



VOICES AGAINST VIOLENCE

UT Counseling & Mental Health Center

[cmhc.utexas.edu/vav.html](http://cmhc.utexas.edu/vav.html)

# Supporting a Survivor of Sexual Assault

*Sexual Assault is a sexual act directed against another person without consent. Ninety percent (90%) of sexual assaults are by a friend, dating partner or acquaintance. Sexual assault is different from regretted sex.*

## Your Response Matters!

If a survivor of sexual assault or relationship violence confides in you, **your response has a significant impact** on whether that survivor will continue to seek support or resources.

**You can make a difference in someone's life by the way you respond.**

If a survivor of sexual assault, relationship violence or stalking confides in you—

- listen, do not judge
- believe the survivor's experience
- validate the survivor's feelings
- communicate that the survivor is not to blame
- offer options and honor choices

## Resources for Support:

UT Telephone Counseling: 24/7/365,  
512-471-2255

National Sexual Violence Resource Center:  
1-877-739-3895, [www.nsvrc.org](http://www.nsvrc.org)

National Domestic Violence/Abuse Hotline:  
1-800-799-SAFE, [www.ndvh.org](http://www.ndvh.org)

Voices Against Violence: 512-471-3515,  
[cmhc.utexas.edu/vav.html](http://cmhc.utexas.edu/vav.html)

# What is Consent?

## CONSENT IS—

- Based on choice
- Active, not passive
- Only possible when there is equal power
- Giving permission by saying “yes”\*
- Negotiable at each stage: “yes” to one thing does not indicate “yes” to everything

## CONSENT IS NOT—

- Giving in because of fear
- Based on manipulation, deception or lying
- Possible when one person has more power
- Clear when one or both people are under the influence of alcohol or drugs
- Implied just because someone didn’t say “no”

*\*Giggling, changing the subject or squirming away does not communicate either “yes” or “no.”  
To give your permission, you must be able to say “yes” or “no” without pressure.*

## Voices Against Violence (VAV)

is a program of the UT Counseling and Mental Health Center that addresses issues of relationship violence, sexual violence & stalking. VAV offers information, education, training, advocacy, counseling & referral services.

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## VAV Theatre for Dialogue

offers interactive performances that engage audiences in examining the complex issues of interpersonal violence.

To schedule a performance, please call  
512-475-6989.

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