



SEXUAL ASSAULT & RELATIONSHIP VIOLENCE

WHAT EVERYONE NEEDS TO KNOW!

This brochure contains important information for the Cheyney University of Pennsylvania community about sexual assault and relationship violence resources, assistance, procedures, policies and other important matters. Please take the time to read it and refer to it if needed.

What is Sexual Assault? Legal and institutional definitions of sexual assault vary widely but in simple terms sexual assault refers to any unwanted sexual contact, or in other words, sexual contact against your will, and without consent (womenslaw.org). Sexual violence and intimate partner violence is a problem that plagues our society and college campuses are no exception. In fact the National Institute for Justice reported (2007) that 20% of women and 6% of men are victims of attempted or completed sexual assault while in college. This booklet has been developed to help educate members of the community about sexual and relationship violence and to provide resource information to help those impacted by violence.

What to do if you think you have been sexually assaulted

Call the police if you are in immediate danger.

On campus emergency telephones are identified by a blue light; the emergency number is 610-399-2405. Off campus students should call 911 immediately.

Get to a safe place.

After an assault, you may be in a state of shock. Wrap yourself in something warm. To preserve evidence, DO NOT: Bathe/shower, eat/drink, smoke, brush your teeth or hair, urinate or wash your clothing. Put the clothes you were wearing into a paper (not plastic) bag.

Call someone you trust.

Receiving comfort and support helps restore a sense of safety and contributes to better decision-making.

Seek medical attention.

You may have injuries of which you're unaware; you should also be tested for sexually transmitted diseases and pregnancy (if applicable). A medical exam for evidence collection (by a qualified forensic nurse examiner) is strongly recommended and should be done as soon as possible.

Report the assault promptly.

Reporting an assault does not commit you to filing charges, and you can decide at any time not to pursue the case. While it is important that perpetrators be held accountable and prevented from doing this to others, you should never let anyone pressure you if you know you do not want to report.

Talk with a counselor.

Working with a counselor can accelerate recovery and help you manage posttraumatic symptoms.

Take care of yourself.

Rest, eat well, seek social support and engage in activities that are healing for you and your body.

Over 75% of all sexual assaults are committed by an acquaintance. Of acquaintance rapes, 57% occur on a date.

Safety Tips**Don't think that it can't happen to you!**

Just being aware that you could be at risk makes you less vulnerable.

You have the right to set sexual limits in any situation.

Make sure that you clearly communicate these limits.

Don't invite people into your room that you do not know.**Don't be afraid to be assertive.**

If someone is doing something you don't like or is not respecting your limits, then leave the situation.

Consider taking a self-defense course.

The Cheyney University Police Department provides a self-defense course free each semester.

Trust your instincts.

If you are uncomfortable in a situation, then trust your gut reaction and get out as soon as possible.

Stay sober.

Drinking or using drugs diminishes your ability to make good decisions and makes you more vulnerable to the possibility of assault.

Sexual Assault/Relationship Violence Advocates

Cheyney University Sexual Assault/Relationship Violence Advocates are professionally trained staff and students willing to assist an individual who is a survivor of sexual assault/relationship violence. They can:

- Offer support to the victim (if requested) during initial interviews by police on campus.
- Accompany the victim to the hospital for testing and treatment, if needed, or decide to have other victim support agencies (such as Chester/Delaware County Women Against Rape or Chester County Women in Crisis) meet the student at the hospital to offer support during testing.
- Distribute resource information concerning referral services available to the victim and offer information concerning access to those services.

Advocates are not permitted to transport a victim for medical treatment. Contact the Cheyney Police Department for assistance with transports as needed.

Sexual Violence & Title IX –Sexual harassment is a form of sex discrimination prohibited by Title IX of the Education Amendments of 1972. Title IX prohibits student-on-student sexual offenses and requires a prompt and equitable resolution of complaints.

