



SEXUAL VIOLENCE PREVENTION, RESPONSE AND HEALING AT WESLEYAN

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WESLEYAN POLICY STATEMENT: SEXUAL ASSAULT AND MISCONDUCT

Wesleyan University prohibits all forms of sexual misconduct. Sexual misconduct refers to a broad spectrum of behavior encompassing sexual harassment and all forms of non-consensual sexual activity. For the purposes of this policy, the University prohibits the following specific forms of sexual misconduct: sexual assault, sexual exploitation, intimate partner violence, stalking, sexual harassment and retaliation. Sexual misconduct affects individuals of all genders, gender identities, gender expressions, and sexual orientation and does not discriminate by racial, social, or economic background. Wesleyan's University's Sexual Misconduct and Assault Policy can be found in its entirety online at <http://www.wesleyan.edu/studentaffairs/studenthandbook/>.

Sexual violence has no place in our community. College campuses are a microcosm of society and just as sexual violence happens in the larger society, it also occurs on college campuses. Wesleyan University is committed to sexual violence prevention and creating a careful and caring response model for survivors of sexual violence. This booklet contains information about sexual assault, intimate partner violence, stalking, consent, bystander intervention, reporting protocols and resources. It can be found online at www.wesleyan.edu/healthservices/sexualassault.

THE TRUTH ABOUT SEXUAL ASSAULT

Sexual assault refers to any unwanted sexual activity that is forced on one person by another, which may or may not involve penetration. Sexual violence includes a wide range of behaviors including rape, unwanted sexual contact (touching, grabbing or fondling), rape and incest. Sexual assault is violence, although it may not always involve a weapon, overt threat or physical force. Sexual activity that occurs when an individual is incapacitated, due to alcohol or drug intoxication, is considered sexual assault and is illegal under Connecticut law.

**There are many myths about sexual assault, which may cause someone to minimize their experience.
It is sexual assault, even if:**

The survivor was intoxicated. Many students, especially those under 21, are concerned about reporting a sexual assault to Public Safety or a police agency, because they are afraid they will receive an alcohol citation. In cases of sexual assault, students will not receive a citation for drinking or using drugs. The primary concern of Public Safety, the Office of Student Affairs and the Wesleyan University community is supporting students. Wesleyan recognizes that drinking and/or using drugs does not make a person responsible for an assault. Alcohol does not cause sexual assault. Alcohol is typically used by offenders to exploit a victim's vulnerability. The responsibility for sexual assault lies solely on the shoulders of the offender. Alcohol is frequently used in sexual assaults because it decreases a potential victim's judgment, impairs motor control skills and ability to consent.

The survivor consented to other forms of sexual activity. Giving consent to one activity is **not** automatic consent for other activities to occur.

THE TRUTH ABOUT SEXUAL ASSAULT

The people know each other. It's a myth that most perpetrators are strangers. While assaults by strangers do happen, in 2/3 of sexual assaults, the survivor knows the person who hurt them (U.S. Department of Justice, *2005 National Crime Victimization Study*, 2005). This is especially true on college campuses.

Force was not used. In the majority of sexual assaults, physical force is not used. Instead, implied threats or social status may be used to coerce the person.

The person did not fight back. Many people are overcome by shock or denial and do not actively "fight" back. Many people are also afraid that if they fight back that the assailant will become more violent. There are no "right" responses.

The person did not report the assault immediately. Delayed reporting to friends, family and law enforcement is common. There are a number of reasons that someone might delay reporting an assault including shame, fear of not being believed or shock and disbelief.

HOW TO BE A SUPPORTIVE FRIEND TO A SURVIVOR

- **Listen and believe.** Listen actively and non-judgmentally. It is not about saying the “right” things, but instead creating a supportive space for a person to disclose a really difficult experience. Focus on listening and allow the person to disclose as much, or as little, as they want. Allow your friend to go at their own pace and be careful not to press for details.
- **Believing someone is one of the most important things you can do.** The first disclosure often sets the tone for how people engage with their healing process. People who disclose to someone and are believed are more likely to seek help. People who are not believed tend to shut down. A negative response can also reinforce any feelings of guilt and self-blame the person may feel.
- **Restore choice, provide options.** Healing occurs by making choices about what to do next. Respect and support your friend’s decisions. If you feel very strongly that your friend should report their experience to the police, but they decline to do so—respect that.
- **Stay committed and flexible.** Healing is not a linear process. There are some days that will be better than others. Be careful not to assign an arbitrary timeline to your friend’s healing. Ask your friend what support means to them, since we all have different definitions and expectations about support.
- **Know your limitations.** Sexual assault may bring up strong emotions and reactions for you. Talking with someone on the Sexual Assault Response Team, at Counseling and Psychological Services, the Office of Religious and Spiritual Life or a counselor at the Women and Families Center can be helpful to you. Be careful not to let the event consume you. Set boundaries. Ask for help.
- **Understand social issues.** Gender identity, race, ethnicity, class and religion and other identities may factor into how a survivor navigates their experience. Be mindful of how this may impact someone’s experience and interaction with different institutions.

INTIMATE PARTNER VIOLENCE

Intimate partner violence or relationship violence occurs when one person in a relationship attempts to physically and psychologically dominate their partner by using threats, gestures or emotional and physical abuse. Violence in relationships usually escalates from threats and emotional abuse to physical violence. Intimate partner violence occurs in heterosexual, gay, lesbian, bisexual and transgender relationships. People of all gender identities are affected by intimate partner violence, although women tend to report than men.

