

10-2024

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#### Recommended Citation

Chaliawala, Kruti S.; Vidourek, Rebecca A.; and King, Keith A. (2024) "Non-Partner Sexual Violence Among International College Students in the United States," *Dignity: A Journal of Analysis of Exploitation and Violence*: Vol. 9: Iss. 2, Article 6. <https://doi.org/10.23860/dignity.2024.09.02.06>

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# Non-Partner Sexual Violence Among International College Students in the United States

## Abstract

The prevalence of non-partner sexual violence among college students is a pressing concern that demands urgent attention. Although an integral part of the education system, international college students are often underrepresented in various studies. This calls attention to understanding the cultural nuances and multiple factors affecting this population. The current research delves into the experiences of sexual abuse among international students within the last 12 months, focusing specifically on incidents where sexual penetration or unwanted sexual touching occurred without consent. The study sheds light on the frequency and demographics associated with these distressing incidents using data from a large-scale survey conducted over the past year, encompassing a sample size of 13,242 international student respondents. Results reveal alarming statistics, with a substantial proportion of international students reporting experiences of non-partner sexual violence. Specifically, 4.8% of participants reported being sexually touched without consent, 1.9% reported attempted sexual penetration without consent, and 1.6% reported actual sexual penetration or being made to penetrate someone without consent. Moreover, the analysis indicates significant associations between experiences of sexual abuse and key demographic variables such as gender, relationship status, and number of sexual partners. Further exploration through univariate regression unveils compelling insights into the intersectionality of sexual violence, highlighting disparities based on biological sex, relationship status, and number of sexual partners among international students. The present study underscores the urgent need for comprehensive prevention and intervention strategies to address the pervasive issue of non-partner sexual violence among international college students. By understanding the dynamics of these incidents and their correlates, institutions can tailor support services, advocacy efforts, and educational initiatives to create safer and more inclusive environments for all international students.

## Keywords

non-partner sexual violence, international college students, stigma, risky behaviors

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## NON-PARTNER SEXUAL VIOLENCE AMONG INTERNATIONAL COLLEGE STUDENTS IN THE UNITED STATES

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### ABSTRACT

The prevalence of non-partner sexual violence among college students is a pressing concern that demands urgent attention. Although an integral part of the education system, international college students are often underrepresented in various studies. This calls attention to understanding the cultural nuances and multiple factors affecting this population. The current research delves into the experiences of sexual abuse among international students within the last 12 months, focusing specifically on incidents where sexual penetration or unwanted sexual touching occurred without consent. The study sheds light on the frequency and demographics associated with these distressing incidents using data from a large-scale survey conducted over the past year, encompassing a sample size of 13,242 international student respondents. Results reveal alarming statistics, with a substantial proportion of international students reporting experiences of non-partner sexual violence. Specifically, 4.8% of participants reported being sexually touched without consent, 1.9% reported attempted sexual penetration without consent, and 1.6% reported actual sexual penetration or being made to penetrate someone without consent. Moreover, the analysis indicates significant associations between experiences of sexual abuse and key demographic variables such as gender, relationship status, and number of sexual partners. Further exploration through univariate regression unveils compelling insights into the intersectionality of sexual violence, highlighting disparities based on biological sex, relationship status, and number of sexual partners among international students. The present study underscores the urgent need for comprehensive prevention and intervention strategies to address the pervasive issue of non-partner sexual violence among international college students. By understanding the dynamics of these incidents and their correlates, institutions can tailor support services, advocacy efforts, and educational initiatives to create safer and more inclusive environments for all international students.

### KEYWORDS

non-partner sexual violence, international college students, stigma, risky behaviors

**N**ON-PARTNER SEXUAL VIOLENCE (NPSV) among college students is a pervasive issue that significantly affects physical and mental well-being. International students are particularly vulnerable due to cultural differences, social isolation, and unfamiliarity with U.S. support systems. Research indicates that international students are at higher risk for NPSV due to their unfamiliarity with local laws and resources,

which may prevent them from seeking help (Pengpid & Peltzer, 2020). In a study examining NPSV among university students across 22 countries, Pengpid and Peltzer (2020) found that international students experience higher rates of NPSV, particularly in cultures where discussions about sexual violence are taboo. Even though NPSV has been well-documented in U.S. student populations, less is known about its impact on international students, who may face unique barriers in reporting or seeking help due to cultural norms, visa status, and language barriers (Banyard et al., 2007). The intersection of culture, academic pressures, and sexual violence presents a complex challenge for international students, highlighting the need for targeted research and interventions.

