

2023

The More You Know: Prom Edition

CONTACT OF BURLINGTON COUNTY AND PREVENTION
PLUS OF BURLINGTON COUNTY
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The More You Know: Prom Edition

A curriculum to address sexual violence and drug-facilitated sexual violence to high schoolers during prom season.

**Contact of Burlington County and
Prevention Plus of Burlington County**

Introduction

Our mission

Contact of Burlington County

Contact of Burlington County is a community based non-profit organization meeting the needs of individuals by offering confidential Crisis Helpline and Sexual Violence Services. We train, raise awareness, counsel and connect individuals to resources.

Our vision is to provide access to emotional support and community resources to anyone at any time.

Prevention Plus of Burlington County

The mission of Prevention Plus of Burlington County, Inc. is to promote the health, wellness and safety of the individuals and families of our community by providing professional services for the prevention of the abuse of alcohol, tobacco, other drugs and related issues through education, collaboration and advocacy

The intended aim for the curriculum is to teach

- What sexual violence is
- What drug/alcohol facilitated sexual violence is
- The difference between consent and coercion
- The effects of the drugs used for drug facilitated sexual violence
- How to protect yourself
- How to help others if you think they have been drugged
- Provide national, state, and county resources

Section 1: Understanding Sexual Violence

- **Students will have an understanding of the key terms in this section.**
- **A base understanding on the sexual violence laws in New Jersey**
- **Students will learn the difference between consent and coercion**

Key Terms:

- Sexual Violence
- Drug/Alcohol facilitated sexual violence
- Consent
- Coercion
- Age of consent

Each key terms will be defined and described.

Statistics of both sexual violence and drug/alcohol facilitated violence

Reporting of sexual violence is low, and various factors will be explained as to why someone may not report

Laws in New Jersey:

- Sexual assault
- Close in age exemption
- Sexual harassment
- Lewdness
- Sexual contact
- Stalking
- Distribution

Games:

- Myth vs. facts of sexual violence, see what students know
- Consent or coercion, can you distinguish between the two?

Section 2: The Drugs Used

- **A base understanding of the effects of the drugs used to facilitate sexual violence**
- **Signs of being drugged will be described**

The drugs

- The “weapon” used to overpower and disable them
 - The drugs used immobilizes and silences victims
 - Decrease inhibitions and renders an individual incapacitated
- Often odorless and tasteless especially when placed in drinks
- Most of these drugs leave the body quickly, between 12 to 72 hours
 - An importance to get tested right away if you believe you have been drugged

Signs of being drugged

- may wake up still feeling drowsy, confused, weak or in poor condition
- often when they can remember parts of the assault, they recall feeling paralyzed, powerless, or disconnected from their body
- unexplained signs of physical trauma
- There are physical indications of someone being drugged, examples are:
 - Feeling drunk when you haven’t consumed any alcohol or consumed very limited amounts
 - Loss of consciousness or passing out
 - Struggling to talk or move
 - Dizziness, disorientation
 - Difficulty breathing
 - waking up with clothes missing or put on differently

Section 3: How to Protect Yourself and Help Others

Teaching students' ways to protect themselves when drinking and partying is involved.

- Raising the importance of not sharing drinks or leaving drinks unattended.

Teaching students that if there are signs that someone has been drugged, what they can do to help them and keep them safe.

- Reiterating the signs of being drugged
- Providing examples of what to do to help

Scenario(s) will be used to practice what they have been taught and to talk about what they can do in these situations.

At the end of the presentation, both national and county resources will be provided to the students.



Presenters

Contact of Burlington County:

- Christie Flock
- Nicole Gambardello
- Chris Klem

Prevention Plus of Burlington County:

- Kayla Kilpatrick
- Hunter Schaefer

If you have any questions about the curriculum please email Kayla Kilpatrick at kaylak@prevplus.org or Nicole Gambardello at ngambardello@contactburlco.org