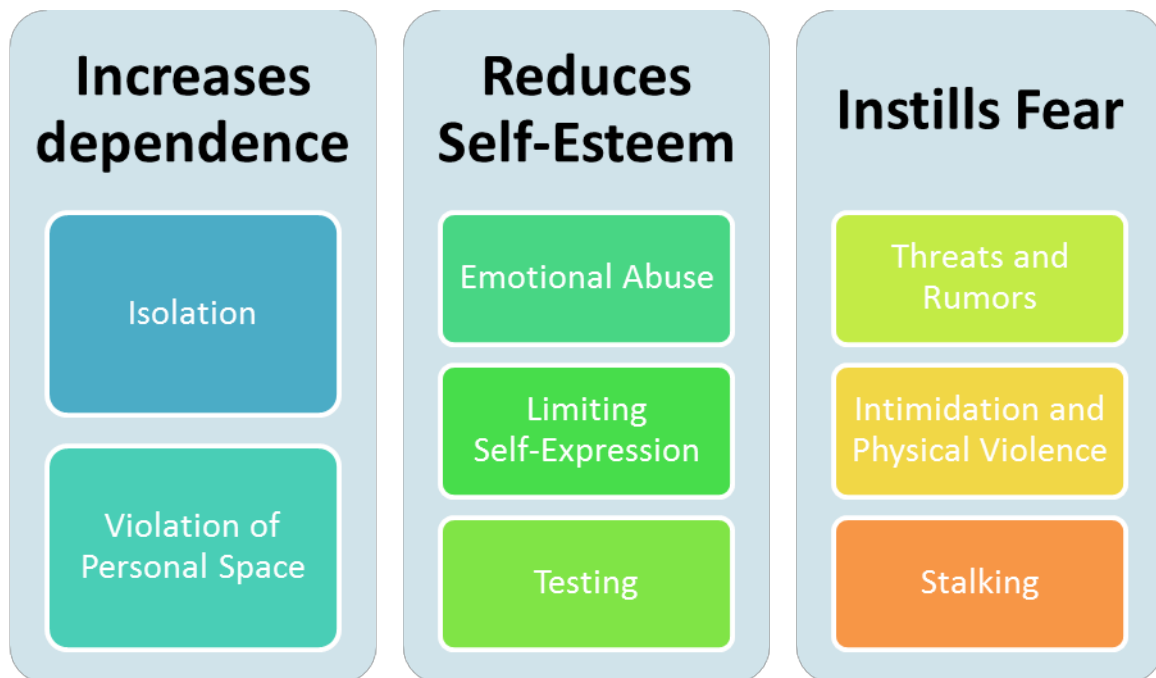
Relationship Red Flag Behaviors:

- Enduring humiliating language or being made to feel bad about yourself and other forms of emotional abuse used to undermine self-esteem.
- Being asked to give up their needs and wishes to satisfy the abusive partner.
- Intimidation includes behaviors like breaking things, cornering someone or standing over them in a threatening manner.
- Receiving excessive texts, emails or phone calls from a partner. Monitoring or checking social media accounts, email or phone without permission.
- Spending less time with friends than usual because it upsets your partner when you do
- Partner is jealous and/or possessive.

In a relationship where one partner identifies as trans, these abusive behaviors may also be present:

- Using pronouns that disregard the partner's preference.
- Ridiculing how their partner's body looks .
- Telling their partner they are not a "real" man or woman.
- Ridiculing or belittling their partner's identity .
- Hiding or throwing away hormones, binders, clothes, etc.
- Telling their partner that they would harm the LGBTQ community if they exposed what was happening in the relationship.

Relationship Red Flag Behaviors



Source: Rebecca Harrington @ SUNY Oneonta.

INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

It can be painful and sometimes, frustrating, to see a friend being hurt in a relationship. Friends may not know what to do or think that they are being neutral by not getting involved, but ignoring it doesn't help. Here are some guidelines for helping a friend who is in a unhealthy relationship:

First, release yourself from the idea that you have to have all of the answers and know the perfect things to say.

Approach the conversation with sensitivity. For example, "I'm worried about you because I noticed that..." You may have to have this conversation several times. Let your friend know that you are concerned and want to help and provide support. You don't have to know all of the answers. The important thing is to break through the isolation that most people in these situations feel.

Believe. Listening without judgment is one of the greatest gifts you can provide to someone in an abusive or unhealthy relationship. It can be very difficult for someone who is in an unhealthy relationship to open up. They may feel embarrassed, uncomfortable or be afraid that they will be judged. Again, it may take a few times before your friend feels comfortable disclosing what's happening in their relationship. Be patient.

Take the abuse seriously. Physical and emotional abuse have no place in a healthy relationship. **Any type of emotional or physical abuse is a "big deal" because abuse tends to escalate over time.**

INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

Focus on safety, both your safety and your friend's. Help your friend plan for ways to stay safe, identify resources on campus and in the community. Remember, resources are available to both you and your friend. Their partner, who may be a mutual friend, may not appreciate you getting involved so be mindful about what you do and when you do it. Call Public Safety to help de-escalate situations and the Counseling Center for emotional support when you need it.

Help your friend recognize the warning signs of unhealthy relationships. It is very common for people who are experiencing emotional or physical abuse to minimize what is happening or not classify it as abuse. Very often, they have a difficult time noticing the pattern of behaviors that constitute abuse. Referencing the Power and Control Wheel may be helpful.

Encourage your friend to talk to a therapist to clarify their feelings and think about what they would like to do. Also, counseling services are available to support you as you attempt to help them deal with the situation. Call Counseling and Psychological Services at 860.685.2910 to schedule an appointment.

Don't give up. Break-ups and reconciliations are common in the context of relationship violence. This cycle can be one of the most frustrating things to watch for friends of people who are in unhealthy relationships. It typically takes 7-9 attempts to leave a relationship before the person doesn't go back. Be patient.

INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

Reassure your friend the abuse is not their fault. Remind your friend of their strengths, challenge them when they put themselves down and praise them for every step they take and let them know they have your support.

