



This testimony reflects the individual scholarly opinion of John D. Foubert, Ph.D. based on his area of research specialty: sexual assault prevention. It does not necessarily represent the opinions of Oklahoma State University.

March 6, 2009

Thank you Representative Davis, Representative Wilson and members of the House Armed Services Subcommittee on Military Personnel. My name is John Foubert. I am an Associate Professor of College Student Development at Oklahoma State University, here to speak as an expert witness on the issue of sexual assault prevention. I am an academic researcher and program developer on the issue of sexual violence. In 1998 I founded the national organization One in Four, a 501(c)(3) public nonprofit dedicated to ending rape on college campuses and in the military by using whatever methods have been shown most effective by research.

There are many ways to approach the issue of sexual assault in the military. We can ignore it and pretend that it rarely happens. Alternatively, we can focus on doing all that we can to help survivors recover from the trauma they have experienced. This is a more enlightened perspective, but by itself it does nothing to address the root of the problem. We can focus on prosecuting the heck out of all offenders, and lock them up forever. Although I admire the sentiment behind this approach, it is woefully inadequate. Survivors of rape rarely report what they have experienced for a wide variety of reasons – both within and outside the military – and research shows that the harshest of prosecutions does nothing to convince potential perpetrators to alter their behavior.

To get something done, you have to go to the root of the problem and fight the battle of prevention. To do it best you must follow where the research leads you. The United States Armed Forces can provide all of the services to survivors imaginable; and they should. You can lock up all the rapists forever; and that would be just. But we will not begin to put a dent in the problem of rape in the military until there is a decision made to use the best data driven methods available to prevent rape and other forms of sexual assault from happening in the first place. Until that time, we are simply in an endless cycle of consolation and punishment with no end in sight. And honestly, most of the people who need consoling are not getting served because they fear the stigma of being a survivor and the overwhelming majority of those who should be punished aren't even being confronted because like elsewhere in our society, the last thing most survivors want to do is go through a daunting process.

When you look at the data on sexual assault, a chilling statistic repeats itself over and over again: one in four. One in four college women have experienced rape or attempted rape at some point in their lifetime. This statistic was the initial impetus for the founding of the nonprofit organization that bears the same name, One in Four. However there is another "One in Four" statistic that I want you all to hear very clearly. If there is nothing else you get from me today, please hear this. A study released in 2005 of female U.S. military veterans – both officers and enlisted – found that *over* one in four experienced rape or attempted rape **during** their military service. Please also hear this. 96% of the perpetrators were military personnel. So when you meet women in the military today, please remember that the consequence of us doing nothing at this point – the status quo – is that one in four will be raped by someone else in our own military. I think that is unacceptable. What do you think?

I hope you think these statistics are alarming. And I hope you don't take my word for it on their validity. I brought a copy of the study I just referenced with me and I left it with your staff. I hope you will read it for yourself.

These numbers are why you need to focus on prevention programming. Not all approaches to prevention are created equally. There are a lot of good ideas out there that do little if anything to prevent a single rape. The encouraging news is that there is now data to separate the merely good ideas from the approaches that are proven to make a difference. For the last 16 years, a team of researchers has worked to design a rape prevention program called The Men's Program. According to the research, The Men's Program is the only program in history where men who see it subsequently commit less sexual assault than men who don't. It is the only program ever to document behavior change in sexual assault committed by young adult men.

In controlled studies those who see The Men's Program commit only about half as much sexual assault as those who don't see the program. Those who see the program, if they do commit an act of sexual assault, commit an act that is much, much less severe than those who don't see the program. These are the kinds of research results that make professors like me do a victory dance when we see our data charts come off the computer printer.

During the last three years I have worked with two colleagues, Dr. Christopher Kilmartin and Gail Stern, to integrate this program into a 20 session comprehensive training curriculum at the U.S. Naval Academy. One in Four has also had the opportunity to present The Men's Program to senior leadership of the U.S. Army's Training and Doctrine Command under the leadership of Lieutenant General Valcourt and Command Sergeant Major Bruner. These senior leaders were very excited about the possibility of incorporating it into Army-wide Sexual Assault Prevention Training. I am also currently in discussions with Rosalind Dennis about the possibility of taking the program to Army bases in Europe. This attention from the U.S. Army came right after the Secretary of the Army Pete Geren gave a speech making it a priority to eradicate rape from the U.S. Army.

