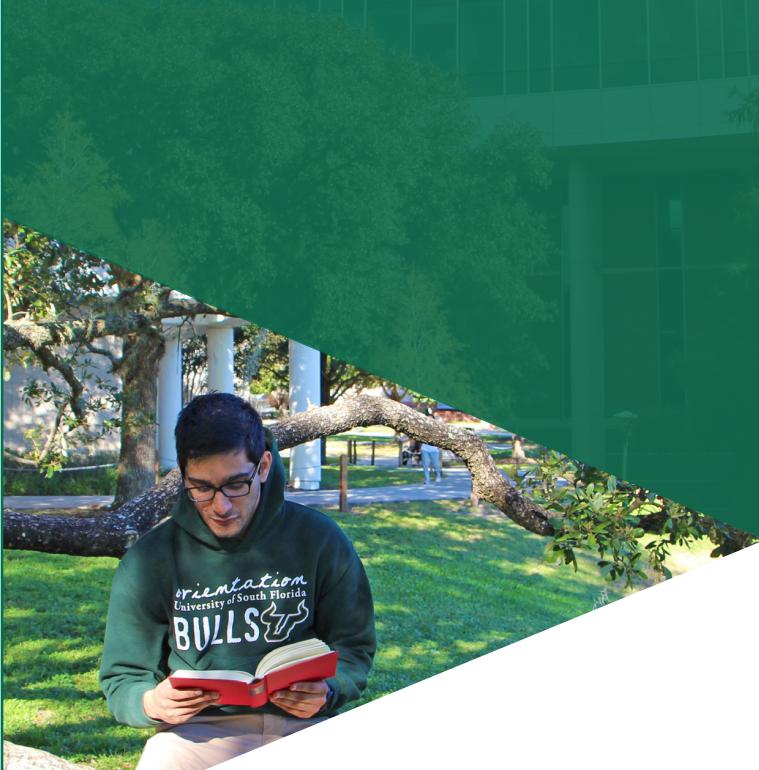


UNIVERSITY OF SOUTH FLORIDA
#myOrientation

It's On Us

Information Packet

2016



IT'S ON



Victim Advocacy and Violence Prevention

Learn more about...

THE CENTER FOR VICTIM ADVOCACY AND VIOLENCE PREVENTION



The Center for Victim Advocacy and Violence Prevention provides free and confidential services to USF students, faculty and staff. We serve men, women, and people of all gender identities who have experienced crime, violence or abuse, for incidents occurring on or off campus either recently or in the past.

Services are tailored to meet an individual's needs and requests and may include:

- Crisis Intervention
- Emotional Support
- Personal and Systems Advocacy
- Court Accompaniment
- Information, Options, & Referrals
- Victim Helpline
- Safety Planning
- Prevention & Education Presentations
- Assistance filing:
 - Police Report
 - Injunction for Protection
 - Crime Victim's Compensation Claim

Appointments are available in our office or other safe locations on campus.

Walk-ins are welcome, Monday – Friday 8 a.m. – 5 p.m.

Please see website for Confidentiality Statement and exceptions to the policy.

For reasonable accommodations, please contact Dawn Williamson, (813) 974-5756 (FL Relay 711).

Our Mission

Empowering survivors of crime, violence and abuse and preventing victimization by promoting the restoration of decision-making and control to survivors, advocating for their rights and honoring their experiences, and through education and collaboration, fostering a safe university community that respects the rights and dignity of all.

Victim Helpline:

(813) 974-5757

REAL

(Relationship Equality & Anti-violence League):

www.facebook.com/LetsBeREAL

Victim Advocacy and Violence Prevention

The Importance of **CONSENT**



Communication, honesty and respect make sexual relationships better. Asking for and obtaining consent shows respect for yourself and your partner. It eliminates the entitlement that one partner might feel over the other. Neither your body nor your sexuality belongs to someone else.



WHAT IS CONSENT?

- Consent is an intelligent, knowing, voluntary, sober, enthusiastic, creative, wanted, informed, mutual, honest, and verbal agreement.
- Consent is an active agreement; consent cannot be coerced. Consent is legally required.
- Consent shall not be deemed or construed to mean the failure by the victim to offer physical resistance to the offender.
- Consent is a process: if you want to move to the next level of sexual intimacy, ask.
- Consent is never implied and cannot be assumed, even in the context of a relationship. Just because you are in a relationship does not mean that you have permission to have sex with your partner.
- A person who is incapacitated by alcohol or other drugs cannot legally give consent. If you're too drunk to make decisions and communicate with your partner, you're too drunk to consent.
- The absence of a "no" doesn't mean "yes."
- Both people must be involved in the decision to have sex.