Take care of yourself. Providing support to someone who is involved in an unhealthy or abusive relationship is challenging. It is okay, and important, for you to set boundaries when you feel overwhelmed. Remember it is not your job to save your friend. Ultimately, your friend will need to decide what to do.

Be understanding and compassionate if your friend is confused or unsure about what to do or if they still has feelings for their partner. Breaking up is difficult in the best of circumstances and even more so if emotional or abuse is involved.

INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

COMMUNICATION ROADBLOCKS

Don't blame your friend for the abuse. Chances are very good that your friend is already blaming themselves. In addition, their partner is probably blaming them, too. Place the blame where it belongs - squarely on the shoulders of their partner. Remember, there is nothing that your friend could do that would justify being abused by another person.

Don't focus on trying to understand the partner's reasons for being abusive. Concentrate on supporting your friend. If you're concerned about how your friend is acting towards their partner, encourage them to get help.

Helpful Questions to Ask:

What can I do to help?

What can you do to keep yourself safe?

How have you been dealing with things?

Would you like me to go with you to CAPS to set up an appointment?

Do you know about resources in the community?

WESLEYAN POLICY DEFINITION: STALKING

“A course of conduct directed at a specific person that would cause a reasonable person to: fear for their safety or the safety of others; or suffer substantial emotional distress. This includes cyber-stalking, a particular form of stalking in which electronic media is used to pursue, harass, or make unwelcome contact with another person. Stalking and cyber-stalking may involve individuals who are known to one another or have an intimate or sexual relationship, or may involve individuals not known to one another.”

Source: <http://www.wesleyan.edu/studentaffairs/studenthandbook/universitypolicies/sexualmisconduct.html>

STALKING

When most people think of stalking, they may think that only celebrities or famous people are stalked. However, the vast majority of stalking cases are people who are not in the public spotlight. Stalking happens to people of all gender expressions and may involve family members, friends, current or ex-partners or co-workers. Most stalking takes place between people who know each other.

Stalking can happen anywhere, but the closed setting of a college campus can make it easier for stalkers to trace the movements of their victims. Some examples of what stalking behavior may look like on a college campus include:

- Leaving harassing or unwanted notes under someone's door or on their dry erase board
- Constantly checking someone's online profile to keep watch on their activities
- Constantly texting, messaging or calling someone who does not wish to communicate with you
- Posting information, whether it be true or false on a website for the purpose of embarrassing, scaring or harming someone's reputation
- Tracking someone's schedule or activities on social networking purposes for the purpose of following them or intimidating them
- Hacking and/or monitoring a person's computer, emails or social networking profiles
- Posting pictures of someone online to try to embarrass or scare them

*If you are engaged in any of these behaviors or are being harassed,
please contact Counseling and Psychological Services to get help and support at 860.685. 2910.
Stalking can be reported to Public Safety at 860.685.2345.*

STAYING SAFE ONLINE

Social networking sites are great ways to share the latest in your life with friends and family members. However, social networking sites can also provide stalkers with a wealth of information about you, your interests and your whereabouts.

Here are some suggestions for keeping yourself safe on social networking sites and online:

Keep your primary email address private. Use a separate email account for online activity. For example, you may use your Gmail account for friends and family and a Hotmail account for online activities. Keeping separate email accounts lessens the chances that someone will be able to hack into your account and gain access to private information.

Protect your pictures. Be mindful of the pictures that you post on social networking sites. When choosing to post a picture, remember that the audience may not only include your friends, but family members, professors and potential employers. Also, anyone who can view your picture can copy it and distribute it without your permission. Unless you utilize available privacy settings, people can see your pictures fairly easily on most social networking sites.

STAYING SAFE ONLINE

- **Use privacy settings.** Social networking sites offer a multitude of ways to keep your information private. The default setting on most social networking sites is the least restrictive privacy setting.
- **Be mindful of the personal information you post.** Many social networking sites invite you to create a profile that includes your interests, hobbies, address and other information. When creating a profile, be careful not to include your location or other information that would lead a stalker to you.
- **Google yourself.** A quick way to learn about your online reputation is to enter your name in search engines such as Google, Bing and Dogpile.
- **Save all communication** if you are being harassed by someone online, contact Public Safety at 860.685. 2345.

DOCUMENTING STALKING INCIDENTS

Stalking is a serious crime and can significantly disrupt a student's college experience. The stress caused by being stalked can lead to a variety of symptoms including difficulty sleeping (either unable to stay or fall asleep), anxiety, depression, anger, fearfulness and constantly feeling "on edge". Stalking may also disrupt a student's life in other ways such as having to change their phone number, residence or change other aspects of their life.

It is important to document all incidents of stalking that occur even if you are not sure what you will do with the information. Be sure to write down each time the stalker contacts you. The log should include the time, date, location and the words and actions of the stalker. **Be sure to save any and all texts, emails, unwanted gifts and other attempted contacts that the stalker makes.**

If you are being stalked, it can be very helpful to talk to someone to help you deal with your feelings. Contact Counseling and Psychological Services at 860.685.2910 to set up an appointment.

Contact Public Safety at 860.865.2345 to report stalking incidents.

WHAT IS CONSENT?

Consent is a voluntary, **sober**,
imaginative, **enthusiastic**, creative,
wanted, **informed**, **mutual**, honest and
verbal agreement.

Consent is an **active agreement**; consent
cannot be coerced.

Consent is a **process**, which must be asked
for every step of the way;

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 cannot
legally give consent. If someone is too
incapacitated to make decisions and
communicate with their partner, they
are too drunk to consent.

The absence of “no” doesn’t mean
“yes.”

Both people should be **involved** in the
DECISION to have sex.

Good sex involves consent!

