Recognize, Prevent and Report Sexual Misconduct

PALMER
College of Chiropractic

The Trusted Leader in Chiropractic Education®
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**NO TOLERANCE FOR SEXUAL MISCONDUCT**

Creating a safe campus environment is the responsibility of all members of the Palmer College of Chiropractic (College) community, both individually and collectively.

Sexual misconduct of any form is a violation of a person’s rights. An act of sexual misconduct represents a fundamental failure to recognize and respect the intrinsic worth and dignity of another. Acts of sexual misconduct are harmful, illegal and will not be tolerated.

All members of the Palmer College community should be free from sexual misconduct in the classroom; clinics; the social, recreational and residential environment; and the workplace. The College seeks to foster a climate free from sexual misconduct through a coordinated education and prevention program, the promulgation of clear and effective policies, as well as investigative and complaint procedures that are prompt, equitable, and accessible to all.

In response to any reported sexual misconduct, the College will take all appropriate steps to eliminate the misconduct, prevent its recurrence and address its effects.

**SEXUAL MISCONDUCT IS ...**

The College prohibits sexual misconduct or attempts to commit sexual misconduct. Sexual misconduct is a broad term that includes but is not limited to:

- Sexual violence/assault;
- Sexual harassment;
- Non-consensual sexual contact;
- Non-consensual sexual intercourse;
- Sexual exploitation;
- Stalking and cyber-stalking;
- Bullying and cyber-bullying;
- Aiding or facilitating the commission of a violation; and
- Retaliation.
Quiz: What do you know about sexual misconduct?

These true/false questions will help separate the facts from the fiction about sexual violence.

1. Women are the only victims of sexual violence.
   True  False

2. If you don’t physically resist, it’s not sexual assault.
   True  False

3. If you dated the person who assaulted you, you can’t be a victim of sexual violence from that person.
   True  False

4. One in four college women and one in 33 American men experience some form of sexual violence in their lifetime.
   True  False

5. If you don’t recall the assault, it doesn’t count as sexual violence.
   True  False

6. If you were asleep or unconscious, an assault is still sexual violence.
   True  False

   True  False

8. Men are always the offenders; women are always the victims.
   True  False

9. Most people who are sexually assaulted or raped will report the assault to law enforcement.
   True  False
**Answers:**

1. *Women are the only victims of sexual violence.* **FALSE**
   Men, women and children of both sexes are victims of sexual violence.

2. *If you don’t physically resist, it’s not sexual assault.* **FALSE**
   People respond to an assault in different ways. Even without physical resistance, it can be considered sexual assault — in fact many victims make the good judgment that physical resistance could cause the attacker to become more violent. Lack of consent can be expressed (saying “no”) or it can be implied from the circumstances (for example, if you were incapacitated or were afraid to object because the perpetrator threatened you with serious physical injury).

3. *If you dated the person who assaulted you, you can’t be a victim of sexual violence from that person.* **FALSE**
   Sexual assault can occur when the offender and the victim have a pre-existing relationship (sometimes called “date rape” or “acquaintance assault”), or even when the offender is the victim’s spouse. It does not matter whether the other person is an ex-boyfriend, girlfriend or a complete stranger, and it does not matter if you have had sex with that person in the past. If it is nonconsensual this time, it is sexual assault.

4. *One in four college women and one in 33 American men experience some form of sexual violence in their lifetime.* **TRUE**
   These statistics may seem surprising, but they actually underestimate the problem. Many cases go unreported because the victims are afraid to tell the police, friends or family about the abuse. Survivors also think that their stories of abuse will not be believed and that police cannot help them. They may be ashamed or embarrassed. Survivors may also keep quiet because they have been threatened with further harm if they tell anyone. We want you to tell us if you believe that you are the victim of sexual assault.

5. *If you don’t recall the assault, it doesn’t count as sexual violence.* **FALSE**
   Just because you do not remember being assaulted does not necessarily mean it did not happen and that it was not sexual assault. Memory loss can result from the ingestion of GHB and other “date rape” drugs and from excessive alcohol consumption. That said, without clear memories or physical evidence of an assault, pursuing prosecution might be difficult. To verify your belief that you have been sexually assaulted, it is important
that you report it right away and do not bathe or wash the clothing you were wearing so that any evidence can be collected.