The field of rape prevention has experienced major breakthroughs recently. I can't sit before you today and say that we can eliminate rape in the military. However, I can say with confidence that with the right research-based and proven methods and targeted resources, our military can decimate the rate of rape in its midst. It just takes a sustained commitment to prevention programming, the resources, and will to get it done. The data on rape in the military speaks for itself. The data on our ability to prevent it does so as well. I look forward to your questions to provide any information possible on how we can all work together to create a steep decline in rape in the Armed Services, and to see that happen with all due speed. After all, our women and men in uniform deserve nothing less. Thank you.

Research on Sexual Assault

Prevalence in the Military and Prevention Programming

John D. Foubert, Ph.D.

John.Foubert@okstate.edu

Prevalence of Rape in the U.S. Military

1. A national study found that **28% of U.S. women veterans were raped during their military service. 96% of the perpetrators were members of the military** (Sadler, Booth & Doebbeling, 2005). Several other studies have replicated this finding. See Suris & Lind (2008) for a complete review.
2. 28% of active duty women in the Air Force have survived rape at some point in their lives. This is about twice the national average (Bostock & Daley, 2007).
3. 38% of active duty women in the Air Force have experienced sexual harassment from their supervisors; in fact, women in the Air Force are more than twice as likely to experience sexual harassment in the workplace as women in the civilian workforce (Bostock & Daley, 2007).
4. 39% of women who enlist in the Navy have experienced rape or attempted rape prior to their service. This is well over twice as high as the national victimization rate (Stander, Merrill, Thomsen, Crouch & Milner, 2008).
5. 13% of men enlisting in the Navy report perpetrating rape or attempted rape prior to their service; a rate twice as high as the 6-9% national average (Abbey & McAuslan, 2004; Lisak & Miller, 2002; Stander, Merrill, Thomsen, Crouch & Milner, 2008).

Rape Prevention Programming

6. Single sex environments are superior to mixed sex environments when presenting rape prevention and risk reduction material (Brecklin & Forde, 2001).
7. Increasing men's aversion to rape decreases the likelihood they will rape (Schewe & O'Donohue, 1993).
8. Over a dozen studies have been done on how men are affected by hearing a rape story. All those which described a male-on-male rape experience, led to decreased rape myth acceptance, decreased likelihood of raping, or decreased incidents of rape (Foubert, Newberry & Tatum, 2007; Foubert & Cremedy, 2007; Foubert & Perry, 2007; Foubert & Newberry, 2006; Foubert, 2000; Gilbert, Heesacker and Gannon, 1991; Lee, 1987; and Schewe and O'Donohue, 1993). Both that described a male-on-female rape experience, actually led to increased rape myth acceptance and/or likelihood of raping (Berg, Lonsway, & Fitzgerald, 1999; Ellis, O'Sullivan and Sowards, 1992). Thus, programs describing a male on male rape are much more effective than those describing a male on female rape.
9. Most rape prevention programs are unsuccessful; they have not been shown to decrease rape-supportive attitudes for men. Even successful programs have not shown that effects are long lasting (Söchting, Fairbrother, & Koch, 2004).
10. Programs that focus on getting men to focus on respecting women's "no," not having sex with women who are intoxicated, not expecting sex (i.e. as a payment for dinner), not interpreting women's behaviors as an invitation to sex, challenging gender stereotypes and belief of rape myths, and not blaming the victim are rejected by men. This rejection is due to the fact that men do not see themselves in the same group as rapists and therefore do not interpret the information as applicable to them and do not identify

educational efforts of challenging rape myths and rape-supportive attitudes as relevant to them. Teaching men to support survivors and act as allies is viewed by men positively (Scheel, Johnson, Schneider, & Smith (2001).

12. Men who report enjoying sexist humor are significantly more likely to endorse rape myths, have adversarial sexual beliefs, accept interpersonal violence, and report a greater likelihood of forcing sex. Such men also report higher rates of psychological, physical, and sexual aggression (Ryan & Kanjorski, 1998).
13. After a successful rape prevention program on a college campus, research has shown that cases of sexual assault reported to university police increase (Lonsway & Kothari, 2000).
14. Of men who rape, about two out of three report doing so more than once – averaging about six rapes each (Lisak & Miller, 2002).
15. A comprehensive review of sexual assault education programs found that longer interventions tend to elicit greater positive effects on rape attitudes than shorter interventions (Anderson & Whitson, 2005).

