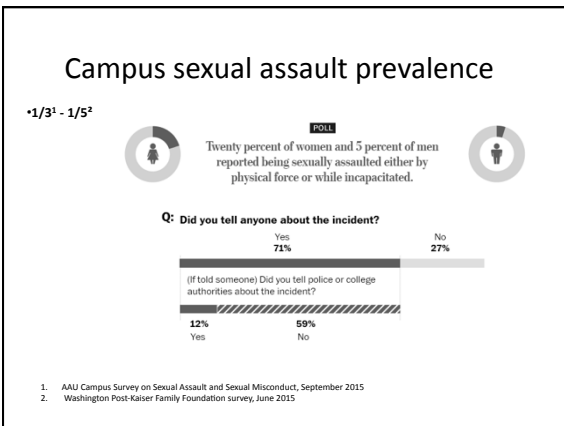


**Missed Opportunities:
Addressing Campus Sexual Violence
in the Primary Care Clinic**

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- Objectives**
- Recognize the need for sexual violence prevention efforts to begin *prior* to college entrance
 - Identify myths about campus sexual violence that may impact perceptions of safety and survivors as well as survivor help-seeking behaviors
 - Explore barriers to discussing sexual violence prevention with healthy adolescents in the outpatient setting





Sexual violence prevention efforts *prior* to college entrance

- The **RED ZONE** – early fall semester from orientation to October/Thanksgiving break³

1. Kimble, M., Neacsu, A. D., Flack, W. F., & Horner, J. (2008). Risk of unwanted sex for college women: Evidence for a red zone. *Journal of American College Health, 57*(3), 331–338. <http://dx.doi.org/10.3200/JACH.57.3.331-338>

Sexual violence prevention efforts *prior* to college entrance

- Pre-college health assessment
 - Vast majority of U.S. colleges and universities require students to obtain a health assessment prior to matriculation
 - Meningococcal vaccine campaigns¹: example of potential impact of this visit

1. Hayden, Gregory F., and James C. Turner. "Meningococcal vaccine: important item to discuss at the pre-college physical exam." *Consultant* 1 Sept. 2004: 1354+. *Academic OneFile*. Web. 20 Apr. 2016.

Is there a role for health care providers in primary prevention?

- Pediatricians are trained to approach child and adolescent health from a perspective that emphasizes recognition of developmental milestones, anticipatory guidance and prevention
- Standard of care is to spend at least part of every adolescent visit speaking with patient one-on-one

Existing guidelines: Bright Futures (AAP)

TABLE QUESTIONS:

Ask the parent:
How do you plan to help your child deal with pressures to have sex? How does your culture help you do that?

Ask the youth:
Have you had sex? Was it wanted or unwanted? Have you ever been forced or pressured to do something sexual that you haven't wanted to do? How many partners have you had in the past year? Were your partners male or female, or have you had both male and female partners? Were your partners younger, older, or your age? Did you use a condom and/or other contraception?

ANTICIPATORY GUIDANCE:

For the parent:

- Encourage abstinence from sexual activity or a return to abstinence.
- Help your child make a plan to resist pressures to use substances or have sex. Be clear for him when he needs support or help.
- Support safe activities at school, with community and faith organizations, and with volunteer groups to encourage personal and social development.
- If you are uncomfortable talking about teen development, sexual pressures, teen pregnancy, and STIs, learn more through reliable resources.
- Talk about relationships and sex when issues arise on television, at school, or with friends. Be open and nonjudgmental, but honest about your personal views.

For the youth:

- Abstaining from sexual intercourse, including oral sex, is the safest way to prevent pregnancy and STIs.
- Figure out ways to make sure you can carry through on your decisions regarding your sexual behaviors. Plan how to avoid risky places and relationships. For example, don't use drugs or alcohol, because these can raise the risk of unwanted sex or other risky behaviors.
- If you are sexually active, protect yourself and your partners from STIs and pregnancy.

Ask the youth:
Have you ever been involved with a group who did things that could have gotten them into trouble? What do you do when someone tries to get a fight with you? What do you do when you are angry? Have you been in a physical fight in the past 6 months? Do you know anyone (a gang) that you have been involved in a way that made you feel uncomfortable or that was unwanted? Have you ever been touched or you pressure path against your wish or without your consent? Has anyone ever forced you to have sex? Are you in a relationship with a person who threatens you physically or hurts you?

ANTICIPATORY GUIDANCE:

For the parent:

- Teach your child nonviolent conflict-resolution techniques.
- Talk to your child about your family's expectations for time with friends and rules about dating.

For the youth:

- Confide in parents/guardians, health care professionals, or other trusted adults (such as teachers) if anyone bullies, risks, or abuses you or threatens your safety.
- Learn to manage conflict nonviolently. Walk away if necessary.
- Avoid risky situations. Avoid violent people. Call for help if things get dangerous.
- When dating, or in any situations related to sexual behavior, remember that "no" means "NO, saying "Yes" is OK.
- Healthy dating relationships are built on respect, concern, and doing things both of you like to do.