6. If you were asleep or unconscious, an assault is still sexual violence. TRUE
   Sexual assault can happen when the victim is unconscious or asleep. If you were asleep or unconscious, you did not give consent. If you did not give consent, then it is sexual assault.

7. Being drunk excuses sexual violence. FALSE
   Alcohol and drugs are not an excuse — or an alibi. The key question is still did you consent or not? Regardless of whether you were drunk or sober, if the sex is nonconsensual, it is sexual assault.

8. Men are always the offenders; women are always the victims. FALSE
   Women are statistically more likely to be victims of sexual violence; however, males also are victims of sexual violence. In fact, one percent of the entire prison population in the United States (male and female) consists of female sex offenders.

9. Most people who are sexually assaulted or raped will report the assault to law enforcement. FALSE
   According to the National Victim Center, an advocacy group, 84 percent of sexual assault victims in America do not report the crime to police.
What Constitutes Sexual Violence?

As stated in the College’s Student Code of Ethics, published in the Student Handbook, sexual violence is defined as sexual contact without meaningful, explicit, ongoing consent. This includes forcing, threatening or coercing an individual into sexual contact under duress and/or against his or her free will.

CONSENT

Consent is clear, knowing and voluntary.

Consent is active, not passive. Silence, in and of itself, cannot be interpreted as consent.

Consent is not effective if it results from the use or threat of physical force, intimidation, coercion, incapacitation or any other factor such a power differential that would eliminate an individual’s ability to exercise his or her own free will to choose whether or not to have sexual contact.

The Spectrum of Sexual Violence Includes But is Not Limited to the Following:

Rape
Acquaintance assault
Alcohol and drug-facilitated sexual assault
Sexual harassment
Dating violence Stalking Fondling
Unwanted touching Indecent exposure
STATISTICS ABOUT SEXUAL VIOLENCE

More than 90 percent of sexual assaults are committed by someone known to the victim.

- More than 18 percent of sexual assaults are committed by an intimate partner, such as a boyfriend, husband, ex-husband or other partner.

- Nearly 55 percent of sexual assaults committed by familiar people occur in the victim’s home or in the victim’s neighborhood.

- Fifteen percent occur at the victim’s school.

- Approximately 300,000 women and 93,000 men are forcibly sexually assaulted each year in the United States.

- More than 32,000 pregnancies result from sexual assault every year in the United States.

- Sexual assault is the least often reported violent crime.

- The closer the relationship between the victim and the offender, the greater the likelihood that the victim would not report the crime to the police.

- The chance of developing post-traumatic stress disorder after being sexually assaulted is between 50 and 95 percent.

- After a sexual assault, victims are 10 times more likely to abuse drugs and 14 times more likely to have significant alcohol dependencies.

SEXUAL MISCONDUCT ON CAMPUS

- Among college students nationwide, between 20 and 25 percent of women reported experiencing a completed or attempted sexual assault.

- Of surveyed college women, about 90 percent of sexual assault victims knew their attacker (boyfriend, ex-boyfriend, classmate, friend, acquaintance or co-worker) prior to the assault.
• In another survey of college women, more than 13 percent indicated that they have been forced to have sex in a dating situation.

• 75 percent of the time, acquaintance assault on college campuses involves a male perpetrator under the influence of alcohol/drugs.

• More than 50 percent of female victims reported being intoxicated or “mildly buzzed.”

• At a greater risk for being assaulted while intoxicated are women who use drugs, who attend a college or university with high drinking rates and who drank heavily in high school.

• Between 26 and 35 percent of female college students, and between 14 and 18 percent of male college students have been stalked.

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**Myth:**
Rapists are violent sadists and sociopaths.

**Fact:**
Most rapists are not sociopaths and function in society well enough. Rapists (particularly acquaintance rapists) are often noted for how “normal” they seem.
Sexual Violence Is a Concern for Women and Men

Forcing or pressuring someone to engage in sexual contact is a crime. Nothing — not a previous relationship, excessive use of alcohol, previous sexual involvement, the way in which someone is dressed, or incapacitation due to drugs — gives one person the right to coerce or force another person into sexual contact. No one wants to be victimized or assaulted.

How Men Can Help Stop Sexual Violence

Although men who commit sexual violence make up only a small fragment of the male population, statistics show that most perpetrators are men. Many men think it could never happen to them or that “women are to blame for sex crimes.” Sexual violence is a human issue; one that men are in a position to stop through positive action.

