

■ PREVENTIVE MEASURES

Awareness and preventive measures are key elements in reducing the risk of assault, but no one can predict or control another person's behavior. If you are a victim of sexual assault, seek support and help immediately. Most assaults are committed by people the survivor knows at least a little. Frequently, the assailant does not even believe that he/she has committed an assault.

Both men and women should be especially careful in situations involving the use of alcohol or other drugs. Alcohol and drugs can interfere with your ability to assess situations and to communicate effectively. Do not accept drinks from people you do not know well or leave your beverage unattended. Tell a friend if you feel lightheaded or dizzy or otherwise affected by alcohol or another drug.

Trust your instincts about possible danger and take appropriate actions to protect yourself. Be willing to inconvenience others to ensure your own safety. Look out for others, as well as yourself. Use the "buddy system." Get involved if you believe a friend is at risk. Do not be afraid to intervene if you see that a friend is in trouble or being pressured or forced to do anything.

■ SUPPORT

Immediate contact with someone who can lend support and assistance is an important first step. Rather than trying to erase the incident from memory, it is important that the survivor talk. This is important in regaining control of one's life.

A survivor will greatly benefit from discussing options with staff at the following offices and agencies.

Counseling and Health Center.....	465-2380
Sexual Assault Coordinator.....	465-2380
Dean of Students Office	465-2152
Public Safety (24 hrs.)	465-2300
Title IX Coordinator (Students)	465-2152
Title IX Coordinator (Staff)	465-2390
Sexual Assault Center (24 hrs.)	436-8899
Family Violence Center (24 hrs.)	432-4244
Crisis Center (24 hrs.)	436-8888
SANE, Sexual Assault Nurse Examiner, St. Vincent Hospital (24 hrs.)	433-8384

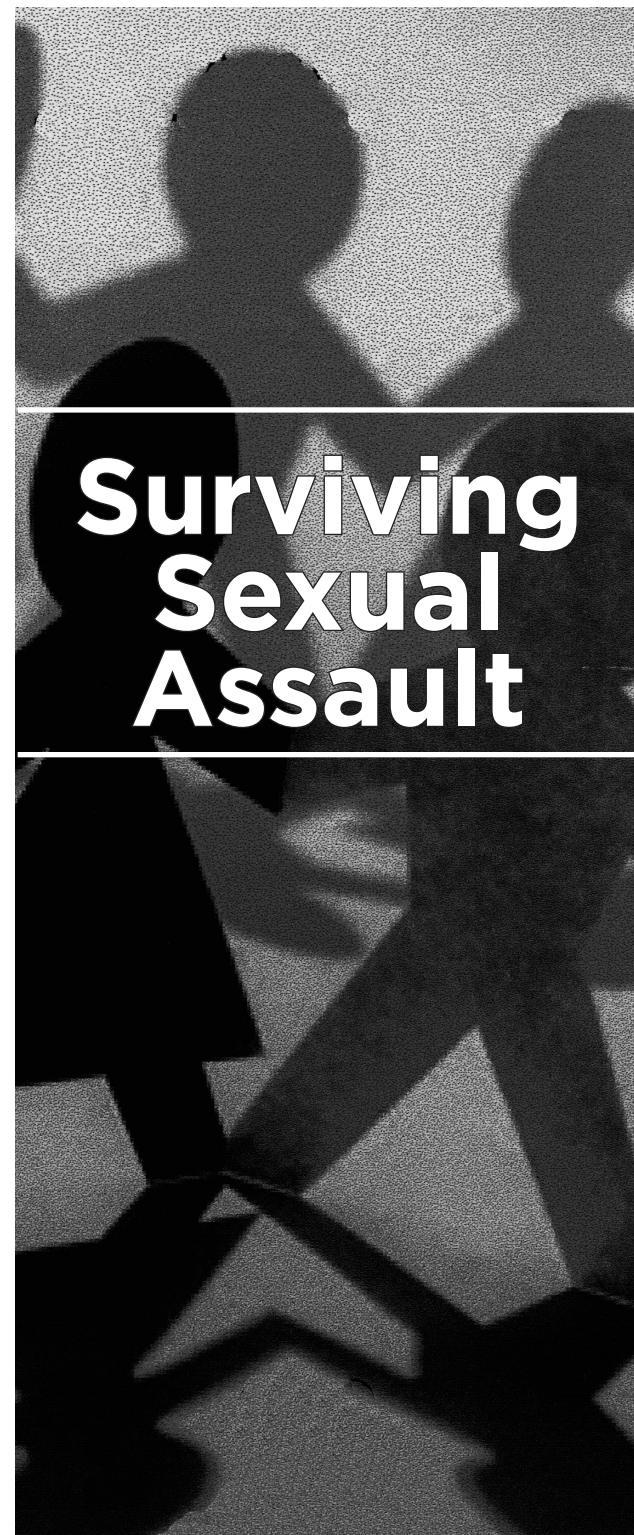
For more information on sexual assault, go to:
www.uwgb.edu/counselinghealth



