**Michigan Statistics**

University of Michigan 2015 Campus Climate Survey Results:

*In the past year: 11.4% of U-M students experienced some form of nonconsensual sexual behavior—including 22.5% of undergraduate females and 6.8% of undergraduate males.*

Female students were 8x more likely than males to report nonconsensual sexual penetration.

U-M Campus Climate Survey results align with prevalence rates found among colleges across the country.

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**What Is the Problem?**

*United States statistics:*

- In a random sample of 5,446 undergraduate females, 19% of women reported some type of attempted or completed sexual assault since entering college.¹

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**What Is One Solution?**

Relationship Remix is a program designed to teach first-year college students about consent, communication, decision-making, sexual health, and healthy relationships. Based on the Self Determination and Belief Systems Theories, Relationship Remix is an upstream approach to preventing and reducing sexual assault and violence on college campus. It has been implemented on the University of Michigan campus since 2011.ᵃᵇ

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**Program Components**

Created by the Sexual Assault Prevention and Awareness Center (SAPAC), the University Health Service’s sexual education group, Sexperteam, and University Housing, the program is a 90-minute workshop and consists of interactive modules developed to encourage student discussion. The program includes various activities where students learn to identify their core values, brainstorm what they *do* and *don’t* want in a relationship and/or partner, role-play scenarios, and practice declining a romantic invitation from a partner.ᵃᵇ

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**Evaluation**

Pre- and post-program surveys were conducted to evaluate the immediate impact of Relationship Remix on the knowledge and attitudes of first-year college students that attended the program in the fall 2015 semester at the University of Michigan. The web-based, self-administered surveys occurred immediately before and after students attended; a total of 2,305 students provided data that was linked between pre- and post- surveys.ᶜ

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**Evidence of Effectiveness**

- From pre- to post-program surveys, students showed meaningful changes in knowledge and confidence related to program content.ᶜ
- Relationship Remix provided information about campus resources for sexual assault prevention and response—98% of students who were not aware of these resources at the pre-program survey reported understanding them at the post-program survey.ᶜ
- In the post-program survey, students improved in their abilities to define consent and sexual assault, and increased in confidence related to communication in relationships.ᶜ

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**References**