ENTHUSIASTIC CONSENT

“There is a reason for the “enthusiastic” part of the phrase. Consent without enthusiasm is rather lukewarm. “OK FINE go ahead.” “I don’t care.” “I have no opinion.” “Whatever, if it gets you to get off my back.” Consent that is in place because it’s easier than saying “no” isn’t much different from rejection. It is given because the giver feels there is no other choice (besides the potential for abuse, violence, and other bad things).

We need to stop assuming that we can communicate desires through some convoluted dance of subtle cues and half-no’s. Consent should be uncomplicated: only “Yes!” and other such affirmative variants can mean “yes”...

~Jeff Vandermeer

Source: <http://www.jeffvandermeer.com/2010/07/31/on-enthusiastic-consent/>

BEFORE YOU HOOK UP, 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?

A NOTE ABOUT CONSENT IN LONG-TERM RELATIONSHIPS:

Recognizing that each sexual interaction requires consent, explore how you will communicate consent in your relationship. **Don't make assumptions.**

BODY LANGUAGE

There are many ways of communicating. The look on someone's face and their body language is also a way of communicating and may have more meaning than their verbal communication.

*However, this is **not** a reliable indicator of consent in sexual interactions.*

IT IS **ALWAYS** A GOOD IDEA TO HAVE A **VERBAL CONVERSATION** ABOUT CONSENT.

Signs that your partner is not comfortable with what is happening:

- ⇒ They're not pulling you closer, touching you or reciprocating
 - ⇒ Pushing you away
- ⇒ Holding their arms tightly around their bodies
- ⇒ Turning away from you or hiding their face
 - ⇒ Stiffening muscles
- ⇒ Obviously things like tears, shaking;
- ⇒ Lack of any sort of verbal feedback

Asking questions and being aware of body language helps you to figure out if the person you're with is consenting and feeling comfortable, or not consenting and feeling uncomfortable. **If you get a negative or non-committal answer to any of these questions, or if your partner's body language is like any of the above examples, then you should**

STOP what you are doing and **TALK** to them about it.

CONSENT PHRASES

“Do you like it when I touch you there?”

***“I like it when you do that,
do you like that too?”***

“Does it feel good when I...?”

“Keep going. Don’t stop.”

“What would you like?”

Instead of: “I want to do....is that okay?” “Do you want to...?”

WHAT IS BYSTANDER INTERVENTION?

Bystander Intervention is a term used to describe a person's willingness and ability to help in a situation. WE Speak, WE Stand is Wesleyan's Bystander Intervention program. It aims to create a community that is actively engaged in the prevention of sexual violence, including sexual assault and intimate partner violence, and advocates for the responsible use of alcohol. Empowered bystanders make the campus community safer by standing up and speaking out when they witness situations that could potentially harm the health and safety of others. Intervening with peers can be challenging for a number of reasons and We Speak We Stand training provides students with the skills to move from inaction to action and intervene safely and effectively. The sexual violence track provides students with an in-depth understanding of the dynamics of sexual assault and relationship violence, separates myths from facts and provides opportunities to practice effective ways to intervene with friends, fellow students and community members. The alcohol track of the training equips students with the tools needed to intervene in situations involving alcohol abuse and addresses how alcohol affects them physiologically and behaviorally and teaches them to identify alcohol emergencies.

Contact Alysha B. Warren (awarren@wesleyan.edu) or Tanya Purdy (tpurdy@wesleyan.edu) to learn more about attending bystander intervention training. Information can also be found at www.wesleyan.edu/weswell/services/Bystanderintervention.html)

HOW CAN I INTERVENE?

There are many strategies for intervening in any situation.

The most important thing to remember is to intervene in the way that you feel most comfortable.

DIRECT, DISTRACT, DELEGATE.

The **DIRECT** approach means you are directly interacting with the person. For example, you may say, “Hey – what are you doing?” or it may just be checking in with a friend, “Are you OK?”

The **DISTRACT** approach focuses on diversion. If you see a situation and can think of a way to divert the attention of the people in the situation, distract is a perfect option. *Sometimes, all a situation needs to diffuse is a little diversion.*

The **DELEGATE** approach is best if you are uncomfortable intervening directly or if you feel like someone else might be better suited to handle the situation (friend, police, Resident Assistant), delegating is a good option. When you delegate, you are asking someone else to help in the situation. It also has the additional benefit of making someone else aware of what is going on and that something needs to be done. There is also the additional benefit of you providing a helping model and normalizing intervening.

BYSTANDER INTERVENTION STRATEGIES

"I" STATEMENTS

Three parts: 1) state your feelings, 2) name the behavior, 3) state how you want the person to respond.

Focuses on your feelings rather than criticizing the other person.

EXAMPLE: I feel _____ when you _____. Please don't do that anymore.

SILENT STARE

Remember, you don't have to speak to communicate.

Sometimes a disapproving look can be far more powerful than words.

"BRING IT HOME"

Prevents someone from distancing themselves from the impact of their actions.

EXAMPLE: "I hope no one ever talks about you like that."

Prevents someone from dehumanizing others as well.

EXAMPLE: "What if someone said your best friend deserved to be assaulted?"

"WE'RE FRIENDS, RIGHT..."

Reframes the intervention as caring and non-critical.

EXAMPLE: "As a friend, I've gotta tell you that getting someone drunk to have sex isn't cool, and could get you in a lot of trouble. Don't do it."

STAGES OF CONFRONTATION

1. Express concern and caring	Show interested in the person and how they are doing, either in general or in relation to your area of concern. This establishes a helpful tone. Pick an appropriate time and place to create optimal conditions for the discussion.
2. Share the basis of your concern with specifics	Let the person know what you have noticed and describe it in detail. For example, rather than saying, "I think you have a drinking problem," you could say, "I've noticed that you've been out partying a few nights this week and slept through your morning class."
3. Share how it makes you and others feel	State your concern in the form of an "I" statement. For example, "I know that it is important to you to do well in classes this semester, and I was concerned that you might be getting behind in your work." It is very important to tell the person how their actions/behaviors make you feel.
4. Ask the other person if they understand your point of view	This is a chance to listen and hear how the person is responding to your feedback.
5. Brainstorm what can be	Consider alternatives to the behavior and go over them together, including possible consequences for the behavior. Make sure to solicit ideas from the person you are confronting.
6. Offer support of change	Let the person know that you are willing to help, and give examples of how you might do this. Suggest or impose consequences if necessary.
7. Have a plan for follow-up	Let the person know that you plan to follow up with them and that you should both plan to discuss and evaluate if the behavior has changed.

