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.

Resharing what you have learned with others is important. However, do not tell other people the details of what your friend disclosed to you unless they agree to share that information.

What if my friend is a minor or if the assault happened before I arrived at college?

Support your friend. They need to make the decision regarding reporting the assault. There are confidential resources available and your friend may be seeking support from them. Learn about the resources available at your school.

Resources

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

UNDERSTANDING YOUR OPTIONS:

Student Counseling Center 215.951.1355*
Resident Coordinator on Duty—call Campus Security at 215.951.1300 to have the on-call Resident Coordinator paged.
Senior Associate Dean of Students 215.951.1916
Vice President of Student Affairs 215.951.1017

MEDICAL CARE FOR SEXUAL ASSAULT:

Thomas Jefferson University Hospital Rape Crisis Center 215.955.6840
Episcopal Hospital Rape Crisis Center 215.702.0800
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*
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*
Bilingual Domestic Violence Project (en español) 215.763.8870 x1300

SERVICES FOR LESBIAN AND BISEXUAL WOMEN:

Women in Transition Hotline (battered lesbians) 215.751.1111*
Lutheran Settlement House 215.462.8610*

GYNECOLOGY/HEALTH CONCERNS:

AIDS Hotline 215.985.AIDS*
Choice 215.985.3300*

PROSECUTION:

Special Victims Unit 215.685.3251

RESOURCES FOR ABUSERS/PERPETRATORS:

Men’s Resource Center 215.564.0488
Menery 215.242.2735

*These resources are confidential.

“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
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).

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 (215.951.1300) can put you in touch with the Philadelphia police.
- For all situations on campus, residential students are encouraged to contact their Resident Assistant for assistance.
- If you would prefer to speak to a Resident Coordinator, call Campus Security at 215.951.1300 to have the on-call Resident Coordinator paged.
- The Resident Coordinator on duty can help you decide what to do next. (On campus: x1552; off campus: 215.266.7548)
- The Vice President of Student Affairs (215.951.1017) or the Senior 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:
- Contact 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 do I do next? (On campus: x1552; off campus: 215.951.2111)

- The Student Counseling Center can provide confidential emotional support (215.951.1155).
- 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).

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 answer only those questions relevant to the crime

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