

CAMPUS SEXUAL ASSAULT

Campus sexual assault is any type of sexual contact or behavior that occurs without the explicit consent of the recipient. More than 1 in 4 women attending college are survivors of campus sexual assault. About 7 percent of college men and 23 percent of gay/lesbian/transgender students are also survivors. It is not just other students that present a risk; sometimes, a member of the faculty or staff takes advantage of their position.

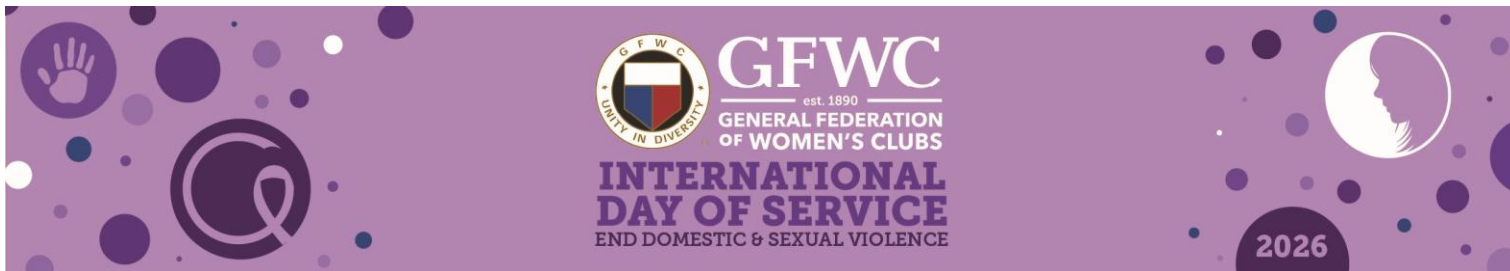
As a college student, the first step in prevention is believing it could happen to you and that it could be by someone you know. The second step is thinking ahead of time about how you can safeguard yourself. Decide on boundaries before going on a date, to a party, or to another activity.

Colleges must take responsibility for the environment on campus. They should facilitate open discussions with students and employees about the issue and have policies in place for handling reports of sexual assault in a sensitive, compassionate, and professional manner.

It is estimated that less than 5 percent of campus sexual assaults are reported. Survivors often do not file a report or seek help or counseling because they are too embarrassed or ashamed or believe they can handle it on their own. Having a supportive environment on campus can make filing a report easier for victims.

On September 26, your club could focus on Campus Sexual Assault by conducting a project to:

- Hold a bystander intervention session to teach how to intervene in situations that involve sexual violence.
- Host a speaker panel or info session during Sexual Assault Awareness Month featuring survivors, counselors, and legal experts. [Consider making “Red Zone” Safety kits that include flyers, handouts, and other relevant information from said speakers.](#)
- Sponsor a door-decorating contest or art contest at your local middle and high schools about healthy relationships/dating abuse/domestic violence, and have the winning entry made into a poster to distribute.