SHIFTING ATTITUDES

Helping someone understand their motivation for engaging in behavior and understand why it is problematic so they will be less likely to engage

Take care of yourself	<ul style="list-style-type: none"> If you are upset, get support for yourself first. Otherwise, you won't be able to listen openly to the other person. This will prepare you for a more respectful, productive dialogue with the person you are intervening with.
Give respect to the other person	<ul style="list-style-type: none"> Listening is the most effective tool we have to resolve conflict. Listening does not mean you agree or condone the behavior or that you are compromising what you believe. Listening does mean offering another person basic respect in hope that dialogue can occur
Listen for the upset that is underneath	<ul style="list-style-type: none"> Problematic behavior is often a sign that a person is frustrated about something. The behavior may be a sign that the person is "lashing out" because they feel disrespected. Trying to understand the underlying cause of the behavior will help you help them resolve the problem.
Notice what increases or decreases defensiveness	<ul style="list-style-type: none"> The purpose of "shifting attitudes" is to help the person gain understanding and insight, not to put them in a defensive position or make them feel attacked. Don't argue with or convince the person they are wrong. Rather, listen openly and show interest in their point of view.
Engage in "open talk"	<ul style="list-style-type: none"> The beginning of any change starts with listening and feeling listened to. Doing so means making a conscious choice to stay in a relationship with someone and make the situation better, even if you find their behavior objectionable.

Berkowitz, A. (2009). *Response Ability: A complete guide to bystander intervention*. Chicago: Beck & Co.

SEXUAL VIOLENCE PREVENTION IS A COMMUNITY ISSUE.

Student Advisory Title IX Committee: Nikita Rajgopal, the Sexual Assault Response Team (SART) Intern, coordinates this group. It connects students and groups interested in working on sexual violence issues by providing training, collaborative programming and works in partnership with the Sexual Violence Coordinator and Title IX Coordinator to develop campus wide programming. *If you are interested in joining the committee, contact Nikita Rajgopal '17 (860.685.4673 (HOPE) or (nrajgopal@wesleyan.edu).*

We Speak, We Stand, Wesleyan's bystander intervention program, works to create a community that is actively engaged in the prevention of sexual violence including sexual assault, relationship violence and stalking and advocates for the responsible use of alcohol. The training provides students with tools and skills to intervene in different situations. *To become an empowered bystander, contact Alysha B. Warren, LPC, Sexual Violence Resource Coordinator in Counseling and Psychological Services (860.685.3217) or Tanya Purdy, Director of WesWell (860.685.2466).*

Students for Consent and Communication (SFCC) is a student run group that works on improving Wesleyan's sexual assault resources and programming. They present workshops about consent, supporting survivors and coordinate Take Back the Night in the spring. *Contact Nina Gurak '16 (ngurak@wesleyan.edu) for more information.*

SEXUAL VIOLENCE PREVENTION IS A COMMUNITY ISSUE.

Peer Health Advocates (PHAs) create and implement peer-led health education outreach efforts on a variety of health issues including stress management, drugs, sexual health and sexual violence. *Contact Tanya Purdy (tpurdy@wesleyan.edu) or 860.685.2466 for more information.*

WeconSent Facebook Page: “Like” the WEconSent Facebook page to learn more about upcoming events on campus that focus on sexual violence prevention.

HEALING, EDUCATION AND SUPPORT AT COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Counseling and Psychological Services (CAPS) provides support for survivors of sexual violence including sexual assault, childhood sexual abuse, intimate partner violence and stalking. Experiencing a sexual assault, being in an abusive relationship and/or experiencing stalking are major stressors and can significantly impact your life and how you may begin to think about yourself and respond to different relationships and situations. Seeking counseling can help you to sort out your feelings about the event(s), assist you in making decisions about what you would like to do next and help you begin the healing process.

Individual Support: Making the decision to come to counseling is the first step in the healing process for many survivors. In collaboration with a counselor, a survivor can explore their feelings about their experience and move forward in a safe and supportive environment. *Contact Alysha B. Warren, LPC, Therapist/Sexual Violence Resource Coordinator, or any of the therapists in CAPS to schedule an appointment – 860.685.2910.*

Mindfulness and Movement: Holistic Healing for Survivors of Sexual Violence: Created for survivors of sexual violence, this retreat teaches participants how to incorporate mindfulness skills and practices into their lives, improve sleep, augment self-care skills and culminate in a relaxing gentle yoga/movement session. *“Like” the WEconSent page on Facebook for more details about the retreat and other events throughout the semester.*

HEALING, EDUCATION AND SUPPORT AT COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

Group Support: Joining a group can be an empowering and transformative experience for survivors of sexual assault. It provides an opportunity to connect with other survivors who have had a similar experience, helps survivors learn new ways to cope with the aftermath of a sexual assault and enables survivors to see people in various stages of the healing process. CAPS offers a variety of different groups each year. The groups below are a sample of the different types of groups that are offered. *Contact Alysha B. Warren, LPC at awarren@wesleyan.edu.*

Sexual Assault Survivors Support Group: This group is a place where female identified survivors can regain their power through connection with other survivors. The group follows an open support group format and participants determine group topics each week. The group meets for 1.25 hours each week. The group is offered during the fall semester.

