Kapiʻolani Community College is the primary campus for health academic programs in the UH Community College system. As such, it has shown leadership on Oahu and throughout the state of Hawaiʻi by providing healthcare personnel to maintain a healthy community and by providing activities that support healthy behaviors for all members of the KCC community. Continuing these efforts, Kapiʻolani CC has become the first college in Hawaiʻi to join Healthy Campus 2020. Led by the American College Health Association, Healthy Campus 2020 is a nationwide initiative based on Healthy People 2020. The goal is to impact and improve the overall health of students, faculty and staff on college campuses.

Institutions of higher learning and organizations in 14 states and Canada have taken the pledge to demonstrate their commitment to achieving Healthy Campus 2020 goals and objectives. Kapiʻolani CC is already working towards better campus health in areas such as tobacco reduction and cessation, violence prevention, mental health, nutrition, healthy relationships, and physical fitness. Some of these efforts are highlighted in this issue of the KCC Advantage. To continue and develop these efforts further, KCC will work with Healthy Campus 2020, which provides a framework for improving the overall health status on campuses nationwide. Through the collaborative efforts of health, academic, student affairs, and administrative colleagues, institutions of higher education can foster healthy environments and behaviors. In order for the College to be a place of health, everyone must take the responsibility to make it so.

Topics and objectives for students reflect the major public health concerns impacting college students in the United States and were chosen based on
KCC: A Smoke-Free Campus

Kapi'olani CC (KCC) is in the process of implementing its smoke-free, non-tobacco products, campus policy. The following is a short history of the College’s Tobacco Products Policy, one aspect of its Healthy Campus efforts.

On February 6, 2012 the College implemented a two phase Tobacco Products Policy (TPP) that established KCC as a non-smoking campus in order to protect the health of all members of the campus community and to reduce tobacco use, in general. The 2012 Policy, in its first phase, beginning August 14, 2012, prohibited smoking on the campus and parking lots, except for specifically designated areas adjacent to the major student parking lots (i.e., Lots A, B, C, D, and E). In the second phase of the policy, implemented on August 19, 2013, smoking was prohibited in all areas of the campus, including all parking lots. Thus, KCC became a non-smoking, non-tobacco products campus, including e-cigarettes.

The TPP was based on input from several sources. Initially, there was a recommendation to the Chancellor from the College’s Tobacco Products Policy Task Force (TPP-TF) on 12/1/11. The TF was comprised of students, staff, faculty, and representatives from the campus’ four authorized governance organizations (AGOs). The TF recommended a non-smoking campus with designated smoking areas on the campus perimeter. The Chancellor requested comments on the TF recommendation directly from the AGOs and utilized the guidance of UH Policy EP10.102 (as it existed at the time). In addition, the TF provided the Chancellor with data from two events, one of which was organized by Student Congress and both of which were open to input from the entire KCC community. Data from these events supported a total non-smoking campus.

Chancellor Richards, on February 6, 2012, in his communication to KCC faculty, staff, and students, provided his reasoning for establishing a non-smoking campus, stating: “Kapi'olani CC is designated as the University of Hawai'i Community Colleges’ Health Education Campus. Given this recognition, the College is striving to promote a culture of health and wellness on campus so as to reduce the health-related factors that research shows have a negative effect on student learning, achievement, and success. These factors are such challenges as stress, violence/assault, eating disorder/problems, alcohol/substance abuse, mental health issues (e.g., depression and anxiety), etc.”

In spring semester, 2014 the UH System asked the College to stop enforcing its policy temporarily and asked other UH institutions to put their efforts toward establishing policies related to smoking on hold so that it could establish a system-wide, uniform policy for regulating smoking on campus. Consequently, the College ceased its efforts to enforce its non-tobacco products policy, as it had been providing educational materials, developing KCC-community responsibility and support, and informing those who continued to smoke on campus of the non-smoking policy. Consequently, smoking on campus increased.

In 2013, the State Legislature revised HRS Chapter 328J, the law that regulates smoking in Hawai‘i. The section, §328J-8, Declaration of establishment as nonsmoking, upon which the KCC had based its 2012 non-smoking campus policy, remained un-revised, stating, a “…person in control of an establishment, facility, or outdoor area may declare that an entire establishment, facility, or outdoor area or any part thereof as a place where smoking is prohibited.”