References

- Abbey, A. & McAuslan, P. (2004). A longitudinal examination of male college students' perpetration of sexual assault. *Journal of Consulting and Clinical Psychology, 72*, 747-756.
- Anderson, L., Whitson, S. (2005). Sexual assault education programs: A meta-analytic examination of their effectiveness. *Psychology of Women Quarterly, 25*, 374-388.
- Berg, D.R., Lonsway, K.A., & Fitzgerald, L.F. (1999). Rape prevention education for men: The effectiveness of empathy-induction techniques. *Journal of College Student Development, 40* (3), 219-234.
- Brecklin, L.R. & Forde, D.R. (2001). A meta-analysis of rape education programs. *Violence and Victims, 16*, 303-321.
- Bostock, D.J. & Daley, J.G. (2007). Lifetime and current sexual assault and harassment victimization rates of active-duty United States air force women. *Violence Against Women, 13*(9), 927-944.
- Ellis, A. L., O'Sullivan, C. S., & Sowards, B. A. (1992). The impact of contemplated exposure to a survivor of rape on attitudes toward rape. *Journal of Applied Social Psychology, 22*, 889-895.
- Foubert, J. D., Newberry, J. T., & Tatum, J. L. (2007). Behavior differences seven months later: Effects of a rape prevention program on first-year men who join fraternities. *NASPA Journal, 44*, 728-749.
- Foubert, J. D. & Credemy, B. J. (2007). Reactions of men of color to a commonly used rape prevention program: Attitude and predicted behavior changes. *Sex Roles: A Journal of Research, 57*, 137-144.
- Foubert, J. D. & Perry, B. C. (2007). Creating lasting attitude and behavior change in fraternity members and male student athletes: The qualitative impact of an empathy-based rape prevention program. *Violence Against Women, 13*, 70-86.
- Foubert, J. D. & Newberry, J. T. (2006). Effects of two versions of an empathy-based rape prevention program on fraternity men's rape survivor empathy, rape myth acceptance, likelihood of raping, and likelihood of committing sexual assault. *Journal of College Student Development, 47*, 133-148.

- Foubert, J. D. (2000). The longitudinal effects of a rape-prevention program on fraternity men's attitudes, behavioral intent, and behavior. *The Journal of American College Health*, 48, 158-163.
- Gilbert, B. J., Heesacker, M., & Gannon, L. J. (1991). Changing the sexual aggression-supportive attitudes of men: A psychoeducational intervention. *Journal of Counseling Psychology*, 38, 197-203.
- Lee, L. A. (1987). Rape prevention: Experiential training for men. *Journal of Counseling and Development*, 66, 100-101.
- Lisak, D. & Miller, P. (2002). Repeat rape and multiple offending among undetected rapists. *Violence and Victims*, 17 (1), 73-84.
- Lonsway, K.A. & Kothari, C. (2000). First year campus acquaintance rape education: Evaluating the impact of a mandatory intervention. *Psychology of Women Quarterly* 24, 220-232.
- Ryan, K.M. & Kanjorski, J. (1998). The enjoyment of sexist humor, rape attitudes, and relationship aggression in college students. *Sex Roles*, 38 (9/10), 743-756.
- Sadler, A.G., Booth, B.M., Doebbeling, B. N. (2005). Gang and multiple rapes during military service: Health consequences and health care. *Journal of American Medical Women's Association*, 60(1), 33-41.
- Scheel, E.D., Johnson, E.J., Schneider, M., & Smith, B. (2001). Making rape education meaningful for men: The case for eliminating the emphasis on men as perpetrators, protectors, or victims. *Sociological Practice: A Journal of Clinical and Applied Sociology*, 3 (4), 257-278.
- Schewe, P. A. & O'Donohue, W. (1993). Sexual abuse prevention with high risk males: The roles of victim empathy and rape myths. *Violence and Victims*, 8, 339-351.
- Söchting, I., Fairbrother, N., Koch, W. J. (2004). Sexual assault of women: Prevention efforts and risk factors. *Violence Against Women*, 10 (1), 73-93.
- Stander, V.A., Merrill, L.L., Thomsen, C.J., Crouch, J.L., & Milner, J.S. (2008). Premilitary adult sexual assault victimization and perpetration in a navy recruit sample. *Journal of Interpersonal Violence*, 23, 1636-1653.
- Suris, A., & Lind, L. (2008). Military sexual trauma: A review of prevalence and associated health consequences in veterans. *Trauma, Violence, and Abuse*, 9(4), 250-269.