Sexual harassment of students, which includes acts of sexual violence (including, but not limited to, rape, sexual assault, sexual harassment and sexual exploitation) is a form of sex discrimination prohibited by Title IX and includes physical sexual acts against a person's will, where a person is incapable of giving consent as a result of his/her use of drugs or alcohol, or where an individual is unable to give consent due to an intellectual or other disability.

CU's Sexual Offenses Policy

Sexual violence of all kinds, including intimate partner violence, will not be tolerated. The Cheyney University Policy on Preventing and Addressing Sexual Harassment, Including Sexual Violence, SE-2010-6001, can be accessed at <http://www.cheyney.edu/president/documents/SexualHarassmentSE2010-6001.pdf>.

The standards listed below clearly define prohibited conduct that is a violation of the Sexual Offenses Policy of the Student Code of Conduct which is published in its entirety in the student handbook at <http://www.cheyney.edu>.

1. Non-Consensual Sexual Intercourse:

No person shall commit, or attempt to commit, a rape. Rape (date, acquaintance, and stranger) includes all acts of non-consensual sexual intercourse involving any penetration of a bodily cavity with a foreign object, tongue, digit, or genitalia. A rape occurs when imposed under any of the following circumstances:

- When the complainant is incapable of giving legal consent for mental, developmental, or physical reasons and this fact is known or reasonably should have been known by the person committing the act: No person shall commit, or attempt to commit, a rape.

2. Non-Consensual Sexual Conduct:

Sexual Assault -No person shall engage in, or attempt to engage in, a sexual assault. Sexual assault is the imposition of non-consensual sexual conduct (excluding rape). It includes, but is not limited to caressing, fondling, or touching a person's genitalia, buttocks or breasts. It shall also be considered sexual assault when the victim is compelled to caress, fondle, or touch the assailant's genitalia, buttocks, or breasts.

- When the act is committed without the person's explicit consent or is against the person's wishes. Rape incorporates any or all of the following: the use of force, threat, intimidation, coercion, duress, violence, or by causing a reasonable fear of harm;

- When the complainant is prevented from consenting or resisting because of incapacitation, intoxication or unconsciousness at the time of the act.
- Sexual Contacts - Any nonconsensual, intentional bodily contact in a sexual manner, though not involving contact with/of/by breasts, buttocks, groin, genitals, mouth or other orifice.

3. Sexual Harassment:

Any prohibited behavior defined under the Cheyney University Sexual Harassment Policy.

4. Sexual Exploitation:

Taking non-consensual sexual advantage of another: Sexual exploitation includes, but is not limited to, prostituting another student, causing or attempting to cause the incapacitation of another person in order to gain a sexual advantage over another person, the non-consensual recording, photographing, or transmitting of identifiable images of private sexual activity and/or intimate body parts (including genitalia, groin, breasts or buttocks), knowingly allowing another person to surreptitiously watch otherwise consensual sexual activity, engaging in non-consensual voyeurism, knowingly transmitting or exposing another student to sexually transmitted infection or diseases without the knowledge of the student, exposing one's genitals in non-consensual circumstances or inducing another to expose their genitals, and sexually based stalking and/or bullying.

Other related behaviors, such as harassment, physical abuse, threats, intimidation, stalking or bullying that fall under the standards of the Harm to Others standards or other standards of the Student Code of Conduct may be applied in addition to any of the above sexual misconduct offenses.

Harm to Others

- Physical violence including but not limited to physical abuse, assault and/or battery; threats of violence, striking, shoving or subjecting another person to unwanted physical contact.
- Intentionally or recklessly endangering, threatening, or causing physical harm to any person and/or their property.
- Harassment, or a pattern of behavior that involves verbal abuse or harassment, threats, intimidation, bullying, coercion, stalking, and/or other conduct which threatens or endangers the health and safety of another person or another person's property;
- Stalking, or the repetitive and/or menacing pursuit, following, harassment and/or interference with the peace and safety of another person.
- Bullying, or the repeated and intentional harassment and/or intimidation of another person.
- Use of the internet, interactive, and/or digital technologies to harass, bully and/or stalk another person.