Multiple sexual partners have been associated with an increased risk of experiencing NPSV, potentially due to higher exposure to risky situations or environments where such violence may occur (Fisher et al., 2000). College students with multiple partners may be more vulnerable to exploitation, particularly if they lack strong social support networks (Coker et al., 2002). For international students, social isolation and limited familiarity with U.S. dating norms could exacerbate these risks. Relationship status also plays a role in vulnerability to sexual violence. Some studies suggest that individuals not in committed relationships may face higher risks of non-partner violence, as they may be more likely to engage in casual or less secure social interactions (Tjaden & Thoennes, 2000). However, being in a relationship does not always provide protection, as those in less stable or non-married relationships may still encounter sexual violence. Academic status, such as being an undergraduate or graduate student, also influences exposure to sexual violence. Graduate students may face different social dynamics or professional pressures that can alter their vulnerability compared to undergraduates (Harris, 2020).

Biological sex differences are critical in understanding the reporting behaviors of NPSV. Female students are more likely to report experiencing sexual violence than male students, though significant underreporting still exists across both genders, mainly due to societal stigmas and gender norms (Tjaden & Thoennes, 2000). For international students, cultural expectations around gender further complicate reporting behaviors. Female international students often face heightened risks of sexual violence, as well as intimate partner violence, during their studies abroad. For instance, a study in Australia found that isolation and structural barriers significantly impeded help-seeking behaviors among female international students experiencing violence (Tran et al., 2024). Similarly, cultural pressures may deter women from reporting due to fears of shame or dishonor within their communities (Meyer & Northridge, 2007; Swan et al., 2020). In contrast, male international students may be reluctant to report sexual violence due to beliefs surrounding masculinity and vulnerability. Societal stigmas attached to male sexual victimization can lead to lower reporting rates despite male students still being at risk (Adhia et al., 2022). A study from China revealed that relationship conflicts, communication problems, and anger management issues were significant factors associated with intimate partner violence perpetration among female college students (Du et al., 2021). Further, research on female medical undergraduates in India found an 8.3% prevalence of non-partner sexual violence, often perpetrated by family members or family friends (Nandini et al., 2022). Understanding these gender differences is essential for designing culturally competent prevention and intervention programs. Additionally, international students across various demographics face a higher likelihood of experiencing campus sexual violence compared to domestic students and report more severe mental health concerns following victimization (Fethi et al., 2023). Culture significantly shapes how international

students perceive and respond to sexual violence. Many come from countries where discussions about sexual health or violence are taboo, further inhibiting their ability to seek help (Harris, 2020). For example, students from collectivist cultures may prioritize the reputation of their family or community over individual experiences, making them less likely to disclose incidents of sexual violence (Banyard et al., 2007). Additionally, cultural differences in gender roles, dating norms, and consent can complicate international students' understanding of what constitutes sexual violence in the U.S. context (Fisher et al., 2000). International students' reliance on their cultural communities for support can either mitigate or exacerbate their risk of sexual violence (Coker et al., 2002). Supportive communities may encourage reporting and emotional support, while unsupportive environments may pressure students to remain silent. This underscores the importance of culturally informed sexual violence prevention programs that account for the diverse backgrounds of international students (Coker et al., 2002).

International students may underreport experiences of sexual violence due to fear of jeopardizing their immigration status or lack of trust in institutional resources (Adhia et al., 2022). Additionally, cultural stigmas around discussing sexual violence may further prevent disclosure, leading to unaddressed trauma and potential long-term consequences (Meyer & Northridge, 2007). Although existing literature focuses on various forms of sexual violence, this study explicitly assesses non-partner sexual violence (NPSV) among international students in the U.S. This distinction is crucial as international students may be particularly vulnerable to NPSV due to factors such as limited social networks, cultural isolation, and dependency on unfamiliar social structures in the host country. Previous research indicates that international students are at a heightened risk of sexual violence compared to domestic students, and this risk extends across demographics, including age, gender, sexual orientation, and academic level (Fethi et al., 2023; Son et al., 2020; Swan et al., 2020). Focusing on NPSV allows for a nuanced understanding of how non-partner perpetrators, such as acquaintances or strangers, exploit the social and cultural barriers international students face. Though partner violence remains a critical area of concern, the current study narrows its focus to NPSV to highlight a gap in the literature, particularly given that non-partner violence may not fit within the typical support systems available for intimate partner violence (IPV) survivors. By examining associated risk factors such as multiple sexual partners, relationship status, and academic status, as well as biological sex differences in reporting NPSV, this study contributes to a growing body of research that emphasizes the importance of culturally sensitive interventions (Pengpid & Peltzer, 2020; Banyard et al., 2007). Moreover, this focus on NPSV aligns with previous findings that international students experience more severe mental health concerns following victimization (Fethi et al., 2023), highlighting the critical need for tailored support mechanisms.