ONE IN FOUR, INC.®

**“PRESENTING THE ONLY PROGRAM IN HISTORY SHOWN
BY PUBLISHED RESEARCH TO LOWER SEXUAL ASSAULT”**

www.oneinfourusa.org (860) 439-2828

OUR PROGRAMS

Presentations	
<p>“The Men’s Program: How to Help a Sexual Assault Survivor, What Men Can Do”</p> <p>60 Minutes + Q&A</p>	<p>This powerful program approaches men as potential helpers, not as potential rapists. By seeing a video where a shocking male-on-male rape is described in graphic detail, men learn what it might feel like to be raped. They also develop empathy with how women feel as survivors. After this life-altering experience, audience members hear how to help women recover from rape, learn how they can better define consent in their own intimate encounters, and how they can intervene as bystanders to help end the abuse of women. Since 1993, this program has been seen by thousands of men nationwide in colleges, high schools, military bases, community organizations, prisons, police departments, health departments, and rape crisis centers. Women who have previewed the program have also found it to be a powerful tool for educating male audiences. An independent review by Professor Paul Schewe at the University of Illinois found that this was the only program in the research literature to show long-term positive effects. A peer reviewed article found that this program led to long term declines in the perpetration of sexual assault by men who saw it.</p>
<p>“The Women’s Program: Helping Friends Avoid Rape and Empowering Them to Recover”</p> <p>45 Minutes + Q&A</p>	<p>Because few women perceive themselves to be potential victims of rape, this program focuses on how women can be effective bystanders with their friends in high risk situations, particularly those involving alcohol. In addition, the program focuses on how to help a friend recover from sexual assault without blaming the victim. As part of the program the National Judicial Education Program’s video “The Undetected Rapist” is viewed and processed. Characteristics of high-risk males are discussed in an effort to help women better detect “red flags” in a fashion that does not place blame on the survivor. Great care is taken to make sure that 1) responsibility is placed on the rapist and 2) that audience members know that even recognizing characteristics of high-risk perpetrators does not guarantee that rape can always be prevented.</p>
Workshops	
<p>One in Four Chapter or other Presenter Training</p> <p>Requires 2 Full Days</p>	<p>We can spend 2 full days with up to 20 men at a time to train them on how to present “The Men’s Program.” We will guide them in establishing their own peer education group. Training topics include why the program is effective, defining consent, gender and sexism, how to handle questions and difficult audiences, rape trauma syndrome/PTSD, alcohol and sexual assault, male on male rape, and tips on presenting the program.</p>

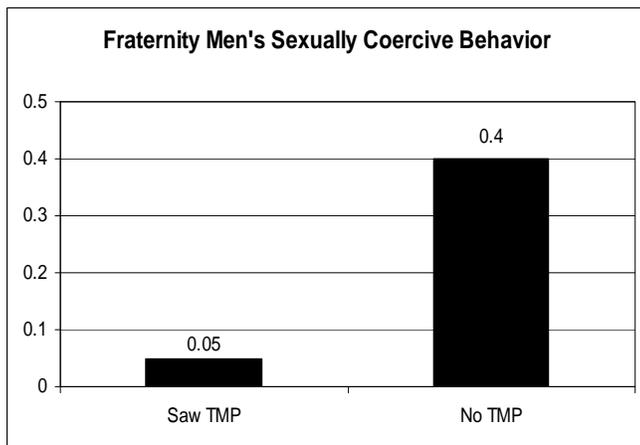
OUR RESULTS: BEHAVIOR CHANGE

A study published in the National Association of Student Personnel Administrators Journal (Foubert, Newberry & Tatum, 2007) found that high-risk men who saw The Men's Program (Foubert, 2005) committed fewer sexually coercive acts during their first year of college than a control group who did not see The Men's Program (TMP). This was statistically significant beyond the 95% level of confidence.