- Examine your own attitudes. Do you laugh about sexual assault? Do you think it’s a woman’s fault if she is assaulted? If so, think about the atmosphere this attitude creates on campus. Change your attitude and then influence others to change theirs. Sexual violence is not okay — stand up and say so.

- Stop violent behavior. If you see a friend or acquaintance violating or exploiting a woman — verbally or physically — stop them. Interrupt harassment and report abuse. Let your friends know that sexist jokes and language are not acceptable.

- Don’t join in. If friends encourage you to participate in giving unwanted sexual attention to a woman at a party, in a bar or on the street, don’t. Remember, making women into sex objects can lead to sexual violence.

- Respect women. Do you ever whistle, ogle, “undress with your eyes”? Surprise! Most women are uncomfortable with these invasions.

- Don’t make excuses. Blaming the victim for being in the wrong place, wearing the wrong outfit, or drinking to excess is excusing the perpetrator for committing a crime.
• Don’t perpetuate stereotypes. Sexual assault is a crime of power, control and violence — not about the way a woman looks. Don’t buy into the myth that sexual assault is a crime of lust, that only beautiful women can be victims, or that women desire sexual exploitation.

* Adapted from “Sexual Violence: Protect Yourself with the Facts,” Utah Coalition Against Sexual Assault, www.ucasa.org

**Alcohol, Drugs and Sexual Violence**

College campuses are notorious as being places with high levels of alcohol abuse. And, alcohol use is frequently associated with sexual assaults.

• Twenty-six percent of the men who acknowledged committing sexual assault on a date reported being intoxicated at the time of the assault.

• An additional 29 percent reported being “mildly buzzed.”

• Twenty-one percent of the college women who were sexually assaulted on a date were intoxicated at the time of the assault.

• An additional 32 percent reported being “mildly buzzed.”

Alcohol and drugs are also used to facilitate sexual assault — 21 percent of college men reported using alcohol and/or drugs as a means of coercion to intentionally impair their dates. In the context of setting the stage for sexual assault…

**Alcohol and Drugs Might Cause Men To:**

• Feel more social, confident and attractive.

• Misinterpret a variety of verbal and nonverbal cues as evidence that someone is interested in having sex with them.

• Misperceive a compliment, friendliness, physical contact, what a woman is wearing, a woman going to their room or somewhere secluded with them, and even drinking, as a woman’s desire to have sex with them.
• Ignore what a woman is doing or saying that shows she is not interested in sex.

• Feel justified in forcing sex on a woman who, they believe, has been “leading them on.”

• Sexual provocation, whether intentional or not, is no justification for sex with someone who doesn’t give consent or is unable to give consent; it’s sexual assault.

**ALCOHOL AND DRUGS MIGHT CAUSE WOMEN TO:**
• Ignore or miss cues that would help them evaluate their safety.

• Be seen as more willing to have sex than someone who is not drinking.

• Not notice attempts to isolate them as a way to facilitate an assault.

• Be encouraged to drink as a way to facilitate an assault.

• Unsuccessfully resist an assault, either verbally or physically.

• Be perceived as partially responsible for what happened, due to stereotypes.

Nonetheless, if you were sexually assaulted and you were drinking, the assault is not your fault.

* Adapted from “Sexual Violence: Protect Yourself with the Facts,” Utah Coalition Against Sexual Assault, www.ucasa.org
MALE SURVIVORS FACE UNIQUE ISSUES
The fact is that men do get sexually assaulted. The social tendency to deny the existence of male sexual assault is partly rooted in the mistaken belief that men are immune to being victimized, that they should be able to fight off any attacker if they are truly a “real man.” A closely related belief is that men can’t be forced into sex — either they want it or they don’t.

These mistaken beliefs lead many men to a feeling of invulnerability, and to thinking that sexual assault only happens to women. Unfortunately, those feelings and beliefs can also increase the pain felt by a male survivor of sexual assault, leaving him feeling isolated, ashamed and “less of a man.”

No wonder so few men actually get help after being sexually assaulted. The fact is that only 5 to 20 percent of all victims of sexual assault actually report the crime — the percentage for male victims is even lower. Feelings of shame, confusion and self-blame leave many men suffering in silence after being sexually assaulted. When a male is sexually assaulted it is not his fault; he would benefit from seeking help and support.

Myth:
Men can’t be raped.