The research questions focused are: 1) What are the prevalence rates of non-partner sexual violence among international college students in the United States? 2) Does the non-partner sexual violence among international college students differ based on socio-demographic factors such as relationship status, number of sexual partners, academic standing, and biological sex?

## **METHODS**

The current cross-sectional study analyzes secondary data using the 2022 dataset from the American College Health Association's National College Health Assessment (ACHA-NCHA). The analysis was performed following approval from the university

Institutional Review Board (IRB), which granted a Determination of Non-Human Subject Research due to the dataset's anonymity and public availability (IRB #2023-0755).

## **PARTICIPANTS**

The original dataset included  $N = 102,905$  college students nationwide. This analysis focused on international students (the individuals who answered “yes” to the visa question), resulting in a subset of  $n = 13,242$  international college students.

## **PROCEDURE**

The ACHA-NCHA survey was conducted electronically among students at participating colleges and universities across the United States during the Spring and Fall semesters of 2022. Institutions opted to participate, and within each institution, a random sample of students received an email invitation to complete the survey. The sampling approach aimed to ensure diverse representation across demographics such as academic year, gender, race/ethnicity, and international student status. The survey was distributed electronically and completed voluntarily by students. It was self-administered, ensuring the confidentiality of participants' responses.

## **INSTRUMENTS**

The secondary data analysis utilizes the ACHA-NCHA 2022 dataset, incorporating various instruments to assess different dimensions of the participants' experiences and characteristics. For the analysis of non-partner sexual violence, three categories were examined based on participants' responses to the question, “Within the last 12 months, did you experience any of the following? Do not include intimate relationships No (1) or Yes (2).” The categories included: 1) experiencing sexual touching without consent, 2) having sexual penetration (vaginal, anal, or oral) attempted without consent, and 3) being sexually penetrated (vaginal, anal, or oral) or being forced to penetrate someone else without consent. Participants were asked about their international student status, specifically whether they held a visa (e.g., F-1 or M-1) to study or work in the United States, with responses coded as No (1) or Yes (2). Socio-demographic variables included: sex assigned at birth (Female (1), Male (2), Intersex (3)); age (in years); year in school, ranging from 1st-year undergraduate to Doctorate or other (1-9); and ethnicity, with categories for East Asian, Southeast Asian, South Asian, Mexican, Mexican American, Chicano, Puerto Rican, and Cuban. Additionally, participants provided information about their sexual partners and relationship status. Specifically, they reported the number of partners with whom they had engaged in oral sex, vaginal intercourse, or anal intercourse over the past year and indicated their current relationship status (Not in a relationship (1), In a relationship but not married/partnered (2), Married/partnered (3)). These instruments collectively provide a comprehensive view of the participants' demographic profiles, international student status, and health behaviors.

## **DATA ANALYSIS**

Data were analyzed using IBM SPSS Statistics (version 26.0). The frequency and descriptive analysis were the primary steps of the data analysis to gain insight into the data. To assess the relationships between non-partner sexual violence and various socio-demographic factors, univariate and multivariate logistic regression analyses were performed. Given the nature of the data, continuous variables such as academic standing and the number of sexual partners were converted into dichotomous

variables for the purpose of logistic regression. The dependent variable, non-partner sexual violence, was categorized as “yes” or “no” based on participants’ self-reports of sexual touching, attempted penetration, or actual penetration without consent. Univariate logistic regression was first used to explore associations between non-partner sexual violence and socio-demographic factors, including biological sex, year in school, relationship status, and number of sexual partners. Variables found significant in the univariate analysis were then included in a multivariate logistic regression model. Adjusted odds ratios (AORs) with 95% confidence intervals (C.I.s) were calculated to determine the strength of the associations between predictors and the likelihood of experiencing non-partner sexual violence. Model fit was assessed using the Hosmer and Lemeshow goodness-of-fit test, and the proportion of explained variance was calculated using the Cox & Snell  $R^2$  and Nagelkerke  $R^2$  values. All statistical tests were two-tailed, and significance was set at  $p < 0.05$ . The final logistic regression model adjusted for confounding variables such as gender, academic year, and number of sexual partners. The analyses aimed to identify vital socio-demographic predictors of non-partner sexual violence among international students, providing insights into how these factors may influence victimization rates in this population.

