

**LORI A. BEDNARCHIK, PhD, MPH, CHES**

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**EDUCATION**

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**PhD, Arizona State University** (May 2016), *Human Communication*, Concentration: *Interpersonal/Relational and Health Communication*

Doctoral Dissertation: *Using the Theory of Planned Behavior to Predict College Students' Communication of Affirmative Sexual Consent*

(Committee: Linda Costigan Lederman (co-chair), Paul A. Mongeau (co-chair), Anthony Roberto, F Scott Christopher.)

**MPH, University of Maryland School of Public Health** (May 2007), *Health Education and Health Promotion*

Master of Public Health Project: *4GUYS: An Obesity Prevention Publication for Adolescent Boys: Formative Research and Development* (Advisor: Robin Sawyer)

**B.A., University of Maryland** (December 2004), *English Language and Literature*, Concentration: *Creative Writing (Poetry)*

Undergraduate Certificate (21 units): *Lesbian, Gay, Bisexual, Transgender (LGBT) Studies*

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**ACADEMIC/TEACHING POSITIONS**

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**Lecturer Faculty** (in person, online - Canvas) School of Communication, San Diego State University, (2020 – present)

*Undergraduate Courses:* Introduction to Health Communication, Patient-Provider Communication, Relational Communication, Communication in Health Risk and Crises, Nonverbal Communication, Research Methods in Communication, Communication in Professional Settings, Quantitative Methods in Communication

**Instructor Faculty** (online, Blackboard/Canvas), Hugh Downs School of Human Communication, Arizona State University, (2016 – present)

*Undergraduate Courses:* Interpersonal Communication, Relational Communication; Communication, Conflict, and Negotiation; Advanced Research Methods in Communication, Introduction to Communication, Quantitative Research Methods in Communication, Leadership Group Communication (course lead), Intercultural Business Communication, Communication Training and Development

*Graduate (Masters) Courses:* Research Methods in Communication (course lead), Quantitative Research Methods in Communication (course lead), Conflict Transformation, Persuasion and Social Influence, Master's Capstone Project Mentor (COM550), Communication in the Workplace, Health Communication and Social Change

**Lecturer Faculty** (in person and online, Moodle/Canvas) Department of Communication, California State University at San Marcos (2016 – present)

*Undergraduate Courses:* Interpersonal Communication, Health Communication, Advanced Research Methods in Communication, Leadership and Social Change, Conflict and Communication, Oral Communication (Public Speaking), Communication Theory, and Power, Discourse and Social Identity

**Adjunct Faculty** (in person/online, Blackboard, Bright Space), School of Health and Human Services, Department of Community Health, National University, (2011 – present)

*Undergraduate Courses:* Drug Use and Abuse, Health Behavior, Public Health Nutrition, Public Health and Sexuality, Personal Health, Health Promotion Concepts, Chronic and Communicable Disease, Health Informatics, Global Health

*Graduate Courses (MPH Program):* Theories of Health Behavior, Public Health Research Methods, Public Health Promotion, Public Health Program Development, Public Health Program Evaluation, Health Policy and Advocacy, Aspects of Human Sexuality, Psychosocial Epidemiology, Public Health Aspects of Drug Addiction, Public Health Biology

**Adjunct Faculty** (online, Moodle), School of Behavioral Sciences, California Southern University, (2019 – 2023)

*Graduate (PhD) Courses:* Statistical Methods and Analysis

**Adjunct Faculty** (online, Canvas), Health Promotion Department, Maryland University of Integrative Health, (2017 – 2023)

*Graduate (PhD) Courses:* Research Methods in Health Education: Quantitative and Qualitative, Health Care Systems, Principles and Practices of Health Promotion and Self-Care, Communication Strategies in Health Education

**Graduate Teaching Associate** (in person/online, Blackboard), Hugh Downs School of Human Communication, Arizona State University (2012 – 2016)

*Undergraduate Courses:* Quantitative Research Methods in Communication, Public Speaking, Small Group Communication, Gender and Communication, Communication Alcoholism, and Recovery

*Graduate (Masters) Courses:* Advanced Research Methods in Communication (graduate seminar assistant),

**Adjunct Faculty** (in person, Canvas), Phoenix College, Maricopa County Community College District (August 2015 – May 2016)

*Undergraduate Course:* Public Speaking

**Adjunct Faculty** (in person, Canvas), Gateway Community College, Maricopa County Community College District (August 2015 – May 2016)

*Undergraduate Course:* Public Speaking

**Adjunct Faculty** (online, Blackboard), Behavioral Science/Health Promotion Department, Ashford University, (2008 – 2016)

*Undergraduate Courses:* Community and Public Health, Aging and Health, The U.S. Health Care System, Special Populations, Health Care Studies Capstone, and Introduction to Health Care Education (Health Behavior Theory/Models)

**Assistant Adjunct Faculty** (in person, Blackboard), Graduate School of Public Health, San Diego State University, San Diego State University (2007 – 2012)

*Undergraduate Courses: Nutrition Peer Health Education Program, Fraternity Men Against Negative Environments and Rape Situations (FratMANers) Peer Health Education Program*

**Graduate Teaching Associate** (in person), School of Public Health, University of Maryland (2005 – 2007)

*Undergraduate Course: First Aid: Responding to Emergencies*

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## ADMINISTRATIVE/PROFESSIONAL POSITIONS

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**Owner,** Lori Bednarchik Speaking and Consulting., San Diego, CA, January 2017 – present

*Develop and implement tailored educational training workshops focused on sexual violence prevention for University/college populations (e.g., fraternities, sororities, Greek Life staff and advisors, first year/freshman orientation, resident life advisors/staff, athletes, coaches and athletic department advisors/staff), corporate (e.g., for profit, non-profit, bar/restaurant industry) audiences, and other professional audiences (e.g., professional athletes, coaches, player development staff, and administration)..*

