

A guide for
Sexual Assault Survivors

Gender Violence Prevention Program



WOMEN'S CENTER
ST. CLOUD STATE UNIVERSITY

EDUCATION FOR LIFE.

IF YOU ARE A VICTIM OF SEXUAL ASSAULT:

- Get to a safe place.
- Do not shower, bathe, douche, wash your hands, brush your teeth, or use the toilet.
 - Don't change or destroy clothing.
 - As hard as it may be not to clean up, you may destroy important evidence if you do.
- Get medical attention as soon as possible.
- Contact someone who can provide support
 - Call a friend or supportive family member.
 - If you live on campus, contact your Community Advisor or Hall Director.
- Call an advocate.
 - Call the SCSU Women's Center and ask for a Sexual Assault advocate
320.308.4958
(8:00a.m. – 4:30p.m.)
OR
 - Call the Central Minnesota Sexual Assault Center
320.251.4357
1.800.237.5090
(24 hours a day)
 - An advocate can discuss all your options, provide information on your rights, support you through a reporting process, help you file a protective order, accompany you to court, assist in a student conduct code complaint and provide emotional support and counseling. Their training is focused specifically on assisting survivors of sexual violence.

Remember, regardless of what the victim did or didn't do, sexual assault is never the victim's fault!

Sexual assault is not about sex. It is a way for the attacker to feel powerful and in control.

Sexual assault can happen to anyone regardless of age, gender, socioeconomic status, ethnicity or race. Research shows that 80–90% of victims knew their attacker.

WHY SHOULD I READ THIS?

Reading this will help. The purpose of this guide is to help you find and access support, understand your rights as a victim, know your reporting options, and begin to sort through your emotions.

This guide includes three main resource sections: medical and physical concerns, legal and reporting options, and coping with emotions. These sections are intended to help you navigate the various options you have in responding to what happened and to take care of yourself.

For more information about SCSU's Sexual Violence Policy, please visit the Women's Center website: www.stcloudstate.edu/womenscenter. For general information about campus sexual violence, visit MN's department of Health's website: www.health.state.mn.us/injury/topic/svp/campuskit.

A NOTE FROM THE WOMEN'S CENTER

We want you to know that this terrible thing that has happened to you never should have happened. Please know that you are a good person and this isn't your fault. Know that sometimes bad things happen to really good people. We want you to know that there are resources out there for you to access. As advocates from the Women's Center it is our responsibility to educate you about your rights and support you through the process so that you can make the best informed decision about how to proceed in your healing process. This handout is designed to help you navigate the systems that you have the right to use.

DEFINITIONS

Sexual violence includes a continuum of conduct that includes sexual assault, and non-forcible sex acts, as well as aiding acts of sexual violence.

Sexual assault is an actual, attempted or threatened sexual act with another person without that person's consent. This includes coercing, forcing or attempting to coerce or force sexual intercourse or a sexual act. It includes involvement of any sex act when the victim is unable to give consent. SCSU policy also includes offensive sexual behaviors such as indecent exposure or voyeurism.

Sexual assault is often a criminal act that can be prosecuted under Minnesota law, as well as form the basis for discipline under the SCSU Code of Student Conduct and employee disciplinary standards.

Consent is informed, freely given, and mutually understood. If there is coercion, intimidation, threats, and/or physical force, there is no consent. There is no consent if the victim is mentally or physically incapacitated or impaired so that the victim cannot understand the fact, nature, or extent of the sexual situation and the condition is known or should have been known by a reasonable person. This includes conditions due to alcohol or drug consumption, or being asleep or unconscious. SCSU recognizes that silence does not necessarily constitute consent, and past consent of sexual activities does not imply ongoing future consent.

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Medical and Physical Concerns

WHY SHOULD I GET MEDICAL ATTENTION?

- To take the first step towards regaining control of your life.
- To determine if you have been injured in any way. Frequently following an assault, the survivor is in a state of shock and may be totally unaware of any injuries.
- To be tested for and to discuss treatment and prevention options available in regards to sexually transmitted infections and pregnancy.
- To collect medical evidence for possible prosecution if and when a suspect is caught. It is vital that this evidence be collected as soon as possible. It will be destroyed as time passes and you begin to resume everyday activities (eating, drinking, urinating, bathing, etc.).

WHERE CAN I GO FOR MEDICAL CARE?

Go to the closest medical facility. Tell them that you are a victim of sexual assault so they will get you scheduled as soon as possible.

- St. Cloud Hospital Emergency Trauma Center
1406 6th Ave North St. Cloud, MN 56303
320.255.5656
 - Evidence exams, treatment for injuries, testing and treatment for sexually transmitted infections (STIs), pregnancy tests, and emergency contraception
- SCSU Health Services
Hill Hall, SCSU Campus
320.308.3193
 - Does not do evidence exams, but does provide treatment for injuries, testing and treatment for sexually transmitted infections (STIs), pregnancy tests, emergency contraception and forensic photographs if requested.

Do not bathe, douche, urinate, drink any liquids, smoke, eat, brush your teeth or change your clothes. If you have already changed your clothes, take the clothes with you that you had on during the assault and put them in a paper bag (not plastic). Do not throw away any bed sheets, condoms or anything else that could be potential evidence. It is important that evidence be collected as soon as possible after the assault and within 72 hours. However some evidence may still be able to be collected up to 120 hours after the assault.

You do not have to decide about reporting to campus or law enforcement right away, but collecting evidence now will give you more options later if you decide to report.

Consider an evidence exam

Upon your request, the emergency trauma center will do an evidentiary exam (also known as a rape kit) for the purpose of collecting evidence. A victim has a choice about whether to report to law enforcement or not, however it is important that evidence be collected as soon as possible after the assault.

If you are unsure about reporting at this time, you can have the evidence exam done now and take some time to consider your reporting options. The hospital will store the evidence kit for up to four months. Having the evidence exam now will give you more options later if you decide to report.

The St. Cloud Hospital Emergency Trauma Center is equipped to do sexual assault evidence exams. When a victim arrives at the St. Cloud Hospital, a trained sexual assault advocate from the Central Minnesota Sexual Assault Center will be contacted immediately.

If you are not in the St. Cloud area, please seek care at the hospital trauma center closest to you. Most major hospitals are equipped to do sexual assault evidence exams, treat injuries, provide treatment for sexually transmitted infections and provide emergency contraception.

According to Minnesota law, you will not be billed for the evidence exam.

If you choose not to have an evidence exam

If you choose not to have an evidence exam done, you may still want to seek medical care. Medical care following sexual assault can include treatment for injuries, testing and treatment for sexually transmitted infections, pregnancy testing, and emergency contraception.

WHAT CAN I EXPECT AT THE HOSPITAL TRAUMA CENTER?

Emergency rooms of hospitals are busy places. It would be nice to say that you will be treated immediately, but this is not always the case. Emergency Trauma Center personnel care about victims, and will get to you as soon as possible. You may want to ask someone to bring you a change of clothes, because your clothing may be collected for evidence. If you do not have a change of clothing the hospital will provide sweatpants and a sweatshirt for you to wear home.

ANY WAIT, no matter how short or how long, may be uncomfortable. You may want to use this time to concentrate on yourself and your health. You are the victim/survivor of a sexual assault and you have the right to whatever medical treatment you need.

When checking in, you will be asked several questions such as:

- The reason for your visit to the hospital
- Name, Address, Age and Occupation

This is very important information which will be used to begin your medical report. Although it seems trivial after what you have been through, please provide as much information as you can.