Fact:
All reputable studies easily refute this. Men are often raped due to power imbalances (e.g. age), drug or alcohol usage, or by same-sex rapists.
Lower your risk of Becoming a Victim

On a college campus, everyone is at risk of becoming a victim of sexual assault—dating violence and acquaintance assault, like other forms of violence, have no ethnic, economic or gender boundaries. Here are some tips to lower your risk.

• Know that you have the right to set limits and to communicate these limits clearly and consistently. It is also imperative to listen to and respect the limits of others.

• Speak up and be assertive. If a situation feels uncomfortable or you are uncertain about something, trust your instincts and remove yourself from that situation.

• Trust your gut instinct. If you get a bad feeling about a situation, it is probably for a good reason. Don’t worry what other people think. Trust your feelings and try to get out of the situation as soon as you feel uncomfortable.

• Have a plan. Tell a friend where you’re going and when you’ll return. If possible, arrange for your own transportation or have enough money to get home. Try to have other friends around to keep an eye on each other.

• Think when you drink. Remember that alcohol and drugs can interfere with your ability to assess situations and to communicate effectively. Use the buddy system, whenever possible, at parties and clubs.

• Be careful around people you don’t know well. Resist the temptation to put total trust in a new friend by accepting a ride or going to someone’s home. Just because one of your friends knows someone doesn’t mean you should automatically trust them.

• Suggest things that you can do in a place where there are lots of other people around.
• Lower your risks by making good decisions. It is not a smart decision to go out and drink with people you do not know well, to a place you have never been. Be mindful of the choices you are making.

• Be aware of your non-verbal messages and misperceptions. Sometimes your behavior or appearance may be misinterpreted as a sexual invitation. While it is no excuse for unwanted attention, be aware that the possibility of misunderstanding exists. Flirting or dressing provocatively are not sexual invitations. If you encounter mixed messages from another person, talk about it. Match your actions with your intentions.

• An equally respectful relationship where each person feels valued is worth cultivating. Don’t be afraid to show and communicate your feelings — this is what is at the core of a healthy, respectful relationship. It’s okay to be assertive and say “no.” Don’t feel like you have to please the other person first.

• Finally, don’t assume, “It can’t happen to me.”

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**Myth:**
Most rapes are committed by strangers.

**Fact:**
Most studies find that anywhere from 75%–90% of rapes are committed by a person the victim knows.
Help is at Hand
Many assaulters know that their victims may be deterred from reporting the crime or seeking support because they were drinking or using drugs and fear that they will be punished, particularly if a victim is underage or is in violation of a school’s code of conduct.

Victims might also think that their story of abuse will not be believed and that police cannot help. They might be ashamed or embarrassed. Survivors sometimes keep quiet because they have been threatened with further harm if they tell anyone.

If you or someone you know has been sexually assaulted, we want to know about it so that the victim can get the care and attention she or he needs.

Sexual Assault is a Crime
The College views sexual offenses with the utmost seriousness and coordinates many services to support and assist survivors. We will provide you with information regarding criminal prosecution and refer you for information regarding disciplinary action through the College’s Office of Adjudication. Above all else, we want you to know that you are not alone.

Sexual assault is illegal under state and federal law and is prohibited by the College. The College has a specific policy and procedure to deal with it. If you believe you are a victim of sexual assault, know what happened was not your fault and know you should do what is best for you.
If it Happens to You
If you have been sexually assaulted, it is important for you to report it without fear. The College is committed to treating any and all sexual assaults seriously, and to helping you maintain your dignity and receive just treatment.

• You will not be pressured to suppress a sexual assault report.

• You will not be made to think that you are somehow responsible for the commission of the crime against you, or that you assumed the risk of being assaulted by reason of circumstances, dress or behavior, or that the College would incur unwanted publicity if the sexual assault was reported.

• You have the right to your body and to decide what happens to you. Forcing or pressuring someone to engage in sexual contact is a violation of that right and of College policy. No matter what you were wearing, how late you were out, if you were drinking, where you were, if you were in a prior relationship with your assaulter or had previous sexual involvement with your assaulter, how well you know the person or how much you trusted the person — it was not your fault.

Myth:
Rape is not a big deal.

Fact:
Approximately one-third of all rape victims suffer from post traumatic stress disorder and many more experience depression, anxiety, fear, or changes in their eating, social or sleeping habits.
WRITE DOWN THE EVENTS OF THE ASSAULT. Include the date, time and chronology. If there are witnesses or people who have information about the assault, write down their names. If applicable, try to preserve any harassing letters, messages or e-mails as evidence.