BEFORE YOU HAVE SEX ASK YOURSELF...

- Have I expressed what I want?
- Do I know what my partner wants?
- Am I certain that consent has been given?
- Is my potential partner sober enough to decide whether or not to have sex?
- Am I sober enough to know that I've correctly gauged consent?

GAUGING CONSENT

RED - SIGNS YOU SHOULD STOP

- You are too intoxicated to gauge or give consent.
Your partner is asleep or passed out.
Your partner does not consent.
You hope your partner will say nothing and go with the flow.
You intend to have sex by any means necessary.

YELLOW - SIGNS YOU SHOULD PAUSE & TALK

- You are not sure what the other person wants.
You feel like you are getting mixed signals.
You have not talked about what you want to do.
You assume that you will do the same thing as before.
Your partner stops or is not responsive.

GREEN - KEEP COMMUNICATING

- Partners come to a mutual decision about how far to go.
Partners clearly express their comfort with the situation.
You feel comfortable and safe stopping at any time.
Partners are excited!

Source: American College Health Association, Revised 8/2012

Victim Advocacy and Violence Prevention

CONSENT, COERCION, AND INCAPACITY UNDER USF POLICY

CONSENT means an informed, knowing, and voluntary agreement to engage in sexual activity. Consent to engage in sexual activity must exist from beginning to end of each instance of sexual activity. Consent is demonstrated through mutually understandable words and/or actions that clearly indicate a willingness to engage in a specific sexual activity.

Silence or an absence of resistance alone, without actions evidencing permission, does not imply consent.

- (a) To give consent, a person must be of legal age.
- (b) Someone who is incapacitated cannot consent.
- (c) Assent does not constitute consent if obtained through coercion or from an individual whom the alleged offender knows or reasonably should know is incapacitated.
- (d) The responsibility of obtaining consent rests with the person initiating sexual activity.
- (e) Use of alcohol or drugs does not diminish one's responsibility to obtain consent.
- (f) Consent to engage in sexual activity may be withdrawn at any time. Once withdrawal of consent has been expressed, the sexual activity must cease.
- (g) Consent is automatically withdrawn by a person who is no longer capable of giving consent.
- (h) A current or previous consensual dating or sexual relationship between the parties does not, in and of itself, imply consent or preclude a finding of responsibility.
- (i) Past consent to sexual activity does not imply ongoing future consent to sexual activity with that person.
- (j) Consent to engage in sexual activity with one person does not imply consent to engage in sexual activity with another person.
- (k) There is no consent when there is force, expressed or implied, or when coercion, intimidation, threats, or duress is used.

COERCION is the use of express or implied threats, intimidation, physical force, or duress which places an individual in fear of immediate harm or physical injury or causes a person to engage in unwelcome sexual activity. Coercion also includes administering a drug, intoxicant, or similar substance with the intent to impair that person's ability to consent prior to engaging in sexual activity.

INCAPACITATION. An individual is considered to be incapacitated if, by reason of mental or physical condition, the individual is manifestly unable to make a knowing and deliberate choice to engage in sexual activity. Someone who has consumed alcohol or intoxicants is not necessarily incapacitated. For instance, individuals who are asleep or unconscious are incapacitated. Other indicators that an individual may be incapacitated include, but are not limited to, inability to communicate coherently, inability to dress/undress without assistance, inability to walk without assistance, slurred speech, loss of coordination, vomiting, or inability to perform other physical or cognitive tasks without assistance.

REAL: RELATIONSHIP EQUALITY AND ANTI-VIOLENCE LEAGUE

Follow us on Facebook:
www.facebook.com/LetsBeREAL

GOT CONSENT?



Working together to end sexual and relationship violence

It's on US to take action:

Join **REAL** on Facebook and engage in meaningful interaction to end gender-based violence

Join the student organization N.I.T.E. to promote awareness of the impact of sexual and relationship violence by planning and participating in special events including:

Walk a Mile in Her Shoes ~ Take Back the Night ~ Campus Safety Walks

Contact **REAL** to find out about becoming a REAL Trainer,
delivering peer education sessions to our campus community.