You may find it difficult to explain your needs to the nurse. Although you do not need to give the nurse all the details of the assault, **you will have to say you were sexually assaulted in order to receive the proper treatment.**

At the St. Cloud Hospital, an advocate from the Central MN Sexual Assault Center will be there to listen to your needs or fears and help in whatever way possible. Do not hesitate to tell the advocate what you need or want. They are there just for you.

You have the right to be accompanied through each medical procedure by the advocate, registered nurse and by a friend or relative of your choice. You also have the right to choose total privacy during the emergency room treatment. This means that you can ask anyone other than the necessary hospital personnel to leave the room during the examination.

Collecting the evidence

The St. Cloud Hospital Emergency Trauma Center will do an initial assessment to determine the extent of any physical injury and possible treatments. You will be provided with information on treatment options for sexually transmitted diseases, and female sexual assault victims will be provided with information on emergency contraception and will be given a pregnancy test.

Before the examination you will be asked about the sexual assault. It is very important that you tell someone what sexual acts were performed against your will (vaginal intercourse, oral copulation, anal intercourse, or any

other sexual acts). You may not understand the questions or you may feel embarrassed when you answer them. It is alright to feel uncomfortable. Let the nurse or doctor know of your discomfort and feel free to ask questions as needed. You are not expected to know all the medical terms, so do not be afraid to ask for explanations.

As part of the exam, swabs, hair samples and blood samples will be taken. In addition, photographs of injuries may also be taken. Collection of evidence may not always be comfortable, but it is important and it is you taking back control. Feel free to ask for a break if you need it.

WHAT IF I MIGHT BE PREGNANT?

Emergency contraception (E.C.) is considered a safe and effective medication for the prevention of pregnancy after unprotected intercourse or sexual assault. Sold under the brand names of Plan B and Preven, it is a high dose of the standard birth control pill.

Emergency contraception is not an abortion procedure. Emergency contraception dramatically reduces the chances of getting pregnant following a sexual assault. The use of emergency contraception reduces the chances of pregnancy by 75–89% if taken within the first 72 hours after an assault. Timing is important: the sooner emergency contraceptives are administered the more likely they are to prevent a pregnancy. However, you can take emergency contraception up to 5 days (120 hours) after the assault.

Side effects include nausea and vomiting, but usually taper off within one or two days after the second dose has been taken. You may need to ask specifically for the emergency contraception if it is something you want. In Minnesota, hospitals are required to provide emergency contraception in cases of sexual assault. If you are 18 or older, you can get emergency contraception over the counter. It is also available at Planned Parenthood and SCSU Student Health Services.

WHAT IF I THINK I HAVE BEEN DRUGGED?

Signs that you may have been drugged:

- If you feel a lot more intoxicated than your usual response to the amount of alcohol you have consumed.
- If you wake up very hung over, feeling “fuzzy”, experience memory lapse and cannot account for a period of time, or that sensation lasts longer than usual.
- If you remember taking a drink of any kind of beverage but cannot recall what happened for a period of time after you consumed the drink.
- If you feel as though someone had sex with you but you cannot remember any or all of the incident.

Listen to yourself

Do not doubt what you feel. Don't listen to acquaintances who may have been around you that night who tell you that you were “really messed up.” Drugs like Gamma Hydroxybutyrate (GHB), flunitrazepam (Rohypnol) will make you seem drunk or high when you have had nothing or very little to drink. Go with your instincts. You know when something has happened to you.

Call a trusted friend or family member. You'll need someone with you that can think clearly, because chances are, the drugs are making it hard for you to think. Drugs used to facilitate rape leave the body quickly; it is important to go to the hospital immediately so a urine sample can be gathered. When you arrive at the emergency trauma center, tell them immediately that you suspect that you were drugged.

Date Rape Drugs

The most common date rape drug is alcohol. Offenders don't always use force to get what they want; sometimes their weapon is alcohol or other drugs. When drugs are dropped into your drink they can incapacitate you so you no longer have control over your body.

A variety of different substances can be tools used to carry out sexual assault crimes. Offenders may drop substances in your alcoholic or non-alcoholic drink. Pay attention to your drink at all times. It may be someone you know and trust, or it could be a stranger. Some drugs used to facilitate a sexual assault are colorless and odorless and may be tasteless. Depending on the drug, its effects on you may vary.

SHOULD I HAVE FOLLOW UP MEDICAL CARE?

Yes, it is very important for you to continue your care with a health care provider or clinic of your choice. You should plan to have three to five follow-up visits. The first follow-up visit, at one or two weeks following the assault, may include follow up testing and treatment of pregnancy and sexually transmitted infections. It may also include discussion of other mental or physical health concerns. The second follow-up visit, at three months, may include continued testing and treatment of sexually transmitted infections and discussion of other mental or physical health concerns. The third visit, at six months, may include HIV testing.

Follow-up appointments can be made with your personal doctor, Planned Parenthood, or SCSU Health Services, but must be made to insure that you receive the appropriate medical treatment. Feel free to discuss all of your concerns with the health care provider you choose. By addressing your needs as they occur and by making appropriate referrals, your health care provider will be more able to aid you in the healing process.

WHO PAYS FOR THE MEDICAL COSTS?

As the victim of a violent crime such as rape or sexual assault, the injury you received because of the assault may require medical and/or psychological care. The cost of a sexual assault evidentiary exam conducted for the purpose of evidence collection is paid for by the county in which the assault occurred. Payment by the county for the exam is not dependent on the victim reporting the crime to law enforcement.

While the county in which the assault occurred pays for the medical exam and evidence collection, you may be responsible for payments for related injuries or follow-up care. If you do not have insurance, and you have reported the crime to the police, you may ask the State of Minnesota to reimburse you for any medical, emotional, or financial losses by filing for Crime Victims Reparations. Reparations help crime victims with some financial losses that result from a crime. Ask your advocate for specific details of eligibility and where to get the forms. You can also visit <https://dps.mn.gov/divisions/ojp/help-for-crime-victims/pages/default.aspx> for more information.

Legal and Reporting Options

WHAT ARE MY REPORTING OPTIONS?

A victim may report a sexual assault at any time, but is strongly encouraged to make reports promptly in order to preserve evidence for a potential legal or disciplinary proceeding. Victims should not be discouraged from reporting a sexual assault if it is after 72 hours or weeks, months, or in some cases even years later. You will not know the merits of the case until after a trained officer investigates.

Victims can report to the university if the sexual assault occurs on or off campus. Victims can report to the university and/or law enforcement – either to one or both.

Report to the law enforcement agency in the city/county in which the assault took place. Please note that an advocate can assist you through the reporting process and even be present in the room while the officer takes the statement.

Call an advocate

An advocate can discuss all your options, provide information on your rights, support you through a reporting process, help you file a protective order, accompany you to court, assist in a student conduct code complaint and provide emotional support and counseling. Their training is focused specifically on assisting survivors of sexual violence.

- Call the Women’s Center and ask for a Sexual Assault Advocate
320.308.4958
(8:00a.m. – 4:30p.m.)
- Call the Central Minnesota Sexual Assault Center
320.251.4357
1.800.237.5090
(24 hours a day)

St. Cloud Police Department

If the assault took place in the city of St. Cloud, report to the St. Cloud Police Department by calling 320.251.1200.

Blind Reports

At the St. Cloud Police Department (and at some other law enforcement agencies), victims can make a blind report. A blind report means the victim provides law enforcement with information about the sexual assault and the perpetrator, but does not wish to participate in the prosecution of the crime at this time. Victims must contact an advocate from the Women’s Center or Central MN Sexual Assault Center for this option.