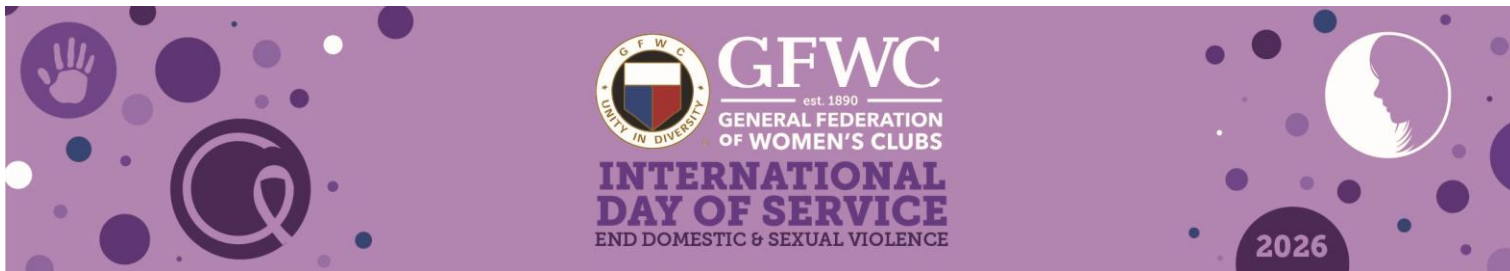
End Teen Dating Violence

Teen Dating Violence (TDV) is a type of Intimate Partner Violence that can take place in person or virtually/electronically. Some examples include repeated texting or posting sexual pictures of a partner online without consent. Due to their youth and inexperience, teens can think teasing and name calling are a normal part of a relationship. But these behaviors in fact can turn abusive, developing into more serious forms of violence that oftentimes goes unreported.

According to data released by the Centers for Disease Control and Prevention's Youth Risk Behavior Survey and the National Intimate Partner and Sexual Violence Survey, millions of teens are affected by TDV in the U.S. each year.

Here are some projects to consider:

- Organize an information session at a local school for parents and teen about TDV.
- Sponsor art classes for local high schools in which students make posters about dating abuse and domestic violence awareness and prevention. Encourage the use of photography, computer graphics, and artwork to make the posters unique. Work with your local library or community center to post finished artwork for the entire community to view.
- Develop an educational program for pre-teen and teens to learn safe and health relationship skills. Have handouts available with information on a resource to help should they identify as experiencing TDV.



Supporting Native American Women and Girls

Violence against American Indian (AI) and Alaska Native (AN) women and girls is at an all-time epidemic high. According to the National Congress of American Indians, over 4 in 5 AI/AN women have experienced violence, and more than half have endured sexual and physical violence by intimate partners and stalking in their lifetime.

This epidemic demands awareness and action.

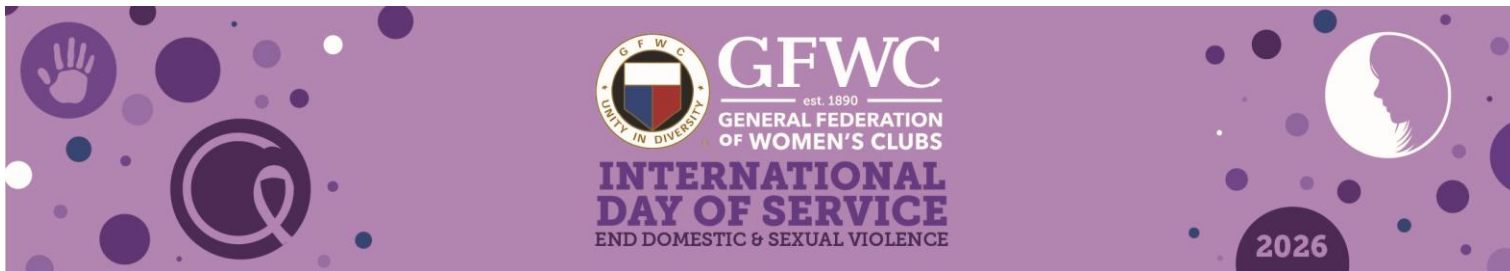
GFWC clubs in states with AI/AN populations are uniquely positioned to make a meaningful difference. By developing targeted community service initiatives, clubs can help address this devastating issue through education, prevention, and support. As you plan for September 27, consider the following action-driven projects to empower and protect Native women and girls:

“Native Love” Campaign

Partner with this initiative to educate Native youth on healthy relationships and consent. Encourage youth-led discussions and school-based outreach.

Visit NativeLove.niwrc.org to get started.

- **StrongHearts Native Helpline**
This culturally appropriate helpline provides confidential support to survivors. Clubs can host educational events, provide funding, or even receive training to support crisis response (as appropriate and available). Learn more at strongheartshelpline.org.
- **Support Local Shelters**
Identify and support shelters serving Native communities by donating supplies, volunteering, or hosting drives. Find partners through the Coalition to Stop Violence Against Native Women or similar local organizations.
- **Community Partnerships**
Collaborate with organizations like the National Indigenous Women's Resource Center (NIWRC) or the NCAI Violence Against Women (VAW) Task Force to promote culturally relevant prevention programs, legal advocacy, and survivor services.
- **Legal Aid Volunteerism**
Partner with legal aid groups to assist survivors in navigating the justice system and understanding their rights. Offer administrative support or sponsor legal clinics.



