



Speak Up Speak Out Project

Indiana Coalition to End Sexual Assault (ICESA) developed a primary prevention program called Speak Up Speak Out Project (SUSOP) to increase engagement and education of young men with the intent to change rape culture and eliminate the occurrence of sexual assault. The program breaks down the traditional definition of masculinity and discusses how men express themselves. Creating a safe space for men to discuss other meanings of masculinity helps engage them as the solution in the fight against sexual violence (SV).

The SUSOP curriculum is:

- 6 modules, each is 1.5 hours long.
- Discussion driven content, each module topic builds on content
- Risk Factors addressed:
 - Lack of empathy toward the experiences of women
 - Aggression and acceptance of violence towards women
 - Unhealthy masculinity
 - Exposure to sexually explicit media
 - Societal norms that support SV, male privilege, and sexual entitlement
- Protective Factors addressed:
 - Emotional health and connectedness
 - Empathy and concern for how one's actions affect others

Module Overview

Module 1: Introduction to SUSOP

- Triggers and trigger warnings
- Icebreaker activity
- Primary prevention activity
- Survivor empathy activity
- Pre-program survey administered

Module 2: Healthy Masculinity, Healthy Mindset?

- What it means to be a man video
- ManBox
- Healthy Masculinity vs Unhealthy Masculinity
- Unhealthy Masculinity activity
- Social ecological model and risk factors associated with perpetration of sexual violence
- Male privilege and how it can be used to address gender-based violence

Module 3: Healthy Relationships: I Love You, Bro!

- Male Expressions of Love and Affection
- Affection in mainstream male culture
- Healthy relationship (family, friendship, romantic, casual) and shared values
- Views on sexual activity
- Consent

Module 4: IPV (Intimate Partner Violence), SA, and Rape Culture

- Red flag/ green flag activity
- IPV and prevention methods
- Statistics
- Sexual Violence and the broader SV continuum
- Why should men care

Module 5: Sexual Violence in the Digital World

- Forms of Digital Sexual Violence
- Sex education through pornography
- Neurobiological connection
- Relationship dynamics
- Fantasy vs. Reality

Module 6: Wrap Up and Celebration

- Local and campus-based mental health and advocacy resources.
- Summary of all the modules and the key points
- Participant highlights/celebrate successes
- Certificate of completion
- Post-program survey