On Campus: SCSU Public Safety

Victims can report a sexual assault to the Public Safety Department by calling 320.308.3333. They can document what happened, which may be helpful if you are unsure if you want to report to law enforcement at this time, or if you file a student conduct code violation complaint on campus. It is important to know that Public Safety reports in most cases are sent to Student Life and Development for review of a conduct code violation and are not confidential.

On Campus: Filing a complaint

If the offender is also a student, you as the victim/survivor also have the right to file a student conduct code complaint with the university. You can report the assault to Student Life and Development or to the Office of Equity and Affirmative Action. A Women’s Center advocate from the Gender Violence Prevention Program can assist you in determining the appropriate reporting offices.

IS WHAT I REPORT CONFIDENTIAL?

Different people on campus have different reporting responsibilities, and different abilities to maintain your confidentiality depending on their roles at the university. When consulting campus resources, victims should be aware of confidentiality and mandated reporting in order to make informed choices. On campus, some resources may maintain your complete confidentiality, offering you options and advice without any obligation to tell anyone, unless you want them to. Other resources are expressly there for you to report crimes and policy violations, and they will take action when you report your victimization to them.

If you want to speak to someone on campus and have it kept private and confidential, you should speak with an advocate at the University Women's Center's Gender Violence Prevention Program. Other places you can go on campus for private or confidential services are the Counseling Center and Health Services. If you want to speak to someone off campus, call the Central Minnesota Sexual Assault Center at 320.251.4357.

You can report to the university and request confidentiality and ask to not have the complaint pursued. However, the school legally needs to take all reasonable steps to investigate and respond. The university's ability to respond may be very limited when a victim requests that the information not be disclosed to the alleged perpetrator.

The university has to weigh the request for confidentiality with the seriousness of the alleged sexual assault. If there are other complaints against the same accused student, for example, and the school can't maintain confidentiality, the university must inform you, the complainant.

MANDATED REPORTING AND REPORTING OBLIGATIONS

Certain campus officials have a duty to report sexual violence for federal statistical reporting purposes. All personally identifiable information is kept confidential, and only statistical information is passed along to Public Safety regarding the type of incident and its general location (on or off campus, in the surrounding area, but no addresses are given). This statistical information is used for publication in the annual Campus Security Report. Women's Center Advocates also report only statistical information to Public Safety.

Victims of sexual assault should be aware that university administrators must issue timely warnings for incidents reported to them that pose a substantial threat of bodily harm or danger to members of the campus community. The university will not disclose the victim's name or other identifying information. The purpose of these warnings is to provide enough information for community members to make safety decisions in light of the potential danger.

DO I HAVE TO REPORT THIS TO THE POLICE?

You always have the right to report the crime to law enforcement. Know that it is your right to choose not to report the crime, but consider talking with an advocate to discuss the pros and cons before reaching a final decision. It is not uncommon for victims of sexual violence to feel differently about reporting as they progress through the healing process.

If you are having difficulty deciding to report criminally or not, a sexual assault advocate can guide you through a process that will help you make a decision that is best for you.

WHAT IS THE PROCESS OF REPORTING TO POLICE LIKE?

If you decide to report the assault to law enforcement, reports need to be made in the jurisdiction where the crime occurred. For example, if you are a student living on campus and you were sexually assaulted in Saint Cloud, then you would report to the Saint Cloud Police Department. If you were assaulted in Waite Park, then you would need to report to the Waite Park Police Department. If the assault occurred outside of a city, you would report to a county sheriff's office. If you are unsure where to report, you can call any law enforcement agency and tell them where the crime took place and ask where you should report.

After you have contacted law enforcement, an officer will arrive to discuss the various aspects of the criminal investigation with you. If you choose to proceed, the officer will need to take a formal statement to record the details of the crime. You can request that your advocate be with you while you are giving your statement. Your statement is the first of several steps in an investigation.

The officers are not there to judge you. They are there to obtain information about the crime: the date and the time of the occurrence, location, description of the suspect, etc. You will also be asked about your activities before and after the assault. They will also ask questions about specific details of the sexual acts that were forced upon you to determine what crimes can possibly be charged. You may feel embarrassed, but remember it is not you who did these things, but the assailant.

The information you provide is the basis of a legal proceeding and must be accurate. You have the right to read over everything the law enforcement officers write on forms and ask them to correct any misinformation. Once your report is transcribed, you can get a copy by calling the records division of the law enforcement agency. This only applies to the information which you have provided; you cannot see information or testimony someone else has given. Be certain to get the names, badge numbers, and telephone numbers of officers.

You must be truthful in each statement you make in any law enforcement or judicial proceeding. Inaccurate or incorrect information may cause law enforcement to follow false leads. If you are not certain of something, be sure to say so. If you do not know something exactly, describe it as accurately as possible. If you remember something later that you may not have told the law enforcement officers, call them with the information. Also, if you remember details a little differently later on; make sure to clarify this with law enforcement.

WHAT IS THE DIFFERENCE BETWEEN CRIMINAL, CIVIL, AND CAMPUS PROCESSES?

If you choose to access the criminal, civil and/or campus reporting systems there are a few things that you should know before proceeding. Each process moves forward on its own. An advocate can assist in coordinating actions so that these processes do not hinder each other from moving forward and maximizing an outcome.

For example, if Sally is assaulted and chooses to report to police and file for an order for protection, she should consider letting the law enforcement officer conduct the investigation before she files for the protective order. This way law enforcement will be able to interview the offender before he/she is served with a protective order. If safety is an immediate concern the victim may wish to discuss filing the protective order with the investigating officer.

WHAT IS A CRIMINAL COURT PROCESS LIKE?

This process begins with a report to local law enforcement. Your statement is the first of several steps in an investigation. The officer may interview the suspect and collect the evidence at the scene, etc. When law enforcement completes an investigation, the case is sent to the county attorney's office. The county attorney will decide if there is enough evidence to charge and prosecute the case.

If the county attorney decides to charge the case, there are several court appearances the accused will have to attend before a trial, but in most cases the victim will not be required to attend. You can choose to go and watch the proceedings in open court or can ask your advocate to attend. If the case goes to a trial, the victim witness advocate or another representative from the county attorney's office will contact you to prepare you for trial.

In court, it will not be you vs. the rapist. Your role is as a witness. The "State of Minnesota" prosecutes the suspect because the suspect is charged with committing a criminal act under the Minnesota state statutes. The attorney prosecuting the case against the suspect is an Assistant County Attorney.

The preliminary hearing is generally a short process in which only the basic details of the crime are disclosed. What must be established is that the assault occurred and that there is reason to believe that this suspect did it without your free consent. Between the first appearance and the actual trial, many delays may occur. It may take many months before a case gets to a trial stage. This is not uncommon. Very few cases actually go to jury trial. In some cases defendants "plead" before a trial.

If a trial occurs, the case is decided by a judge or a jury based upon witnesses' testimony and the physical evidence. To be convicted the defendant must be found guilty "beyond a reasonable doubt." Because such a decision is being made, the defense attorney has the right to ask you questions. If the suspect is found guilty, a sentencing hearing will be scheduled. This is an open, public hearing you may want to attend.

In an effort to feel more comfortable in the courtroom and to have a better understanding of the criminal proceedings, you may wish to contact the County Attorney, Victim/Witness Coordinator, your advocate, or your counselor.

Usual order of events in a criminal court proceeding:

- You file a criminal report with law enforcement.
- Law enforcement investigates and then presents the case to the County Attorney.
- You may be interviewed by the County Attorney's Office.
- The County Attorney decides whether there is enough admissible evidence to present the case to a jury.
- If indicted and if suspect pleads not guilty, several hearings will be set which the suspect must attend. You can be subpoenaed to appear at these hearings.
- Trial (you are required to attend as a witness).
- Acquittal or sentencing.
- If sentenced, a sentencing date will be set. You may be called by a corrections officer as part of a pre-sentencing investigation.

