

4.

METHODOLOGY

- Survey hosted on Qualtrics
- Participants:
 - n=255
 - 87.8% female, 91.0% white, average age 19.19 (SD = 1.71)
- Measures:
 - Waves of Change Participation
 - Knowledge of Sexual Violence
 - Self-Efficacy ⁴
 - Bystander Intervention Behaviours ⁵

5.

RESULTS

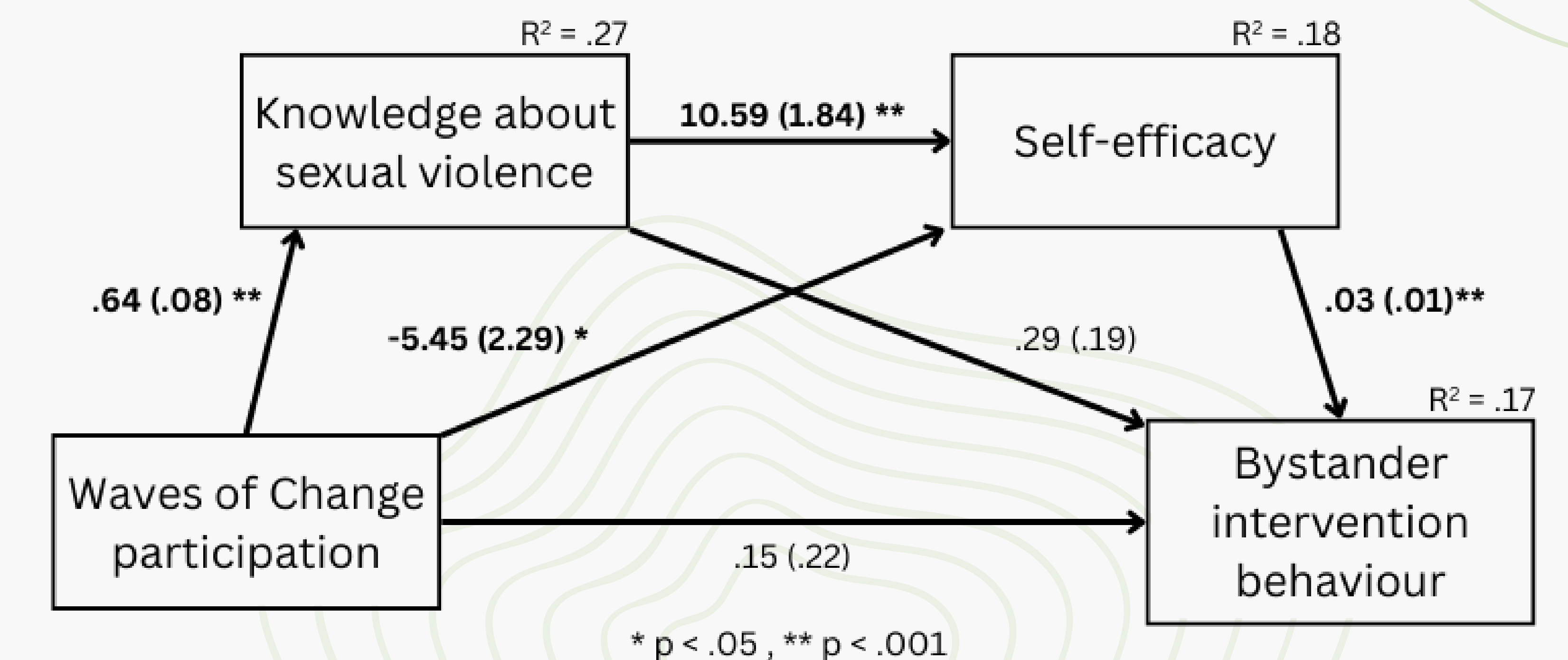


Figure 1: Serial mediation model examining the relationship between participation in Waves of Change, knowledge of sexual violence, self-efficacy, and bystander intervention behavior.

Participation in Waves of Change is associated with more bystander intervention behaviour through increased knowledge and self efficacy.

