 4, 6, 7, and 8</li> </ul>
<p>2. Primary prevention and awareness programs will be provided for all incoming students.</p>	<ul style="list-style-type: none"> <li>• Topics 1–10</li> </ul>
<p>3. Education programs will include a statement that the institution of higher education prohibits the offense of domestic violence, dating violence, stalking, and sexual assault.</p>	<ul style="list-style-type: none"> <li>• Topics 3, 6, and 7</li> <li>• What Is the Campus SaVE Act?</li> </ul>
<p>4. Education programs will define domestic violence, dating violence, stalking, and sexual assault in the applicable jurisdiction.</p>	<ul style="list-style-type: none"> <li>• Topics 3, 6, and 7</li> <li>• Legal Implications of Domestic and Dating Violence</li> <li>• Legal Implications of Stalking</li> <li>• Legal Implications of Sexual Assault and Rape</li> </ul>

<p>5. Education programs will define consent, in reference to sexual activity, in the applicable jurisdiction.</p>	<ul style="list-style-type: none"> <li>• Topic 2</li> </ul>
<p>6. Education programs will provide safe and positive options for bystander intervention that may be carried out by an individual to prevent harm or intervene when there is a risk of sexual violence to another person.</p>	<ul style="list-style-type: none"> <li>• Topics 5 and 10</li> </ul>
<p>7. Education programs will provide information on risk reduction to recognize warning signs of abusive behavior and how to avoid potential attacks.</p>	<ul style="list-style-type: none"> <li>• Topics 1, 2, 3, 4, 6, 7, and 8</li> </ul>
<p>8. Education programs will provide information on possible sanctions or protective measures that an institution may impose following a determination of an institutional disciplinary procedure regarding sexual violence.</p>	<ul style="list-style-type: none"> <li>• Topic 8</li> <li>• What Is the Campus SaVE Act?</li> <li>• What the Campus SaVE Act Means to Perpetrators of Sexual Violence</li> </ul>
<p>9. Education programs will provide procedures victims should follow if a sex offense has occurred.</p>	<ul style="list-style-type: none"> <li>• Topic 9</li> <li>• What Is the Campus SaVE Act?</li> <li>• What the Campus SaVE Act Means to Victims/Survivors of Sexual Violence</li> </ul>
<p>10. Education programs should identify the rights of victims and the institution’s responsibilities regarding orders of protection, no contact orders, restraining orders, or similar lawful orders.</p>	<ul style="list-style-type: none"> <li>• Topic 9</li> <li>• What Is the Campus SaVE Act?</li> <li>• What the Campus SaVE Act Means to Victims/Survivors of Sexual Violence</li> </ul>
<p>11. Education programs will provide information on how the institution will protect the confidentiality of victims.</p>	<ul style="list-style-type: none"> <li>• Topic 9</li> <li>• What Is the Campus SaVE Act?</li> <li>• What the Campus SaVE Act Means to Victims/Survivors of Sexual Violence</li> </ul>
<p>12. Education programs will provide written notification of existing services for victims both on campus and in the community.</p>	<ul style="list-style-type: none"> <li>• Topic 9 and 10</li> <li>• What Is the Campus SaVE Act?</li> <li>• What the Campus SaVE Act Means to Victims/Survivors of Sexual Violence</li> </ul>
<p>13. Education programs will provide written notification of victims about options for, and available assistance in, changing academic, living, transportation, and working situations, if requested and reasonably available.</p>	<ul style="list-style-type: none"> <li>• Topic 9</li> <li>• What Is the Campus SaVE Act?</li> </ul>

<p>14. Education programs will provide written information on the student's or employee's rights if the person has experienced sexual violence.</p>	<ul style="list-style-type: none"><li>• What Is the Campus SaVE Act?</li><li>• What the Campus SaVE Act Means to Victims/Survivors of Sexual Violence</li><li>• What the Campus SaVE Act Means to Perpetrators of Sexual Violence</li></ul>
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Source for the Campus SaVE Act information: *Violence Against Women Reauthorization Act of 2013*, 113th Congress of the United States of America, American Council on Education, [www.acenet.edu/news-room/Documents/VAWA-Section304.pdf](http://www.acenet.edu/news-room/Documents/VAWA-Section304.pdf)