

BRENDA TRACY:
A SURVIVOR'S JOURNEY

Canzano: 16 years after Oregon State football gang-rape allegation, Brenda Tracy steps from the shadows

Updated on Nov 20, 2014 at 08:22 AM PST



JOHN CANZANO

Canzano: The Oregonian's investigation uncovers trail of betrayal for alleged gang rape victim Brenda Tracy

Updated Dec 29, 2014;
Posted Dec 29, 2014





The Washington Post

Democracy Dies in Darkness



Morning Mix

‘I hated this man more than my rapists’: Woman confronts football coach 18 years after alleged gang rape

By **Michael E. Miller**

June 23, 2016





“I believe that men are the missing component of this issue. I think if women could stop sexual violence, we would have already done it.”

—Survivor and activist Brenda Tracy



Rape survivor launches 'Set the Expectation' pledge for college athletes



NICOLE AUERBACH | USA TODAY SPORTS | 10:59
am EDT April 4, 2017

#SetTheExpectation



#SetTheExpectation 

A CALL TO ACTION

Commitment #1

Sign the pledge

#SetTheExpectation

Student Pledge



1. I understand that it is a privilege and NOT a right to play _____ for _____.
SCHOOL SPORT
2. I understand that as an athlete, I am held to a higher standard and that my community looks to me to be a leader and a positive role model for others.
3. I acknowledge that my words and actions matter and that what I say and do can influence others to do right or wrong.
4. I understand that harmful behavior such as rape, sexual assault, physical violence, domestic/dating violence, stalking, bullying, hazing, and taking or sharing photos and videos of a sexually explicit/violent nature is NEVER okay and will not be tolerated.
5. I understand very distinctly and very clearly that if I commit or participate in any of the harmful behaviors described in #4 - I will be dismissed from this team AND that my teammates will also be dismissed if they commit or participate in the harmful behaviors described in #4.

THEREFORE, I COMMIT MYSELF TO THE FOLLOWING:

- _____ I pledge to display courage and stand up against sexism and violence against women and others. I will not stay silent. If I see something I will say something. I will respectfully challenge other men, women, students, and members of my community and hold them accountable for their words and actions.
- _____ I pledge to only practice consensual sex. I understand that “no means no” and only “yes means yes”. I understand that a person under the influence of drugs and alcohol CANNOT give consent and that the absence of a yes or no is NOT consent.
- _____ I pledge to respect myself and always remember that my value and worth as a man, person, and athlete is NOT based on my athletic ability, physical strength, or sexual conquests. Sport is something I DO; it is not who I AM.
- _____ I pledge to be a leader and will do my part to change the culture of violence at my school, in my community, my state, and my nation.

By my initials above and my signature below, I agree that I understand what is expected of me and I have been given the opportunity to ask questions.

Student Signature _____ **Date** _____

By signing this, I agree to hold this athlete to the above pledge and I agree to hold myself and my staff to the same standards and expectations.

Coach _____ **Date** _____

#SetTheExpectation

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7/28/2017 4:30:00 PM | GENERAL

BIG SKY TO STAND UP TO SEXUAL VIOLENCE

BIG SKY CONFERENCE

**Big Sky Conference sets precedent,
bans student-athletes with violent
convictions under Serious
Misconduct Rule**



SERIOUS MISCONDUCT DEFINITION

Serious Misconduct Definition: Any act of sexual violence, domestic violence, dating violence, stalking, sexual exploitation, or any assault that employs the use of a deadly weapon or causes serious bodily injury.

SERIOUS MISCONDUCT RULE

Serious Misconduct Rule: A current or prospective student-athlete who has been convicted of or pled guilty to or no contest to a felony or misdemeanor involving Serious Misconduct, or has been subject to official University or athletic department disciplinary action at any time during enrollment at any collegiate institution (*excluding limited discipline applied by a sports team or temporary disciplinary action during an investigation*) due to Serious Misconduct shall not be eligible for athletically-related financial aid, practice or competition at a Big Sky member institution. An institution shall conduct an appropriate inquiry into a prospective student-athlete's background that, at a minimum, complies with the Big Sky Conference Minimum Expectations for Due Diligence Inquiries prior to providing athletically-related financial aid to a current or prospective student-athlete or allowing him/her to participate or compete.

For purposes of this provision, "serious misconduct" is defined as any act of sexual violence, domestic violence, dating violence, stalking, sexual exploitation, or any assault that employs the use of a deadly weapon or causes serious bodily injury.

