

FROM THE VICE CHANCELLOR

The Student Affairs Division at WCU is committed to the personal, social, and intellectual development of students within our diverse community. We want students to flourish and thrive as they pursue their studies. We want them to feel safe and comfortable as they move throughout our campus. We want to help them remove any barriers that militate against personal-social success and academic achievement.

We also want to reinforce the notion that it is the obligation of all members of the university community to help maintain an environment in which the rights of each member of that community are respected. Sexual violence runs counter to our notion of community; it jeopardizes the health and welfare of our members. Please take time to read through this brochure, and please take the appropriate steps to help ensure your safety and that of others. We stand ready to support you.

Dr. Bob Caruso
Vice Chancellor for Student Affairs

NOT SAYING "NO"
DOES NOT MEAN "YES"

TALKING ABOUT SEX

In a sexual situation, sometimes communication breaks down. One person may think the other person means "yes" when the intended message is really "no."

Clear communication is one way two people can reduce the risk of sexual violence.

- Both need to know their own sexual limits
- Both need to ask questions and listen to the other's limits

EMERGENCY NUMBERS

Rape, Abuse, Incest National Network: **(800) 656-HOPE**

Sylva Police: **(828) 586-2916**

Jackson County Sheriff: **(828) 586-1911**

Counseling & Psychological Services: **227-7469**

Offers group and individual counseling for survivors.
Dial #7301 for after hours emergency, ask for counselor on call.

Health Services: **227-7640**

Offers screening for STIs and makes referrals to off-campus agencies as appropriate and necessary.

Women's Center: **227-7450**

Crisis referral, safe and confidential space, sexual assault programming, sexual assault information, books, and brochures.

Campus Police: **227-7301**

Referrals to on- and off-campus agencies, formal reporting, and crisis intervention.

24-Hour Crisis Hotline/Crisis Counseling:

Call **911** or **(828) 586-1911** (ask for REACH counselor).

Judicial Affairs: **227-7184**

Residential Living: **227-7303**

REACH of Jackson County Emergency Shelter:

(828) 586-8969 or **(828) 586-1911**

After hours, ask for REACH counselor on call.

SEXUAL VIOLENCE

A Guide for Survivors

CREATE A COMMUNITY
INTOLERANT
OF SEXUAL ASSAULT
CREATE A COMMUNITY
INTOLERANT
OF SEXUAL ASSAULT
CREATE A COMMUNITY

Brought to you by the Committee on Sexual Assault and Other Abusive Behaviors
and The Office for Student Affairs

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WESTERN CAROLINA UNIVERSITY

WHAT IS SEXUAL ASSAULT?

Sexual assault is defined as engaging in vaginal, oral, or anal sexual intercourse with, or inflicting other sexual invasion upon, any person without that person's consent.

An action is considered "without consent" when:

- inflicted upon a person who has not freely and actively given consent
- consent is given as a response to force or the threat of force
- inflicted upon a person whom one knows (or reasonably should know) to be physically incapacitated by the use (voluntarily or involuntarily) of alcohol and/or other drugs, including date rape drugs, to the extent that she/he is either unconscious, unaware, or otherwise physically helpless

To read Western's complete sexual assault policy, go to www.wcu.edu/univcenter/handbook/index.html.

1 IN 12 WOMEN
HAS BEEN STALKED

WHAT TO WATCH FOR

You can't tell someone is a rapist by looking. Many rapists look and act normal, but there may be warning signs.

Not everyone with these traits is a rapist, and not all rapists will have these traits; however, many rapists:

- do not respect the opposite sex
- see others as sex objects
- continue to touch a woman even when asked to stop
- think violent behavior is normal
- drink and use drugs
- encourage others to drink and use drugs

IF YOU ARE SEXUALLY ASSAULTED

AFTER THE CRIME

- You are a victim of a crime. Don't blame yourself.
- Get to a safe place as soon as possible.
- Seek help and support.
- Get medical attention immediately (within 72 hours if possible) to address physical health needs and to collect important evidence in the event of a later decision to take legal action.
- Try to preserve all physical evidence.
- Do not wash, douche, use the toilet, or change clothing if it can be avoided.

REPORTING THE CRIME

It can be hard to report a rape. You may be afraid people will judge. You may not want to tell anyone, but reporting can:

- keep someone else from being a victim of the same rapist
- help you feel stronger and safer
- help you find counselors and others who can help

For more information about reporting a rape, contact one of the emergency numbers located on the back of this brochure.

REACHING OUT

It can be hard to reach out after a rape or sexual assault, but it is harder to go through it alone. These people can help:

- a friend or family member
- staff at women's centers or sexual assault centers
- counseling centers
- rape hotlines
- emergency room staff, doctors, nurses, other health care providers
- police who are trained to help rape victims

Confide in someone who can be trusted. A close friend, staff person or faculty member, or resident assistant can be a great support through your recovery. Talk to a counselor who can provide emotional support and give you information in a confidential setting.

1 IN 4 WOMEN IS
SEXUALLY ASSAULTED
IN HER LIFETIME

WHAT IS ACQUAINTANCE RAPE?

Acquaintance rape occurs when a person who has not agreed to have sexual intercourse is forced to do so by someone the victim knows. The rapist may be a friend, date, neighbor, partner or spouse.

Most rape victims are women, but men can also be raped. ANYONE who is forced to have unwanted sex by a friend, relative, partner or another acquaintance is a rape victim.

REDUCING THE RISK

Rape cannot always be prevented. But there may be things you can do to reduce the risk before you get into a sexual situation.

- Know your sexual desires and limits.
- Communicate your desires and limits clearly.
- Don't assume that someone who is dressed a certain way, is friendly, or has been drinking wants to have sex.
- Listen to what your friend or date says. Accept sexual limits that are verbalized and assume the person meant exactly what was said.
- Don't take being rejected for sex as being rejected as a person.
- If you are feeling uncomfortable in a situation, pay attention to the feeling and do something about it.
- Be alert for warning signs.
- Avoid excessive drinking and drug use.

82% OF VICTIMS ARE
ASSAULTED BY SOMEONE
THEY KNOW

CREATE A COMMUNITY
INTOLERANT
OF SEXUAL ASSAULT