On October 14, 2014 the UH Board of Regents revised its Executive Policy 10.102 to include a process for establishing either non-smoking areas on campus or a completely non-smoking campus. It states that “Chancellors, in consultation with their respective campus communities, must select one of the two options for protecting faculty, staff, students and visitors from the effects of exposure to secondhand smoke,” i.e., either (1) designate areas on campus where smoking is prohibited or (2) designate the entire campus as non-smoking. KCC has already chosen option 2. and a recent 2015 student survey showed an overwhelming support for the campus’ non-smoking policy. According to EP 10.102, Section IV, a campus must now – a) advise all three unions (UHPA, HGEA and UPW) of the campus’/college’s intended smoke-free designation at least 60 calendar days prior to the effective date of the policy, and b) inform all current personnel in writing, either electronically or by hard copy, of the designation at least 30 calendar days prior to the effective date.

The College is in the process, through its TPP-TF, of complying with EP10.102 in order to implement its non-smoking campus policy. Enforcement is everyone’s responsibility.
their ability to motivate action, the availability of data to measure progress, and their relevance as broad public health issues. The Healthy Campus 2020 national health topic areas for students include Health Impediments to Academic Performance, Health Communication..., Injury and Violence Prevention, Mental Health and Mental Disorders, Nutrition and Weight Status, Physical Activity and Fitness, Sexually Transmitted Diseases and HIV, Family Planning, Substance Abuse, and Tobacco Use, and Immunizations and Infectious Disease. See http://www.acha.org/HealthyCampus/student-obj.cfm for an itemized list of objectives within each of the topic areas.

Healthy Campus 2020 states, “The framework for serving faculty and staff... is built upon 3FOUR50.” This user-driven connect, collaborate, and create approach involves many different disciplines to reduce the global epidemic of chronic disease. According to 3FOUR50, “There are 3 risk factors — tobacco use, poor diet (including the harmful use of alcohol) and lack of physical activity — which contribute to four chronic diseases — heart disease, type 2 diabetes, lung disease and some cancers — which, in turn, contribute to more than 50% of preventable deaths in the world.” Therefore, the Healthy Campus Faculty/Staff Objectives focus on nutrition/weight status, physical activity/fitness, stress management, and a few other items relevant to campus work environments. See http://www.acha.org/HealthyCampus/faculty-staff-obj.cfm for an itemized list of the objectives within each of the topic areas for faculty and staff.

In fall 2015, the present Tobacco Products Policy Task Force will transform into the College’s Healthy Campus Task Force and begin surveying the campus community to determine a baseline for a variety of KCC-relevant health measures. If you are interested in serving on the Healthy Campus Task Force or want to know more about the Healthy Campus initiative at KCC please contact Dean Patricia O’Hagan at ohaganp@hawaii.edu or 734-9569.

Title IX: Keeping KCC Safe & Healthy

A friend tells you that their ex-partner, who is also a student, is starting to frighten them. They are following them to class and seem to be showing up everywhere they are at...

A classmate confides that their current partner is hurting them, you are not clear if it is emotional or physical abuse, you just know they are hurting them...

Your student confides that they have a restraining order against their spouse but keeps receiving harassing texts and calls, it is beginning to interfere with their schooling. You notice they are not participating in class as often...

In each of these scenarios you are unclear what to do. What do you do?

Many times people believe that sexual misconduct is about a rape or sexual assault. Period. Yet there is a federal mandate that states that the types of behavior listed above, including rape and sexual assault, are prohibited and that colleges and universities across the United States, and in our state, must respond and support students in these difficult situations. Each of these real life scenarios falls under Title IX.

Title IX, often thought of as just gender equality in sports, is much more than that. It is a powerful, intentional mandate that can step in and support students in difficult situations. Under Title IX of the Education Amendments of 1972, any educational institution receiving Federal financial assistance must notify the school community of its nondiscrimination policy and the name and contact information for its Title IX coordinator (at KCC it is Dr. Brenda Ivelisse, Vice Chancellor of Student Affairs, whom you can contact at ivelisse@hawaii.edu). Institutions must adopt and publish grievance procedures providing for the prompt and equitable resolution of sex discrimination complaints. They should also ensure that the school community has a clear understanding of what constitutes sexual misconduct, when such conduct creates a hostile environment, the potential consequences for such conduct, and how the school processes complaints.