*Deliver interactive keynote speeches on topics related to violence prevention, including sexual consent, healthy sexual communication, sexual assault and rape, proactive bystander training, gender and masculinity, alcohol risk reduction, dating and domestic violence, developing healthy interpersonal and intimate relationships.*

*Provide consulting services, including sexual violence prevention (and Title IX) curriculum development, for fraternities, sororities, athletic departments, and professional athletic organizations.*

*Provide consulting services, including sexual harassment education/prevention and managing healthy workplace relationships curriculum development corporate businesses and professional athletic organizations.*

**Health Educator,** Health Promotion Department, San Diego State University, 2007 – 2012

*Developed, implemented and evaluated comprehensive, population-based interpersonal violence prevention, bystander intervention programs, and alcohol and other drug risk reduction and prevention programs.*

*Developed curriculum, recruited and trained peer educators and coordinated and supervised peer educator presentations.*

*Developed and delivered violence prevention training programs for faculty, staff, administration, and students (e.g., Resident Life Advisors, Student Life and Leadership staff, Freshman orientation participants)*

*Conducted over 75 violence prevention, bystander, and/or alcohol risk reduction trainings/presentations to students, including student-athletes, and member of the Greek community*

*Implemented programming based on current trends/best practices in interpersonal violence prevention and needs of the college population.*

*Provided training opportunities, supervision, and mentorship to various student organizations on campus (e.g., Sigma Phi Epsilon, Sigma Alpha Epsilon, Phi Kappa Theta, Sisters of Sororities (SOS)).*

*Developed and recommended operational policies and plans necessary for the achievement of university health education objectives and services*

*Consulted and coordinated with other health professionals in identifying campus health problems and in the development and administration of integrated health education programs.*

*Planned and developed health education programs and activities based on established priorities and goals using internal, as well as public and private health resources.*

*Organized and conducted educational programs and activities on various health topics (e.g., nutrition and physical activity, body image, violence prevention, alcohol and other drug, bystander intervention, sexual health, smoking cessation) that contributed to the improvement of student health by bringing about change in understanding, attitudes, and behavior.*

*Instructed students in principles of health by group or individual instruction.*

*Provided preventive health counseling and appropriate referrals in such areas as nutrition, pregnancy, and smoking cessation.*

*Maintained health education records and resources and prepared a variety of written and verbal reports. Supervised and mentored undergraduate interns and graduate assistants.*

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## PUBLICATIONS/RESEARCH

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**Bednarchik, L. A. & Generous, M. A. (2024).** Affirmative sexual consent and the Theory of Planned Behavior (TPB): A multiple-group analysis regarding the impact of biological sex, sexual self-esteem, sexual assertiveness, and sexual history on TPB relationships. *Communication Quarterly*, 1-20. <https://doi.org/10.1080/01463373.2024.2438830>

**Bednarchik, L. A., Generous, M. A., & Mongeau, P. A. (2024).** Using the theory of planned behavior to longitudinally predict college students' communication of affirmative sexual consent. *Western Journal of Communication* 88(5), 1068-1087. <https://doi.org/10.1080/10570314.2023.2251007>

**Bednarchik, L. A., Generous, M. A., & Mongeau, P. (2022).** Defining sexual consent: Perspectives from a college student population. *Communication Reports*, 35(1), 12-24. <https://doi.org/10.1080/08934215.2021.1974506>

van Raalte, L. J., **Bednarchik, L. A.**, Generous, M. A., & Mongeau, P. A. (2021). Examining rules in friends with benefits relationships. *Archives of Sexual Behavior*, 51, 1783–1792. <https://doi.org/10.1007/s10508-021-02114-5>

Mongeau, P. A., van Raalte, L. J., **Bednarchik, L.**, & Generous, M. (2019). Investigating and extending variation among friends with benefits relationships: Relationship maintenance and social support. *Southern Communication Journal*. 84(5), 275-286. <https://doi.org/10.1080/1041794X.2019.1641837>

### ***Manuscripts Under Review (Revise and Resubmit)***

#### ***Research in Progress***

**Bednarchik, L.A. & Generous, M. A.** *Communication with sexual partners about condomless sex (i.e., sex without a condom) and anal sex.*

#### ***Invited Encyclopedia Entries/Book Chapters***

**Bednarchik, L. A., & Mongeau, P. A. (2016).** Intersexed individuals. In C. Sheehan (Ed.), *Encyclopedia of Family Studies* (Vol. 3, pp. 1190-1194). Malden, MA: Wiley-Blackwell

Mongeau, P. A., van Raalte, L. J., Generous, M. A., & **Bednarchik, L. A.** (2016). Friends with benefits relationships. In C. Sheehan (Ed.), *Encyclopedia of Family Studies* (Vol. 2, pp. 884-888). Malden, MA: Wiley-Blackwell

### ***Invited Blog Posts***

**Bednarchik, L. A.** (N. D.). Ensuring a safe spring break. CAMPUSPEAK Speaker's Voice Blog. <https://campuspeak.com/ensuring-a-safe-spring-break/>

**Bednarchik, L. A.** (N. D.). Three non-sexual ways you can practice communicating consent. CAMPUSPEAK Speaker's Voice Blog. <https://campuspeak.com/three-non-sexual-ways-can-practice-communicating-consent/>

**Bednarchik, L. A.** (N. D.). What do I do/say if someone tells me that they have been sexually assaulted?. CAMPUSPEAK Speaker's Voice Blog. <https://campuspeak.com/say-someone-tells-sexually-assaulted/>

### ***Instructional Handbooks and Manuals***

**Bednarchik, L., Henry, S., Waits, S.** (2011). *Step Up! Be a Leader, Make a Difference A Prosocial Behavior/Bystander Intervention Program for Greeks, Sorority Student Guide.* (Bell, B., Bruce, S., Cox, J., Everhart, D., Goldman, S., Wilfert, M.E., Adapt.). San Diego, CA: Montezuma Publishing.