Experiences of Healing is a structured psycho-educational support group that meets for 9 weeks for an in-depth exploration of a variety of topics of particular interest to survivors of sexual violence including trust and safety, boundaries, disclosures, coping mechanisms and sexuality through discussion, art and other activities. The group meets once a week for 75 minutes.

Befriending the Body: Mindful Healing through Yoga: Many survivors of sexual violence find yoga to be a helpful complement to their healing. This 10 week support group incorporates yoga and discussions of self-care, mindfulness, body awareness, and other topics to assist survivors in their healing. The group meets once a week for 1.5 hours. Yoga experience is not required.

Male Identified Survivors Support Group: This group is open to male identified survivors of childhood sexual abuse, sexual assault and rape. Meetings will follow an open support group format and participants determine topics each week. The group meets for 1.25 hours for 8 weeks.

Healing Forward: Self-Care for Survivors: A structured 9 week psycho-educational support group that focuses on helping students develop sustainable self-care practices. Each week, the group focuses on a different aspect of building sustainable self-care practices. Topics include sleep compassion, sleep hygiene, mindfulness and creativity and play. Sessions include art, movement and other activities. The group meets once a week for 1.5 hours.

FREQUENTLY ASKED QUESTIONS

How long will it take to get over this?

Healing from the trauma of a sexual assault is not a linear process. Many survivors of sexual assault enter counseling with the expectation that a therapist will tell them exactly what they need to do to move forward from the abuse. Unfortunately, this is not a realistic expectation. Given the uniqueness of each situation, there is not a one-size-fits-all solution. Making the decision to come to counseling is the first step in the healing process. In collaboration with a therapist, a survivor can explore their feelings about the experience and move forward in a safe and supportive environment.

I was not sexually assaulted, abused or stalked; my friend/partner was—how can counseling help me?

Providing support to a friend or partner who has been sexually assaulted, is in an abusive relationship or being stalked is challenging. You may experience an increase in your stress levels, changes in your relationship and, in cases of sexual assault, your sense of safety in the world. Talking with a therapist can help you sort out your feelings and help you develop a plan for taking care of yourself as you support your friend. Seeking counseling can help ensure that you do not lose sight of your needs as you support your friend. Talking with someone may be especially helpful if you have a history of sexual violence, because sometimes hearing about someone else's experience can bring forth unresolved feelings and painful memories.

I was sexually abused a long time ago. How will it help to talk about it now?

Whether the abuse happened when you were 2 months old or 18 years old, or somewhere in-between, a history of sexual abuse can significantly affect the way that you see yourself, how you view relationships, your trust in yourself and others and how you feel about your body among other things. Many survivors report feeling "different" and often mistakenly believe that they are bad, damaged or unworthy. These beliefs are untrue and were often planted by the perpetrator(s) to blame the survivor for their behavior and prevent them from telling others about the abuse. Breaking the silence is the first step in the healing process. Counseling can help.

FREQUENTLY ASKED QUESTIONS

Do I have to talk about my experience every session? There are other things going on in my life.

No. Sessions will move at your pace. You will not be forced to talk about things that you do not feel comfortable discussing.

Does CAPS offer groups for survivors of sexual assault?

CAPS offers groups for survivors of sexual assault each semester. Joining a group can be an empowering and transformative experience for survivors of sexual assault. First, it provides an opportunity to connect with other students who have had a similar experience, provides an opportunity for learning ways to cope with the aftermath of a sexual assault and enables students to see people in various stages of the healing process. There is an expectation that information that is shared in the group will be kept confidential. *If you would like to join a group, please contact Alysha B. Warren, LPC, Sexual Violence Resource Coordinator, at 860.685.3217.*

My friend was sexually assaulted. Ze needs to go to counseling. How can I make hir go?

Your friend is fortunate to have someone who is concerned about their emotional well-being. It is important that your friend is in charge of whether or not ze decides to seek counseling. When someone is sexually assaulted, they lose their sense of power and control to make decisions. One of the most important and supportive things a friend can do is to provide the survivor with opportunities to make choices. This means letting hir decide when/if ze chooses to come to counseling. Provide your friend with information about all of their options and available resources and allow them to make the final decisions. For example, you can direct them to the sexual violence website, ([www.http://www.wesleyan.edu/healthservices/sexualassault/](http://www.wesleyan.edu/healthservices/sexualassault/)), provide a non-judgmental listening ear and consider counseling for yourself as you support your friend.

FREQUENTLY ASKED QUESTIONS

My friends have pointed out that my partner doesn't treat me very well and I'm starting to see it, but I do not want to break up. If I come to counseling, will the counselor pressure me into leaving the relationship?

Our goal is to help students build healthy relationships that are free of violence, emotional abuse and intimidation. While therapists are concerned about your emotional and physical well-being, they cannot make you leave a relationship. Therapists are also sensitive to the conflicting emotions that students may experience as they contemplate ending a relationship. The therapist will help you explore all of your options and assist you in coming to a decision. In instances where you are not ready to leave a relationship, the therapist will help you identify ways that you can keep yourself safe.

Sexual violence, whether it's relationship violence, stalking or sexual assault, is really hard to deal with alone. Support is available. Contact CAPS to schedule an appointment, if you have been affected by issues of relationship violence, stalking or sexual assault at 860.685.2910.

SEXUAL ASSAULT REPORTING OPTIONS: THE FIRST 72 HOURS

Sexual assault is never the survivor's fault.

Evidence Collection Kit at Middlesex Hospital: An evidence collection kit is administered by specifically trained nurses at the hospital in order to collect physical evidence that can be used at a later time in a criminal case. Even though this is a hard first step to take, it is crucial to do before showering or changing, within the first 72 hours, just in case a person wishes to pursue a criminal case at a later date.