WHAT IS A CIVIL COURT PROCESS LIKE?

Civil processes can include protective orders (Harassment Restraining Orders, Orders for Protection) or civil lawsuits (suing the perpetrator for damages). If you want to pursue obtaining a Harassment Restraining Order (HRO) or Order for Protection (OFP), an advocate can assist you through this process. To pursue civil lawsuits you will have to retain your own attorney or go to Small Claims Court.

If you're thinking about getting a protective order:

An Order for Protection (OFP) or a Harassment Restraining Order (HRO) are civil court protective orders that are designed to stop an abuser from continuing acts of violence, threatening, harassing, or stalking behaviors. If you are in fear for your safety you might want to consider filing for an Order for Protection or Harassment Restraining Order.

Contact an advocate from the Women's Center's Gender Violence Prevention Program to determine which protective order you may be eligible for and assistance in completing the forms and filing the order in the correct jurisdiction.

As a student, you may want to write specific requests in the order dealing with contact on campus and in classes. In some instances, the campus can issue its own 'no contact' letter to the accused. Your advocate can assist you with this.

WHAT IS A CAMPUS PROCESS LIKE?

This process is applicable in cases involving reported sexual violence by a SCSU student, employee, or volunteer — whether the assault takes place on or off campus. A sexual assault advocate at the Women's Center can assist in determining the appropriate reporting offices.

The level of proof on campus is not 'beyond a reasonable doubt' as in the criminal court system, but instead is 'preponderance of evidence.' This is defined as a standard of responsibility that it is more likely than not that a violation has occurred. If an accused student is found responsible, sanctions can include probation, suspension or expulsion.

WHAT ARE MY RIGHTS AS A CRIME VICTIM?

Many survivors of violent crimes, especially survivors of sexual assault, experience emotional shock. At this time it is important for you to know that victims can become survivors. Part of this process is making every attempt you can to take control of your life again and being certain that you are receiving the care, information and rights to which you are entitled. By exercising your rights you are, in effect, taking charge again. As a victim of

crime, Minnesota law provides you with specific rights, including the right to be notified, the right to participate in prosecution, and the right to apply for financial assistance. Domestic violence, sexual assault, and harassment victims have additional rights. A complete list can be found at <https://dps.mn.gov/divisions/ojp/help-for-crime-victims/Pages/crime-victims-rights.aspx> or by contacting your advocate.

WHAT RIGHTS DO I HAVE AS A STUDENT?

The United States Congress enacted the "Campus Sexual Assault Victims' Bill of Rights" in 1992 as a part of the Higher Education Amendments of 1992. This law requires that all colleges and universities (both public and private) participating in federal student aid programs afford sexual assault victims certain basic rights. It also requires the school to notify victims of their option to report their assault to the proper law enforcement authorities.

The "Campus Sexual Assault Victims' Bill of Rights" exists as a part of the campus security reporting requirements, commonly known as the Jeanne Clery Act, of the federal law that establishes all student aid programs, the Higher Education Act of 1965. This bill of rights can be found at <http://www.securityoncampus.org/how-file-campus-sexual-assault-victims%E2%80%9999-bill-rights-clery-act-complaint> or by contacting your advocate.

SCSU Bill of Rights for Victims of Sexual Assault

SCSU has a bill of rights specific to this campus regarding sexual assault victims. A victim is any person who encounters emotional and/or physical harm or loss as a result of unwanted sexual contact.

A victim/survivor of sexual assault has the right to:

- Privacy and the treatment of sensitive information in a confidential manner.
- Be treated with dignity and receive nonjudgmental assistance.
- Meaningful support and advocacy from campus organizations and agencies. The university recognizes that institutional support for victims is essential.
- The prompt assistance of campus authorities, at the request of the victim, in notifying the appropriate law enforcement officials and disciplinary authorities of a sexual assault incident.
- The complete and prompt assistance of campus authorities, in the direction of law enforcement authorities, in obtaining, securing, and maintaining evidence in connection with a sexual assault incident.
- An investigation and resolution by campus disciplinary authorities of a sexual assault report.

- Choose the level of participation in university disciplinary proceedings against an assailant, including the right to an advocate or victim’s attorney.
- Privacy of past sexual/relationship history during campus judicial proceedings.
- Notification of the outcome of any campus disciplinary proceedings concerning a sexual assault complaint, consistent with the laws relating to data practices.
- Assistance of campus authorities in preserving materials relevant to a campus disciplinary proceeding for a sexual assault complaint or victim.
- File for reparations and know the release status from the pretrial detention of the accused assailant.
- Assistance of campus personnel in shielding the victim, at her/his request, from unwanted contact with the alleged perpetrator, including housing and class transfers, if such transfers are feasible.

WHAT IF I FEEL MY CIVIL RIGHTS HAVE BEEN VIOLATED?

The US Department of Education Office for Civil Rights enforces several Federal civil rights laws that prohibit discrimination in programs or activities that receive Federal funds, which includes most colleges and universities in the U.S. If you feel that your rights have been violated, report this violation to the Department of Education. More information can also be found at <http://www2.ed.gov/about/offices/list/ocr/docs/howto.pdf>.

COPING WITH EMOTIONS

HOW COULD THIS HAPPEN TO ME?

There are many notions of what sexual assault is, who gets sexually assaulted, who the assailant is, and where such crimes occur. Many of us have never really thought about attacks until they happen to us. And after a sexual assault, many of us still think, “If only I had...I wouldn’t have been assaulted.”

Maybe if we knew some of the facts about sexual assault, we would learn that we as victims and survivors are not to blame. Understanding the facts can help you deal with sexual assault. You can discuss your own feelings and ideas about rape with an advocate who knows the realities of sexual assault.

MYTH	REALITY
It could never happen to me.	Everyone is a potential rape victim: Females/males of any age, race, class, religion, occupation, education or sexual orientation.
Most sexual assaults occur as a “spur of the moment” act in a dark alley by a stranger	Most rapes are planned and often occur in one’s own home. Many times the offender is a relative, friend, neighbor, or other acquaintance of the victim.
Sexual assault is primarily motivated by sexual desire.	Sexual assault is violence that is acted out sexually. It violates not only the victim’s personal integrity, but also his/her sense of safety and control over his/her life.
It’s the victim’s fault if they were using alcohol or other substances.	Sexual assault is never the victim’s fault, regardless of their choices and behaviors prior to the assault. No person deserves to be assaulted.
A person cannot be sexually assaulted by their partner or spouse.	Sexual assault is a crime regardless of the relationship between the victim and offender. There is no reason to believe that assault by an intimate partner is somehow easier to experience or “get over.”
A rapist is easy to spot in a crowd.	Most rapists appear to be normal. They can be of any race, color or economic class.
Most rapes are interracial.	The overwhelming majority of rapes involve persons of the same race or culture.

MYTH	REALITY
Rape only happens to young women.	Rape occurs to victims of all ages. In the U.S., there are reports of rape victims ranging in ages from just days old to close to 100. People of all ages, socio-economic groups, neighborhoods, and lifestyles can be victims.
Some victims are “asking for it” by the way they dress or by their actions.	Most rapes are pre-planned. Research shows that rapists are looking for available, vulnerable targets, not victims who dress or behave in a particular way. No person asks to be hurt or degraded.
If you stay in safe areas and only are with people you trust you will never be sexually assaulted.	There is no way to guarantee that you will never be a victim of sexual assault, but there are ways to reduce the risk of assault and increase awareness, sensitivity and safety. For example, there are self-defense classes which help teach one to be alert, fend off an attack, and aid others in crisis.