**Bednarchik, L., Henry, S., Waits, S.** (2011). *Step Up! Be a Leader, Make a Difference A Prosocial Behavior/Bystander Intervention Program for Greeks, Fraternity Student Guide.* (Bell, B., Bruce, S., Cox, J., Everhart, D., Goldman, S., Wilfert, M.E., Adapt.). San Diego, CA: Montezuma Publishing.

**Bednarchik, L., Henry, S., Waits, S.** (2011). *Step Up! Be a Leader, Make a Difference A Prosocial Behavior/Bystander Intervention Program for Greeks, Facilitator Guide.* (Bell, B., Bruce, S., Cox, J., Everhart, D., Goldman, S., Wilfert, M.E., Adapt.). San Diego, CA: Montezuma Publishing.

**Bednarchik, L., Golan, E., O'Keefe, P.H., Rife, M.L.** (2008). *For Guys. In BodyWorks: A Toolkit for Healthy Teens and Strong Families.* U.S. Department of Health and Human Services, Office on Women's Health (OWH). [http://womenshealth.gov/bodyworks/files/for\\_guys.pdf](http://womenshealth.gov/bodyworks/files/for_guys.pdf)

### ***Newsletter Contributions***

**Bednarchik, L. A.,** (2012). *Skin care tips for young adults.* Aztec Recreation Center Newsletter. <http://arcsdsu.wordpress.com/2012/04/17/skincare-tips-for-young-adults/>

**Bednarchik, L. A.,** (2012). *Health holiday eating.* Aztec Recreation Center Newsletter. <http://arcsdsu.wordpress.com/2012/10/25/healthy-holiday-eating/>

**Bednarchik, L. A.,** (2012). *Reduce cravings.* Aztec Recreation Center Newsletter. <http://arcsdsu.wordpress.com/2011/10/20/reduce-cravings/>

**Bednarchik, L. A.,** (2012). *Vitamin packed foods.* Aztec Recreation Center Newsletter. <http://arcsdsu.wordpress.com/2011/09/19/vitamin-packed-foods/>

**Bednarchik, L. A.,** (2012). *Calories in alcohol.* Aztec Recreation Center Newsletter. <http://arcsdsu.wordpress.com/2011/08/19/calories-in-alcohol/>

**Bednarchik, L. A.,** (2012). *Top 5 metabolism boosters.* Aztec Recreation Center Newsletter. <http://arcsdsu.wordpress.com/2012/01/24/top-5-metabolism-boosters/>

**Bednarchik, L.** (2009). You Say Frat Boys, I Say Fraternity Men. *National Association for Student Personnel Administrators (NASPA), Men and Masculinities Knowledge Community Spring 2009 Newsletter*, p. 9-10.  
[https://www.slideshare.net/slideshow/embed\\_code/key/blGdiePot4xYZ0](https://www.slideshare.net/slideshow/embed_code/key/blGdiePot4xYZ0)

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## CONFERENCE PAPERS, PANELS, AND PRESENTATIONS

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**Bednarchik, L. A. & Generous, M. A.** (November, 2024). *Betwixt and between: Considering and investigating ambiguous relationships*. National Communication Conference, New Orleans, LA.

**Bednarchik, L. A.** (February 2023). *Your sister is dating at jerk?! Here's how to talk to her about it*. Association for Fraternal Leadership and Values (AFLV – West), Anaheim, CA.

**Bednarchik, L. A.** (February 2023). *Your bro is dating at jerk?! Here's how to talk to him about it*. Association for Fraternal Leadership and Values (AFLV – West), Anaheim, CA.

**Bednarchik, L. A.** (February, 2023). *Supporting members during a Title IX investigation*. Association for Fraternal Leadership and Values (AFLV – West), Anaheim, CA.

**Bednarchik, L. A.** (February, 2023). *Crash course: Choosing effective risk-reduction programming*. Association for Fraternal Leadership and Values (AFLV – West), Anaheim, CA.

**Bednarchik, L. A.** (February 2022). *Your sister is dating at jerk?! Here's how to talk to her about it*. Association for Fraternal Leadership and Values (AFLV – West), Anaheim, CA.

**Bednarchik, L. A.** (February, 2022). *Supporting members during a Title IX investigation..* Association for Fraternal Leadership and Values (AFLV – West), Anaheim, CA.

**Bednarchik, L. A.** (February, 2022). *Your sister is dating a jerk?! Here's how to talk to her about it*. Northeast Greek Leadership Association (NGLA), Baltimore, MD.

**Bednarchik, L.A.** (February, 2022). *Netflix and chill, Hulu and hang, YouTube and lube, oh my! Investigating, understanding, and appreciating college students' casual sexual relationships*. Northeast Greek Leadership Association (NGLA), Baltimore, MD.

**Bednarchik, L. A.** (December, 2021). *Wanna have sex? Exploring the factors that influence college students' communication of affirmative sexual consent*. Association of Fraternity/Sorority Advisors (AFA), Dallas, TX.

**Bednarchik, L. A., Mongeau, P. A., Lederman, L.** (2018). *Using the theory of planned behavior to predict college students' communication of affirmative sexual consent*. National Communication Association, Salt Lake City, UT.

**Bednarchik, L. A., Mongeau, P. A., Lederman, L.** (2018). *College students' communication of affirmative sexual consent: The role of contextual variables*. International Association for Relationship Research, Ft. Collins, CO.

**Bednarchik, L. A., Lederman, L., Mongeau, P. A.** (2017). *"It's not you, it's me": Examining moderating effects of individual variables on college students' communication of affirmative sexual consent*. National Communication Association, Dallas, TX.

**Bednarchik, L. A.** (2016). *Predicting fraternity men's communication of sexual consent during sexual activity: A test of the theories of reasoned action and planned behavior*. Western States Communication Association, San Diego, CA.