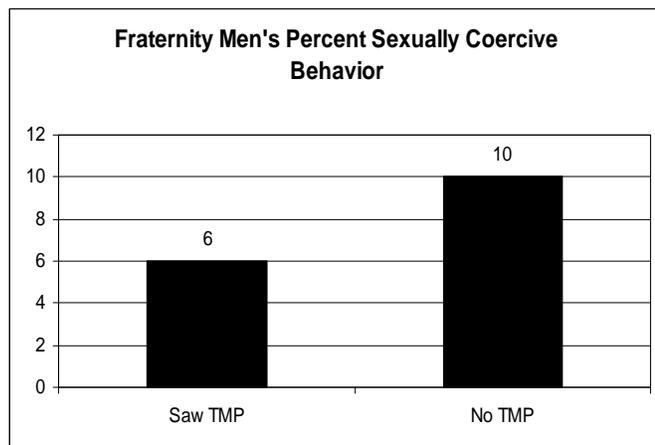
The chart on the **left** shows the **severity change in sexual assault** committed by those who saw the program, represented in the left bar, and the severity of sexual assault committed by those who did not see the program, represented in the right bar. As you can see, those who did not see the program had a mean severity rating 8 times higher than those seeing the program.

The chart on the **right** shows the **frequency change in sexual assault**, showing that 6% of men seeing the program committed some act of sexual assault after seeing the program. This compares to 10% of men who committed some act of sexual assault who did not see the program who committed sexual assault.

Severity of Sexual Assault



Frequency of Sexual Assault



Together these results state that if men see The Men's Program, if they commit any kind of sexual assault, the severity is very low (i.e. unwanted sexual contact). If they do not see The Men's Program, more men commit sexual assault and they commit a wider range of bad behaviors (unwanted sexual contact, attempted rape, sexual coercion, rape).

In a study of college men who saw The Men's Program, 2 years after they participated 79% of participants reported that either their attitudes or behavior had changed toward sexual assault based on the program. Comments included:

"There was one time when a friend was going to engage in sexual activity with a girl who was really drunk. Me and a couple of other guys intervined because the girl seemed out of it (also, she was another friend's sister). They ended up not having sex."

"Mostly as a result of the One in Four program I am very cautious about initiating any kind of sexual activity while under the influence of alcohol."

"Yes. Drunk girl asked me to take her home, then tried to hookup with me and I said no."

The Men's Program has also been shown by published research to:

- Lower men's negative attitudes toward rape, thus improving their attitudes, for 7 months (Foubert, 2000).
- Lower men's likelihood of raping for 7 months (Foubert, 2000).
- Help men to understand what rape feels like, and increase their empathy and sensitivity toward rape five months after seeing the program (Foubert & Perry, 2007).
- Be equally effective for men of color and Caucasian men (Foubert & Cremedy, 2007).
- Lead to a decline in telling jokes about rape (Foubert & Perry, 2007).
- Make men less likely to believe that rape survivors ask to be raped, that survivors lie about their rape experience, and make men more likely to understand what rape is and is not (Foubert & Newberry, 2006).

Foubert, J. D. (2000). The longitudinal effects of a rape-prevention program on fraternity men's attitudes, behavioral intent, and behavior. *The Journal of American College Health*, 48, 158-163.

Foubert, J. D. (2005). *The men's program: A peer education guide to rape prevention* (3rd ed.). New York: Routledge.

Foubert, J. D. & Cremedy, B. J. (2007). Reactions of men of color to a commonly used rape prevention program: Attitude and predicted behavior changes. *Sex Roles: A Journal of Research*, 57, 137-144.

Foubert, J. D. & Newberry, J. T. (2006). Effects of two versions of an empathy-based rape prevention program on fraternity men's rape survivor empathy, rape myth acceptance, likelihood of raping, and likelihood of committing sexual assault. *Journal of College Student Development*, 47, 133-148.

Foubert, J. D., Newberry, J. T., & Tatum, J. L. (2007). Behavior differences seven months later: Effects of a rape prevention program on first-year men who join fraternities. *NASPA Journal*, 44, 728-749.

Foubert, J. D. & Perry, B. C. (2007). Creating lasting attitude and behavior change in fraternity members and male student athletes: The qualitative impact of an empathy-based rape prevention program. *Violence Against Women*, 13, 70-86.