- A counselor at the Women and Family Center on Main Street in Middletown (888-999-5545) can accompany students to the hospital emergency room for a forensic evidence collection kit and also to the police station if they wish to file a report immediately. The evidence from the forensic evidence collection kit is given a case number and sent anonymously to the police, just in case the survivor ever decides to file a report.
- Public Safety can also provide safe rides to the hospital and the police station (860-685-3333).
- You can contact a Davison Health Center provider prior to visiting the ER; the provider will then alert the ER so that appropriate support staff is available (860-685-2470).
- Counseling and Psychological Services (CAPS) at the Davison Health Center (860-685-2910), and the counselors at the Women and Family Center (888-999-5545) are on call 24/7.

SEXUAL ASSAULT REPORTING OPTIONS: CONFIDENTIAL RESOURCES

Sexual assault is never the survivor's fault. If you or someone you know has been sexually assaulted, or if you are not sure whether you are dealing with a case of sexual assault, a variety of resources are available to you, many of which are confidential.

NEED SOMEONE TO CONFIDE IN? Confidential help and support are available for students who are not sure if they are ready to report to the University.

Confidential campus support resources include:

- Clinicians and Nurses/Davison Health Center (on call 24/7)
- Therapists/Counseling and Psychological Services (on call 24/7)
 - Chaplains/Office of Religious and Spiritual Life

They provide a confidential space for students to discuss their options; emotional, spiritual, or medical support; and information about campus and community resources. These members of the community are legally protected because of their professions. The only report they are compelled to submit is a record that a student (whose name they do not have to disclose) has reported a sexual assault or misconduct to them.

SEXUAL ASSAULT REPORTING OPTIONS: WESLEYAN SEXUAL ASSAULT RESPONSE TEAM (SART)

Sexual assault is never the survivor's fault.

SART members are Wesleyan faculty and staff who are trained to provide support and assistance to any student who is a survivor of a sexual assault or other forms of sexual violence. SART members strive to ensure that a survivor has the resources they need, while ensuring their privacy. The supportive function of a SART member includes helping survivors by explaining options for medical care, mental health care, housing, and academic concerns, and how to file a report with the University.

SART Members – Confidential Resources*

Jennifer D'Andrea, CAPS, 860-685-2910

Sandy Frimel, Health Services, 860-685-2470

David Leipziger Teva, Chaplain, 860-685-2278

Tracy Mehr-Muska, Chaplain, 860-685-2277

Alysha Warren, CAPS, 860-685-3217

**Other confidential resources who are not specifically trained as SART members also include all clinicians in the Davison Health Center, all therapists at the Counseling and Psychological Services Office, and all clergy members.*

SEXUAL ASSAULT REPORTING OPTIONS: WESLEYAN SEXUAL ASSAULT RESPONSE TEAM (SART)

Sexual assault is never the survivor's fault.

SART Members – Responsible Reporters

All Class Deans:

- Jennifer Wood - 2019, 860-685-2774
- To Be Announced – 2018, 860.685.2764
- Louise Brown – 2017, 860-685-2758
- David Phillips – 2016, 860-685-2765

Elisa Cardona, Student Activities and
Leadership Development, 860-685-2143
Maureen Isleib, Residential Life, 860-685-3166
Nikita Rajgopal, SART Intern 860-685-4673 (HOPE)

SART members will respect the privacy and confidentiality of the students with whom they work. It is in the best interest of the student to keep the number of people involved to a minimum. In instances where it is necessary to discuss the student's situation with other members of the University community, the SART member will seek the student's prior consent. The student's name is not to be shared unless deemed necessary.

The SART intern, Nikita Rajgopal '15, acts as a liaison between students and on- and off-campus resources for sexual violence, advocates for campus sexual violence resources, and creates space for campus dialogue, education, and awareness around issues of sexual violence. The SART intern can help you or a friend navigate a room change, Counseling and Psychological Services, the Davison Health Center, reporting, the administrative panel process, difficulties completing coursework, and any other services you may want or need. The SART intern coordinates the Title IX Student Advisory Committee, which works in collaboration with administrators to review policies and develop programming.

SEXUAL ASSAULT REPORTING OPTIONS: OTHER SOURCES OF SUPPORT

*Guidance and advice for students who are not entirely sure if they are ready to file a formal report
(with either the University or the police)*

Davison Health Center is available for sexual assault follow-up including STI treatment/prevention, and pregnancy prevention. The Health Center is open six days a week, and a physician is on call 24/7 while classes are in session. **All fees for services, testing, and treatment are waived in the event of a sexual assault.** The Health Center does not administer an evidence collection kit nor collect evidence for prosecution. A student who may be interested in pursuing legal prosecution is encouraged to seek care at Middlesex Hospital Emergency Department.

A student may choose to talk to other members of the community like an area coordinator, a resident assistant, a student affairs staff member, a faculty member, or a class dean who cannot have a legally privileged conversation without reporting the assault to the University. **Students are encouraged to report assaults to the University and regardless of who receives the report, the survivor's privacy will be respected during any investigation.** To the extent possible, a survivor's wishes will be followed in determining whether to move forward with a hearing.

A student who is deciding whether to make a formal report to the University should talk to Debbie Colucci, Deputy Title IX Coordinator, Lt. Paul Verrillo, Public Safety or a confidential resource in Counseling and Psychological Services or the Office of Religious and Spiritual Life.

You may also file a confidential crime report online at www.wesleyan.edu/inclusion/report_incident.html. Because identifying information is not included in this type of report, Public Safety cannot investigate the incident and there cannot be formal judicial follow-up by the University.

SEXUAL ASSAULT REPORTING OPTIONS: CONSIDER MAKING A FORMAL REPORT

Public Safety and counselors from the Women and Family Center can assist students with filing a report to the police. In cases where the incident is reported to both the police and the University, the police investigation is normally done first with the assistance of university resources.

If you would like to file a report with the police, you can pursue any of these options:

Call **Public Safety** to assist with the report (860-685-3333).