WHAT AM I FEELING?

SOME HOW, SOME WAY, I lived through the experience of sexual assault. I didn't know whether I would and maybe I didn't even know if I wanted to, but I did. Now I face people and I wonder what they think. Maybe they wonder whether I was careful enough, whether I provoked it in some way, whether I fought hard enough. Maybe I wonder the same things.

I can't handle or cope with other people and their thoughts right now. I have so much to think about but I don't want to think about any of it. I've lost all of my normal thoughts and concerns right now and everything is focused on myself and safety.

AND HIM! I want to do something terrible to him... maybe sometimes, even to myself. Will he come back? AM I SAFE? Oh, I feel so helpless! I feel I lost control of my life and I feel like I'm going crazy. But what about those who depend on me? Can I cope? I also wonder about being intimate with someone again. I don't want to be touched and I'm not ready to talk about any of this.

I'm rambling on because I can't seem to concentrate or care about other things or matters like before. Is that wrong? Who knows how I'll be able to sleep at night? How am I going to go on? How am I going to be able to care for those who depend on me?

I WANT TO FORGET

I WANT TO ESCAPE

I WANT MY LIFE BACK IN ORDER

WHAT IS GOING TO HAPPEN TO ME?

DOES ANYONE KNOW HOW I FEEL?

The experience of sexual assault has different meanings for each person. No one knows precisely how an individual will react, but sexual assault advocates have found that most people experience sexual assault as a severe emotional and physical violation. This section will help you sort out and understand some of what you may be feeling right now, or what you may feel in the future.

Sexual assault is a violent act of domination and humiliation in which the victim's power and free will is taken away. Following such an experience, it is natural to feel frightened and powerless. You may also feel a sense of having lost control over your life, or a sense of shock and disbelief. Restoring feelings of control is important. By making decisions (regarding your medical examination or reporting the crime, for example) you can regain some control you may feel was taken.

Following a sexual assault, you may find your lifestyle disrupted in a number of ways. You may have difficulty concentrating. You may feel the need to change schools or to move. You may also experience a loss of appetite, depression, or nightmares. Some victims fear being alone, others are afraid to be in crowds. All of these are common reactions.

These feelings can occur once or many times. They can come and go. Some survivors try to block out the painful memories. Others need to talk about their experience over and over again.

Many survivors have found it helpful to know how others have reacted to a sexual assault. This gives them some idea of what they can expect.

Because rape is one of the crimes in which the victim is often treated as the guilty party, it is understandable that many survivors experience guilt feelings. These feelings can be especially strong if you knew your assailant. You may feel guilty because you were not able to foresee or stop the assault. It is important to remember that:

- It was not your fault. No one asks to be raped.
- Other people often try to make the survivor feel guilty in order to reduce their own feelings of vulnerability.
- Rape is not an act of lust but one of aggression, humiliation, and power.

WHAT ARE SOME COMMON REACTIONS TO SEXUAL ASSAULT?

EMOTIONAL	I feel so numb.
SHOCK	Why am I so calm? Why can't I cry?
DISBELIEF	Did it really happen? Why me?
EMBARRASSMENT	What will people think? No, I can't tell my family.
SHAME	I feel so dirty, like there is something wrong with me now.
GUILT	I feel as if I did something to make this happen to me. If only I had...
DEPRESSION	How am I going to go on? I feel so tired and hopeless.
POWERLESSNESS	Will I ever feel in control again?
DISORIENTATION	I can't sit still. I'm having trouble getting through the day. I'm just overwhelmed.
RE-TRIGGERING	I keep having flashbacks. I wish they would stop.
MINIMIZING AND DENIAL	Wasn't it "just" a bad sexual experience?
FEAR	I'm afraid of so many things. Will I get pregnant or get an STI? Am I safe? Can people tell what's happened to me? Will I ever want to be intimate again? Will I ever get over this? I'm afraid I'm going crazy. I have nightmares that terrify me.
ANXIETY	I'm a nervous wreck! I have trouble breathing. Anxiety is often expressed in physical symptoms, like difficulty breathing or muscle tension, sleep disturbances, changes in eating habits, nausea, stomach problems, and nightmares.
ANGER	I want to hurt him!

These are all common feelings after a sexual assault. You are not going crazy. There are many techniques you can learn to help cope with these reactions. Ask your advocate or counselor for coping techniques or go to the Women's Center website at www.stcloudstate.edu/womenscenter.

HOW LONG WILL I FEEL THIS WAY?

Getting back to normal can take a long time and you may be wondering if there is anyone who can help.

Many survivors have found it helpful to talk to a sexual assault advocate. They are trained to listen and will try to help you make your own decisions and deal with your feelings in a way that is best for you.

It is the sexual assault advocates job to keep you as educated as possible so that you can make the most informed decision based on your situation.

HOW WILL MY FAMILY AND FRIENDS REACT?

Your family and friends will struggle with many feelings of their own at the same time you are struggling with yours. They may need assistance, too.

- They may view sexual assault as a sex act rather than a crime of violence and this misinformation needs to be corrected.
- They may mistakenly blame you or themselves for the assault.
- They may believe that not talking about feelings will make the feelings go away.

After being sexually assaulted, you may have mixed feelings about telling your friends and family. You may also be extremely sensitive to the way they respond to you. At a time when you may need to talk out your feelings, others may have difficulty listening. When you need to make your own decisions about reporting the assault or seeking help, the important people in your life may seem to want to make decisions for you. When you want to be comforted because of the violence you experienced, your spouse or partner may pressure you for more physical intimacy than you desire.

Friends or family may ask questions about the assault that indicates a lack of understanding of what it was like for you. It is up to you to decide who and what to tell. However, it is also very important for you to have a support system you can turn to and family and friends are often able to fulfill this need.

A spouse or partner may avoid closeness with you or may feel that immediate intimacy will erase the trauma of the assault. Loved ones may become overprotective in trying to cope with their own feelings of fear, powerlessness, and helplessness.

Understanding the feelings of your loved ones does not mean that you must take responsibility for helping them cope with their feelings when you need to be dealing with your own. However, talking about feelings directly, perhaps with the support of an outside person, can help everyone. The Women's Center Gender Violence Prevention Program has resources specifically for friends and family members.

WILL I EVER FEEL SAFE AGAIN?

Your concern for safety and self-protection is a normal and appropriate reaction.

I'm Afraid to be Alone

Your fear is natural. After being sexually assaulted, you may also feel humiliated, degraded and depressed. You may want to isolate yourself even if you are afraid to be alone. These feelings are common and it is helpful to your recovery to deal with them.

I Wonder if I'll Ever Feel Safe Again

It is very common for you to feel afraid, especially in circumstances similar to those under which the assault occurred (i.e., same place, same time of day, etc.). Most people find that they begin to feel safer after a period of time. The length of this period varies. Again, fear for your safety is a very normal reaction. A supportive, non-judgmental listener can help you deal with this normal reaction.

I'm Considering Purchasing a Gun or Pepper Spray to Protect Myself

It is not uncommon after a sexual assault to want to purchase a weapon. It's a good idea to consider the following before making a decision.

- Pepper spray canisters, guns, knives, hat pins, etc., can all be taken away and used against you. Also, pepper spray canisters may malfunction at any time.
- You may not have your pepper spray or other weapon with you when you need it.
- Many assailants are known by the survivor.

As an alternative to weapons, you may want to enroll in self-defense courses. A good instructor can help turn fear into anger and then into action. You can learn how to use awareness, assertiveness, and physical action to defend yourself. Learning self-defense is one way of dealing with fear and anxiety. What you learn becomes part of you and you always have it with you.