SEEK MEDICAL ATTENTION IMMEDIATELY. Do not bathe, change clothes or do anything that may interfere with the collection of evidence that can be helpful in proving that a sexual assault occurred. (See “Seek Medical Attention,” in this booklet )

Be aware of which hospitals conduct evidence collection. (See “Medical Assistance” in this booklet ).

SEEK COUNSELING AND SUPPORT SERVICES. Healing from sexual assault takes time. Give yourself the time you need. The national and local sexual assault and counseling services listed in the Local Victim Resources and Nation Resources section of this booklet provide an election of counseling and support options.

REPORT THE INCIDENT. The College strongly encourages all victims of sexual violence, or witnesses to sexual violence, to report the incident to campus officials and local authorities. If you have been sexually assaulted, you have options. You may decide to pursue College disciplinary action through the Office of Adjudication. You may also decide to proceed with a criminal investigation. It is important that you understand your options before deciding what to do. You do not have to choose one option over another. Campus Security can help you contact the local Police Department to file a report.

College officials are obligated to report allegations of sexual violence to Campus Security. The person you meet with from Counseling Services will offer you support and discuss services and options with you. You can request help to prevent any unwanted contact between yourself and the accused (i.e., changing academic schedules or housing accommodations). In addition, every effort shall be made to ensure the privacy and confidentiality of both you and the accused. If you would like to take disciplinary action within the College, you are encouraged to speak with a representative in the Office of Adjudication who will explain the process to you and work with you.
**Seek Medical Attention**

We encourage you to seek medical assistance. The medical assistance services listed in this booklet will provide emotional support and a free rape kit exam.

Following an assault, it is important to have a physical exam to test for sexually transmitted infections, internal and external injuries and pregnancy.

For evidence collection to take place it is better for an exam to occur within four days of the incident.

If you contact the local medical assistance resource(s), you can request that a rape kit exam be completed to preserve forensic evidence. If you suspect you were drugged, ask that a urine sample be collected. The sample will need to be analyzed later by a forensic lab.

It is advised that you do not shower, eat, change clothes or brush your teeth prior to seeking medical attention. If you do change your clothes, bring the clothes you had on at the time of the assault with you. Be prepared to share as much information as you can remember with the Sexual Assault Nurse Examiner (SANE) or Sexual Assault Response Team (SART) nurse.

If you have a SANE or SART nurse collect evidence, you must file charges with the local police department. The SANE or SART nurse receives the collection kit from the police department. In most cases an advocate will be sent to the hospital to assist you throughout the evidence collection process.

If you choose not to go through with the evidence collection, please make an appointment with your healthcare provider for follow-up care.
MEDICAL ASSISTANCE
Davenport, Iowa Campus
   Genesis Hospital
      (309) 792-9363(IL); (563) 421-1000(IA)
   Trinity Medical Center
      (309) 779-5090(IL); (563) 742-5000(IA)

Port Orange, Fla. Campus
   Sexual Assault Response Team Hotline:
      (800) 940-7273; (386) 258-7273

San Jose, Calif. Campus
   Santa Clara County Valley Medical Center: Main Clinic
      (408) 885-5000
REPORT THE INCIDENT

If you are on campus and need assistance, call Campus Security.
If you are off campus and need assistance, call 911 or local police.

Talk to your parents or a friend. Do not be afraid to come forward. The College will take your complaint seriously, inform you of your options, and take action against anyone who threatens you or retaliates against you for reporting. If you don’t want to talk to the police or anyone on campus, call your local 24-hour crisis hotline — it is important that you talk to someone.

REPORT COMPLAINTS OF SEXUAL MISCONDUCT TO:
Davenport Campus
Earlye Adams Julien, PHR, M.S. Ed.
Senior Director for Compliance
Also Serving as Title IX Coordinator
1000 Brady Street
Davenport, IA 52803
(563) 884-5476
earlye.julien@palmer.edu

Lori Larsen, B.A., Lead Coordinator
Also Serving as Title IX Coordinator Deputy
Office of Adjudication
1000 Brady Street
Davenport, IA 52803
(563) 884-5246 or 800-722-2586
lori.larsen@palmer.edu

San Jose Campus
William DuMonthier, D.C., Dean of Student Academic Affairs
Also Serving as Title IX Coordinator Deputy
Office of Student Academic Affairs
90 E. Tasman Drive
San Jose, CA 95134
(408) 944-6062
william.dumonthier@palmer.edu
Confidentiality

Sexual assault can be difficult to discuss. Many victims desire confidentiality in addition to support. The College understands this desire. Students are encouraged to seek counseling in order to speak confidentially with a professional and begin the recovery period. Students may contact local community resources, including those listed in the Local Victim Resources and Nation Resources section of this booklet.

