A SLICE OF PREVENTION P.I.E.

Positive, Inclusive, and Empowering Violence Prevention Programming

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# About CARE at SARC

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<th>Education and Training</th>
<th>Advocacy and Counseling</th>
<th>Policy and Community Work</th>
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<td>• Mandatory education for new students</td>
<td>• 24/7 crisis support</td>
<td>• Coordinated Community Response Team (CCRT)</td>
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<td>• Ongoing educational programming</td>
<td>• On campus advocacy for housing, fin aid,</td>
<td>• Case Management Team</td>
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<td>• CARE at SARC intern and volunteer peer educator programs</td>
<td>• academics, work/orgs</td>
<td>• Policy and Protocol development</td>
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<td>• Trauma-informed trainings for staff/faculty and student</td>
<td>• Assistance with reviewing reporting</td>
<td>• Coalition building – SD SART &amp; Campus</td>
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<td>staff</td>
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<td>• Transportation and accompaniment</td>
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<td>• Individual and group counseling</td>
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Agenda

- Learning Objectives
- Theoretical Framework
- Applying PIE at UC San Diego
- PIE Self Assessment
- Practicing PIE
- Wrap-up & Closing
Learning Objectives

• Recognize the application of PIE as an effective approach to creating programming

• Examine UC San Diego CARE programming initiatives and describe how these efforts are informed by PIE

• Apply a PIE analysis to current prevention programming using a “PIE Self-Assessment”

• Identify at least one action step for developing PIE-informed programming
Like Milk + Cookies: UCSD + Alan Berkowitz

- Dr. Alan Berkowitz (www.alanberkowitz.com)
  - Over 25 years of experience in higher education as a trainer, psychologist, faculty member, and Counseling Center Director.
  - Developed one of the first rape prevention programs for men in the United States for men.
  - Central figure in the development of Social Norms Theory, is a leader in research and implementation of the model, and has been a consultant for a number of highly successful social norms programs.

- UCSD collaborations with Dr. Alan Berkowitz on social norms + bystander intervention:
  - Most UCSD Guys (2000, Dept. of Ed)
  - Most Tritons (2005, Dept. of Ed)
  - Every Little BIT Counts (2010, Dept. of Ed)
  - Colors of CARE (2015, DOJ) – No Survey $$\$$
“Although our work by definition requires that we acknowledge and address negative behavior in this case sexual violence we have also learned that the best way to prevent this violence is to focus on the positive and engage our community members as partners in prevention by helping the majority to act on their desire to help confront the negative.” (Berkowitz, 2013, p. 3).
A Case Study: Real World at UCSD

• “Real World” is a theatrical presentation delivered to first year students with orientations leaders as peer educators and actors. Scenes reflect real life experiences students might face around partying and relationships.

- **P** fun and humorous, students infuse pop culture and songs, visually pleasing materials/props
- **I** diverse relationships, names of various origins, identities and affiliations of campus
- **E** promotes skill-building, encourages taking action as responsive community members
Assessment Highlights

• “Real World” made me aware of the campus resource, CARE.”
  • 85-97% either strongly or moderately agree.

• “Real World” helped me learn ways to step in (IDEAS) if I think a friend may need my help.”
  • 86-96% either strongly or moderately agree.

• “Real World” helped me learn about consent and respecting personal boundaries.”
  • 85-96% either strongly or moderately agree.

“Definitely one of the best parts about orientation.
It was awesome seeing our OL performing.
I like how “Real World” presented something important in an interesting and engaging way.
All my friends use the buddy system and say IDEAS out loud.
AHA MOMENT

We don’t have (survey) money but we like PIE!
PIE Self-Assessment – 3 minutes

• Complete the worksheet provided with a prevention program in mind.

• Assess the program’s alignment with PIE to identify strengths and possible areas for growth.
Practicing PIE – Think Tank Simulation!

Roles
- Participant A describes their program
- Participant B scribes ideas
- Participant C & D power the brainstorming

Remember:
As you come up with ideas, apply PIE!
Discussion

• What are some potential roadblocks to incorporating PIE?

• What are some of the benefits of applying PIE to prevention efforts?
In closing... PIE is sweet!

- Attitude is everything – hope, an open mind, and a willingness to adapt
- PIE works in harmony with a social justice and trauma-informed approaches
- PIE provides a clear articulation of our philosophy
- PIE fosters collaboration between staff and students with clear roles
- PIE encourages creativity, innovation, and self-care

Have fun!
THANK YOU!

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