I Don't Feel Safe at Home or in my Residence Hall

Whether or not you were attacked in your home, you may not feel safe there, especially if you live alone. Many sexual assault survivors share this feeling. Some have found it helpful to stay with a supportive friend or relative until they feel less frightened or until they are able to move or make their homes safer. Talking with a sexual assault advocate can help you determine the options available to you (i.e., asking a friend or relative to stay with you, moving, switching rooms or residence halls, or learning techniques to reduce your level of fear).

WHAT ARE SOME SAFETY TIPS I CAN USE IN THE FUTURE?

Fear is a very normal, natural, and common reaction to a sexual assault. Many survivors look for immediate solutions, like the suggestions that follow. Sometimes reading these suggestions can create a sense of guilt. You may think you could have prevented the assault. Remember, the responsibility for the sexual assault lies with the perpetrator.

Safety Plan Suggestions Specific to Campus

Basic Information

- If you drive, consider purchasing a parking permit so that you don't need to walk through the neighborhood to get to your car. This is important because Public Safety will provide escorts on campus, and a two block radius off campus.
- Consider parking in the ramp attached to the Public Safety offices (hourly or daily fee).
- If walking alone, always be alert and look around you. Walk confidently.
- 911 can be dialed from any cell phone regardless of cell phone service plan.
- If you have a protective order against your offender, make sure Public Safety has a copy as well as a description of the offender.
- If you work on campus and have a protective order against someone or are being harassed by an offender, make sure that your co-workers are aware of the situation so that they ask the offender to leave and/or call the police or Public Safety.
- If you live in the Residence Halls, do not let anyone who doesn't live there into the building. Familiarize yourself with the exits so that if you need to get out quickly, you know where to go.
- Do not put information on Facebook or other social network sites that may aid your abuser/stalker.

Know How to Contact Public Safety or the Police

- Regardless of the time of day, if you feel uneasy or unsafe please call Public Safety at 320.308.3333 and request an escort.
- Keep emergency phone numbers on your phone, or program the numbers in on speed-dial.
- Learn where the campus emergency telephone (Blue Light Telephones) are located on campus and how to use them.

Walking Around Campus

- Familiarize yourself with the layout of the campus. Survey the campus while classes are in session and after dark to see that academic buildings, walkways, facilities, and parking lots are adequately secured and well lit.
- Plan the safest route to your destination; choose well-lit, busy pathways and streets.
- Share your class schedule only with trusted individuals. Give them your contact telephone number and address.
- At night, stick to well-lit areas whenever possible and avoid alleyways or “short-cuts” through isolated areas.
- If you are being followed, change direction and go to the nearest business or home; knock on the door, and request that someone call the police. It will be helpful to law enforcement if you have a description of the individual who followed you.
- Walk with confidence. Keep your head up and be aware of your surroundings.

Safety in the Residence Halls

- Always lock your door; even when you’re sleeping or just going down the hall.
- Do not allow strangers to enter your room. Do not open your door unless you can identify the person.
- Do not let unknown individuals “tailgate;” ask who they are visiting and offer to call Public Safety.
- Do not prop any exterior doors open to allow unescorted visitors into the residence hall (pizza delivery, friends, etc.).
- Report lost or stolen residence hall keys immediately to your residence hall staff.
- Report any malfunctioning locks, doors or windows to your residence life staff.
- Do not leave your keys lying around in your room when you are not in the room.
- Do not leave messages on your door about when you will be returning to your room.
- Tell a roommate or friend if you are planning to be away overnight or for a few days.

- Report any suspicious persons or activities (including solicitors) in or near your residence hall to your residence hall staff, Public Safety or Police.
- Secure your valuables and engrave expensive items with identifying information.
- Always lock your windows at night, especially if you reside on the first or second floors.
- Do not leave your identification, keys, wallets, checkbooks, or other valuables in open view.
- Get to know your CA, residence life staff and neighbors.

Safety While Dating or with Friends

- Be assertive, forthright and definite. Do not go along with any behavior that makes you feel uncomfortable.
- Communicate your limits clearly. Do not be afraid of being impolite. You have the right to set limits and say no.
- Try not to be alone with someone you don’t know well. Socialize in groups.
- Before leaving, let other people know what your plans are and where you can be reached. Let others know what time you plan to be home.
- Avoid letting a date or friend take you to an isolated or deserted location. Stay in groups.
- Carry cash on you so that you can pay for your bill and leave quickly.
- When drinking, do not under any circumstances leave your drink unattended.
- Alcohol is a date-rape drug: a potential offender may ply you with alcohol to lower your ability to judge situations. Besides watching your drink at all times, watch the amount you drink.
- Make a pact with friends: watch out for each other when you are at the bar or at a party. Ask your friends to take you home if you seem drunk. Ask them to not let you leave with someone when you’ve been drinking.
- Be aware of a person who wants to keep you away from other friends or family. This is a warning sign of an abusive partner.

WHAT ABOUT ME?

- If you are with a friend or date who is pressuring you for unwanted sexual activity say no **FIRMLY**. This may be enough for the person to stop. If it isn't, use one of the following tactics:
 - Pretend to get sick.
 - Use your words: ask the person to brush their teeth or to get you some water and leave while they're doing so, say you need to use the restroom first and leave through a door or window, etc.
 - If you feel this is an option, physically fight.
 - Lock yourself in another room and call a friend or the police.
 - Run out the door.
 - Tell them you have an STD or HIV. Use this cautiously as the offender may also have one of these infections.

If you are feeling it is unfair to have to think about safety tips all the time, **YOU ARE RIGHT**. However, it is important that you be as safe as possible. If your intuition tells you that something is wrong, or if you feel threatened or uncomfortable in ANY situation, make every attempt to get to a safer place as soon as possible. The two key words in self-protection are **AWARENESS** of surroundings and **ASSERTIVENESS** of yourself. Your brain is your best weapon.

An advocate from the SCSU Women's Center can work with you to develop an individualized safety plan.

Due to special circumstances in your life, you may have questions or concerns that have not yet been discussed in this booklet. This section of the Survivors Packet is for you. We hope you find it helpful.

I LIVE ON CAMPUS AND WANT TO MOVE

You have the right to feel safe in your residence hall. If the perpetrator lives in the same residence hall as you, or if you feel unsafe in your hall or room, you can request a housing transfer. This transfer could include either you or the perpetrator switching rooms or residence halls, depending on the circumstances and what you wish to request. An advocate from the Women's Center can assist you in requesting a housing transfer.

If you do not wish to move or make a housing switch, but have some immediate safety concerns, you may request temporary safe housing. This safe housing can be arranged on campus through Residential Life, or through an off campus safe shelter. An advocate can help you to understand your options, make decisions to keep yourself safe, and make appropriate arrangements.

I AM IN THE SAME CLASSES OR MAJOR AS THE PERPETRATOR

It can be very scary and distracting for a victim to attend class or be in the same academic program as a perpetrator. You have the right to feel safe in your classes. It is important that you are able to feel safe attending classes so that you can be successful academically as part of your healing process. You deserve to continue to pursue your academic career and be successful in that endeavor.

You also have the option to retake a course or withdraw from a course without penalty following a sexual assault. Sometimes it is possible to make adjustments to your class schedule or alternative arrangements with your professors rather than withdrawing from or retaking a course. An advocate from the Women's Center can provide academic advocacy, working with instructors, advisors, and/or departments to help you feel safe.