Ask.

FOR CONSENT

Listen.

TO YOUR PARTNER

Respect.

YOUR PARTNER'S DECISION

REAL is a special project of the Center for Victim Advocacy and Violence Prevention: www.sa.usf.edu/advocacy

SUPPORTING CRIME VICTIMS

RESOURCES FOR SEXUAL, DATING & DOMESTIC VIOLENCE & STALKING

If you are the victim of a crime, the University of South Florida is ready to assist you in the manner that you determine is best for you. If you desire confidentiality, there are campus and community resources that will respect that decision. Review the potential paths below then decide how to proceed.

CONFIDENTIAL RESOURCES

Offer confidential advocacy services with the crime being reported anonymously per the Clery Act.

Contact USF Victim Advocacy & Violence Prevention

We work for you, offering insight as to your options and providing support for every step along the path that you want us to take, including:

- **Injunctions for Protection:** The USF Police Department will enforce any protective orders on campus when they are notified via receipt of a copy of the order.
- **Accommodations and assistance:** When reasonably available, we can help you change your housing or living arrangements, your class schedule or other such academic situations, or transportation or working situations.
- **Assistance with academic issues** (such as late assignments, missed classes, etc.) resulting from the impact of the traumatic incident.

Hours: Monday-Friday 8 a.m.-5 p.m.

Location: SVC 0067

Call the Victim Helpline: 813-974-5757 (available 24/7)

OTHER RESOURCES

On Campus: Counseling Center: 813-974-2831
Student Health Services: 813-974-2331

Off-Campus: Crisis Center of Tampa Bay: 813-234-1234

NON-CONFIDENTIAL RESOURCES

Cannot confidentially assist you due to State reporting requirements.

CALL 911 TO REPORT

On Campus: USF Police Department, 813-974-2628

Off-Campus: Hillsborough County Sheriff, 813-247-8200
Tampa Police Department, 813-231-6130
Temple Terrace Police, 813-989-7110

OTHER CAMPUS RESOURCES

Office of Diversity, Inclusion & Equal Opportunity
813-974-4373

Office of Student Rights & Responsibilities
813-974-9443

Certain USF System employees, known as **Campus Security Authorities** (CSAs), are mandated under federal law to report such crimes and their location per the Clery Act. The victim's name and identifiers are anonymous. CSAs include, but are not limited to RAs, academic advisors and student activity coordinators.

NOT SURE WHAT ? YOU WANT TO DO ?



Contact the Center for Victim Advocacy & Violence Prevention 24/7 at 813-974-5757 to confidentially explore your options.

PRESERVE ANY EVIDENCE IF YOU INTEND TO REPORT

Depending on the type of incident:

- DO NOT WASH** bedding, towels, and clothing.
- DO NOT ERASE** voice, text, and email messages.
- AVOID** bathing/showering, douching, brushing teeth, eating or drinking, using the toilet, or cleaning up the crime scene.





TITLE IX

COMPLAINT PROCESS & CONTACTS

Title IX protects individuals from sex discrimination in educational programs and activities at institutions that receive Federal financial assistance (20 U.S.C. § 1681). The University of South Florida (USF) is committed to providing an environment free from sex discrimination, including sexual harassment and sexual violence (See USF System policy 0-004 Sexual Misconduct/Sexual Harassment available on the Office of General Counsel's website at www.generalcounsel@usf.edu).

CAN I TALK ? TO SOMEONE ?

Students, faculty, and staff can call or make an appointment for an Information Session with any of the Title IX Deputy Coordinators located on campus. During this appointment, you can obtain information and ask questions.

POINTS OF CONTACT ON TAMPA CAMPUS

Crystal C. Coombes, M.Ed., LPC, Senior Deputy Title IX Coordinator
4202 E. Fowler Avenue, ALN 172, Tampa, FL 33620
813-974-5392 • cccoombes@usf.edu

Lorna Dwyer, Deputy Coordinator and Senior Title IX Investigator/Case Manager
4202 E. Fowler Avenue, ALN 172, Tampa, FL 33620
813-974-3970

HOW DO I FILE A TITLE IX COMPLAINT ?