American Academy of Pediatrics. Bright Futures: Adolescence. <https://brightfutures.aap.org/Bright%20Futures%20Documents/F18-Adolescence.pdf>

Gaps in existing guidelines

Bright Futures Previsit Questionnaire 10 to 21 Year Visits

Healthy Behavior Choices

Pregnancy Sexually transmitted infections (STIs) Smoking cigarettes Drinking alcohol Using drugs

How to avoid risky situations How to support friends who don't use alcohol and drugs

How to follow through with decisions you have made about sex and drugs

Violence and Injuries

Avoiding driving distractions Drinking and driving Gun safety Dating violence or abuse

For Females Only

Amenia

Do you have excessive menstrual bleeding or other blood loss? Yes No Unsure

Does your period last more than 5 days? Yes No Unsure

Have you ever had sex (including intercourse or oral sex)? (If no, skip to Growing and Developing) Yes No Unsure

Have any of your past or current sex partners been infected with HIV, bacterial, or injection drug users? Yes No Unsure

STIs

Have you ever been treated for a sexually transmitted infection? Yes No Unsure

Do you trade sex for money or drugs or have sex partners who do? Yes No Unsure

Contraception

Was your first time having sexual intercourse more than 3 years ago? Yes No Unsure

Pregnancy

Have you been sexually active without using birth control? Yes No Unsure

Have you been sexually active and had a late or missed period within the last 2 months? Yes No Unsure

For Males Only

Have you ever had sex (including intercourse or oral sex)? (If no, skip to Growing and Developing) Yes No Unsure

Have you ever been treated for a sexually transmitted infection? Yes No Unsure

Do you trade sex for money or drugs or have sex partners who do? Yes No Unsure

STIs

Have you ever had sex with other men? Yes No Unsure

Do you trade sex for money or drugs or have sex partners who do? Yes No Unsure

Have any of your past or current sex partners been infected with HIV, bacterial, or injection drug users? Yes No Unsure

American Academy of Pediatrics. Bright Futures: Adolescent Core Tools. <https://brightfutures.aap.org/Bright%20Futures%20Documents/F18-Adolescence.pdf>

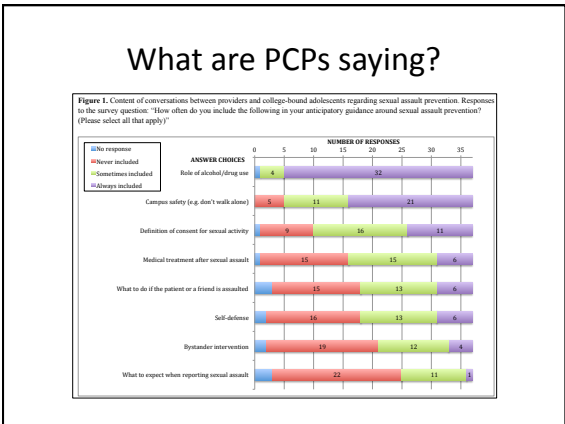
American Academy of Pediatrics. Bright Futures: Promoting Safety and Injury Prevention. https://brightfutures.aap.org/Bright%20Futures%20Documents/F10-Promoting_Safety_and_Injury_Prevention.pdf

Are pediatricians talking about sexual violence prevention?

- Survey of regional chapter of the AAP
- 49 responses
 - 37 (2/3) general pediatricians in private practice

Survey results

- Does your anticipatory guidance for adolescents who are going to college include sexual assault prevention?
 - 28.6% “always” do
 - 49% “sometimes” do
 - 22.4% “never” do
- “Sometimes” respondents were asked how they choose
 - 60.87% targeted female patients only
 - 47.8% targeted those thought to be at risk because of past sexual behavior
 - 39.1% targeted those thought to be at risk because of past drug or alcohol use



Barriers

- Lack of time because of medical concerns
- Insufficient knowledge
- Lack of time because of other prevention topics
 - One respondent commented that because s/he primarily cared for male adolescents, STD and pregnancy prevention was more important
- Discomfort or concern about upsetting families

How does this apply to your practice?

- Start the conversation early
 - Reinforce messages over multiple timepoints
- Create a safe space for dialogue
 - Use care in choosing words
- Be inclusive
 - Don't exclude young men from the conversation
 - Avoid assumptions based on gender identity or sexuality
- Focus on prevention tactics that are known to be effective
 - Bystander intervention
 - Definition of consent
- Be aware of the impact that sexual assault myths may have on survivors' help-seeking behavior

How do PCPs talk about sexual violence?

Table 1. Perceptions of sexual assault prevention and risk reduction, as expressed by content of anticipatory guidance.

Theme	Sample quote
Role of alcohol in sexual violence	"To all sexes: don't be drunk- causes a cascade of bad events including forgetting the birth control." "Guys, having sex while drunk puts you at risk for being accused of rape, so do not do that."
Perpetuation of rape myths (e.g., that women who regret having sex while intoxicated falsely accuse men)	"Girls, it is not fair to regret it and call it rape if it was between 2 drunk people and consensual." "I esp tell the boys they can be accused of rape after drunken sex and NO ONE will believe them!!"
Placing burden of prevention on victim	"Don't let anyone on your bed in your room for 'casual' hangouts"
Bystander intervention	"Boys... if someone you know is spiking drinks or giving women drugs to incapacitate them, PLEASE tell someone or make them stop yourself." "If one of your group wants to stay over with someone they met that night... you say NO, if you want to sleep with xxxx you can do it when you are not drunk tomorrow, and take them home."

A “healthy relationships” approach

“I start talking about sexual decision making and negotiating relationships as early as 11 or 12 when kids are starting to ‘date’, even if sex is not a part of it yet. This makes it a comfortable conversation as they get older and gets them and their parents thinking about not just how to avoid unpleasant situations, but how to choose healthy relationships.”

- Survey respondent

What would you say?

Original quote	Reframing the discussion
“...don't be drunk- causes a cascade of bad events...”	
“...it is not fair to regret it and call it rape...”	
“I esp tell the boys they can be accused of rape after drunken sex and NO ONE will believe them!!”	
“Don't let anyone on your bed in your room for 'casual' hangouts”	

Questions?

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