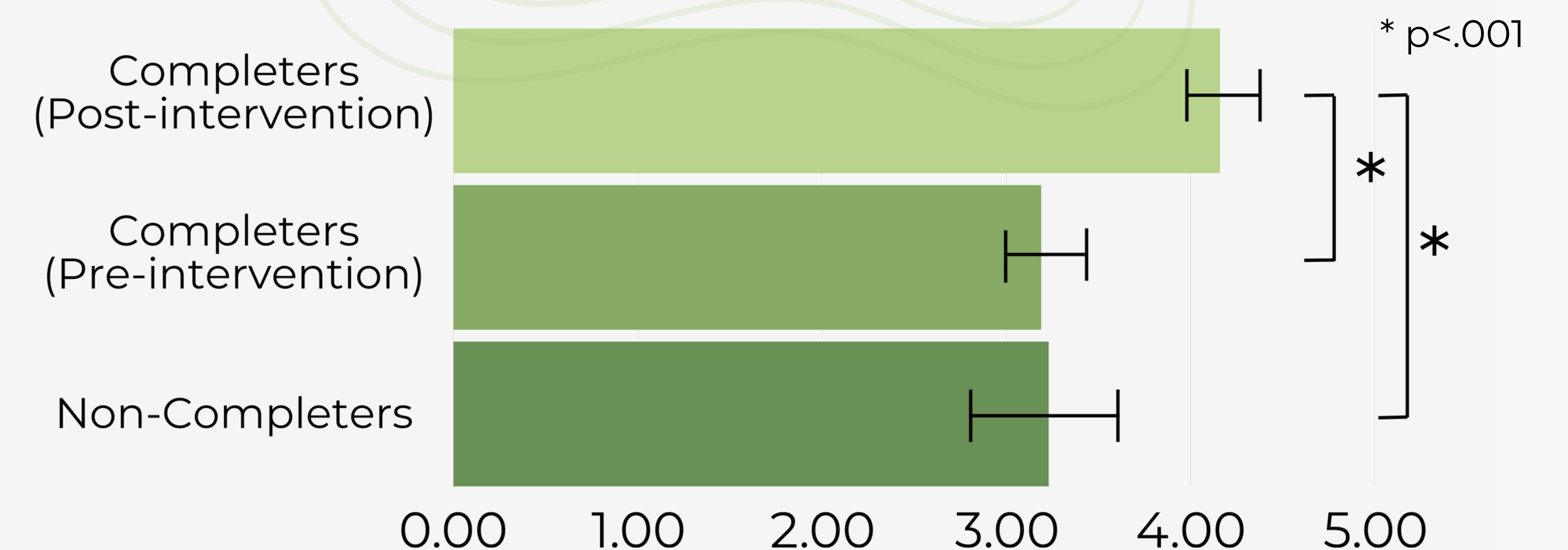


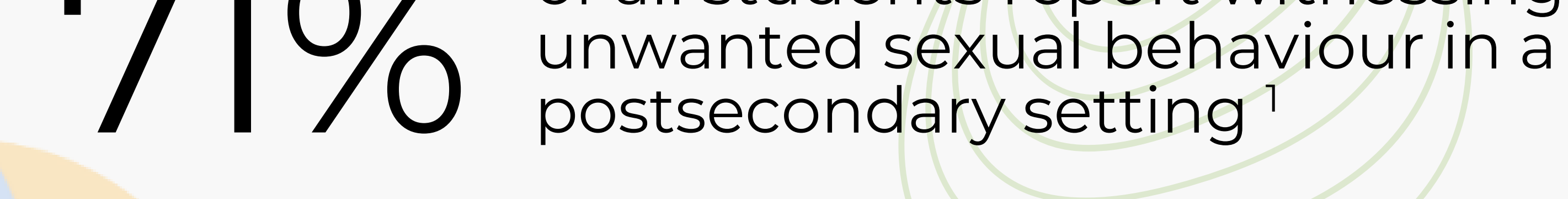
Figure 2: Comparison of averaged knowledge scores among participants, including completers (post-intervention and pre-intervention) and non-completers.

- Completers showed **significantly higher knowledge** compared to non-completers (all items $p < .01$).
- Completers showed **significantly higher knowledge** compared to their own retrospective pre-intervention scores (all items $p < .001$).
- Waves of Change was **significantly associated with higher intervention behaviours** through increases in knowledge about sexual violence and self-efficacy (indirect effect = .19, 95% CI (.08, .33)).

1. **71%** of all students report witnessing unwanted sexual behaviour in a postsecondary setting¹

Impacts of sexual violence include: depression, anxiety, physical injury, and social isolation²

1 in 3 Survivors of sexual violence are revictimized³



The infographic features a circular logo on the left with three colored segments: a blue segment at the top labeled 'waves of change', a yellow segment on the right labeled 'PREVENTION', and a purple segment on the left labeled 'INTERVENTION' and 'ADVOCACY'. The background is white with faint green concentric circles. The text is in a clean, sans-serif font.

2. WAVES OF CHANGE

- 2016: **Waves of Change** was created in response to high levels of sexual violence at StFX and a close community dynamic that can be inhibitive to intervening.
- 90-minutes led by two peer educators.
- Based on the **Bystander Intervention model**.
 - Aims to increase participant **knowledge** about sexual violence, consent, and **self-efficacy** to intervene.

ST.



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3. To evaluate if and how Waves of Change is **improving rates of bystander intervention** at StFX university.