Call the **Women and Family Center in Middletown** to assist with reporting (888-999-5545).

Call the **Middletown Police Department** at (860-344-3200) and ask them to send a specially-trained officer to take the report from the student's room or another safe space on campus.

Middletown Police Department is located on Main Street between Court and College Streets.

The Therapist/Sexual Assault Resource Coordinator is available to accompany students to the police station and provide emotional support during any part of the formal reporting process.

If you would like to take your case to the university judicial process:

Report directly to a Title IX Investigator. (See next page for names of investigators).

Filing a detailed report and pursuing sexual assault charges against another student can result in a judicial hearing with an administrative panel composed of two male and two female administrators, one of whom is always a representative of the Office of the Dean of Students to ensure that protocol and procedure is followed.

Antonio Farias, Title IX Officer, monitors incidents and ensures an effective university response to each complaint. At any point in the process, you may contact him by phone at 860.685.3927 or by email at afarias@wesleyan.edu.

Women and Families Center – Sexual Assault Crisis Services

The Women and Families Center offers support services and support groups for survivors of sexual violence. They also provide accompaniment and advocacy through medical, police and legal systems.
www.womenfamilies.org

24 Hour Crisis Hotline: 888.999.5545 (English)/
 1.888.568.8332 (Spanish)

Sign language interpreters are available
All services are free and confidential.

it's okay to ask for help

TITLE IX INVESTIGATORS

Debbie Colucci, Deputy Title IX Coordinator
 860.685. 2456

Lt. Paul Verrillo,
 Public Safety, 860.685.2818

Valerie Walker,
 Public Safety, 860.685.2345

Melissa Widlak,
 Public Safety, 860.685.2345

Online Resources:

Rape, Abuse and Incest National Network
 (www.rainn.org)

Male Survivor
 (www.malesurvivor.org)

Public Safety
www.wesleyan.edu/publicsafety or
 860.685.2345 (860.685.3333—
 emergencies)

**Middletown Police
 Department, 860.685.3200**

Counseling and Psychological Services (CAPS)

Davison Health Center
 327 High Street

Hours: 8:30am-4:30pm

Phone: 860.685.2910

After-hours on-call therapist: 860.685.2910

Davison Health Center

327 High Street

Hours: Mon-Thursday, 9am –6pm, Fridays, 9am-5pm, Saturdays, 10am-2pm

Phone: 860.685.2740

WesWell, Office of Health Education

Davison Health Center
 327 High Street

Phone: 860.685.2466

Contact: Tanya Purdy, MPH, MCHES

Office of Spiritual and Religious Life

<http://www.wesleyan.edu/orsl/>

Phone: 860.685.2278

Sexual Assault Resource Team (SART) Intern

Nikita Rajgopal '17, 860.685.HOPE

Visit www.wesleyan.edu/healthservices/sexualassault for more information about sexual violence and an online version of this booklet.



Speak Up

I raped
that test!

Your words
have power —
don't say that

I'm
glad someone
spoke up. . .

WE SPEAK WE STAND
WESLEYAN'S COMMUNITY OF CARE

Don't be afraid to say something when you feel
uncomfortable. Language matters, and you have
the power to stop rape culture.



*Funded by the Connecticut Healthy Campus Initiative.



Bystander Intervention Reminders

Investigate an ambiguous event. It's not always easy to tell if an event will lead to sexual violence. It's always best to check it out using one of the intervention strategies (direct, distract or delegate). Consider how you would want someone to respond if you or a loved one were in a similar situation. If you think something is "off," you're probably right and not the only person noticing.

Be mindful of pressure to conform and be prepared to react to it. If we're not sure if a situation is an emergency, we look to others and see how they are responding. If they aren't responding, we tend not to respond either. Everyone begins to wait for someone else to intervene. **You can be the person that intervenes and changes the outcome of a situation.**

Trust your gut. If you think something isn't right about a situation, you're probably right. Trust yourself.

Respond with respect so that situations aren't escalated unnecessarily.

ASK FOR HELP

By asking someone to help
you, you gain support and
spread awareness.

Can you **come with
me** to help that
person over there?

I don't feel
comfortable going
alone.



WE SPEAK WE STAND
WESLEYAN'S COMMUNITY OF CARE

<http://www.wesleyan.edu/weswell/services/BystanderIntervention.html>

•Funded by the Connecticut Healthy Campus Initiative.

USE A DISTRACTION

Sometimes the best
way to intervene is to
divert attention.

Hey, man.

Let's get out of
here. We can grab
grilled cheese and
hang out.



WE SPEAK WE STAND
WESLEYAN'S COMMUNITY OF CARE
<http://www.wesleyan.edu/weswell/services/BystanderIntervention.html>

*Funded by the Connecticut Healthy Campus Initiative.

"BRING IT HOME"

Prevent someone from distancing themselves from their actions by making it personal.

How would **you** feel
if someone cat
called **your** friend?



WE SPEAK WE STAND
WESLEYAN'S COMMUNITY OF CARE
<http://www.wesleyan.edu/weswell/services/BystanderIntervention.html>

*Funded by the Connecticut Healthy Campus Initiative.

USE "I" STATEMENTS

Focus on your feelings
rather than criticizing the
other person.

I feel really
uncomfortable
when you grind on
people without
asking first.



WE SPEAK WE STAND
WESLEYAN'S COMMUNITY OF CARE
<http://www.wesleyan.edu/weswell/services/BystanderIntervention.html>

*Funded by the Connecticut Healthy Campus Initiative.



WE SPEAK WE STAND
WESLEYAN'S COMMUNITY OF CARE



FOR MORE INFORMATION:

www.wesleyan.edu/healthservices/sexualassault

www.wesleyan.edu/weswell/services/BystanderIntervention.html

Updated: August 2015