Title IX Coordinator

The University's Title IX Coordinator is Ms. Sheilah D. Vance, Esq., Chief of Staff and Deputy to the President. The role of the Title IX Coordinator is to oversee investigations involving sexual offenses against students and to ensure University-wide compliance with Title IX. The office of the Title IX Coordinator is located in the Office of the President, Biddle Hall 1st floor, and the Title IX Coordinator may be reached by telephone at 610-399-2430 or by email at svance@cheyney.edu.

How to Report Sexual Violence - Any person or student is encouraged to report rapes and sexual offenses to the Cheyney Police Department 610-399-2405 or 911 immediately either by the individual or through a University Staff member. The complainant will be informed of the medical and counseling services available both on and off campus by the Cheyney University Police Department or police services. The complainant may have another person accompany him/her through the process. The Student Affairs Office (610-399-2217) will advise both parties on the student conduct process including the rights of both parties. The Title IX Coordinator and the Office of Social Equity (610-399-2430) will respond to questions about, or allegations of, sexual harassment by persons who are in authority over a student such as a faculty member, staff or employer.

Student Rights in Sexual Violence Cases

The following student rights are enumerated in CU's Sexual Offenses Policy and are afforded to complainants throughout the administrative student conduct process involving sexual violence:

- Report the rape or sexual offense to the Cheyney University Police Department, the Student Affairs Office and/or local polices for adjudication in both or either jurisdiction.
- Provide insight for amnesty for conduct violations (i.e. alcohol policy) related to the same incident in question:
- Provide insight on whether or not to move forward with Student Code of Conduct charges and/or participate in a hearing;
- Have every effort made to respect a student's privacy;
- Contact supportive services such as a rape crisis center;
- Freedom from intimidation or harassment by the alleged respondent to others;
- Request a change of living arrangements and/or academic schedules or those of the alleged respondent;
- Select an advocate of choice who may be a member of the University community or a private attorney to accompany him/her through all University student conduct processes;
- Protection against discussion of non- relevant, past sexual history during the hearing;
- Have the option to remain physically present during the entire student conduct hearing and participate fully in the hearing, including the opportunity to present evidence and witnesses;
- Have the option to provide testimony from a remote on-campus location;
- Be informed, in writing, of the outcome of the hearing, the potential for appeal by either party, and the final disposition of appeal, if applicable;
- Have the case decided by preponderance of evidence (i.e. it is most likely than not the sexual offense occurred);

- Make up any academic work missed while participating in student conduct or criminal proceedings related to the incident in question.
- *Room Change:* If you want to move your dormitory room, you may request a room change. Room changes under these circumstances are considered emergencies. It is typical institutional policy that in room changes, the student is moved to the first available suitable room. If you want the Respondent to move and believe that you have been the victim of sexual misconduct, you must be willing to pursue a formal University complaint. No Contact Directives can be imposed and temporary room changes for the accused student can usually be arranged quickly. Room changes can only be accommodated if space is available. University support staff may be able to assist you in completing a room relocation. University support staff may be able to arrange for dissolving a housing contract and pro-rating a refund. To change your room, please contact Elisabeth Burton, Director of Housing Operations, 610-399-2428, eburton@cheyney.edu, or Sheilah Vance, Title IX Coordinator, 610-399-2430, svance@cheyney.edu.
- *Classes:* The faculty in the Guidance and Counseling Center can assist you with rescheduling an academic assignment (paper, exams, etc.), transferring class sections to avoid the respondent, alternative course completion options, taking an incomplete in a class, or temporary withdraw. For assistance, please contact Professor Jolly Ramakrishnan, Guidance and Counseling Center, jramakrishnan@cheyney.edu, 610-399-2032, or Sheilah Vance, Title IX Coordinator, svance@cheyney.edu, 610-399-2430.
- *Working:* The university will change students' work study assignments, if possible. For assistance, please contact Sheilah Vance, Title IX Coordinator, 610-399-2430, svance@cheyney.edu.
- *Transportation:* The university will make every effort to assist students with requests for changes in transportation in certain circumstances (i.e., athletics, band, choir, etc.). For assistance, please contact Sheilah Vance, Title IX Coordinator, 610-399-2430, svance@cheyney.edu.