Waiver relief from the Serious Misconduct Rule may be granted only when: (1) A panel from the applicable University consisting of the University's Title IX Coordinator, General Counsel, and Faculty Athletics Representative (*Serious Misconduct Rule Panel*), following a review of the pertinent facts, concludes that compelling exceptional circumstances exist for a waiver of the Serious Misconduct Rule; (2) The Serious Misconduct Rule Panel submits a written report to the President of the University that describes the basis for its conclusion; and (3) The University President and Big Sky Commissioner review the Panel's report.

A Big Sky Serious Misconduct Advisory Committee will provide advisory opinions (*as requested*) on the application of the Serious Misconduct Rule to assist member institutions in their consideration of a current or prospective student-athlete's unique case.



BIG SKY CONFERENCE MINIMUM EXPECTATIONS FOR DUE DILIGENCE INQUIRIES

Big Sky Conference member institutions are required to use due diligence to gather pertinent information regarding the prior conduct of any current, potential or prospective student-athlete, including a graduate student, who seeks to enroll and participate in intercollegiate athletics at a Big Sky Conference member institution.

While member institutions should use their discretion in doing so based upon the particular circumstances of each situation, at a minimum, Big Sky institutions shall ask the following questions of each current or potential student-athlete prior to the student-athlete practicing, competing, or receiving institutional financial aid:

- | | | |
|-------------------------------------------------------------------------------------------|-----|----|
| 1. Do you have criminal charges pending against you? | Yes | No |
| 2. Have you been convicted of, pled guilty to, or pled no contest to any crime involving: | | |
| a. Sexual violence? | Yes | No |
| b. Domestic violence? | Yes | No |
| c. Dating violence? | Yes | No |
| d. Stalking? | Yes | No |
| e. Sexual exploitation? | Yes | No |
| f. Assault with a deadly weapon? | Yes | No |
| g. Assault that caused serious bodily injury? | Yes | No |

If you answered yes to Question 1 or any portion of Question 2, please provide a detailed explanation of each such matter including but not limited to the court in which each such matter is pending or was adjudicated, the case number and the date of the filing or disposition.

3. Have you been disciplined, suspended or placed on probation for any reason (*excluding limited discipline applied by a sports team or temporary disciplinary action during an investigation*) at any collegiate institution? If yes, please provide a detailed explanation.
4. At the time you ceased enrollment at a previous collegiate institution, were you the subject of a pending proceeding of any sort that could have resulted in disciplinary action, suspension, expulsion or probation? *If yes, please provide a detailed explanation.*
5. Are you currently the subject to an investigation or inquiry substantially similar to this Big Sky Conference Serious Misconduct matter at your current or any previous institution? If yes, please provide a detailed explanation.
6. Have you ever provided the information requested in this matter to any other collegiate institution? If yes, please list those institutions.

Answers to these questions, at a minimum, should be provided by each prospective student-athlete when a member institution has no independent reason to suspect the prospective student-athlete may have engaged in conduct that triggered application of Big Sky Serious Misconduct Rule. When an institution has such an independent reason to inquire into a current or prospective student-athletes prior conduct, the institution is expected to conduct a thorough inquiry designed to gather all information needed to assess the situation. The institution is expected to ask the student-athlete and others who might possess pertinent information to provide any such information, and where appropriate, to request authorization from such persons to obtain pertinent documents and information from third parties. When a question exists whether the student-athlete has triggered the application of the Big Sky Serious Misconduct Rule, the institution is



NCAA Conference Commissioners: Ban Violent Athletes

1,406 have signed. Let's get to 1,500!



THEREFORE, I COMMIT MYSELF TO THE FOLLOWING:

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- _____ I pledge to only practice consensual sex. I understand that “no means no” and only “yes means yes”. I understand that a person under the influence of drugs and alcohol CANNOT give consent and that the absence of a yes or no is NOT consent.
- _____ I pledge to respect myself and always remember that my value and worth as a man, athlete, and person is NOT based on my athletic ability, physical strength, or sexual conquests. Sport is something I DO; it is not who I AM.
- _____ I pledge to be a leader and will do my part to change the culture of violence at my school, in my community, my state, and my nation.

By my initials above and my signature below, I agree that I understand what is expected of me and I have been given the opportunity to ask questions.

Student Signature _____ **Date** _____

By signing this, I agree to hold this athlete to the above pledge and I agree to hold myself and my staff to the same standards and expectations.