\*Health Communication Interest Group Top 3 Paper

**Bednarchik, L.A.** (October, 2016). *Cultivating healthy intimate relationships: A communication perspective*. PowHER Women's Conference, Panhellenic Council at Arizona State University, Tempe, AZ.

Generous, M. A., van Raalte, L. J., **Bednarchik, L. A.**, Mongeau, P. A. (2015). *Opportunistic embracing: Investment and support in friends with benefits relationships*. National Communication Association, Las Vegas, NV.

van Raalte, L. J., **Bednarchik, L. A.**, Generous, M. A., Mongeau, P. A. (2015). *Opportunistic or strategic? Transitions to friends with benefits relationships*. National Communication Association, Las Vegas, NV.

van Raalte, L. J., **Bednarchik, L. A.**, & Generous, M. A. (2015). *The "dos and don'ts" of friends with benefits relationships: A dialectical analysis of relational rules*. Western States Communication Association, Spokane, WA.

\*Interpersonal Communication Interest Group Top 4 Paper

\*Interpersonal Communication Interest Group Top Student Paper

**Bednarchik, L. A.**, Generous, M. A., Mongeau, P. A., Wiedmaier, B., & Bryant, B. (2014). *Defining sexual consent: Perspectives from a college student population*. National Communication Association, Chicago, IL.

van Raalte, L., **Bednarchik, L. A.**, Mongeau, P. A., & Murphy-Keith, R. (2014). *Is it just sex? Exploring social support in emerging adults' friends with benefits relationships*. National Communication Association, Chicago, IL.

van Raalte, L., **Bednarchik, L. A.**, Generous, M. A., & Mongeau, P. A. (2014). *Relationship maintenance across friends with benefit relationship types*. National Communication Association, Chicago, IL.

**Bednarchik, L. A.**, Generous, M. A., Mongeau, P. A., & Wiedmaier, B. (2013). *Communicating sexual consent: Clarifying a contested and contentious construct*. National Communication Association, Washington, D.C.

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## INVITATIONAL PODCAST EPISODES

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Speaker/Guest. Dan Schorr, LLC (Host). (2023, May). *Consent education and trauma-informed communication with Lori Bednarchik* [Audio podcast episode] The Title IX and Civil Rights Podcast.

<https://danschorrllc.libsyn.com/consent-education-and-trauma-informed-communication-with-lori-bednarchik>

Speaker/Guest . Stein, J. B. (Host). (2023, April). *When Harry met Olivia* (Ep 005, Season 6)[Video/audio podcast episode]. Red Rock Relationships Podcast at Dixie State University. <https://redrockrelationships.podbean.com/e/red-rock-relationships-season-6-ep-005-dr-lori-bednarchik-how-harry-met-olivia/>

Speaker/Guest. Dr. Tara (Host). (2022, November). *Vocalizing consent and sexual feedback* (Ep 058)[Audio podcast episode]. Luvbites by Dr. Tara Podcast. <https://www.luvbites.co/podcast>

Panelist. Stein, J. B. (Host). (2021, June). *Family fiesta showdown: Romantic relationships* [Video/audio podcast episode.]. Red Rock Relationships Podcast at Dixie State University. <https://www.podbean.com/ew/pb-riise-1056419>

Speaker/Guest. Anderson, J. & Kramer, E. (Hosts). (2021, May). *Lori Bednarchik on sex-positivity and assault prevention in higher education* [Audio podcast]. The New American Baccalaureate Project.

<https://newamericanbaccalaureate.org/nab-podcast-lori-bednarchik-on-sex-positivity-and-assault-prevention-in-higher-education/>

Speaker/Guest . Stein, J. B. (Host). (2020, November). *Yes means yes consent* (Ep 012, Season 1)[Video/audio podcast episode]. Red Rock Relationships Podcast at Dixie State University. <https://www.podbean.com/ew/pb-cmv9w-fl89df>

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## INVITATIONAL LECTURES, PRESENTATIONS AND SPEAKING ENGAGEMENTS

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Speaker. *Am I Being Clear? A Crash Course in Boundary Setting*. Bismark State College, Bismark, ND. February 2025.

Speaker. *Am I Being Clear? A Crash Course in Boundary Setting*. Grand Rapids Community College, Grand Rapids, MI. February 2025.

Speaker. *Wanna Make Out? A Conversation About Consent*. Washington State University, Pullman, WA. January 2025

Speaker. *If not you, then who? Bystander Intervention Program*. Northeast State Community College, Blountville, TN. November 2024.

Speaker. *Is this abuse, or is it just me.?.* University of Pittsburgh – Johnston, Johnston, PA. October 2024.

Speaker. *Wanna make out? A Conversation about consent*. Ohio Wesleyan University, Delaware, OH. October 2024.

Speaker. *Can we talk? A conversation about healthy communicating in dating relationships*. Emporia State University, Emporia, KS. August 2024.

Speaker. *Can we talk? A conversation about healthy communicating in dating relationships*. California State University at San Marcos, San Marcos, CA. August 2024.

Speaker. *Wanna make out? A Conversation about consent*. Lycoming College, Williamsport, PA, August 2024.

Speaker. *Wanna make out? A Conversation about consent*. Siena Heights University, Adrian, MI. August 2024.

Speaker. *Wanna make out? A Conversation about consent*. Denison University, Granville, OH. August 2024.

Speaker. *Wanna make out? A Conversation about consent*. Grayson College, Denison, TX. August 2024.

Speaker. *Wanna make out? A Conversation about consent*. United State Marine Corp. Marine Corp Air Station, Miramar, CA. April 2024.

Speaker. *Wanna make out? A Conversation about consent*. Lafayette College, Easton, PA. April 2024.