I AM DOING POORLY IN MY CLASSES BECAUSE OF THE ASSAULT

It is common to have difficulty concentrating on classes and focusing on schoolwork following a sexual assault. Sometimes survivors need to make arrangements with instructors or alterations to their schedules in order to be successful academically.

With your permission, an advocate can contact instructors on your behalf to request accommodations in your courses. Without disclosing any details or personal information, an advocate can help to explain your need for alternative arrangements or flexibility with deadlines and assignments. You can also communicate directly with your instructors to determine whether course expectations and requirements can be adjusted to accommodate your needs. Be aware alternative arrangements may not always be possible.

Sometimes survivors find they need to withdraw from a course or lighten their credit load in order to be successful academically. This can be a difficult decision, and could impact your future success.

Sometimes it may be best to take a break from school and just focus on your healing. An advocate from the Women's Center can help you to navigate the various options you have and help you make the best decision for your circumstances.

I AM A MALE SURVIVOR

You have survived a violent attack. Some of your feelings may be the same as those of a female sexual assault survivor. You may feel:

- Guilt
- Powerlessness
- Concern regarding your safety

However, there are special issues which may be different for you; they include:

- Sexuality — masculinity
- Medical procedures
- Reporting to law enforcement
- Telling others
- Finding resources and support

You need to know that strong or weak, outgoing or withdrawn, homosexual or heterosexual, old or young, attractive or unattractive, you have done nothing that justifies this violent attack. At no point and under no circumstances does anyone have the right to violate or control another's body. Sexual assault is a crime of violence and power, not lust or passion.

The special support you may need as a male may include: calling a crisis line anonymously and requesting a male advocate; finding a support group for male survivors; and asking about services specifically for men.

I AM AN LGBTQ SURVIVOR

As an LGBTQ survivor, you can expect the same range of emotional responses to assault as anyone else. However, because of the myths about sexual assault and about LGBTQ individuals, your concerns about how you will be treated may be intensified.

You may be concerned that you will be treated differently if you choose to disclose your sexual orientation and that will become the focus of treatment instead of the sexual assault. If you are not "out" to your friends or family, you may fear that disclosure may affect the support you need from your significant others. You may worry that public disclosure of your lifestyle may negatively affect your close friends or your children. And you may be concerned that caregivers who may be sensitive to the crisis of sexual assault may still hold distorted and judgmental ideas.

On the other hand, if you choose not to disclose your sexual orientation, some of the questions you are asked by emergency room and law enforcement personnel may be difficult to answer. You will also be under the added emotional pressure of thinking carefully about the thoughts and feelings you express openly at the time when it is very important to be able to talk about your feelings.

Whether you choose to disclose your sexual orientation or not, you are entitled to the same sensitive treatment as any other survivor. You may find it particularly helpful to contact the LGBT Resource Center at SCSU. The LGBT Resource Center and the Women's Center can work together to provide support and make sure you are treated sensitively.

I AM A PERSON OF COLOR

Women of color may face unique barriers to seeking help. These barriers can come from within the survivor's ethnic or racial community, or from the professionals from which the survivor seeks help. It is important to understand that within each culture and community there may be values that support or hinder a survivor's ability to seek help. It is also important to understand the importance of access to advocacy and support services for all individuals regardless of their racial and ethnic background.

Assumptions and stereotypes about race can make women of color vulnerable to sexual assault. Sexual violence committed against women of color is sometimes seen as insignificant and can be justified by stereotypes of women of color. It is important to understand the historical context of racist and sexist attitudes. Sexual assault has traditionally been used by men to have power and control over women, in the same way that racism has been used against people of color. Thus, the sexual assault of women of color comes from a combination of sexist and racist attitudes. These attitudes can lead to minimization of the impact of sexual assault on women of color. It is important to recognize that sexual assault is never the victim's fault, and that all individuals have the right to seek help and have access to support services.

I HAVE A DISABILITY

People with disabilities have the right to personal safety and a life free of sexual violence and abuse. Research has documented that individuals with disabilities face increased risks for sexual assault as compared to persons without disabilities. The problem of assault and abuse against person with disabilities is often complicated by the fact that most of the abuse is perpetrated by someone whom the individual has an established relationship (i.e., family member, intimate partner, personal care provider).

People with disabilities may experience trauma similar to other victims of violent crime. You may benefit from advocacy and counseling services from a sexual assault program. Sexual assault advocates can assist you with issues such as:

- Finding and resolving trauma symptoms
- Asserting your rights to privacy
- Linking you with additional community resources
- Advocating for your rights with medical and criminal justice systems

People with disabilities can learn skills through personal safety, sexuality

education, and self-defense training to enhance their ability to protect themselves. Empowering a survivor with a disability to increase their knowledge and skills for self-protection can make a difference in their healing process. You may find it particularly helpful to contact Student Disability Services at SCSU. Student Disability Services and the Women's Center can work together to make sure you receive the support you need.

I WAS ASSAULTED BY SOMEONE I KNOW

Acquaintance sexual assault happens more often than stranger sexual assault. The offender might be an acquaintance, co-worker, friend-of-a-friend, social contact, or relative. They might be someone you barely recognize or someone you know well.

Many survivors mistakenly believe that because they agreed to meet their assailant, accepted a ride, had causal conversation, or allowed someone into their home, they are to blame for the assault.

Being sexually assaulted by someone you know does not alter the fact that a sexual violation has occurred. It's important to remember that the offender, not the victim, is responsible. No one asks for such violence or deserves to be sexually assaulted.

If you were assaulted by someone you know; you may have some special concerns.

- You may find others less likely to understand what has happened to you.
- You may doubt your ability to judge others.
- You may find people are less likely to believe you.
- You may have doubts about reporting the crime to police.
- You may find it difficult to trust again.
- You may have doubts telling others what happened to you even though you want to warn others.
- You may be concerned about having to see your offender again and you may be concerned about how you will react.

The feelings that survivors frequently express — shame, guilt, fear, disbelief — are often stronger in the case of acquaintance sexual assault.

I WAS ASSAULTED BY MY PARTNER

If you were forced to engage in unwanted sexual activities with your partner, you are entitled to the following:

- To receive tests for STI and pregnancy whether or not you choose to report to law enforcement.
- To report or not to report to law enforcement.
- To exclude anyone from the examining room, including your partner.
- To treatment for injuries without saying who assaulted you.

Some common myths about partner sexual assault include:

- Sex with one's wife is a husband's right. (Women are seen as property belonging to men.)
- Sexual assault by one's partner isn't serious. (It's between them so others shouldn't interfere.)
- The husband/partner will change.
- The family must stay together at all costs. (Parents must stay together "for the sake of the children".)
- Males are never sexually assaulted by their girlfriends or wives. (Men can be victims of sexual assault too.)

Some reasons you may have submitted to sexual pressure by your partner include:

- You believed your partner would leave you if you refused.
- You were subjected to physical force.
- You feared your partner's violence if you continued to resist.
- Your partner threatened to cut off money.

For your own understanding the most important point to be stressed is that no one deserves to be sexually assaulted, no matter what s/he says or does or whom s/he marries.

I WAS A CHILD SEXUAL ABUSE VICTIM

Coming to college may provide child sexual abuse survivors with a feeling of safety in talking about their past experiences. Survivors may also begin remembering additional details about past abuse.

Services mentioned elsewhere in this booklet, such as the Central Minnesota Sexual Assault Center and the SCSU Women's Center Gender Violence Prevention Program are also skilled in working with adult survivors of child sexual abuse. Please contact an advocate at one of these locations if you are in need of support and/or services.

SOMEONE I CARE ABOUT WAS ASSAULTED, WHAT CAN I DO TO HELP?