## FINDINGS

### PARTICIPANTS

The study sample comprised 13,242 international college students with diverse demographic characteristics (Table 1). Most participants self-identified as female (57.8%,  $n = 7633$ ) and identified as male (42.1%,  $n = 5568$ ), with a small proportion identifying as intersex (0.1%,  $n = 9$ ). Participants were primarily undergraduate students ( $n = 7235$ ), with the largest groups being first-year (19.9%,  $n = 2632$ ) and second-year (13.1%,  $n = 1734$ ), while master’s and doctoral students made up significant portions of the sample [25.7% ( $n = 3396$ ) and 18.4% ( $n = 2432$ ), respectively]. In terms of sexual partners, the majority reported having multiple partners (65.5%,  $n = 8674$ ). Ethnic diversity was evident, with substantial representation from individuals of East Asian (43.9%,  $n = 2666$ ) and South Asian (43.9%,  $n = 2664$ ) backgrounds. Specifically for ethnicity, the missing data comprised 41.3% ( $n = 5469$ ).

### PREVALENCE OF NON-PARTNER VIOLENCE

The analysis of non-partner sexual violence (NPSV) among 13,242 international college students revealed that 884 participants (6.7%) reported experiencing such violence. Among those who reported NPSV, 634 individuals (4.8%) indicated they had been sexually touched without their consent. In comparison, a lower proportion of 247 individuals (1.9%) reported that sexual penetration, whether vaginal, anal, or oral, was attempted on them without consent. Additionally, 208 participants (1.6%) reported being sexually penetrated or made to penetrate someone without consent. Notably, of the 884 participants who experienced NPSV, a substantial majority were female, with 614 (70.3%) identifying as such, compared to 259 males (29.7%). In contrast, among the 12,328 students who did not report NPSV, 7,019 (56.9%) were female, and 5,309 (43.1%) were male. Further breakdown of specific incidents revealed significant gender differences: 465 females (74.0%) reported being sexually touched without consent, compared to only 163 males (26.0%). For attempted sexual penetration, 172 females (70.8%) reported such experiences, while 71 males (29.2%) did. Similarly, among those who reported being sexually penetrated or made to penetrate without consent, 128 females (63.1%) and 75 males (36.9%) indicated such incidents.



**Table 1****The Demographic Characteristics of International College Students**

Demographic Characteristic	Frequency (n)	Percentage (%)
Biological Sex		
Female	7633	57.8
Male	5568	42.1
Intersex	9	0.1
Year in School		
1st-year undergraduate	2632	19.9
2nd-year undergraduate	1734	13.1
3rd-year undergraduate	1539	11.6
4th-year undergraduate	1101	8.3
5th year or more undergraduate	229	1.7
Master's	3396	25.7
Doctorate	2432	18.4
Not seeking a degree	51	0.4
Other	116	0.9
Relationship Status		
Not in a relationship	7431	56.3
In a relationship but not married/partnered	4386	33.2
Married/partnered	1382	10.5
Number of Partners		
Single Partner/No Partner	4568	34.5
Multiple Partners	8674	65.5
Ethnicity		
Mexican, Mexican American, Chicano	690	40.5
Puerto Rican	85	5.0
Cuban	54	3.2
Another Hispanic, Latino/a/x, or Spanish origin	906	53.2
East Asian	2666	43.9
Southeast Asian	708	11.7
South Asian	2664	43.9

**NON-PARTNER VIOLENCE AND SOCIO-DEMOGRAPHIC VARIABLES**

A univariate logistic regression analysis was conducted to understand the non-partner sexual violence across various socio-demographic variables. *Table 2* provides an in-depth summary of the results. The results revealed a significant association between the number of sexual partners and non-partner sexual violence. Students with multiple partners had a higher prevalence of non-partner sexual violence (71.5%) compared to those with a single or no partner (28.5%). The odds ratio (*OR*) for experiencing non-partner sexual violence among students with multiple partners was 1.346 (95% *CI*: 1.158-1.565), indicating increased risk. No significant association was found between relationship status and non-partner sexual violence ( $p = 0.205$ ), with a slightly higher prevalence among those in a relationship (43.8%) versus those not in a relationship (41.6%). A significant association was observed between academic year and non-partner sexual violence. Graduate students reported a higher prevalence (30.3%) compared to undergraduates (69.7%), with an odds ratio of 1.508 (95% *CI*: 1.361-1.670) for graduate students. Additionally, a significant association was found between biological sex and non-partner sexual violence ( $p < 0.001$ ). Female



students had a higher prevalence (70.3%) than males (29.7%), indicating a higher likelihood of reporting among females.