Speaker. *Wanna make out? A Conversation about consent*. Louisiana State University at Alexandria, Alexandria, LA. April 2024.

Speaker. *Wanna make out? A Conversation about consent*. Furman University, Greenville, SC. April 2024.

Speaker. *Wanna make out? A Conversation about consent*. The Citadel, Charleston, SC. April 2024.

Speaker. *Wanna make out? A Conversation about consent*. University of North Texas, Denton, TX. April 2024.

Speaker. *Wanna make out? A Conversation about consent*. Washington State University, Pullman, WA. March 2024.

Speaker. *If not you, then who? Bystander intervention program*. Calvin University, Grand Rapids, MI. February 2024.



Speaker. *Wanna make out? A conversation about consent.* 11th Marine Expeditionary Unit, Marine Corp Base, Camp Pendleton, CA., December 2023.

Speaker. *Is this abuse? Or, is it just me?.* Purdue University, Lafayette, IN., September 2023.

Speaker. *Wanna make out? A conversation about consent.* Cochise College – Douglas Campus, Douglas, AZ., September 2023.

Speaker. *Wanna make out? A conversation about consent.* Cochise College – Sierra Vista Campus, Sierra Vista, AZ., September 2023.

Speaker. *Wanna make out? A conversation about consent.* Gustavus Adolphus University, St. Peter, MN., September 2023.

Speaker. *Can we talk? A conversation about healthy communicating in dating relationships.* Wayne State University, Detroit, MI., August 2023.

Speaker. *Wanna make out? A conversation about consent.* Emporia State University, Emporia, KS., August 2023.

Speaker. *Wanna make out? A conversation about consent.* Denison University, Granville, OH., August 2023.

Speaker. *Wanna make out? A conversation about consent.* California State University Stanislaus, CA., August 2023.

Co-Speaker. *An honest conversation about sexual violence.* Virginia State University. Petersburg, VA., August 2023.

Speaker. *Wanna make out? A conversation about consent.* Marine Air Group-16, 3<sup>rd</sup> Marine Aircraft Wing, Marine Corp Air Station, Miramar, CA., July 2023.

Speaker. *Wanna make out? A conversation about consent.* Marine Air Group-16, 3<sup>rd</sup> Marine Aircraft Wing, Marine Corp Air Station, Miramar, CA., May 2023.

Speaker. *Trauma-informed communication for survivors of sexual assault.* University of Toledo, Toledo, OH., May 2023.

Speaker. *Wanna make out? A conversation about consent.* Appalachian State University, Boone, NC, April 2023.

Speaker. *An honest conversation about sexual violence.* Dallas College, Dallas, TX, April 2023.

Guest Lecture (virtual). *Boundaries 101: They are yours to build.* COMS 2060: Communication in Interpersonal Relationships. School of Communication Studies, Ohio University, Athens, OH., April 2023.

Speaker. *Wanna make out? A conversation about consent.* Sacred Heart University, Fairfield, CT., March 2023.

Speaker. *Wanna make out? A conversation about consent.* The State University of New York (SUNY) Plattsburgh, Plattsburgh, NY., March 2023.

Speaker. *Wanna make out? A conversation about consent.* Hight Point University, High Point, NC, February 2023.

Guest Lecture (virtual). *Boundaries 101: They are yours to build.* COMS 2060: Communication in Interpersonal Relationships. School of Communication Studies, Ohio University, Athens, OH., November 2022.

Speaker. *A conversation about consent and healthy relationships.* Worcester Academy, Worcester, MA. November 2022.

Speaker. *Can we talk? A conversation about healthy communicating in dating relationships.* Panhellenic Council, California Polytechnic State University, San Luis Obispo, CA. November, 2022.

Speaker. *Is this abuse? Or, is it just me?* Seton Hill University – Greensburg, PA. October 2022.

Speaker. *Wanna make out? A conversation about consent.* Johnson and Wales University – Charlotte Campus, Charlotte, NC. October 2022.

Speaker. *Wanna make out? A conversation about consent.* Gettysburg College, Gettysburg, PA. September 2022.

Speaker. *Wanna make out? A conversation about consent.* University of Massachusetts at Dartmouth, Dartmouth, MA. September 2022.

Speaker (virtual). *Wanna make out? A conversation about consent.* Texas Christian University, Fort Worth, TX. September 2022.

Speaker. *Can we talk? A conversation about healthy communicating in dating relationships.* California State University at San Marcos, San Marcos, CA. August 2022.

Speaker. *Wanna make out? A conversation about consent.* Grayson College, Denison, TX. August 2022.

Speaker. *Wanna make out? A conversation about consent.* Virginia Polytechnic State University, Blacksburg, VA. August 2022.

Speaker. *Wanna make out? A conversation about consent.* Mississippi University for Women, Columbus, MS. August 2022.

Speaker (virtual). *Wanna make out? A conversation about consent.* Delta Phi Lambda Sorority. April 2022.

Speaker. *Is this abuse? Or, is it just me?* University of La Verne, La Verne, CA. April 2022.

Speaker. *If not you, then who? Bystander intervention program.* University of La Verne, La Verne, CA. April 2022.

Speaker. *Wanna make out? A conversation about consent.* Florida Institute of Technology, Melbourne, FL. March 2022.

Speaker. *Wanna make out? A conversation about consent.* Washington State University, Pullman, WA. April 2022.

Speaker. *Wanna make out? A conversation about consent.* Texas A&M at Commerce, Commerce, TX. March 2022.

Speaker (virtual). *Wanna make out? A conversation about consent.* Dallas College – North Lake Campus, Irving, TX. March 2022.

Speaker. *Wanna make out? A conversation about consent.* Seton Hill, Greensburg, PA. March 2022.

Speaker (virtual). *Wanna make out? A conversation about consent.* San Jose State University, San Jose, CA. March 2022.

Speaker. *Wanna make out? A conversation about consent.* Tennessee Technological University, Cookeville, TN. February 2021.

