



COS Client Resources



COS Signature Programs: *Reach to Wellness*

Program: No-Yes by Katie Koestner

Topic: Alcohol, Sexual Assault, and Responsible Decision-Making

Audience: College and High School Students

Listening to Katie's story is engaging; watching her audience listen is enthralling. Students slouched in their seats when she starts not only sit up straight within the first few minutes, but actually are leaning in toward her by the time she is providing additional stories from students across the county. Katie shares a message and story that go well beyond the moments after her program. Students have recited examples and memorable messages to her during chance meetings years later in airports and on the street.

This is the program that has been requested by the administrators at Brown, Dartmouth, MIT, Amherst, Williams, Kenyon, West Point, the US Naval Academy, and many of our most competitive colleges for their incoming students. Independent schools such as Phillips Andover Academy, St. Johns, and Lawrenceville host Katie each year. Her program provides students with just the right blend of facts, statistics, realism, and thought-provoking challenges around relationships, respect, alcohol, and decision-making. Students warm to her engaging speaking style and administrators find her talk opens the way for reflection, helping to lay the groundwork for proactive, long-term behavioral transformation.

Post-program single-sex break-out groups can be scheduled to address gender specific concerns and risk reduction strategies. This program has been featured as the new student orientation program at Dartmouth University, Brown University, the University of San Diego, Haverford College, the US Naval Academy, Hamilton College, Holy Cross University, Stonehill College, and many others.

Program Outcomes:

1. Participants will learn about sexual assault prevention and risk reduction, including four ways for individuals to be part of the end to sexual violence in their communities:
 - a. Communication is Essential to Health Relationships
 - b. Alcohol and Other Substances Impair the Ability to Give Consent to Sexual Contact, and Possibly Make that Contact Illegal
 - c. Respect Others and One's Self
 - d. Don't Be Afraid to Take a Stand – Bystanders Make a Difference
2. Participants should have a greater understanding of the importance in being in prevention efforts in their communities.
3. Participants should have fun and associate having fun with prevention