

**Offices of the Dean of Student Life
University Police Department (UPD) Women's Self- Defense
Workshop Evaluation 2018-2019**

Purpose of Assessment

Health Promotions within the Offices of the Dean of Student Life and the University Police Department (UPD) collaborate to facilitate the interpersonal violence prevention workshop UPD Women's Self Defense. The workshops are open to women on-campus and it was offered seven times during the fall and spring semesters. A paper survey was distributed at the end of each workshop to assess the participants' experience and efficacy in learning the self-defense tactics observed and practiced in the workshop.

Method and Sample

The survey evaluation was produced using Teleform®, a software program that creates scannable paper surveys and databases. The evaluation contained 13 items, including nine quantitative, two qualitative, and two demographic questions. Data collected from this evaluation was analyzed using SPSS®, a statistical software package and Microsoft Excel®.

Of the 132 UPD Women's Self-Defense participants receiving the survey, all of them completed some part of the survey, yielding a 100% response rate.

Key Findings and Recommendations

Student Life Studies identified several key findings and developed actionable recommendations the department may take based on the results. However, Health Promotions staff may identify other findings using their knowledge and understanding of the community. Staff members are strongly encouraged to read all the results and qualitative comments to gain a fuller understanding of students' experiences.

- UPD Women's Self-Defense courses seemed to be a success, as participants left the course understanding how their body reacts to high stress situations, knowing personal strategies of self-protection, and having practiced self-defense techniques against passive and active aggression.
- To improve UPD Women's Self-Defense, the participants suggested shortening it as well as reducing the size of the classes. Those planning the content of the workshop may want to review the program to shorten it while still maintaining the integrity of content and continue to allow the participant's hands-on training.
- Adding some more advanced course on self-defense tactics may also be well received by potential and past participants.
- Health Promotions is encouraged share these results with the University Police Department.

Results

Results will be reported as means, standard deviations (sd), and frequency percentages for the number of people (n) who responded to the survey items. For ease of reading, frequency percentages have been rounded to the nearest whole percent, so totals may not add up exactly to 100 percent. Tables are organized in descending mean order. Summary themes are reported in this report; the entire list can be found in a separate document. Full quantitative and qualitative results of the seven workshops presented can be found in separate data report documents attached to this report.

To assess what was learned from the class lectures and the hands-on training, participants were asked their level of agreement with several statements regarding the materials covered. Table 1, shows that participants were generally positive about their experience.

	Strongly Agree (5)	Agree (4)	Neutral (3)	Disagree (2)	Strongly Disagree (1)	2018-2019 academic year Mean (sd) [n]
The activities enhanced my understanding of the topic.	90%	9%	--	--	<1%	4.88 (.44) [131]
The presentation portion (first part) of class was clearly delivered.	89%	11%	--	--	<1%	4.86 (.46) [132]
The delivery method of this class was effective.	88%	10%	<1%	<1%	<1%	4.83 (.54) [132]
The presentation portion of the class clarified for me the terms related to self-defense.	85%	12%	1%	--	<1%	4.82 (.52) [131]
I understand how the body reacts when placed in a high stress situation.	83%	15%	--	<1%	<1%	4.80 (.55) [132]
I can create my own personal strategies of self-protection.	76%	21%	<1%	--	2%	4.71 (.64) [131]
I can execute wrist releases and escapes.	74%	24%	1%	--	<1%	4.70 (.58) [131]
I feel confident I could use self-defense techniques against an active aggressor.	68%	27%	4%	--	<1%	4.62 (.64) [132]

Table 1: Participant Learning Outcomes

Participants were provided the opportunity to suggest any improvements for the course in the future. From all eight of the workshops, 90 responded and the most common responses consisted of no comments, making the workshop shorter, and offering more techniques or multiple sessions.

Participants later were asked if there was anything else related to the topics covered that they would like to know. The response with the highest frequency was none or N/A. However, there were some specific responses, including a desire to learn more self-defense mechanisms, more practice with specific defense tactics and more self-learning resources about self-defense. Some specific self-defense mechanisms stated were escape techniques from the ground and from the back.

Participants were then asked about their satisfaction with the class. The response was mostly positive as respondents indicated they were very satisfied (86%) or satisfied (13%) or neutral (1%) (mean=4.86/5.00, sd=.37/n= 132).

The participants were asked their current place of residence and classification. These demographics of the participants are shown in Table 2. The majority of participants were Caucasian/White, on-campus residents and sophomores. The majority of those who reported other were listed as Aggie Moms.

Demographics	Frequency Percentage
Classification	n=129
Sophomore	23%
Junior	18%
Freshman	16%
Other	14%
Senior	14%
Graduate Student	13%
Staff	2%
Faculty	--
Current place of residence	n=128
On-campus	84%
Off-campus	11%
On-campus Corps	5%

Table 2: Demographics

Background

According to the Health Promotions website (<https://studentlife.tamu.edu/hp>), the former Office of Consensual Language, Education, Awareness, and Relationships (CLEAR) merged with Health Promotion to better serve the Texas A&M community in promoting interpersonal violence prevention. Because of the merger, the interpersonal violence prevention workshop previously known as Sexual Harassment and Rape Prevention (SHARP) transformed into the UPD Women’s Self-Defense Class, sponsored by the University Police Department at Texas A&M University. During the 2018-2019 academic year, seven workshops were held in collaboration with the University Police Department and the Brazos County Sheriff’s Office.

The UPD Women’s Self-Defense described on the website <https://studentlife.tamu.edu/hp/updwsd/>, is “a 4-hour self- defense class specifically for women 17 years and older, teaching easy to learn techniques for a variety of situations. During the class, participants learn: 1. Situational awareness 2. How to better

protect themselves 3. How to defend against an attacker.” Students can register on-line to take the workshops.

Project Details

The Department of Student Life Studies provides quality assessment services, resources and assessment training for departments in the Texas A&M University Division of Student Affairs and student organizations. Services by Student Life Studies are funded, in part, by the Texas A&M University Advancement Fee. Results of this project and other assessment projects done through Student Life Studies can be found at <https://studentlifestudies.tamu.edu/results/>. Additionally, division staff can follow Student Life Studies on Facebook.

To work with Student Life Studies for future assessment projects, please fill out the Assessment Questionnaire at <https://slsform.dsaapps.tamu.edu/>.

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