



COS
Client
Resources



COS Signature Programs: *Reach to Wellness*

Program: Real Voices: Kristin's Story and Katie's Journey

Presenter: Katie Koestner and Andrea Cooper

Topics: Alcohol, Healthy Relationships, Mental Health, and Sexual Assault

Audience: College and High School Students

Real Voices: Kristin's Story and Katie's Journey

When Katie was 18, on the 3rd weekend of her first year of college, she went out to dinner with another student. The story of what happens next goes to the heart of an emotional, national debate. Katie describes the night with candor and openness so that everyone in her audience can better understand the issue of date rape.

Next, we hear from Andrea Cooper, a mother who lost her only daughter at age 20 to suicide due to acquaintance rape followed by depression. Through Kristin's story, you will learn the signs of depression and how to help a friend who has been raped. Andrea presents live over video feed, facilitating discussion and answering questions alongside Katie during the program.

Our presenters feel men are an important part of the solution. We encourage them to take a stand, speak up, and help those who come to them. Promote proactive bystander behaviors for the entire community with key strategies for building solidarity and instilling standards of respect.

Program Outcomes

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



Bio-Sketch: Katie Koestner

Katie Koestner is a national expert on student safety and teen relationship culture. She has been a leader in the movement to end sexual violence since she took her own solo stand as the first survivor of date rape to speak out nationally at age eighteen. After appearing on the cover of TIME Magazine on June 3, 1991, Katie worked with HBO to make a documentary film about her story. Subsequently, she has appeared on nearly 50 national television programs and spoken at more than 1700 college and school campuses. She has assisted the United States Department of Education in developing and providing programs to women in high-risk communities. Her testimony on Capitol Hill was instrumental in the passage of federal student safety legislation.

Awards, Honors, and Media Appearances

- Featured on *The Oprah Winfrey Show*, *Geraldo*, *NBC Nightly News*, *CNBC Talk Live*, *Larry King Live*, *Good Morning America*, *CNN*, and scores of other national and local news programs.
- Interviewed for articles in *The Washington Post*, *The New York Times*, *The Chicago Tribune*, *The Los Angeles Times*, *The Philadelphia Inquirer*, *The Journal of Higher Education*, and numerous other national publications.
- Served as the Lead Consultant for U.S. Campaign about Violence Against Women, Tour of India with U.S. Ambassador to India in 2010.
- Awarded Honorary Doctorate of Public Service in 2007 by Coe College for extensive work on student safety and public service.



Bio-Sketch: Andrea Cooper

Andrea Cooper is the picture of perseverance as she shares “Kristin’s Story”—the story of losing her only daughter in 1995 due to tragic circumstances involving suicide, depression, and acquaintance rape. Kristin was an Alpha Chi Omega and Andrea is a member of Tri Delta. “Kristin’s Story” is frequently requested by fraternities and sororities across the country. In addition to “Kristin’s Story”, Andrea gives seminars on depression, suicide prevention and understanding, and how to support a rape survivor. She has spoken at over 325 campuses and 27 conferences to a total of more than 100,000 students, faculty, and administrators. She is also on the National Board of Directors of One in Four, a men’s organization educating men against sexual assault.

Awards and Honors

- Served Denver Area Panhellenic for 8 years.
- Denver Area Panhellenic’s Woman of the Year Award.
- George Kimball Award from Sigma Alpha Epsilon in 2003 for her contribution to the interfraternity community.
- Siena Medal Award from Theta Phi Alpha in 2006 for “turning tragedy into triumph”.
- Vision Award from Kristin’s sorority, Alpha Chi Omega, for her contribution to advance and strengthen the Greek system.
- The Sue Kraft Fussell Distinguished Service Award from the Association of Fraternity Advisors.
- Honorary Doctorate from Baker University, Kristin’s college.