Students reporting sexual violence may file a complaint with one of the Title IX Coordinators listed above. Alternatively, you may file an anonymous complaint via EthicsPoint – our third party hosted hotline – by calling 1-866-974-8411 or online at <https://secure.ethicspoint.com/domain/media/en/gui/14773/index.html>.

USF SYSTEM TITLE IX COORDINATORS

Office of Diversity & Inclusion
4202 E. Fowler Avenue, ALN 172, Tampa, FL 33620

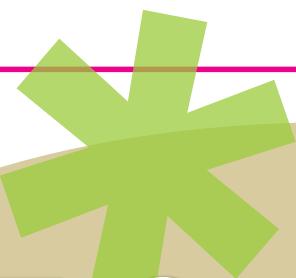
Dr. Jose Hernandez, Chief Diversity Officer
813-974-0537 • jehernan@usf.edu

Crystal C. Coombes, M.Ed., LPC, Senior Deputy Title IX Coordinator • 813-974-5392 • cccoombes@usf.edu

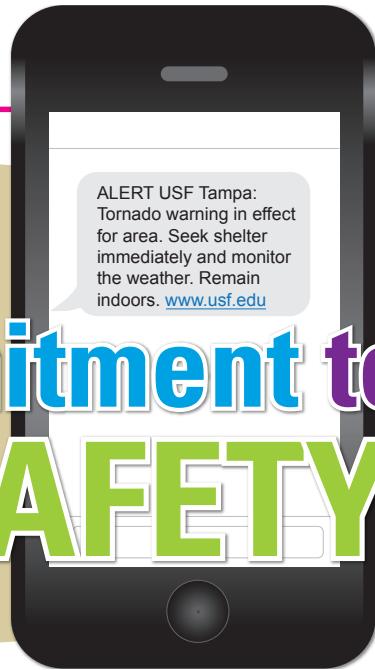
Duties and Responsibilities: Monitoring and oversight of overall implementation of Title IX compliance for the USF System, including coordination of training, education, communications, and the complaint review processes for faculty, staff, students and other members of the University System community.

NOTICE OF NONDISCRIMINATION

Pursuant to Title IX, the University does not discriminate on the basis of sex in educational programs or activities that it operates. Such protection extends to both employees and students. Any questions or inquiries concerning Title IX, policies, procedures, or the application of Title IX at the University may be referred to the Title IX Coordinator, Senior Deputy Title IX Coordinator, or to any of the University's Deputy Title IX Coordinators. The most up-to-date information regarding Title IX and other University resources are available on the Office of Diversity, Inclusion, and Equal Opportunity's website at www.usf.edu/Diversity. When appropriate, the University will take steps to prevent the recurrence of harassment, including sexual violence, and to correct any discriminatory effects of harassment on the complainant and others.



USF's Commitment to Your SAFETY



The safety of students, faculty, and staff is a top priority at the University of South Florida.

In the event of an emergency, USF activates its Emergency Notification System (ENS) which includes cell phone messages via MoBull Messenger, the USF Website, desktop alerts, emergency sirens, and digital display boards located throughout campus.

Free, voluntary emergency services that require students, faculty, and staff to "opt in":



MoBull Messenger is part of USF's Emergency Notification System, but it requires individuals to "opt in" for this important service. The service is free; however, standard text messaging rates may apply. Check with your carrier for details on your plan. **The University strongly recommends all faculty, staff, and students sign up for this critical emergency service.**



EyeWitness is a tool that gives students, faculty, and staff an easy and confidential way to report criminal activity to help keep USF safe! Registered MoBull Messenger users can send anonymous crime tips and reports to the University Police via text messaging.

Once you've signed up for MoBull Messenger at mobull.usf.edu, **USF offers to additional free, voluntary "opt in" emergency services:**



Guardian works like a "pocket blue phone" by turning a cell phone into a mobile safety device. Subscribers can activate a "precautionary timer" as they travel from one area of the campus to another. The timer is set as the individual leaves a location and will alert the University Police if that person does not call to cancel the timer in a specified amount of time.



Smart911 provides emergency responders with critical personal data about a subscriber. Having this information available to emergency responders can improve outcomes of emergency calls. This service is only available for USF Tampa and can only be used while on campus.