It is normal for you to feel upset and confused. At a time when you may want to most help the survivor through this crisis, you will be dealing with a crisis of your own.

Sexual assault advocates are available to support you as well as the survivor. Your feelings of fear, anger, confusion, guilt, or powerlessness are normal. Advocates can assist you in dealing with your feelings and questions about medical, legal, or other issues.

Contact at advocate at the Central Minnesota Sexual Assault Center or the SCSU Women's Center to connect with resources for concerned persons.

WHO CAN HELP ME?

For All Emergencies Call 911.

THE WOMEN'S CENTER GENDER VIOLENCE PREVENTION PROGRAM

- Women's Center
320.308.4958
(8:00a.m. – 4:30p.m.)
www.stcloudstate.edu/womenscenter

The Women's Center provides services for victims of sexual assault including individual support, advocacy, information and referral, support groups and resources from a specialized loan library. Through a victim-centered philosophy, sexual assault survivors receive non-judgmental support to direct their own healing process. Student victims of all crimes including dating/ domestic violence, harassment and stalking are encouraged to report and obtain assistance from the Women's Center.

Advocates from the Women's Center can help students learn about their legal rights, how to file complaints, and campus and community services designed to help victims of violence, harassment and/or stalking. Advocates work closely with the Public Safety Department and St. Cloud Police Department in order to serve the needs of victims.

THE CENTRAL MINNESOTA SEXUAL ASSAULT CENTER (CMSAC)

- Central Minnesota Sexual Assault Center (CMSAC)
320.251.4357
1.800.237.5090
(24 hours a day)
<http://cmsac.org/>

CMSAC serves Stearns, Benton, Sherburne and Wright counties. CMSAC provides 24-hour crisis line support, counseling, information and referrals for sexual assault survivors as well as for their family and friends.

Trained advocates help survivors of sexual assault deal with their feelings, make decisions about medical and legal matters and obtain needed follow-up care. Advocates are available to accompany a survivor to the hospital, to law enforcement agencies and to court. All services are free and confidential.

ST. CLOUD STATE CAMPUS RESOURCES

- Counseling and Psychological Services
320.308.3171
www.stcloudstate.edu/counseling
 - Counseling and Psychological Services has licensed psychologists to provide counseling and referrals, and a case manager to help coordinate services for students in need.
- Disability Services
320.308.4080
www.stcloudstate.edu/sds
 - Student Disability Services provides support services for students with a physical, cognitive or mental/emotional disability.
- Health Services
320.308.3191
www.stcloudstate.edu/healthservices
 - Health Services offers sexually transmitted infection testing and treatment, pregnancy testing, emergency contraception, and documentation of injuries. Tell them you have been sexually assaulted and would like to get in immediately for care.
- Legal Services
320.308.2205
www.stcloudstate.edu/campusinvolvement/legalservices.asp
 - The Student Legal Service Program offers students a free consultation with an attorney who can provide information, guidance, and legal advice.
- LGBT Resource Center
320.308.5166
www.stcloudstate.edu/lgbt/default.asp
 - The LGBT Resource Center provides support services and advocacy to LGBT persons and allies.
- Multicultural Student Services
320.308.3003
www.stcloudstate.edu/mss
 - Multicultural Student Services provides support services to students of color, and is committed to serving students from all racial and cultural backgrounds.

- Office of Equity and Affirmative Action
320.308.5123
www.stcloudstate.edu/affirmativeaction
 - The office of Equity and Affirmative Action can assist students in filing a complaint regarding a sexual assault. An advocate can help to determine whether to report to this office or elsewhere on campus.
- Public Safety
320.308.3333
www.stcloudstate.edu/publicsafety
 - Public Safety responds to emergencies on campus, can document reports of incidences, assist in reporting to the police, and make referrals. Public Safety can also provide 24 hour escort services on campus.
- Residential Life
320.308.2166
www.stcloudstate.edu/reslife
 - Residential life can assist with housing transfers (i.e. switching rooms or residence halls).
- Student Life and Development
320.308.3111
www.stcloudstate.edu/sld
 - The office of Student Life and Development can assist students in filing a complaint regarding a sexual assault. An advocate can help to determine whether to report to this office or elsewhere on campus.

ST. CLOUD COMMUNITY RESOURCES

- Anna Marie's Alliance
320.253.6900
1.800.950.2203
<http://annamaries.org/>
 - Anna Marie's provides services and safe housing for victims of domestic violence.
- Planned Parenthood Minnesota
320.252.9504
1.800.230.7526
www.plannedparenthood.org/mn-nd-sd/
 - Planned Parenthood provides high quality reproductive and related health care services including emergency contraception and medical follow-up.
- St. Cloud Police (non-emergency)
320.251.1200
 - The St. Cloud Police can take reports from victims of sexual assault, including blind reports, if the crime occurred in St. Cloud.
- St. Cloud Hospital
320.251.2700 (general)
320.255.5656 (Emergency Trauma Center)
1.800.835.6652
1406 6th Ave North St. Cloud, MN 56303
www.centracare.com/hospitals/sch/index.html
 - The St. Cloud Hospital offers evidence exams, sexually transmitted infection testing and treatment, pregnancy testing, emergency contraception, and documentation and treatment of injuries. Tell them you have been sexually assaulted and would like to get in immediately for care.
- Stearns County Sheriff's Department
320.259.3700
www.co.stearns.mn.us/Government/CountyDepartments/SheriffsOffice
 - The Stearns County Sheriff's office can take reports from victims of sexual assault if the crime occurred in Stearns County.

MINNESOTA RESOURCES

- Minnesota Coalition Against Sexual Assault (MNCASA):
1.800.964.8847
www.mncasa.org
 - MNCASA assists local programs in providing advocacy and prevention programming, and can also help victims find resources in their area.

NATIONAL RESOURCES

- Rape, Abuse, and Incest National Network (RAINN)
1-800-656-HOPE (4673)
www.rainn.org
 - RAINN is the nation's largest anti-sexual violence organization, and operates the National Sexual Assault Hotline. Calling the RAINN hotline connects you to the nearest crisis center in your area.
- National Sexual Violence Resource Center (NSVRC)
1.877.739.3895
www.nsvrc.org
 - The National Sexual Violence Resource Center provides resources for programs providing victim services and their website has an online directory which can help victims connect with local services.

NOTES

Women's Center/Sexual Assault Center

Advocate name _____

Phone number _____

Crisis Line _____

Name of Hospital _____

Doctor _____

Nurse _____

Social Worker _____

Medical Needs

I need my first follow-up exam on _____

I need my second follow-up exam on _____

Law Enforcement

Name of officer/investigator _____

Case number _____

Phone number _____

Other Counselors or Advocates

Name _____

Phone number _____

Crime Victims' Reparations

Phone number _____

Name of contact person _____

Date of first call _____

Date claim was filed _____

Claim number _____

Things to remember

HOW CAN I FIND OUT MORE?

If you would like to learn more about sexual assault, you can talk with an advocate from the Central Minnesota Sexual Assault Center or the SCSU Women’s Center.

The SCSU Women’s Center has a specialized library with many specific books for survivors and their friends and family members. These resources are available for individuals to either read at the Women’s Center or check them out to read elsewhere.

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CONTACT INFO

WOMEN'S CENTER

720 Fourth Ave. S. • St. Cloud, MN 56301

ONLINE

www.stcloudstate.edu/womenscenter

TELEPHONE

320.308.4958

320.308.6408 (fax)

EMAIL

womenscenter@stcloudstate.edu

Office Hours: Monday – Friday

Academic Year: 8:00 a.m. – 4:30 p.m.

Summer: 7:30a.m. – 4:00p.m.



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