

HOW YOU CAN HELP A FRIEND WHO HAS BEEN ASSAULTED OR EXPERIENCED OTHER SEXUAL MISCONDUCT?

What will my friend be feeling?

Your friend may experience a variety of emotions, including (but not limited to) fear, anger, guilt, shame, anxiety, depression, and/or helplessness. Your friend may feel “dirty” or “ruined.” There is no “right” or “wrong” way to feel or react; sometimes a “survivor” may just feel numb.

How should I respond to these feelings?

Listen. Listen. Listen. Your friend will have many feelings to talk about. Do not judge how s/he handled the situation or her/himself. No matter what the circumstances, no one gives a person a right to force sex onto another person.

Survivors need support. Sexual misconduct is a traumatic experience. Therefore ...

- Believe them! Remind them that it is not their fault.
- Suggest to them to get medical attention and counseling. Testing for pregnancy, STDs, and HIV is important.
- Let your friend make the decisions. All of his/her control has just been stripped. Make sure to empower your friend as much as possible by allowing him/her to decide what to do next and whom to tell. Don't decide for your friend.
- Remain calm! You may not be calm on the inside but survivors need to feel that those supporting them are in control.
- Absolutely preserve their confidentiality and privacy.

What if I don't think I can handle hearing about the assault?

It is completely normal and understandable that you might feel overwhelmed yourself. You might want your friend to “forget” what s/he went through and have things go back to “normal.” However, it is important for a survivor to talk about the assault as a way of regaining control.

Listening can be stressful on you. Do not ignore your own feelings. Seek support for yourself.

My friend won't talk about it. What should I do?

Sometimes survivors will not be able to talk about the assault right away. Be patient and give them time. Let them know that you are there for them when they need or want to talk.

Recognize your own limitations. As a friend, you can listen and give support, but the survivor may need professional counseling and information. Utilize outside resources (such as the ones listed at the end of this brochure) for assistance.

RESOURCES

On-Campus Emergency: Safety and Security	x2111
Off-Campus Emergency: Police emergency	911

UNDERSTANDING YOUR OPTIONS:

Resident Coordinator on Duty	
from on campus	x1552
from off campus	215.266.7548
Senior Associate Dean of Students	x1916
Dean of Students	x1017

MEDICAL CARE FOR SEXUAL ASSAULT:

Thomas Jefferson University Hospital Rape Crisis Center	215.955.6840
Episcopal Hospital Rape Crisis Center	215.707.0800
La Salle's Student Health Center	215.951.1565*

24 HOUR HOTLINES:

Women Organized Against Rape	215.985.3333*
Philadelphia Domestic Violence Hotline	1.866.SAFE.014*
RAINN (Rape, Abuse & Incest National Network)	800.656.4673*

EMOTIONAL SUPPORT (ON CAMPUS):

La Salle University's Student Counseling Center	215.951.1355*
S.A.V.E. (Sexual Assault and Violence Ends— a La Salle student organization)	
SAVE_leaders@yahoo.com*	
(e-mail for confidential information, support, and resources)	
University Ministry and Service	215.951.1048*

SEXUAL HARASSMENT:

Women's Law Project	215.928.9801
Philadelphia Commission on Human Relations	215.686.4670

SPANISH/BILINGUAL SERVICES:

Congreso de Latinos Unidos (24-hour bilingual domestic violence hotline)	1.866.SAFE.014*
(Sexual Assault)	215.763.8870 x1300
Bilingual Domestic Violence Project (en español)	

SERVICES FOR LESBIAN AND BISEXUAL WOMEN:

Women in Transition Hotline (battered lesbians)	215.751.1111*
Lutheran Settlement House	215.739.9999*

GYNECOLOGY/HEALTH CONCERNS:

AIDS Hotline	215.985.AIDS*
Choice	215.985.3300*

PROSECUTION:

Special Victims Unit	215.685.3251
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RESOURCES FOR ABUSERS/PERPETRATORS:

Men's Resource Center	215.564.0488
Menergy	215.242.2235

*These resources are confidential.

SEXUAL MISCONDUCT*

*unwanted sexual behavior

What
La Salle
University
Students
Need
to Know

if it*
happens
to you or
someone
you know

* RAPE

* SEXUAL ASSAULT

* SEXUAL HARASSMENT

* SEXUAL EXPLOITATION

“Association is inspired by a spirit, which consists in pursuit of closer relations with others, governed by respect for the individual.”

Lasallian Themes: Volume 3
Brothers of the Christian Schools 1997



DIVISION OF STUDENT AFFAIRS

La Salle University is committed to the development of a safe community free from sexual violence, intimidation, and exploitation. Any form of sexual activity without effective consent will not be tolerated.

This pamphlet provides information about:

- **Definitions of sexual misconduct**
- **Reporting sexual misconduct**
- **What to do after a sexual assault**
- **Your rights as a survivor**
- **How to help a friend who has experienced sexual misconduct**
- **Resources related to sexual misconduct**

Sexual misconduct involves any sexual contact or act imposed on another person without that person's effective consent. It can be by a person you know or by a stranger. Sexual misconduct includes situations in which a person is not able to consent to a sexual act, for example when drinking and drugs are involved or when force, threat, intimidation, or coercion is utilized. **Sexual misconduct is never the victim's fault!** No one has the right to violate another person. Rape, sexual assault, sexual harassment, and sexual exploitation are all considered sexual misconduct, as they are expressions and abuses of power; they are not sex.