The MyUSF Mobile app for iPhones and Androids gives you access to the latest information about USF wherever you are. Access the Campus Map, Directory, BullTracker™, Campus Safety Information, and so much more! **To download, visit the app store for your mobile device.**

For more information about these and other personal safety services, visit the Emergency Safety Management website <[usf.edu/Adminsvc/public safety](http://usf.edu/Adminsvc/public_safety)>.

Victim Advocacy and Violence Prevention

Learn more about...

FLORIDA SEXUAL BATTERY/RAPE LAWS



ACCORDING TO FLORIDA LAW:

- Sexual Battery/Rape is the: "Oral, anal or vaginal penetration by, or union with a sexual organ of another or anal/vaginal penetration of another by any other object."
- The sexual act(s) is/are performed without the victim's consent.
- An individual who is mentally incapacitated, asleep, physically helpless or unconscious due to alcohol or other drug consumption is considered unable to give consent.
- The same definition applies regardless of whether the assailant is a stranger or a non-stranger.
- The type of force employed may involve physical violence, coercion or threat of harm to the victim. The victim is not required to physically fight back.

DEFINITIONS

- **"Consent"** means intelligent, knowing, and voluntary consent and does not include coerced submission or submission out of fear. "Consent" shall not be deemed or construed to mean the failure by the alleged victim to offer physical resistance to the offender.
- **"Mentally incapacitated"** means temporarily incapable of appraising or controlling a person's own conduct due to the influence of a narcotic, anesthetic, or intoxicating substance.
- **"Physically helpless"** means unconscious, asleep, or for any other reason physically unable to communicate consent or lack of consent.
- **"Physically incapacitated"** means bodily impaired or handicapped and substantially limited in ability to resist or flee.



Florida Sexual Battery Statutes: www.leg.state.fl.us/Statutes (Chapter 794).

Victim Advocacy and Violence Prevention

For more information...

ADDITIONAL FLORIDA STATUTES



DOMESTIC VIOLENCE

741.28 Domestic violence; definitions:

- (2) "**Domestic violence**" means any assault, aggravated assault, battery, aggravated battery, sexual assault, sexual battery, stalking, aggravated stalking, kidnapping, false imprisonment, or any criminal offense resulting in physical injury or death of one family or household member by another family or household member.
- (3) "Family or household member" means spouses, former spouses, persons related by blood or marriage, persons who are presently residing together as if a family or who have resided together in the past as if a family, and persons who are parents of a child in common regardless of whether they have been married. With the exception of persons who have a child in common, the family or household members must be currently residing or have in the past resided together in the same single dwelling unit.

STALKING

784.048 Stalking; definitions:

- (2) A person who **willfully, maliciously, and repeatedly follows, harasses, or cyberstalks another person** commits the offense of stalking, a misdemeanor.
- (3) A person who willfully, maliciously, and repeatedly follows, harasses, or cyberstalks another person and makes a credible threat to that person commits the offense of aggravated stalking, a felony of the third degree.
- (1) As used in this section, the term:
 - (a) "Harass" means to engage in a course of conduct directed at a specific person which causes substantial emotional distress to that person and serves no legitimate purpose.
 - (b) "Course of conduct" means a pattern of conduct composed of a series of acts over a period of time, however short, which evidences a continuity of purpose.
 - (c) "Credible threat" means a verbal or nonverbal threat, or a combination of the two, including threats delivered by electronic communication or implied by a pattern of conduct, which places the person who is the target of the threat in reasonable fear for his or her safety or the safety of his or her family members or individuals closely associated with the person, and which is made with the apparent ability to carry out the threat to cause such harm.
 - (d) "Cyberstalk" means to engage in a course of conduct to communicate, or to cause to be communicated, words, images, or language by or through the use of electronic mail or electronic communication, directed at a specific person, causing substantial emotional distress to that person and serving no legitimate purpose.

DATING VIOLENCE (not a crime, but is defined because victims can petition for protective injunction)

784.046 Action by victim of **dating violence for protective injunction**:

- 1) As used in this section, the term:
 - (d) "Dating violence" means violence between individuals who have or have had a continuing and significant relationship of a romantic or intimate nature. The existence of such a relationship shall be determined based on the consideration of the following factors:
 1. A dating relationship must have existed within the past 6 months;
 2. The nature of the relationship must have been characterized by the expectation of affection or sexual involvement between the parties; and
 3. The frequency and type of interaction between the persons involved in the relationship must have included that the persons have been involved over time and on a continuous basis during the course of the relationship.