Speaker (virtual). *If not you, then who? Bystander intervention program.* Alpha Sigma Alpha National Headquarters. November 2021.

Speaker. *If not you, then who? Bystander intervention program.* St. John's University, Staten Island, NY. November 2021.

Speaker. *Wanna make out? A conversation about consent*. Washington State University, Pullman, WA. October 2021.

Speaker. *Wanna make out? A conversation about consent*. Lander University, Greenwood, SC. September 2021.

Speaker. *Wanna make out? A conversation about consent*. Georgia Tech University, Atlanta, GA. September 2021.

Speaker. *Wanna make out? A conversation about consent*. Endicott College, Beverly, MA. August 2021.

Speaker. *Wanna make out? A conversation about consent*. Post University, Waterbury, CT. August 2021.

Speaker. *Wanna make out? A conversation about consent*. Lyon College, Batesville, AR. August 2021.

Speaker (virtual). *Wanna make out? A conversation about consent*. Panhellenic Council/Fraternity and Sorority Life at Lehigh University, Bethlehem, PA, April 2021.

Speaker (virtual). *If not you, then who? Bystander intervention program*. Bryant University H.E.A.L. at Bryant University, Smithfield, RI, April 2021.

Speaker (virtual). *Online dating during a pandemic*. San Diego State University, San Diego, CA. April 2021.

Speaker (virtual). *Can we talk? A conversation about healthy communicating in dating relationships*. West Liberty College, West Liberty, WV, April 2021.

Speaker (virtual). *An honest look at sexual violence prevention*. Tarrant County College, Fort Worth, TX, March 2021.

Speaker (virtual). *Healthy communication in relationships*. Century College, White Bear Lake, MN, October 2020.

Speaker (virtual). *Wanna make out? A conversation about sexual consent and communication*. Georgia Institute of Technology. Atlanta, GA, September 2020.

Speaker (virtual). *Wanna make out? A conversation about sexual consent and communication*. Lyon College, Batesville, AR, August 2020.

Guest Lecture. *Sexual violence and misconduct: Education and prevention*. PH 353: Human Sexuality & Disease. San Diego State University, San Diego, CA, June 2020.

Guest Lecture. *Making a love connection: Communicating love and attachment in romantic relationships*. PH 353: Human Sexuality & Disease. San Diego State University, San Diego, CA, June 2020.

Bednarchik, L. (2020, May). *Amazing sex(ual activity) starts with you* [Webinar]. Virtual Impact Programming, CAMPUSPEAK. <https://campuspeak.com/webinars/bed-may2020/>

Speaker. *Wanna make out? A conversation about sexual consent and communication*. Appalachian State University, Boone, NC, February 2020

Speaker. *Wanna make out? A conversation about sexual consent and communication*. University of Massachusetts at Amherst, Amherst, MA, November 2019

Speaker. *Wanna make out? A conversation about sexual consent and communication*. McNeese State University, Lake Charles, LA, October 2019

Speaker. *Healthy relationships and dating violence*. Boise State University Athletic Department, Boise State University, Boise, ID, September 2019.

Speaker. *Wanna make out? A conversation about sexual consent and communication*. Lyon College, Batesville, AR, August 2019

Speaker. *If not you, then who? Bystander intervention program*. Northeastern State University, Tahlequah, OK, August 2019.

Speaker. *Sexual violence prevention and domestic/dating violence prevention*. Seattle Seahawks Rookie Success Program, Seattle Seahawks, Seattle, WA, June 2019.

Speaker. *Sexual consent and sexual communication*. Sigma Phi Epsilon Fraternity at University of California at San Diego, San Diego, CA, April 2019.

Speaker. *Did you see that?! Bystander intervention program*. Sigma Phi Epsilon Fraternity at San Diego State University, San Diego, CA, December 2018.

Speaker. *“Men are from NorCal, Women are from SoCal”: How to improve communication between men and women in your coworking space*. Downtown Works Coworking Space, San Diego, CA, December 2018.

Guest Lecture. *Sexual communication: An interpersonal perspective*. COM100: Introduction to Communication, California State University at San Marcos, San Marcos, CA, December 2018.

Guest Lecture. *Sexual communication: An interpersonal perspective*. COM100: Introduction to Communication, California State University at San Marcos, San Marcos, CA, April 2018.

Speaker. *Safe spring break: Alcohol and other drugs*. Sigma Phi Epsilon Fraternity and Interfraternity Council at San Diego State University, San Diego, CA, March 2018.

Guest Lecture. *Sexual health communication*. COM590: Health Communication Across the Lifespan, Pepperdine University, Malibu, CA. November 1017.

Speaker. *Alcohol 101 (Alcohol Basics)*. Sigma Kappa Sorority and Panhellenic Council at Arizona State University, Tempe, AZ, November 2017.

Speaker. *Dating violence/healthy relationships*. Sigma Kappa Sorority at Arizona State University, Tempe, AZ, April, 2016.

Workshop Leader/Facilitator. *Sexual communication and sexual consent*, Sigma Phi Epsilon Fraternity at Arizona State University, Tempe, AZ, February, 2016.

Speaker. *Alcohol 101 (Alcohol Basics)*. Panhellenic Council at Arizona State University, Tempe, AZ, October, 2015.

Speaker. *Alcohol 101 (Alcohol Basics)*. Sigma Kappa Sorority at Arizona State University, Tempe, AZ, March, 2015.

Speaker. *Dating violence/Healthy relationships*. Sigma Kappa Sorority at Arizona State University, Tempe, AZ, February, 2015.

Small Group Facilitator, *IMPACT*, North American Interfraternity Conference, Prescott, AZ, January 2015.

Workshop Leader/Facilitator. *Affirmative consent: The yes means yes standard of sexual consent*. Sigma Phi Epsilon Fraternity at Arizona State University, Tempe, AZ, November 2014.