(Continued on page 6)
Violence Prevention Task Force: Promoting Healthy Relationships

One way KCC is working to create a healthy and safe campus for women and men is through its Violence Prevention Task Force (VPTF), which has organized campus events for the past eight years to bring awareness and education about issues relating to sexual and relationship violence. President Obama, on January 22, 2014, stated, “Sexual violence is more than just a crime against individuals. It threatens our families, it threatens our communities; ultimately, it threatens the entire country. It tears apart the fabric of our communities. And that's why we're here today -- because we have the power to do something about it as a government, as a nation. We have the capacity to stop sexual assault, support those who have survived it, and bring perpetrators to justice.” Vice President Joe Biden, also addressed the problem of sexual violence by stating, “Freedom from sexual assault is a basic human right... a nation’s decency is in large part measured by how it responds to violence against women... our daughters, our sisters, our wives, our mothers, our grandmothers have every single right to expect to be free from violence and sexual abuse.”

Not Alone, The First Report of the White House Task Force to Protect Students from Sexual Assault, April 2014, states that one in five women is sexually assaulted in college. Most often, it is someone she knows – and also most often, she does not report what happened. One of the solutions offered by the Report is to engage men as allies to the cause: “Most men are not perpetrators - and when we empower men to step in when someone’s in trouble, they become an important part of the solution.”

As the President and Vice President state in their Public Service Announcement: “if she doesn’t consent – or can’t consent – it’s a crime. And if you see it happening, help her, don’t blame her, speak up.”

(Continued on page 5)

Newly Identified Galactic Supercluster Is Home to the Milky Way

Astronomers using the National Science Foundation’s Green Bank Telescope (GBT) -- among other telescopes -- have determined that our own Milky Way galaxy is part of a newly identified ginormous supercluster of galaxies, which they have dubbed “Laniakea,” which means “immense heaven” in Hawaiian.

This discovery clarifies the boundaries of our galactic neighborhood and establishes previously unrecognized linkages among various galaxy clusters in the local Universe.

The National Radio Astronomy Observatory announced the discovery in a release on September 3, 2014, and stated, “The name Laniakea was suggested by Nawa'a Napoleon, an associate professor of Hawaiian Language and chair of the Department of Languages, Linguistics, & Literature at Kapi'olani Community College, University of Hawaii. “The name honors Polynesian navigators who used knowledge of the heavens to voyage across the immensity of the Pacific Ocean…”

Lead researcher R. Brent Tully, an astronomer at the University of Hawaii at Manoa, stated, “We have finally established the contours that define the supercluster of galaxies we can call home… This is not unlike finding out for the first time that your hometown is actually part of much larger country that borders other nations.”

https://public.nrao.edu/news/pressreleases/supercluster-gbt

(Thank you to Louise Pagotto, VCAA, for submitting information that initiated and served as the basis for this story.)
According to a special report from the U.S. Department of Justice, December 2014, “Rape and Sexual Assault Victimization Among College-Age Females, 1995-2013, females ages 18 to 24 had the highest rate of rape and sexual assault victimizations compared to females in all other age groups. Within the 18 to 24 age group, victims were identified as students enrolled in a college, university, trade school or vocational school or non-students. Among student victims, 20% of rape and sexual assault victimizations were reported to police, compared to 32% reported among non-student victims ages 13 to 24. The rate of rape and sexual assault was 1.2 times higher for nonstudents (7.6 per 1,000) than for students (6.1 per 1,000). For both college students and nonstudents, the offender was known to the victim in about 80% of rape and sexual assault victimizations.

The Violence Prevention Task Force, comprised of counseling and instructional faculty, staff, administrators and students, has a mission to provide prevention and awareness education with an emphasis on promoting healthy relationships. The task force is a college-wide effort, collaboratively striving to create a safer, more informed campus community. The task force supports Executive Policy 1.204 - Policy & Procedural Guidelines on Sexual Harassment, Sexual Assault, Domestic Violence, Dating Violence, and Stalking.

With the VPTF - sponsored One Billion Rising, an event held on campus 2/12/2015, KCC joined this global movement to help bring awareness of sexual violence towards women and girls not only in Hawai‘i but throughout the world. For the past two years, people across the world came together to express their outrage, strike, dance, and rise in protest against the injustices women suffer, demanding an end to violence against women.