Victim Advocacy and Violence Prevention

Learn more about...

SEXUAL BATTERY PREVENTION STRATEGIES



1. Consent is necessary regardless of the sex, gender identity, or sexual orientation of the parties involved.
2. Know your sexual intentions and limits. You have the right to say "No" to any unwanted sexual act. If you are uncertain about what you want, ask the other person to respect your need to wait until you are sure.
3. Listen carefully. Take the time to hear what the other person is saying. If you don't understand whether consent has been given, ask for clarification.
4. Believe in your gut feelings. If you feel uncomfortable or think you may be at risk, leave the situation immediately.
5. It's okay to "make a scene" if you feel threatened or unsafe. Being assertive and calling attention to what is happening is a highly successful self-defense technique. If you feel you are being pressured or coerced into sexual activity you don't want, state your feelings ("I don't like that you are pressuring me") and get out of the situation. Preventing a rape is worth a few moments of social awkwardness or embarrassment.
6. Be aware that having sex with someone who is mentally or physically incapable of giving consent is rape (called sexual battery in Florida). Having sex with someone who is incapacitated, drugged, passed out, incapable of saying "No," or unaware of what is happening is rape.
7. Be especially careful under these circumstances:
 - a. In group situations: Be prepared to resist pressure from friends to participate in violence against or violation of another person.
 - b. In situations involving the use of alcohol or drugs: Substances can interfere with your ability to assess situations, to communicate effectively, and to protect yourself.
8. Get involved and take action if you believe someone is at risk. If you see someone in trouble at a party, or a person forcing or pressuring another person, intervene. You may save someone from the trauma of sexual battery or a friend from violating someone and being prosecuted for a crime.

Victim Advocacy and Violence Prevention

A special message for men...

Men are often socialized to believe myths about women and men.

- Don't fall for the common stereotype that when a woman says "No" she really means "Yes." No means "No." If a woman says no, believe her and stop.
- Don't make assumptions about a woman's behavior.
 - Do not assume a woman wants to have sex with you because she drinks heavily, dresses sexily, or agrees to go to your room.
 - Do not assume that because a woman has had sex with you previously she is willing to have sex with you again.
 - Do not assume that because a woman consents to kissing or other sexual intimacies that she is willing to have sexual intercourse.
- Don't forget that you have the right to refuse unwanted sexual activity too.



**She was
clearly
wrecked...**

so I got her back to her
friends and told him to stop
being a jerk and get consent.

SEE SOMETHING. DO SOMETHING.

Got Consent? Learn more.
www.facebook.com/LetsBeREAL

Victim Advocacy and Violence Prevention

Learn more about the...

WARNING SIGNS OF AN ABUSER



Intensity: "Too much, too soon"

- Pushes for a quick relationship; wants to move in together or marry soon after meeting
- "Sweeps you off your feet" with expensive gifts, constant messaging and calling, and wants to be with you all the time
- Uses conversation that is inappropriately intimate

Power and Control

- Jealousy (it is not a sign of love but of possession)
- Demands your undivided attention, even at inappropriate times
- Doesn't want you to spend time with your friends or family
- Invades your personal space by sitting or standing uncomfortably close, touching you constantly or in ways that make you uncomfortable
- Refuses to take responsibility for his/her own behavior or mistakes, blaming you and/or others when something goes wrong
- Wants to be in control and make all the decisions

Sexual Entitlement

- Sexualizes non-sexual situations and relationships (e.g., in the workplace)
- Makes inappropriate comments about people's bodies or sexuality
- Pushes you to have sex when you don't want to; makes you feel guilty when you refuse sex
- Wants you to have sex in a way that makes you uncomfortable or is painful
- "Playful" use of force during sex
- Believes in male superiority over women; believes in rigid gender roles

Anger and Hostility

- Becomes angry easily and quickly
- Does not tolerate frustration or disappointment well
- Teases animals, children or other adults in a mean or physical way and doesn't stop when asked; may be cruel to animals
- Yells, calls you names or belittles you
- Looks at you or acts in ways that intimidate you
- Gets into physical fights with other people
- Drives in a dangerously aggressive way



Victim Advocacy and Violence Prevention

Learn more about...