The College is committed to maintaining a safe working and learning community. As such, certain cases may warrant investigation and resolution beyond the solution desired by the individual reporting the incident. In such cases, the College will make every reasonable effort to preserve an individual’s privacy and protect the confidentiality of information.

The College will not inform your parents or other emergency contact of the incident unless you want them informed or there is a medical emergency.

Only College officials who have a legitimate need to know and/or the police, will be informed about the incident, and confidentiality of names will be preserved as much as possible. If it is determined that an assault occurred, the College will list the incident for the campus security report because of federal reporting requirements; no names are listed in this report.
LOCAL VICTIM RESOURCES

DAVENPORT CAMPUS
Family Resources 24 Hour Free Crisis Line
Iowa: (563) 326-9191   Illinois: (309) 797-1777

Services available at the shelter include:

- 24-hour Crisis Line
- 24-hour Emergency Counseling
- Medical Advocacy
- Legal Advocacy
- Housing Referrals
- Children’s Programming
- Group Counseling
- Homeless Outreach Services
- Transportation Assistance
- Food and Other Living Supplies
- Educational Programs
- Employment Assistance/Referrals
- Safety Planning

SAN JOSE CAMPUS
YWCA Rape Crisis Center
Contact the 24-hour Rape Crisis Hotline at (408) 287-3000 or (650) 493-7273

Services are provided at no cost for all survivors of sexual assault or abuse, as well as their loved ones.
These services include:

- 24-hour crisis line for survivors, family members, and friends.
- Accompaniment of survivor to hospital and through the reporting and judicial process.
- Child abuse and assault prevention programs for children, teens, and the general community.
- Peer support groups for rape and childhood sexual abuse survivors.
- Free confidential crisis counseling.

Maitri
Toll Free Helpline 1-888-862-4874
Free, confidential, nonprofit organization based in the San Francisco Bay Area, that primarily helps families from South Asia (Bangladesh, India, Nepal, Pakistan, Sri Lanka among others) facing domestic violence, emotional abuse, cultural alienation, human trafficking or family conflict. Offers non-discriminatory services.
In addition to English, the volunteers at Maitri speak Bengali, Gujarati, Hindi, Malayalam, Marathi, Marwari, Punjabi, Sindhi, Tamil, Telugu, and Urdu among others.

**PORT ORGANGE CAMPUS**
**Sexual Assault Response Team**
(888) 956-RAPE (7273)
The Children’s Advocacy Center is committed to providing quality forensic, therapeutic and prevention services to all child abuse and sexual assault victims in a gentle and professional manner.

**NATIONAL RESOURCES**
**U.S. DEPARTMENT OF JUSTICE: HELP AND SUPPORT FOR VICTIMS**
Knowing or experiencing sexual abuse can be confusing and difficult to handle. Learn what to do in the event that you or someone you know is a victim of sexual abuse.

**CHILD HELP NATIONAL CHILD ABUSE HOTLINE**
By phone: (800) 4-A-CHILDDarkness to Light
By phone: (866) 367-5444.

Toll-free helpline for individuals living in the United States who need local information and resources about sexual abuse.

**NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN**
By phone: (800) 843-5678. Available 24 hours a day.
The TDD Hotline is (800) 826-7653.

This toll-free line is for reporting any information about missing or sexually exploited children to the police. This number is available throughout the United States, Mexico, and Canada.
NATIONAL CENTER FOR VICTIMS OF CRIME
By phone: (800) 394-2255.
Toll-free helpline offers supportive counseling, practical information about crime and victimization, and referrals to local community resources, as well as skilled advocacy in the criminal justice and social service systems.

RAPE, ABUSE & INCEST NATIONAL NETWORK
By phone: (800) 656-4673. Toll-free National Sexual Assault Hotline.
Hotline is free available 24 hours a day, 7 days a week, and offer secure, anonymous, confidential crisis support for victims of sexual assault and their friends and families.
If Someone You Know Has Been Sexually Assaulted

An individual who has been sexually assaulted will need someone to listen to them and believe them. You should not try to get the details and facts about what happened, just listen. Make sure the person knows you are able to support them with whatever decisions they make.