**Table 2**

**A Univariate Logistic Regression Analysis for Non-Partner Violence Among International College Students**

Variables	OR	95% CI	$\chi^2$	df	p-value
<b>Number of Partners</b>					
Single Partner/Multiple Partners	1.346	1.158 1.565	15.038	1	<0.001
<b>Relationship Status</b>					
No Relationship/ Relationship	0.914	0.795 1.051	1.603	1	0.205
<b>Academic Year</b>					
Undergraduate Student/Graduate Student	1.508	1.361 1.670	77.751	1	<0.001
<b>Biological Sex</b>					
Male/Female	1.452	1.308 1.611	59.995	1	<0.001

Note: The bold denotes significant variables at  $p < 0.001$

The final logistic regression model analyzed the significant variables from the univariate regression analysis. A logistic regression analysis was performed to explore the relationship between sexual abuse and predictors, including gender, academic year, and number of sexual partners. The model showed a significant improvement in fit with the inclusion of these predictors ( $\chi^2 (3, N = 13,028) = 145.953, p < 0.001$ ), although it explained only a small proportion of the variance (Cox & Snell  $R^2 = 0.011$ , Nagelkerke  $R^2 = 0.029$ ). The Hosmer and Lemeshow test confirmed a good model fit ( $\chi^2 (6, N = 13,028) = 5.241, p = 0.513$ ). The analysis revealed that female students had significantly higher odds of experiencing sexual abuse compared to male students ( $\beta = 0.547, S.E. = 0.077, Wald = 49.859, p < 0.001, AOR = 1.727, 95\% CI: 1.401-2.126$ ). Additionally, graduate students were more likely to experience sexual abuse than undergraduates ( $\beta = 0.601, S.E. = 0.077, Wald = 60.525, p < 0.001, AOR = 1.824, 95\% CI: 1.515-2.192$ ). In contrast, students with multiple sexual partners had lower odds of experiencing sexual abuse compared to those with a single partner or no partner ( $\beta = -0.277, S.E. = 0.078, Wald = 12.480, p < 0.001, AOR = 0.758, 95\% CI: 0.654-0.878$ ). Overall, the results highlight significant associations between gender, academic year, and number of sexual partners with the likelihood of experiencing non-partner violence.

## DISCUSSION

The findings from this study offer valuable insights into the prevalence and risk factors of non-partner sexual violence (NPSV) among international college students. Of the 13,242 international students included in the analysis, 884 (6.7%) reported experiencing NPSV, including non-consensual sexual touching, attempted penetration, and penetration. This rate is comparable to the 6.9% reported among domestic college students in the same cohort, highlighting that international students face rates of NPSV similar to those of their domestic peers (Fethi et al., 2023). These findings align with global research by Pengpid and Peltzer (2020), which observed comparable

prevalence rates across 22 countries, emphasizing the pervasive nature of sexual violence and the urgent need for targeted, culturally sensitive interventions.

Notably, biological sex emerged as a critical predictor of NPSV, with 70.3% ( $n = 614$ ) of victims identifying as female. This finding aligns with previous research, such as Fisher et al. (2000), which consistently shows that women are at higher risk of sexual victimization. Among the females who experienced NPSV, 74.0% reported non-consensual sexual touching, while 70.8% reported attempted sexual penetration without consent. In contrast, 26.0% of male victims reported non-consensual sexual touching, and 29.2% reported attempted sexual penetration. These differences suggest that interventions should be gender-sensitive and address the specific vulnerabilities faced by female students (Du et al., 2021; Li et al., 2020). Moreover, academic status also emerged as a significant factor, with graduate students showing a higher prevalence of NPSV than undergraduates. This trend might relate to increased exposure to environments that heighten vulnerability, as suggested by Banyard et al. (2007), who emphasized the role of context in sexual violence. Furthermore, the finding that students reporting multiple sexual partners had higher odds of experiencing NPSV relates to some studies that link multiple partners to increased risk (Coker et al., 2002). This complex relationship warrants further investigation, as other moderating factors may influence the experiences of these students.