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Surviving Sexual Assault



■ SEXUAL ASSAULT

Sexual violence is any act (verbal and/or physical) which breaks a person's trust and/or safety and is sexual in nature. The term "sexual violence" includes rape, incest, child sexual assault, ritual abuse, date and acquaintance rape, marital or partner rape, sexual contact, sexual harassment, exposure and voyeurism. Sexual assaults are acts of violence where sex is used as the weapon. Assaults are motivated primarily out of anger or a need to feel powerful by controlling, dominating or humiliating a victim. Victims/survivors of sexual assaults are forced, coerced, and/or manipulated to participate in unwanted sexual activity. Victims/survivors do not cause their assaults and are not to blame.

One in four college and university women experiences sexual assault or an attempted sexual assault during her college years. It is also estimated that one out of every six males is sexually assaulted before the age of 18. Although some sexual assaults are committed by strangers, the majority are perpetrated by someone the survivor knows. The assailant may be a boyfriend, a friend, a teacher, an employer, a colleague or a relative.

■ MEDICAL CARE

As soon as possible, the survivor should get medical care. The survivor will benefit from being examined for physical injury and disease, and possible pregnancy. In order to preserve physical evidence of the assault, do not bathe, shower, douche or change clothes before the exam. Collection of evidence is best done within 120 hours of an assault. Testing can be done by a SANE (Sexual Assault Nurse Examiner) through St. Vincent Hospital — Pager: 704-2373. For concerns about sexually transmitted diseases (STD) or pregnancy contact the Counseling and Health Center, 465-2380.

■ REPORT THE INCIDENT

Several avenues are available for reporting a sexual assault or rape; criminal prosecution, civil prosecution, prosecution through the student non-academic disciplinary procedures, or making a confidential/anonymous report.

Filing a confidential report does not obligate the survivor to press charges. A survivor of sexual assault can file a confidential report with the Dean of Students Office or the Counseling and Health Center. The Counseling and Health Center can assist a survivor in contacting support agencies on or off campus, notifying proper law enforcement authorities including on campus and/or local police and discussing the various options available to a survivor.

No action will be taken without your consent. The only exception required by state law is the reporting of sexual assaults to individuals less than 18 years of age.

■ SURVIVOR RIGHTS

Survivors have the right:

1. To receive information as to their rights and options.
2. To seek criminal charges and/or file a University disciplinary complaint.
3. To request protection from harm or threat of harm arising out of cooperation with law enforcement and prosecution efforts and to be provided information on the level of protection available.
4. To be informed of financial assistance and other support services available to survivors including information on how to apply for the assistance and services.
5. To be informed of the outcome of any campus discipline.
6. To have the assistance of University personnel in obtaining and securing evidence, preventing contact with the assailant, and finding alternative academic and living situations.