Over 150 students, faculty and staff on our campus turned out to participate in the dance "Break the Chain" (page 8) as well as to create messages that were meaningful to them and to support survivors.

The following are written reflections by our KCC students in response to why they felt One Billion Rising was an event they should support:

“I am rising because…”

• No one should experience this and we’re all ‘ohana.
• For my mother and sister.
• I was a victim.
• You are worth it and no one deserves abuse of any form. Spread love not hate!
• The cycle needs to be broken.
• I have a voice to be heard!
• I am a survivor.
• My son and I deserve a better life.
• To do otherwise is to be complicit.

An upcoming event sponsored by the VPTF is Denim Day and Respect Campaign on April 29th. April is Sex Assault Awareness Month, and Denim Day is a campaign that was originally triggered by a ruling by the Italian Supreme Court where a rape conviction was overturned because the justices felt that since the victim was wearing tight jeans she must have helped her rapist remove her jeans, thereby implying consent. VPTF will have activities on 4/29, including asking campus participants to wear jeans in support of the movement and providing information on healthy relationships and sexual and relationship violence prevention. For information concerning Violence Prevention Task Force and its efforts, contact Cathy Wehrman, Iliahi 201, 734-9504; cwehrman@hawaii.edu.
At KCC staff, faculty and administrators are working on developing each of the Title IX mandates. We will be adopting a civil rights process model, meaning a process in which misconduct whether sexual in nature or not, will be referred to one office, the Office of the Vice Chancellor of Student Affairs, for interim measure, due process, and through all investigation, remedies and final decisions for each case. Throughout the process, both the complainant and respondent have specific rights and we will assure those involved in any complaints or allegations understand them.

In reference to any type of situation that may present itself to you, it is essential that you be clear about what constitutes “sexual misconduct.” For example, **Prohibited Conduct** is defined as: Engaging in sex-based harassment that creates a hostile environment in or under any program or activity of this College and/or conditioning a decision or benefit on a student’s submission to sex-based harassment (regardless of whether the student resists and suffers the threatened harm or submits and avoids the threatened harm) as an employee or agent of this College (including a student employee). Sex-Based Harassment includes sexual harassment and gender-based harassment. So with the examples given in the beginning of this article, each of them could fall under this definition.

**“Sexual harassment”** is unwelcome conduct of a sexual nature, including but not limited to unwelcome sexual advances; requests for sexual favors; or other verbal or nonverbal conduct of a sexual nature, including rape, sexual assault, and sexual exploitation. In addition, depending on the facts, dating violence, domestic violence, and stalking may also be forms of sexual harassment.

What constitutes **Unwelcome Conduct**? Conduct is considered “unwelcome” if the student did not request or invite it and considered the conduct to be undesirable or offensive.

Unwelcome conduct may take various forms, including… conduct that may be physically threatening, harmful, or humiliating. Unwelcome conduct does not have to include intent to harm, be directed at a specific target, or involve repeated incidents. Unwelcome conduct can involve persons of the same or opposite sex.

Participation in the conduct or the failure to complain does not always mean that the conduct was welcome. The fact that a student may have welcomed some conduct does not necessarily mean that a student welcomed other conduct. Also, the fact that a student requested or invited conduct on one occasion does not mean that the conduct is welcome on a subsequent occasion. Meaning even if you had a prior relationship with someone, it does not give you consent to act in the same manner as before.

A **“hostile environment”** exists when sex-based harassment is sufficiently serious to deny or limit the student’s ability to participate in or benefit from the College’s programs or activities. A hostile environment can be created by anyone involved in a College’s program or activity (e.g., administrators, faculty members, students, and campus visitors). In determining whether sex-based harassment has created a hostile environment, the College considers the conduct in question from both a subjective and objective perspective. It will be necessary, but not enough, that the conduct was unwelcome to the student who was harassed. The College will also need to find that a reasonable person in the student’s position would have perceived the conduct as undesirable or offensive in order for that conduct to create or contribute to a hostile environment.
The UH system has policies in place that prohibit any of these behaviors. Please visit the following website for additional information on each of these:


To make the ultimate determination of whether a hostile environment exists for a student or students, the College considers a variety of factors related to the severity, persistence, or pervasiveness of the sex-based harassment. The more severe the sex-based harassment, the less need there is to show a repetitive series of incidents to find a hostile environment. Indeed, a single instance of sexual assault may be sufficient to create a hostile environment. Likewise, a series of incidents may be sufficient even if the sex-based harassment is not particularly severe.