Cultural factors significantly influence the reporting and experiences of international students. Navigating their home culture and the host country's social norms can present challenges. Barriers such as language differences, stigma, and unfamiliarity with reporting processes could lead to underreporting (Adhia et al., 2022; Tran et al., 2024). As such, addressing these barriers through culturally sensitive prevention and support programs is essential for improving the safety and well-being of this vulnerable population. By enhancing accessibility and reducing stigma, institutions can better support international students and ensure more accurate reporting and intervention. Given that 13% of the current survey population consists of international students, it is essential to compare this figure with national statistics on international student enrollment and experiences of sexual violence in the U.S. According to the Institute of International Education (2023), international students make up approximately 5.5% of overall enrollment in U.S. higher education. This discrepancy indicates that the current sample may overrepresent international students relative to the national average. This overrepresentation necessitates further investigation, particularly concerning sexual violence. Existing research highlights that international students often encounter unique challenges, such as cultural differences and obstacles in reporting incidents of violence (Bonistall Postel, 2020; Nandini et al., 2022).

In conclusion, the study underscores the pressing need for comprehensive strategies to address non-partner and partnered sexual violence among international college students. By focusing on biological sex, academic status, and cultural factors, institutions can better tailor interventions to meet the needs of this diverse student population. Further research is needed to explore the intersectionality of these factors and their impact on the prevalence and experience of sexual violence on campus. By prioritizing the safety and well-being of international students, educational institutions can foster a more inclusive and supportive environment for all students.

## CONCLUSION

The current study provides critical insights into the prevalence and predictors of non-partner sexual violence among international college students. The findings of the

present study demonstrated that 6.7% of international students experienced non-partner sexual violence, with significant variations across biological sex, academic status, and the number of sexual partners. Female students and graduate students reported higher rates of non-partner sexual violence. However, the relationship between the number of sexual partners and violence was less straightforward than anticipated. These results underscore the urgent need for targeted interventions to address non-partner sexual violence in the college setting. Policy recommendations include developing comprehensive prevention programs that are culturally sensitive and tailored to the specific needs of international students. Institutions should enhance support services and reporting mechanisms to address the unique barriers faced by this group, such as language barriers and cultural stigma. Furthermore, creating educational initiatives that promote awareness and bystander intervention can play a crucial role in reducing the incidence of non-partner sexual violence. In sum, addressing non-partner sexual violence among international students requires a multifaceted approach that incorporates cultural considerations, provides adequate support resources, and fosters a safe and inclusive campus environment.

### AUTHOR BIOGRAPHIES

**Kruti S. Chaliawala**, Ph.D., is an academic researcher and educator passionate about public health and health education. She is an Assistant Professor at Boise State University School of Public and Population Health. Her journey began in the United States in 2010, driven by a sincere desire for educational excellence and community impact. She has a Ph.D. in Health Promotion and Education from the University of Cincinnati, where her doctoral research focused on addressing health disparities among minority populations and international college students, as well as child and adolescent sexual health. Additionally, she has an M.S. in Health Promotion Sciences (Wellness Management) with Honors from the University of Central Oklahoma, where she interned as a Sexual Health Ambassador and raised awareness among international students about reproductive health, sexual attitudes, and sex positivity. Moreover, Kruti has an M.A. in Forensic Psychology, a B.S. in Forensic Science, and a B.A. in Criminal Justice from the University of Central Oklahoma. Kruti aims to bridge the gap between international and domestic students, creating a safe space where all can thrive.

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**Keith A. King**, Ph.D., is a Professor and Director of the Center for Prevention Science. His research emphases include adolescent health promotion, suicide, violence and substance abuse prevention, mental health promotion, sexual health, survey development, and program evaluation. He has published over 200 professional articles in peer-reviewed journals and has delivered more than 300 professional presentations at international, national, and regional conferences. His research studies have been cited on various websites and in popular press publications, including *Newsweek*, *WebMD*, *CBS Medscape*, and *Counseling Today*.

### RECOMMENDED CITATION

Chaliawala, Kruti S.; Vidourek, Rebecca A.; & King, Keith A. (2024). Non-partner sexual violence among international college students in the United States. *Dignity: A Journal of Analysis of Exploitation and Violence*. Vol. 9, Issue 9, Article 6.  
<https://doi.org/10.23860/dignity.2024.09.02.06>

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