Workshop Leader/Facilitator. *Affirmative consent: The yes means yes standard of sexual consent*. Kappa Sigma Fraternity at Arizona State University, Tempe, AZ, October 2014.

Workshop Leader/Facilitator. *Affirmative consent: The yes means yes standard of sexual consent*. Phi Gamma Delta Fraternity at Arizona State University, Tempe, AZ, October 2014.

Panelist. *Sexual misconduct and the university: A panel discussion*. Presented by the Committee for Campus Inclusion and student organizations Man Up!, WOW! Factor, and I always Get Consent!, Arizona State University Tempe, AZ, October 2014.

Panelist. *Sexual assault prevention and the Greek community*. Presented by Panhellenic Council at Arizona State University, Tempe, AZ, October 2014.

Workshop Leader/Facilitator. *Step Up! Be a leader, make a difference: A prosocial behavior/bystander intervention program from Greeks*. Sigma Phi Epsilon Fraternity at Arizona State University, Tempe, AZ, October 2014.

Presenter. *The interview question: Tell me about yourself*. Barrett, the Honors College at Arizona State University, Issues and Ethics Seminar, Tempe, AZ, May 2014.

Workshop Leader/Facilitator. *Alcohol 101 (Alcohol Basics)*. Alpha Phi Sorority at Arizona State University, Tempe, AZ, March 2014.

Workshop Leader/Facilitator. *Managing risk: Alcohol and sexual assault*. Delta Zeta Sorority at Arizona State University, Tempe, AZ, March 2014.

Panelist, *Bringing it out of the bedroom: Understanding sexual communication across contexts*. Interpersonal Communication Interest Group, Western States Communication Association, Long Beach, CA, February, 2014.

Speaker. *Public speaking: Yes you can!* Barrett, the Honors College at Arizona State University, Issues and Ethics Seminar, Tempe, AZ, December 2013.

Workshop Leader/Facilitator. *What men can do: Sexual assault prevention education*. Sigma Phi Epsilon Fraternity at Arizona State University, Tempe, AZ, November 2013.

Workshop Leader/Facilitator. *What men can do: Sexual assault prevention education*. Sigma Chi Fraternity at Arizona State University, Tempe, AZ, September 2013.

Workshop Leader/Facilitator. *Alcohol 101 (Alcohol Basics)*. Sigma Phi Epsilon Fraternity at Arizona State University, Tempe, AZ, September 2013.

Guest Lecture. *Gender and sexual violence*. Arizona State University, Tempe, AZ, March, 2013.

Guest Lecture. *Gender and sexual violence*. Arizona State University, Tempe, AZ, October 2012.

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## HISTORY OF LITIGATION SUPPORT/EXPERT WITNESS EXPERIENCE

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Jane Doe v. Conor Brennan, Conner Brennan, Inc. and Marcus & Millichap Real Estate Investment Services, Inc.  
Case No: 37-2019-0041325-CU-WT-CTL, Superior Court of the State of California in and for the County of San Diego, CA

Nature of Case: Sexual Assault - Civil

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## SERVICE

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### ***Service to Arizona State University***

New Graduate Instructor Orientation Co-Facilitator, Hugh Downs School of Human Communication, August 2015 – December 2015

Group Travel Grant Reviewer, Graduate Professional Student Association, September 2014 – May 2016

Internship Travel Grant Reviewer, Graduate Professional Student Association, September 2014 – May 2016

Individual Travel Grant Reviewer, Graduate Professional Student Association, September 2012 – May 2016

Member, Hugh Downs School of Human Communication Health Communication Initiative, 2012 – May 2016

Member, Communication Graduate Student Association, 2012 – May 2016

Member, Graduate Professional Student Association, 2012 – May 2016

Chapter Counselor, Sigma Phi Epsilon, AZ Alpha Chapter, March 2013 – May 2016

Recruitment Officer, Communication Graduate Student Association, September 2014 – September 2015

Recruitment Liaison, Communication Graduate Student Association, September 2012 – September 2014

### ***Service to San Diego State University***

Faculty Partner, Embedded Tutoring Program, The Professional Studies and Fine Arts (PSFA) Academic Resource Center (*PARC*), Spring 2025.

Faculty Advisor, Fraternity Men Against Negative Environments and Rape Situations (FratMANers), 2007 – 2012

Faculty Advisor, Sigma Phi Epsilon Fraternity, 2008 – 2012

Faculty Advisor, Sigma Alpha Epsilon Fraternity, 2008 – 2012

Faculty Advisor, Phi Kappa Theta Fraternity, 2010 – 2012

Faculty Advisor, GAMMA (Greeks Advocating Mature Management of Alcohol), 2010 – 2012

Search Committee, Greek Life Advisor, Department of Student Life and Leadership, 2011

### ***Professional Service***

Chair (2019). National Communication Association Annual Convention, Baltimore, MD. "Communication and Substance Use: Patient-Provider, Family, and Digital Contexts" Presented by the Health Communication Interest Group

Member. International Association of Romantic Relationships, 2017 – present

Chair (2016). Western States Communication Association Annual Conference, San Diego, CA. "Communicating Across Space, Species, Gender and Generation" Presented by the Interpersonal Communication Interest Group

Chair (2015). Western States Communication Association Annual Conference, Spokane, WA. "A Good Mix of Theory and Methods" Presented by the Communication Theory and Research Interest Group

Planning Committee (2015). Western States Communication Association Annual Conference, Spokane, WA.