Coach _____ **Date** _____

#SetTheExpectation

Community Pledge



**Sexual violence and relationship violence not only affects the victim,
it affects entire families and can carry lifelong consequences.**


THEREFORE, I COMMIT MYSELF TO THE FOLLOWING:

- I pledge to display courage and stand up against sexism and all forms of sexual and relationship violence. I will not stay silent. If I see something I will say something. I will challenge others and hold them accountable for their words and actions. I understand that my silence encourages others to believe that I condone their harmful words, beliefs, and behaviors.
- Should I choose to engage in sexual activity with another person, I pledge to obtain ongoing, affirmative consent. I understand that no means no and only yes means yes. I understand that a person incapacitated by drugs and alcohol CANNOT give consent and that the absence of a yes or no is NOT consent.
- I pledge to support survivors of sexual and relationship violence. I will not engage in victim blaming and shaming behavior. I will do my part to create an environment where survivors feel safe to report and seek help.
- I pledge to be a leader in both my words and actions and I will do my part to prevent a culture of violence at my school and in my community.
- I pledge to #SetTheExpectation that sexual and relationship violence are NEVER ok.

With my signature I understand that I am making a commitment to uphold this pledge.

Signature _____ Date _____

#SetTheExpectation

Women's Team Pledge 

1. I understand that it is a privilege and NOT a right to play _____ for _____.
SCHOOL SPORT
2. I understand that as an athlete, I am held to a higher standard and that my community looks to me to be a leader and a positive role model for others.
3. I acknowledge that my words and actions matter and that what I say and do can influence others to do right or wrong.
4. I understand that harmful behavior such as rape, sexual assault, physical violence, domestic/dating violence, stalking, bullying, hazing, and taking or sharing photos and videos of a sexually explicit/violent nature is NEVER okay and will not be tolerated.
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THEREFORE, I COMMIT MYSELF TO THE FOLLOWING:

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_____ I pledge to only practice consensual sex. I understand that "no means no" and only "yes means yes". I understand that a person under the influence of drugs and alcohol CANNOT give consent and that the absence of a yes or no is NOT consent.

_____ I pledge to respect myself and always remember that my value and worth as a female, person, and athlete is NOT determined by others. I am more than my athletic ability, physical attributes and appearance. Sport is something I DO; it is not who I AM.

_____ I pledge to be a leader and will do my part to change the culture of violence at my school, in my community, my state, and my nation.

By my initials above and my signature below, I agree that I understand what is expected of me and I have been given the opportunity to ask questions.

Student Signature _____ **Date** _____

By signing this, I agree to hold this athlete to the above pledge and I agree to hold myself and my staff to the same standards and expectations.

Coach _____ **Date** _____



Penn State Basketball

5 hrs · 🌐

On Wednesday, **#PSUMBB** became the first NCAA team to sign the **#SetTheExpectation** pledge against campus sexual assault.



Rape survivor launches 'Set the Expectation' pledge for college athletes

⚡ USA TODAY



Commitment #2

Raising Awareness *& Giving Back*

Set The Expectation Games





Sun Devil Football 🏆 @FootballASU · 1d ▾
Honored to don this ribbon on our helmet
as we work to bring awareness to Sexual
and Relationship Violence.

...



















undsaaac · Following
Boulder Creek Golf Club

...





Hristina Cvetkovic @hris... · 2m ✓

Today we played for
@brendatracy24 and we got the
W! #SettheExpectation
#SexualAssaultandPhysicalViolenceAreNeverOk 💜💙🎾🐅
@ISUBengals





Set The Expectation Games

Giving Back

Community agencies, Domestic violence shelters,
Sexual assault resource centers & Crisis lines







#SetTheExpectation

\$19,116 raised of \$15,000 goal



Brenda Tracy

Ann Arbor, MI

Domestic Violence Project, Inc.



Commitment #3

Education

Consent, Bystander, Manhood

Coming soon at www.SetTheExpectation.org

**“I’m not here because I
think you’re the
problem. I’m here
because I know you’re
the solution”**



Commitment #4

Social Media

#SetTheExpectation



Sean Magee ✓
@UMichMagee

I am a Husband

I am a Father

I am a Leader

I am in the 90%

Thank you @brendatracy24 for sharing your unbelievably powerful story and sharing your call to action. Real Men stand up and #SetTheExpectation



Grant Newsome
@grant_newsome

The most heartbreaking yet inspirational talk I have ever had the privilege to attend. Thank you @brendatracy24 for your strength and courage in not only surviving but also starting an incredible movement.

#SetTheExpectation



#SetTheExpectation

Be The Solution

@brendatracy24



#Settheexpectation

**All Women deserve
respect**



#settheexpectation

**100% bought in to the
movement**



#SetTheExpectation

www.SetTheExpectation.org



@BrendaTracy24



@BrendaTracy24



The Impact of Cruelty on Young Adults

Who we are, What we do

- ▶ Introductions and background
- ▶ Why we initially implemented this program with CCC resident hall assistants, why it spread to sports teams.
- ▶ How we applied Family Peace Initiative to all aspects of our professional and personal lives. (Adult Education students, cognitive perspective students, church groups, prison classes and local social groups)
- ▶ A short session can profoundly change lives! A real view of why you hurt allows you to see why you act out and how to begin to change.

