

Keep In Mind

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.*
- *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. Victims/survivors of attempted sexual assaults/physical violence are entitled to the same legal, emotional, and medical resources.*

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. Persons who assault or abuse other individuals are legally responsible for their actions, even if they themselves are under the influence of drugs or alcohol.*

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. It is critical that family members, friends, colleagues and service providers be sensitive to these issues as they support victims/survivors.*

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.*

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 such as RAD (Rape Aggression Defense).*
- *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.*
- *Never leave any beverage unattended or accept a drink from someone you do not know well.*
- *Don't leave any event with someone you just met or don't know well.*
- *Don't walk alone at night; avoid being near secluded or wooded areas.*
- *Be aware of your surroundings. Know where you are going, look around to see who is near you, walk confidently and always be alert. Use cell phones and MP3 players with caution; they can distract you from your surroundings.*
- *Always keep your home and car doors locked.*
- *Never buzz in, sign in or let anyone you don't know well into your residence hall or apartment. Make sure you know who is at the door before you open it.*

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

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

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

HEART at KU:

Healing Environment Advocate Response Team

Kutztown University Sexual Assault/Relationship Violence Advocates are professionally trained staff and students willing to assist an individual who is a survivor of a sexual assault/relationship violence. HEART personnel 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 Berks Women in Crisis (BWIC) 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 Public Safety and Police Services for assistance with transports as needed.

Campus Resources

Public Safety & Police Services	610-683-4001
Safety Escort Services (24/7)	610-683-4002
Anonymous Crime Tip Line	<i>on-campus only</i> x38477
University Counseling Services	610-683-4072
Student Conduct Services	610-683-1320
Health & Wellness Center	610-683-4082
Women's Center/HEART at KU	610-683-4655

Off-Campus Resources

Berks Women in Crisis/HEART at KU	
www.berkswomenin crisis.org	610-372-9540
Turning Point of Lehigh Valley	
www.tplv.org/index	610-437-3369
Pennsylvania Coalition Against Rape	
www.pcar.org	1-888-772-7227
Pennsylvania Coalition Against Domestic Violence	
www.pcadv.org	1-800-932-4632
National Domestic Violence Hotline	
www.ndvh.org	1-800-799-7233
National Sexual Assault Hotline	
www.rainn.org	1-800-656-4673



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Sexual Assault & Relationship Violence



What everyone needs to know

Sexual Assault

What is Sexual Assault and Rape?

According to KU's Sexual Offenses Conduct Standard, 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 forced to caress, fondle, or touch the assailant's genitalia, buttocks, or breasts.

Rape (date, acquaintance, and stranger) includes all acts of non-consensual sexual intercourse involving any penetration of a body 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;
- 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 intoxication or unconsciousness at the time of the act.

The Student Code of Conduct also defines Assault, Harassment, and/or Reckless Endangerment as:

Physical abuse or harassment, verbal abuse or harassment, assault and/or battery, threats, intimidation, stalking, coercion, and/or other conduct which threatens or endangers the health and safety of any member of the university community including oneself; intentionally or recklessly endangering, threatening, or causing physical harm to any person including oneself; communicating to any person with the intent to cause alarm or threaten another person.

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 person that the assault or violence was not her/his fault.*
- *Ask first 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.*
- *Encourage 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 for whom we care also can produce post-traumatic symptoms.*

This publication is brought to you by the joint efforts of the Office of the Associate Vice President for Student Services & Campus Life, Women's Center, Public Safety & Police Services and Student Conduct Services. Much of the information contained in this brochure is adapted with permission from publications of the University of Chicago, Towson University and University of Maryland.

If you need the information contained in this brochure in an alternative format, contact Student Conduct Services at 610-683-1320.

How to Report a Sexual Assault

Victims may report an incident to the Office of Public Safety & Police Services, located on the lower level of Old Main (610-683-4001). If the alleged perpetrator is a Kutztown University student, the victim may choose to initiate student conduct charges against another student for sexual offenses regardless of whether she or he has filed criminal charges. To file student conduct charges, contact Student Conduct Services in 262 McFarland Student Union (610-683-1320) or go to <http://deanforstudents.kutztown.edu> for more information.

Victims' Rights

The rights of victims in incidents of sexual assault as defined in the Sexual Offenses Conduct Standard are to:

- *Report the rape or sexual offense to Student Conduct Services, Public Safety & Police Services and/or local police for adjudication in both or either jurisdiction;*
- *Have every effort made to provide confidentiality;*
- *Contact supportive agencies such as a rape crisis center, counseling center or women's center;*
- *Be free from intimidation or harassment by the alleged perpetrator or others;*
- *Request a change of living arrangements or a change for the alleged perpetrator while all proceedings transpire;*
- *Select a person of choice to accompany her/him through all University conduct processes;*
- *Receive protection against discussion of non-relevant, past sexual history during the hearing;*
- *Remain present during the entire proceedings;*
- *Be informed of the outcome of the hearing;*
- *Make up any academic work missed while participating in student conduct or criminal proceedings.*

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 610-683-4001. 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 also should 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 post-traumatic symptoms.*
- *Take care of yourself. Rest, eat well, seek social support and engage in activities that are healing for you and your body.*