Member. Western States Communication Association, 2014 – present

Member. National Communication Association, 2013 – present

Member. Eta Sigma Gamma, University of Maryland School of Public Health, 2005 – present

Member. Resource Development Committee, Hazingprevention.org, 2010 – 2012

Member. Programming Committee. Jeans4Justice non-profit organization, 2008 – 2014

Graduate Vice President, Eta Sigma Gamma, Epsilon Chapter, University of Maryland School of Public Health, 2006 – 2007

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### AWARDS AND SPECIAL ACTIVITIES

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**Outstanding Graduate Student Service Award**, Hugh Downs School of Human Communication, Arizona State University, 2014 – 2015

**Excellence in Student Development Award**, Bystander Intervention Program/Greeks Advocating Mature Management of Alcohol (GAMMA), San Diego State University, 2011

**Outstanding Advisor**, Greeks Advocating Mature Management of Alcohol (GAMMA), The BACCHUS (Boosting Alcohol Consciousness Concerning the Health of University Students) and GAMMA Peer Education Network, 2011

**Faculty Advisor of the Year**, Sigma Phi Epsilon, San Diego State University, 2010 – 2011

**Faculty Advisor of the Year**, Sigma Alpha Epsilon, San Diego State University, 2010 – 2011

**Faculty Advisor of the Year**, Phi Kappa Theta, San Diego State University, 2010 – 2011

**Outstanding Advisor**, San Diego State University Associated Students, 2011

**Faculty Advisor of the Year**, Sigma Phi Epsilon, San Diego State University 2008 – 2009

**Distinguished Teaching Assistant Award**, Center for Teaching Excellence, University of Maryland, 2007

**Division I Varsity Women's Swimming Team**, University of Maryland 2000 – 2004

**Varsity Letter Awardee** (Swimming), University of Maryland, 2000 – 2004

**Atlantic Coast Conference Athlete Honor Roll**, University of Maryland, September 2000 – 2004

**Scholar Athlete Award**, University of Maryland, 2000 – 2004

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### GRANTS, SCHOLARSHIPS, AND FUNDED AWARDS

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Graduate and Professional Students Association *Competitive Travel Grants*, Arizona State University, Received Spring 2016 (\$950), Spring 2015 (\$470), Fall 2014 (\$480), Fall 2013 (\$750).

Hugh Downs School of Human Communication *Travel Grants*, Arizona State University, Received Spring 2015 (\$700), Spring 2014 (\$1000), Fall 2014 (\$200), Spring 2013 (\$500), Summer 2013 (\$500).

Hugh Downs School of Human Communication, *Summer Grant Funding*, Arizona State University, Received Summer 2015 (\$1250), Summer 2013 (\$500)

Hugh Downs School of Human Communication, *Recruitment Fellowship*, Arizona State University, Received March 2012.

**Project Director**, (2010-2012). *Creating a collegiate peer education program focusing on student health and safety issues, particularly alcohol risk reduction and bystander intervention training for a Greek population*, Aztec Parents Association, San Diego State University, \$12,500.

**Co-Project Director**, (2009-2011). *Development of a bystander intervention training program for the Greek community*, Aztec Parents Association, San Diego State University, \$3950.

University of Maryland School of Public Health, *Graduate Scholarship*, University of Maryland, Received April 2005.

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## MANUSCRIPT REVIEWS

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Communication and Critical/Cultural Studies (ad-hoc reviewer), January 2020

Health Communication (ad-hoc reviewer), May 2022, March 2019, June 2018, February 2018, December 2017, June 2016

Journal of Applied Communication (ad-hoc reviewer), November 2015, January 2014

Journal of Sexual Medicine (ad-hoc reviewer), June 2014

Journal of Sex Research (ad-hoc reviewer), September 2024, May 2024, December 2022, September 2022, March 2022, May 2020, July 2020, May 2019, August 2014

American Public Health Association, Program Reviewer, Public Health Education and Health Promotion program (2018, 2017, 2016, 2015)

International Communication Association, Paper/Panel Submission Reviewer, Health Communication Division, Interpersonal Communication Division (2016)

National Communication Association, Paper/Panel Submission Reviewer, Health Communication Division, Interpersonal Communication Division (2019, 2018, 2017, 2016, 2015, 2014)

Western States Communication Association, Paper/Panel Reviewer, Health Communication Division, Interpersonal Communication Division (2019, 2018, 2017, 2016, 2015, 2014)

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## ADDITIONAL PROFESSIONAL ACTIVITIES

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National Communication Association Conference 2013, 2014, 2015, 2017, 2018, 2019, 2021, 2024



Western States Communication Association Conference 2014, 2015, 2016, 2017, 2018, 2019

Association of Fraternal Leadership and Values (West) Annual Conference 2022

Northeast Greek Leadership Association Annual Conference 2022

Association for Fraternity/Sorority Advisors Annual Conference 2021

Sigma Phi Epsilon Conclave, 2009, 2011, 2013

American College Health Association National Conference (ACHA), 2008, 2009, 2018

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### **CERTIFICATIONS**

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Certified Health Education Specialist (CHES) (Current – renewed with CEC every 3 years)

San Diego State University Flexible [Online—Canvas] Course Design Summer Institute (2020, 2021)

University of Texas at Austin, Summer Statistics Institute, Certification in Structural Equation Modeling

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### **COURSE DESIGN**

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Arizona State University (online), Master of Arts in Communication. Hugh Downs School of Human Communication. COM 501: Research Methods in Communication, 2019, 2022, 2023.

Arizona State University (online), Bachelor of Science/Arts in Communication, Hugh Downs School of Human Communication. COM 430: Leadership and Group Communication, 2020, 2023.

Maryland University of Integrative Health (online – redesign), Doctor of Acupuncture. Health Care Systems, 2021

National University (online), Bachelor of Science in Public Health. COH619: Human Sexuality, 2020.

Arizona State University (online), Master of Arts in Communication. Hugh Downs School of Human Communication. COM 508: Quantitative Methods in Communication, 2018.

National University (online), Master of Public Health. COH 604: Theories of Health Behavior, 2017.

National University (online), Bachelor of Science in Public Health. COH 318: Drug Use and Abuse, 2015