ACTIVE BYSTANDER INTERVENTION



There are 5 steps to active Bystander Intervention:

- 1. Notice a situation**
- 2. Interpret a situation as someone being in danger or there is a potential for danger**
 - a. Many situations are ambiguous
 - b. It's okay to misjudge the situation—you are looking out for someone's safety
- 3. Assume responsibility to help**
 - a. Realize that YOU personally should do something to help the victim and that if you don't help, no one will
- 4. Know how to help**
 - a. Use Bystander Techniques
- 5. Take action: Intervene safely**

Bystander Techniques – The 3 D's

DISTRACT

Refocus the aggressor's attention

- Ask for directions
- Spill a drink
- Engage them in conversation
- If you know the aggressor/potential aggressor, lure them away

DELEGATE

Involve others if you don't feel safe intervening alone (we don't want to create more victims...)

- Ask friends to help you distract or confront
- Find the person at risk's friends and tell them you are concerned about their friend
- Call 911

DIRECT

Directly confront the situation (think about how you would directly stop someone from driving drunk)

- "I don't like how you treat your partner – it's abusive and needs to stop." Offer to help find an intervention program.
- "This isn't okay. I'm getting her friends to take her home now."

Victim Advocacy and Violence Prevention

Learn more about...

PRESERVING EVIDENCE



In Situations of Sexual Battery/Rape

- **Preserve evidence as much as possible until it is collected**
 - Avoid bathing or showering, urinating, eating or drinking (if oral-genital contact occurred during the assault)
 - Avoid washing clothes worn during the assault, or washing bedding or towels that were part of the incident
 - Save all communications to or from the offender or witnesses via voicemail, text, social media or email about the incident
- **Forensic medical exams ("rape kits")**
 - **Not** performed at hospitals in Hillsborough County/Tampa except in cases of serious injuries requiring medical attention
 - Performed at the Crisis Center of Tampa Bay by specially trained Sexual Assault Nurse Examiners
 - Can be performed up to 120 hours after the rape
 - Are arranged by law enforcement as part of the reporting process
 - You may choose to have a forensic medical exam even if you choose not to report to the police—contact the Center for Victim Advocacy & Violence Prevention for an advocate to arrange the exam for you and accompany you if you wish
- **Even if you did not preserve evidence, you may still report the crime**

In Situations of Domestic/Relationship/ Dating Violence

- Preserve evidence as much as possible until it is collected
- Leave damage to property or dwelling as is for law enforcement to document
- Avoid changing or washing clothing that may be torn or contain blood evidence
- Make sure that bruises and other injuries are photographed by police, medical caregivers, or, as a last resort, a friend or relative
- Save communications to or from the offender or witnesses via voicemail, text, social media or email about the incident

In Situations of Stalking

- Save every communication to or from the stalker via voicemail, text, social media or email
- Keep a dated log of every incident and contact with the stalker; note any witnesses
- Photograph any items (notes, gifts, etc.) left by the stalker on your car, at your door, in your mailbox, etc., while the items are still in place

Victim Advocacy and Violence Prevention

Learn how to...

HELP A FRIEND WHO HAS BEEN THE VICTIM OF SEXUAL VIOLENCE

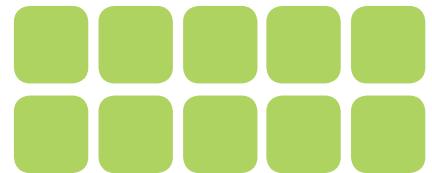


First and foremost, remember that sexual assault/rape/sexual battery is all about power and control. Your friend has been in a situation in which they were made powerless to control what was happening to their body; therefore, your efforts to care for and assist must always foster your friend's ability to regain control of their body and life. All decisions about actions to take and whom to tell about the incident must be made by the survivor.