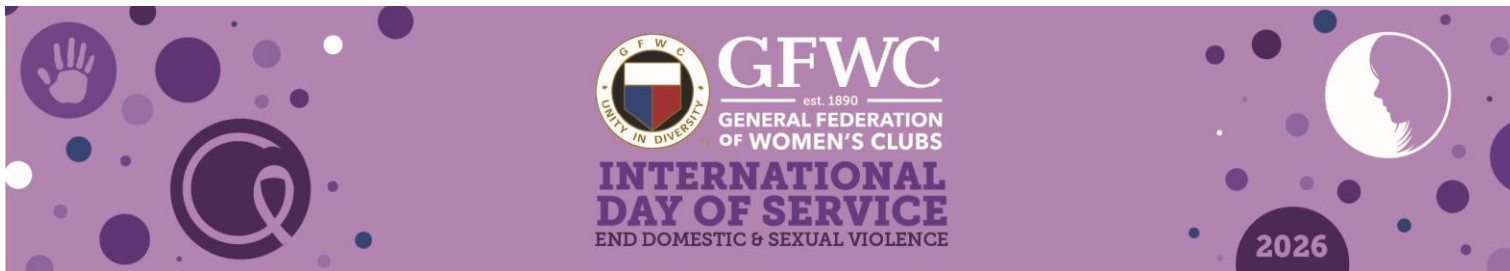
MILITARY SEXUAL ASSAULT

According to the Department of Justice, within Military Sexual Assault cases, “9 out of every 10 victims of rape are female veterans.” Those who experience sexual trauma suffer long-lasting effects and health issues that adversely impact the course of their life.

For GFWC IDS on Saturday, September 26, if your club is close to a military base, consider reaching out to [Protect Our Defenders](#), a human rights organization dedicated to ending sexual violence, to find out how you can help.

Here are a few project ideas for your consideration:

1. Become a Veterans Crisis Line counselor by searching [local resources](#) to have club members help survivors navigate the services available to assist survivors.
2. Volunteer for the Department of Defense (DOD) Safe Helpline. Look up “[Responders Near Me](#)” to locate the nearest [Veteran Center](#).
3. Virtually Volunteer for Rape, Abuse, and Incest National Network (RAINN) by clicking [here](#). Your club can set up a call center on the day of service to help one another during your calls!



Addressing Child Abuse

Did you know that 1 in 7 children in the United States experiences abuse or neglect each year?

To spotlight **Child Abuse Prevention Month**, check out the following volunteer projects for your club's consideration:

1. 1) Visit the Administration for Children and Families' State and Human Services Agencies page to find your local office. To volunteer, call and inquire about opportunities to help. Please note that volunteer activities may not necessarily involve working directly with children due to the sensitive nature and confidentiality related to cases.
2. 2) Gather supplies for donation to a local organization that assists children in abusive circumstances. Some ideas: paper towels, toilet paper, individually wrapped healthy snacks, juice boxes, child-size blankets/ pillows, new stuffed animals/ toys/ arts and crafts, and anything else you think would be helpful.

Intimate Partner Violence

Intimate Partner Violence (IPV) includes physical, sexual, or emotional abuse, as well as sexual coercion and stalking by a current or former intimate partner. An intimate partner is a person with whom a person has or had a close personal or sexual relationship.

According to the 2022 National Statistics, on average nearly 24 people per minute are physically abused in the U.S. by an intimate partner. The following are some project ideas for your club to undertake between September 21-27:

Sign up with a local shelter and plan to assist survivors with hotline calls, helping to connect them to resources and a safety plan.