La Salle University has four offenses that fall under the definition of Sexual Misconduct:

Rape/Date Rape/Acquaintance Rape: sexual intercourse or penetration (anal, oral, or vaginal), however slight, with any object, by a man or woman upon a man or woman, accomplished by force or without effective consent.

Non-Consensual Sexual Contact/Sexual Assault: any intentional sexual touching, however slight, accomplished by force or without effective consent.

Sexual Harassment includes:

- unwelcome sexual advances, requests for sexual favors, or other verbal or physical conduct of a sexual nature directed toward a person's sexuality or sexual identity, or that creates an intimidating environment;
- situations where any person retaliates against another person as a result of that person's decision to report sexual harassment or seek assistance to remedy sexual harassment.

Sexual Exploitation: Any act involving sexual behavior that places another person in a degrading, exploitative, abusive, or humiliating situation (example: placing photographs of a sexual nature involving a sexual partner on the Internet).

Please refer to the Student Guide to Resources, Rights, and Responsibilities for the complete La Salle University Sexual Misconduct Policy.

REPORTING SEXUAL MISCONDUCT

If you have experienced sexual misconduct, you will need to decide whether to report the behavior. This is and will be a difficult time for you. You may be overwhelmed with reactions and feelings. Remember that many of the behaviors on the continuum of sexual misconduct are considered crimes, so it is best to keep your options open. **You are not at fault.** The person who forced you, exploited you, or ignored your protests is the person at fault. Reporting the behavior to the police or the University does not mean you have to press charges, but reporting the incident promptly better preserves your options to do so at a later date and also can be a step toward regaining a sense of power and control in your life.

To report sexual misconduct, you can do the following:

On Campus:

- Safety and Security (215.951.2111) can put you in touch with the Philadelphia police.
- The Resident Coordinator on duty can help you decide what to do next. (on campus: x1552; off campus: 215.266.7548)
- The Dean of Students (215.951.1017) or Associate Dean of Students (215.951.1916) can explain the "on-campus" judicial options to you and make sure you get the proper support. Additional details about the judicial process can be found in the Student Guide to Resources, Rights, and Responsibilities.

Off Campus:

- Philadelphia Police (911). An officer will ask you questions, but it is up to you what you want to disclose. Reporting the assault to the police does not mean you are committed to prosecuting your assailant. You can decide this later.

WHAT TO DO IF YOU HAVE BEEN RAPED OR SEXUALLY ASSAULTED:

What do I do first?

- Get to a safe place—this includes physical and emotional safety.
- Contact someone you trust—a friend, family member, your resident or community assistant—so they can help and support you.
- It is important to seek immediate **medical care**, so you can be treated for any injuries and to be tested for pregnancy or sexually transmitted diseases. You may choose to go to either of the Rape Crisis Centers at Jefferson or Episcopal hospital. They have staff who are specially trained to provide medical attention in cases of sexual assault.
- Medical evidence needs to be collected within 72 hours of an assault in case you later decide to press charges. While you may not know now whether you want to prosecute, it is best to have the evidence collected to keep your options open. You can always decide later whether you want to use the evidence.

- Avoid showering, bathing, douching, or cleaning up in any way (this will preserve valuable evidence you will need if you decide to prosecute), though evidence can still be collected even if you have cleaned up. If you are still wearing the clothes you had on during the assault, take a change of clothing with you to the hospital, as your clothes may be needed as evidence. If you have changed, the hospital will want the clothes you were wearing. Be cautious not to transport them in plastic bags or containers—to preserve the evidence, use clean paper bags, clean sheets, or a clean pillowcase to wrap your items.
- You can also go to your private doctor or to La Salle's Student Health Center. Both of these options will provide valuable medical care for you but cannot collect evidence should you later decide to prosecute.

Who else can I contact?

On Campus:

- The Student Counseling Center can provide confidential emotional support (215.951.1355).
- The Student Health Center can offer medical advice and support (215.951.1565).
- Safety and Security can help you with transportation to the Rape Crisis Center at either Jefferson or Episcopal hospital and provide additional assistance (215.951.2111).

Off Campus:

- Women Organized Against Rape can assist you with the next steps and provide support (215.985.3333).

Would it help for me to get emotional support?

It is important to take care of yourself. Being sexually assaulted, raped, exploited, or harassed is a trauma. Counseling is helpful in assisting you in sorting out your feelings, taking back control of your life, and helping you with future decisions. And, you can also seek out friends, family, and survivor support groups to help you process your feelings and anger.

SURVIVOR'S RIGHTS:

- To be treated without prejudice regarding race, class, lifestyle, sex, age, occupation, or religious beliefs
- To receive private and confidential treatment and be examined for personal injuries, sexually transmitted diseases, and pregnancy
- To be considered with the same credibility as a person reporting any other crime
- To prosecute or not to prosecute; to have the option at any time to withdraw from any legal proceeding or campus hearing
- To answer only those questions relevant to the crime