Topics to be addressed

- ▶ Cruelty and Adverse Feelings
- ▶ Sexual Respect
- ▶ Trust

Cruelty and Adverse Feelings

A BLATANT DISREGARD OF ANOTHER
ACTIONS OF CRUELTY
ADVERSE EMOTIONS CONNECTED
WITH CRUELTY

Cruelty and Adverse Feelings

Objectives

Blatant disregard of another or thing

Personalize cruelty and its impacts on the life of everyone

Understand adverse emotions connected

Learn effective ways to communicate and engage without cruelty

Activities Cruelty

Introduce yourself, give one cruel behavior that you have done

List cruel behaviors (use animals and children to start the conversation before moving to adult behaviors)

List adverse feelings (use Ice berg to show the reality of our feelings)

Activities Respect

List things that show respect through communication and behavior

Transfer to campus life including dorm life, sports, classroom engagement and new friendships

Cruelty

Animals

- Hit
- Chain up
- No love
- Don't feed
- Don't take care of medically
- Yell
- Pit on against another
- Isolate

Children

- Belittle
- Favorites
- Broken Promises
- Unreal expectations
- Neglect
- Sexual abuse
- Punishment
- Silent treatment/ ignor

Adult Relationships

- Gossip
- Jealousy
- Destroy property
- Control
- Stalking
- Intimidation
- Threats
- Blame, shame, guilt

Adverse Feelings



Sexual Respect

UNDERSTAND SEXUAL RESPECT

UNDERSTAND CONSENT

IDENTIFY SEXUALLY DISRESPECTFUL
BEHAVIORS

DISCUSS SEXUAL OBJECTIFICATION IN
TODAYS WORLD

WAYS TO ENGAGE WITH SEXUAL RESPECT

Sexual Respect

Objectives

Understand sexual respect/disrespect

Understand consent

Ownership in personal disrespectful behaviors

Examine sexual objectification

Identify ways to engage respectfully

Activities

Watch videos to identify sexual disrespect

- Who are you?
- Denier Leather Commercial

Scenarios for discussion

Consent video(s)

- Biking through consent
- Cup of tea

Topics covered

Identify different types of sexual disrespect:

- Language
- Non-verbal
- Physical
- Stereotypes
- Emotional
- Objectification
- Intimidation
- Gender orientation/identification



Trust

COMPONENTS OF TRUST

Trust

Objectives

Define Trust

Understand how we have broken trust

How to begin to resolve trust issues

Activities

BRAVING video

BRAVING worksheets

Discussion on each component of trust

Challenges

Be able to identify and explain to another what area of trust has been violated

Use the BRAVING model to become a more trustworthy individual in all life aspects including: student, team member, roommate, friend

B.R.A.V.I.N.G

- ▶ Boundaries: You respect mine and when you are not clear about what is okay or not okay, ask. I will do the same.
- ▶ Reliability: You do what you will say you will do over and over again.
- ▶ Accountability: You own your mistakes, apologize and make amends and allow the other party to do the same.
- ▶ Vault: You don't share information or experiences that are not yours to share.
- ▶ Integrity: You choose courage over comfort, what is right over what is fun, fast or easy, you choose to practice your values rather than simply professing them.
- ▶ Nonjudgement: I can ask for what I need, you can ask for what you need and we can talk about what we need without judgement.
- ▶ Generosity: Extend the most generous interpretation possible to the intentions, actions and words of others.

*Berne Brown

Impact of Adverse Feelings on Life

Unresolved

- ▶ Fear
- ▶ Isolation
- ▶ Acting out
- ▶ Poor self concept/ineffective social skills
- ▶ Desperate actions (suicide, DV, broken relationships, cutting, etc.)
- ▶ Drop out of school, work failure
- ▶ Drugs and alcohol

Identified

- ▶ Understand where feeling came from
- ▶ Understand it is not who they are
- ▶ Experienced cruelty is not our fault but continued cruelty is within our ability to change
- ▶ Owning behavior allows us to change behavior

Info and Credits

- ▶ Dian Organ dian.organ@colbycc.edu 785-460-5486
Colby Community College Adult Education Instructor
Northwest Kansas Community Corrections, Batterers Intervention Facilitator
- ▶ Nance Munderloh nance.Munderloh@colbycc.edu 785-460-4663
Colby Community College Director of Adult Education
Northwest Kansas Community Corrections, Batterers Intervention Facilitator

Credits: Family Peace Initiative Program

Berne Brown