1. Listen to the survivor. Let them talk without interruption. Encourage the expression of feelings.
2. Know that the survivor's feelings about what happened are far more important than the details of the incident.
3. Don't ask or probe for details of the rape or unwanted sexual activity, either to satisfy your own curiosity or to determine if it was "really rape." Let the survivor tell you details they want to disclose.
4. Believe the survivor. The disbelief of friends and family members is damaging and is experienced by a victim as a profound betrayal.
5. Do not ask "why questions." Examples include: "Why did you go with him to his room?" "Why didn't you tell me sooner?" "Why didn't you call the police?" "Why didn't you scream, fight back, etc.?" These types of questions are experienced as judgmental and immediately put the survivor on the defensive.
6. Ask the survivor what they want to do. Do not tell the survivor that the crime "should" be reported to law enforcement. There are no "shoulds"—only what the survivor wants and chooses.
7. Above all, do not make decisions for the survivor. The survivor is the one that will have to live with the consequences of whatever action (including no action) is taken. Making decisions for the survivor is dis-empowering and damaging and will result in a delay in healing from the incident.
8. Remind them of campus and local resources. Encourage the survivor to go the Center for Victim Advocacy for confidential assistance. Offer to go with them to see an advocate, a counselor, or to report to the police if that is what the survivor has chosen to do.
9. Thank the survivor for confiding in you. Realize that it is an honor that your friend trusted you enough and was so comfortable with you that they chose you for the disclosure.

Victim Advocacy and Violence Prevention

REAL PROMISE TO END SEXUAL AND RELATIONSHIP VIOLENCE



**This promise is a personal commitment to help keep our community safe from violence.
It is a promise to be an active bystander to the problem and a part of the solution:**

I PROMISE TO:

- Recognize that non-consensual sex is sexual battery;
- Create an environment where sexual violence is unacceptable and examine my behaviors and actions to help ensure survivors are supported;
- Identify and intervene in situations where sexual violence may occur or where consent has not or cannot be given;
- Obtain consent for or abstain from all sexual contact or activity;
- Interrupt and denounce sexist and dehumanizing language and behaviors;
- Challenge the objectification of, and images of violence against women in media;
- Listen to people who have fears and concerns for their safety;
- Believe and support anyone who tells me about an incident of sexual or relationship violence;
- Participate in events and support policies and legislation that promote victims' rights;
- Be an active bystander;
- Be part of the solution to ending sexual and relationship violence.

Signature: _____

Date: _____

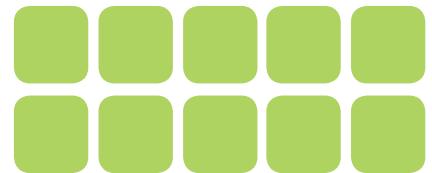


Adapted from: California Anti-Sexist Men's Political Caucus, It's On Us Campaign & Men Can Stop Rape



Victim Advocacy and Violence Prevention

REAL PROMISE TO END SEXUAL AND RELATIONSHIP VIOLENCE



**Understanding the importance of men working to end gender based violence,
we invite individuals who identify as men to promise the following:**

AS A REAL MAN:

- I believe that sexual and relationship violence will not end until men become part of the solution;
- I care about and support the women in my life;
- I know that 1 in 4 women will be raped during her college years; 1 in 3 in her lifetime;
- I understand that sexual and relationship violence are crimes against a person's body and mind, and a violation of basic human rights;
- I recognize that people of all genders will not be equal until sexual and relationship violence ends;
- I accept my responsibility to assist in making this a safer community for all people.

I ALSO PROMISE TO:

- Work to end sexual and relationship violence;
- Encourage other men to talk about and address sexual and relationship violence;
- Recognize the ways men are socialized which contribute to a culture where sexual and relationship violence is tolerated and glamorized;
- Have the courage to look inward, question my own attitudes and beliefs, and make a positive change when necessary;
- Model non-violent and respectful behaviors, and promote healthy relationships;
- Be an active bystander;
- Be part of the solution to ending sexual and relationship violence.

Signature: _____

Date: _____

REAL – RELATIONSHIP EQUALITY AND ANTI-VIOLENCE LEAGUE

FB/LetsBeREAL IG:@LetsBeREAL_USF
(813) 974-5756 / SVC 0067

ARE YOU A SURVIVOR OF SEXUAL VIOLENCE?

SURVIVORS

SUPPORTING

SURVIVORS

This support group offers a safe environment where survivors of sexual violence share, support, validate and empower each other. Facilitated by professional victim advocates from the USF Center for Victim Advocacy & Violence Prevention, the support group is open to USF students who have experienced sexual violence.

FREE. CONFIDENTIAL.

**FOR MORE INFORMATION OR ACCOMMODATIONS,
CONTACT RACHEL PRESTON AT
813-974-2796 OR RACHEL44@USF.EDU**



VICTIM ADVOCACY
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