Partner with a local shelter or crisis center to train volunteers as certified hotline responders. Work closely with the organization to understand their protocols, ensure confidentiality, and provide support to survivors by connecting them to resources, legal aid, or developing personalized safety plans.

Bring gifts and/or a special meal for survivors to local shelters and agencies.

Organize seasonal "Comfort & Care" events, coordinating with shelter staff to provide thoughtful gifts (e.g., cozy blankets, journals, personal care items) and catered meals that meet dietary needs. Include handwritten cards of encouragement and ensure all donations respect cultural sensitivities and trauma-informed practices.

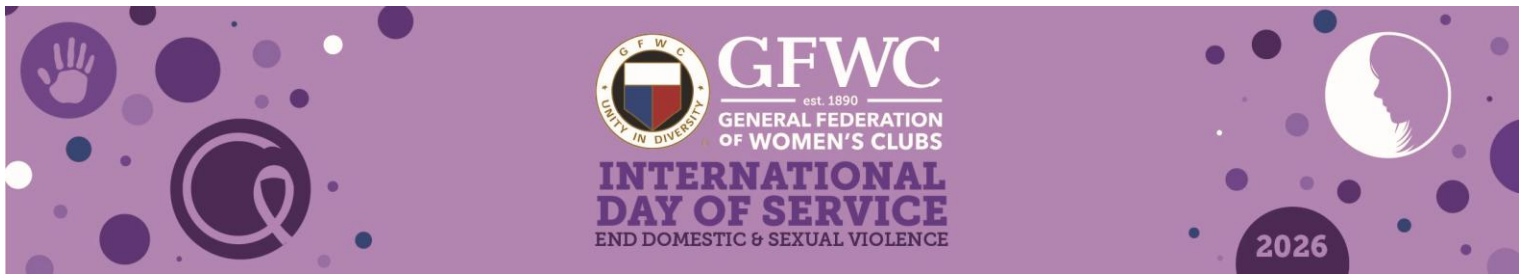
Assist with and/or conduct a relaxation session at a shelter for survivors.

Offer trauma-informed wellness sessions, such as gentle yoga, breathing exercises, or guided meditation, led by trained practitioners. Ensure the setting is safe, non-triggering, and optional for all participants, with shelter staff present.

Watch children and bring crafts or games for them as moms get counseling and/or attend group sessions at the shelter or agency.

Create a structured "Kids Connection" hour in collaboration with shelter staff, where volunteers lead trauma-sensitive activities like arts and crafts, reading circles, or sensory play. This allows mothers time for counseling while children receive consistent, nurturing care.

Work with hospital staff and plan to visit and support survivors of DV and sexual assault that day. Bring journals, flowers, candy, and support for the women and men.



Coordinate with hospital advocacy teams to provide “Crisis Comfort Kits” for survivors of domestic or sexual violence. Kits may include journals, soothing items (e.g., lip balm, socks, teas), and resource cards. Volunteers should not directly engage patients unless invited through hospital protocols and trained as advocates.

Money Management

Life skills training is essential in helping survivors of domestic violence lead independent lives and gives them the tools to get out of their current situation. Domestic violence survivors need to learn and practice the skills of money management, meal preparation, community mobility, job searching, obtaining community resources, and budgeting for expenses (Helfrich, Aviles, Badiani, Walens, Sabol, 2006).

Often, victims are prevented from learning these skills due to abusive partners withholding information and exerting power over their finances.

If you or someone in your club is a financial professional, consider teaching a class open to the public or at a women's shelter with a focus on the basics of budgeting for the GFWC International Day of Service. Give notebooks and handouts to attendees so they can make notes. Teach them about how to open a bank account, how to use free budgeting apps, and how to identify their monthly costs.

Here's a free [Budget Worksheet printable](#), available from the Federal Trade Commission.

Reference Document: Helfrich, C. A., Aviles, A. M., Badiani, C., Walens, D., & Sabol, P. (2006). Life skill interventions with homeless youth, domestic violence victims and adults with mental illness. Occupational therapy in health care, 20(3-4), 189-207.