

The Nebraska Assessment of College Health Behaviors (NACHB) was administered in 2022. The NACHB survey is designed to assess students' personal attitudes and behaviors related to alcohol, drugs, mental health issues, and personal violence. The NACHB helps understand individuals' attitudes towards campus and community policies, other student's behavior, and bystander interventions. The data from the survey makes it possible to research trends of these behaviors on campus over time. In 2022, 5,381 students from 19 schools participated.

Overall behavior

Three in ten students surveyed (31%) had not had any sexual partners in the past year. One in ten students did more sexually than they originally planned because of their substance use (this represents 15% of students who had sex). **Twelve percent** of students said they had used alcohol or drugs to help them feel more comfortable with a sexual partner in the past year.



Some students experienced sexual harms due to alcohol use:

- **23% did not use protection having sex**
- 11% had sex with someone they would not have if they were sober
- 9% insulted or swore at their partner
- 7% did not consent to the sex they had
- 2% argued with their partner and it got physical.

Campus policy

Nearly four out of five students (79%) were aware that their campus had a sexual violence policy.

One fifth of respondents were unsure whether their campus had a policy.

Four out of five students (81%) also believed that their campus was concerned about sexual violence.

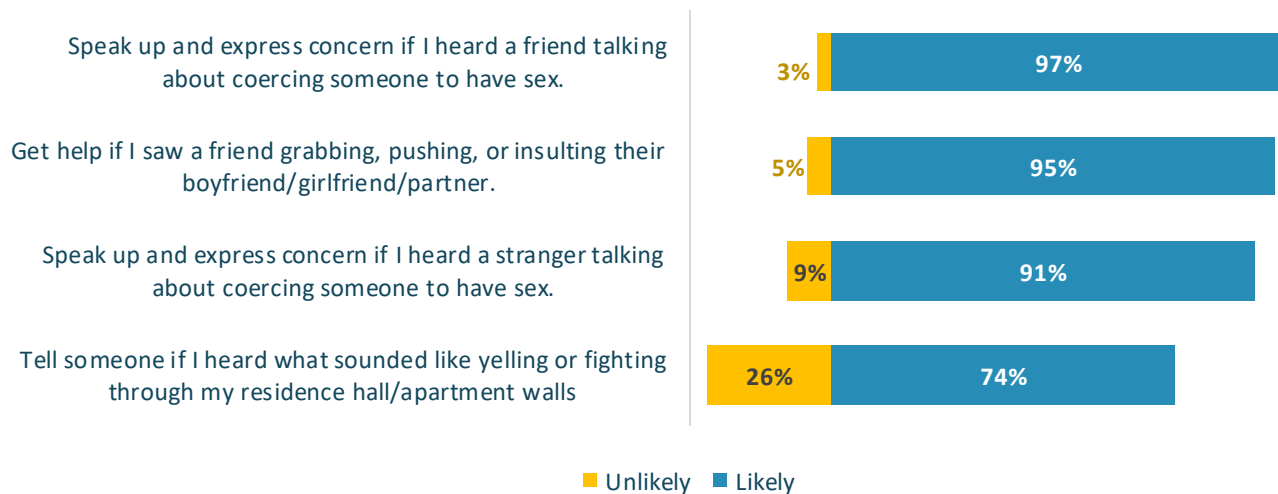
Rape scenario

When asked about their agreement with the statement “If both people are drunk, it can’t be rape”, only 3% of students agreed – 1% said they strongly agreed. (**Men were three times more likely to agree than women.**) Eighty-five percent disagreed, 65% strongly disagreed. Approximately one in eight (12%) neither agreed nor disagreed with the statement.

Bystander intervention

Nearly all students (**96%**) approved of someone intervening when they see someone being taken advantage of sexually. The reported likelihood of intervening in specific scenarios is shown in the graph below. More than nine out of ten students said they were likely, very likely, or definitely likely to intervene when dealing with friends or sexual coercion. Similarly, three out of four students reported that they were willing to intervene when hearing yelling or fighting from neighbors where they live.

Likelihood of intervening in each scenario



Why not intervene?

Students who said they would never or were unlikely to intervene in the situations above were asked why. The most common reasons were:

- 47% said their personality traits would make it hard
- 31% were afraid they would look stupid if it was nothing
- 24% worried about getting physically hurt
- 21% said it's not their concern and they did not want to get involved
- 20% thought others were more qualified to help

Women were more likely than men to say their personality makes it hard or they worry about getting hurt. Men were more likely to fear looking stupid or say it wasn't their concern.

Help seeking

All students were asked about who they would go to if these situations occurred. The most common supports were:

- 73% friends or peers
- 45% residence life staff
- 45% police
- 42% campus staff or faculty
- 34% family member
- 31% health, wellness, or counseling center
- 25% other students

Women were more likely to go to residence or campus staff, family, or a health, wellness, or counseling center. Men were more likely to go to other students.