Let the person know that you care about them and are there for them. It is important that you do not push someone who has been sexually assaulted to do what you think is best for them. Instead support and encourage the person to make decisions for themselves. It is important that the person decide if they want to speak to police, go to the hospital for an examination or speak to a counselor. You may find it hard to believe and support the person who has been assaulted, especially if you know the alleged offender. It takes a lot of courage and trust for someone to come forward about their assault. It is most important that you listen to them, respect them and reassure them that it was not their fault.

Supporting a person who has been sexually assaulted can be difficult and emotionally draining. If you are close to someone who has been assaulted you may find that they are feeling a range of emotions, including helplessness. Take care of yourself and talk to someone about how you are managing through this difficult time with your friend.

- I have the right to stop doing something, even in the middle of it.
- I have the right to have my morals, values and beliefs respected.
- I have the right to say “I love you” without having sex.
- I have the right to be ME, even if it is different from the “norm,” or from what other people want me to be.
- I have the right to say, “I don’t want to do that.”
- I have the right to talk with others about my relationships.
- I have the right to be as open or as closed as I feel comfortable.
- I have the right to say I will not have sex before marriage.

Adapted from Man-to-Man: When Your Partner Says No: Pressured Sex and Date Rape by Scott A. Johnson. © Safer Society Press, P.O. Box 340, Brandon, VT 05733.
Frequently Asked Questions Regarding Sexual Assault

Will anyone contact my parents without my permission?
The College will not inform parents unless there is a medical emergency (such as hospitalization for serious physical injuries resulting from an assault) or concern for your emotional well-being. However, members of the College may strongly encourage you to contact your parents and can offer support and help you find ways to have the conversation.

Will the medical exam be reported to my parents’ health insurance?
If you use your parents’ health insurance at the emergency room or doctor’s visit, it will be listed on their insurance summary. Health insurance companies have different summary reports; one company’s report may be more detailed than another’s.

Will my peers and others on campus find out what happened?
The College will take reasonable steps to maintain confidentiality. Given that peers sometimes have a difficult time keeping confidences, you should carefully consider the people you trust to maintain your privacy and with whom you are comfortable sharing information about what happened to you. With respect to others on campus learning about your situation, you should feel comforted to know that College officials will share information about your situation only with those who have a clear need for such information.

I am concerned about my safety. What will the College do to help protect me from retaliation?
Your safety is one of our main concerns. The College will assist victims as appropriate, including but not limited to adjusting academic and/or campus living situations, if requested and if appropriate. If the person who assaulted you is identified, that person may be ordered to refrain from having or attempting to have any further contact with you. Violations of this “no contact” order will be taken very seriously and appropriately addressed.
**Dating Rights**

- I have the right to refuse a date without feeling guilty.
- I have the right to ask for a date without being crushed if the answer is “no.”
- I have the right to choose to go to a function without a date.
- I have the right not to act “macho” or seductive.
- I have the right to say “no” to physical closeness.
- I have the right to say, “I want to know you better before I become involved.”
- I have the right to say, “I don’t want to be in this relationship any longer.”
- I have the right to equal relationships.
- I have the right not to be abused physically, sexually or emotionally.
- I have the right to change my life goals whenever I want.
- I have the right to have friends, including those of the opposite sex.
- I have the right to express my feelings.
- I have the right to stop doing something, even in the middle of it.
- I have the right to have my morals, values and beliefs respected.
- I have the right to say “I love you” without having sex.
- I have the right to be ME, even if it is different from the “norm,” or from what other people want me to be.
- I have the right to say, “I don’t want to do that.”
- I have the right to talk with others about my relationships.
- I have the right to be as open or as closed as I feel comfortable.
- I have the right to say I will not have sex before marriage.

Adapted from Man-to-Man: When Your Partner Says No: Pressured Sex and Date Rape by Scott A. Johnson. © Safer Society Press, P.O. Box 340,Brandon, VT 05733.
Myth:
Most rapes happen against victims who “get what they deserve” by engaging in risky behaviors or simply by being naïve.

Fact:
Even if a victim puts him/herself in a “risky” situation, consent must always be clearly established by both parties before engaging in sexual activity. Remember that alcohol and drugs can interfere with your ability to assess situations and to communicate effectively.