1 in 4 adult females and 1 in 10 adult males will be sexually assaulted

What to do if someone you care about has experienced sexual assault or relationship violence

- Listen to the victim/survivor and take what she/he says seriously.
- Reassure the victim that the assault or violence was not his/her fault.
- Ask for permission before you touch or hug the victim/survivor to show support.
- Don't judge or ask questions that could be interpreted as blaming, such as "Why didn't you fight back?" "What were you wearing?" or "How can you stay in that relationship?"

- Don't press for details. Allow the person to share information at her/his own pace in a safe environment.
- Advise the victim/survivor to seek assistance and volunteer to go with her/him.
- Respect the person's right to make her/his own decision about whether to report the assault/abuse.
- Maintain confidentiality.
- Offer to accompany the victim/survivor to classes, meals, parking lots, social gatherings, etc.
- Get support for yourself. Hearing about or witnessing events that are hurtful to those whom we care also can produce post-traumatic symptoms.

Keep in Mind

Sexual Assault: Can it happen to me?

Sexual assault and relationship violence are widespread but are widely unreported in communities of every race, culture, religion, gender identity or expression, sexual orientation and socioeconomic class.

- Being raped by a date or an acquaintance is just as serious as sexual assault committed by a stranger.
- An individual incapacitated by alcohol or drugs cannot legally give consent; the legal responsibility for sexual or physical assault rests completely with the assailant.
- Victims/survivors of attempted sexual assaults/physical violence are entitled to the same legal, emotional and medical resources.
- Men can be victims of sexual assault and relationship violence; women can be perpetrators of these crimes. Sexual assaults and relationship violence can also occur when the assailant is the same sex as the victim.

Women ages 16-24 are the most likely victims of sexual assault.

A Word about Self Blame:

It is not your fault. While it is important for individuals to take responsibility for protecting themselves, it is critical to note that errors in judgment (e.g., mistaking someone's motives, getting drunk) or failure to stop an attack are NOT the CAUSE of assault or abuse. Other individuals are legally responsible for their actions, even if they themselves are under the influence of drugs or alcohol.

Not Just a Women's Issue:

In recent years, men's groups and individual men, recognizing the high personal and societal costs of sexual and relationship violence have become active in sexual assault and relationship violence prevention work. Only through the cooperation of men and women is stopping these crimes possible.

Issues of Race, Culture, Gender, Sexual Orientation and Socioeconomic Status:

Individuals with less power/status in their families and cultures may risk loss of social support and additional physical or psychological harm as a result of reporting sexual assault or relationship violence.

Chester County Resources

Pennsylvania Coalition Against Rape 1-888-772-7227
www.pcar.org

Pennsylvania Coalition Against Domestic Violence 1-800-932-4632
www.pcadv.org

National Domestic Violence Hotline 1-800-799-7233
www.ndvh.org

National Sexual Assault Hotline 1-800-656-4673
www.rainn.org

Delaware County Resources

Childline 1-800-932-0313

Children and Youth Services:

Chester Office 610-447-1000

Upper Darby 610-713-2000

Sexual Abuse Center 610-891-5258

CISM-Critical Incident Stress Management

(for emergency service providers): contact via 911

Community Resources and Referral

(United Way SEPA): Dial 211

County Offices: 610-891-4000

County Office for Services for the Aging: 1-800-416-4504

Crime Victim Services: 610-891-4227

Domestic Abuse Project: 610-565-4590

Senior Victim Services: 610-627-2292

Women Against Rape: 610-566-4342