“Sexual assault” is actual or attempted sexual contact with another person without that person’s consent. Sexual assault includes, but is not limited to: 1) Intentional touching of another person’s intimate parts without that person’s consent; or 2) Other intentional sexual contact with another person without that person’s consent; or 3) Coercing, forcing, or attempting to coerce or force a person to touch another person’s intimate parts without that person’s consent; or 4) Rape, which is penetration, no matter how slight, of (a) the vagina or anus of a person by any body part of another person or by an object, or (b) the mouth of a person by a sex organ of another person, without that person’s consent.

Thus, we come to the issue of consent, which is often the basis for contention in determining sexual assault cases. According to Title IX, “Consent” must be informed, voluntary, and mutual, and can be withdrawn at any time.

There is no consent when there is force, expressed or implied, or when coercion, intimidation, threats, or duress is used. Whether a person has taken advantage of a position of influence over another person may be a factor in determining consent. Silence or absence of resistance does not imply consent. Past consent to sexual activity with another person does not imply ongoing future consent with that person or consent to that same sexual activity with another person.

If a person is mentally or physically incapacitated or impaired so that such a person cannot understand the fact, nature, or extent of the sexual situation, there is no consent; this includes impairment or incapacitation due to alcohol or drug consumption that meets this standard, or being asleep or unconscious.

It is hoped that the above information will help you make informed decisions and help you provide appropriate support concerning your colleagues, your students or your fellow students. The Office for the Vice Chancellor of Student Affairs has more information on the process and will schedule a presentation in your classroom, or review one on one with you. Please contact kapvcsa@hawaii.edu to schedule a time. If someone on campus informs you of an alleged sexual assault, harassment or stalking, you should contact our office to coordinate a response. If you believe the person is in immediate danger, contact our Campus Security at 734-9900 to provide assistance. As a student you have the right to a confidential, private conversation with a licensed counselor who can provide you additional support and brief you on our process; you may contact Dr. Lori Ferreira at 734-9588. We are here to support you, whether a student, faculty or staff. You are not alone!
Support and feelings of camaraderie and freedom and the emotions of hope and joy were abundant as the sound of “Break the Chain” (below) filled the air and some participants sang the lyrics (written by Tena Clark), while everyone danced to the music (written by Tena Clark/Tim Heintz) as all were part of the One Billion Rising:

Intro-
I raise my arms to the sky
On my knees I pray
I’m not afraid anymore
I will walk through that door
Walk, dance, rise
Walk, dance, rise

I can see a world where we all live
Safe and free from all oppression
No more rape or incest, or abuse
Women are not a possession

You’ve never owned me, don’t even know me I’m not invisible, I’m simply wonderful I feel my heart for the first time racing I feel so amazing.

I dance cause I love
Dance cause I dream
Dance cause I’ve had enough
Dance to stop the screams
Dance to break the rules
Dance to stop the pain
Dance to turn it upside down
It’s time to break the chain, oh yeah
Break the Chain
Dance Break (Instrumental)

This is my body, my body’s holy

Dance, rise
Dance, rise
Sister won’t you help me, sister won’t you rise x4
Dance, rise
Dance, rise
Sister won’t you help me, sister won’t you rise x4
This is my body, my body’s holy
No more excuses, no more abuses
We are mothers, we are teachers,
We are beautiful, beautiful creatures

I dance cause I love
Dance cause I dream
Dance cause I’ve had enough
Dance to stop the screams
Dance to break the rules
Dance to stop the pain
Dance to turn it upside down
It’s time to break the chain, oh yeah
Break the Chain, oh yeah ✪

We are mothers, we are teachers,
We are beautiful, beautiful creatures
I dance cause I love
Dance cause I dream
Dance cause I’ve had enough
Dance to stop the screams
Dance to break the rules
Dance to stop the pain
Dance to turn it upside down
It’s time to break the chain, oh yeah
Break the Chain, oh yeah ✪