



## Interpersonal Violence Prevention, Response, and Healing at Wesleyan



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## WESLEYAN POLICY STATEMENT: SEXUAL ASSAULT AND MISCONDUCT

“Wesleyan University will not tolerate discriminatory harassment and/or sexual misconduct (whether it comes in the form of intimate partner violence, non-consensual sexual activity and sexual assault, sexual exploitation, stalking or sexual harassment) against students, faculty, staff, trustees, volunteers, and employees of any university contractors/agents.”

The sexual misconduct policy can be found online at [www.wesleyan.edu/sexualassault](http://www.wesleyan.edu/sexualassault)

**Sexual Assault** is an act of violence, power, and control, in which one person forces or manipulates another into unwanted sexual behavior. It includes rape, un-consensual sexual touching, and exposure to sexually explicit material (pornography or unwanted sexting).

*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 using a trauma-informed response model when working with survivors. This booklet contains information about sexual assault, intimate partner violence, stalking, consent, bystander intervention, reporting protocols and resources. It is written from a primary prevention and advocacy lens, rather than strictly a policy lens (so some terms may differ). This booklet can be found online at [www.wesleyan.edu/SACE](http://www.wesleyan.edu/SACE).*

## IT'S STILL SEXUAL ASSAULT IF...

**...The survivor was intoxicated.** Many students, especially those under 21, are concerned about reporting a sexual assault to Public Safety or the police, 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 survivors responsible for an assault.** Alcohol does not cause sexual assault. The responsibility for sexual assault lies solely on the shoulders of the perpetrator.

**...The survivor consented to other forms of sexual activity.** Giving consent to one activity is **NOT** automatic consent for other activities to occur. Consent is a dynamic conversation, where consent has to be given and received as the sexual activity changes.

**...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 survivor did not fight back or report immediately.** Many survivors are overcome by shock or denial and do not actively "fight" back. Many survivors are also afraid that if they fight back that the assailant will become more violent. The "flight, fight, or freeze" response is involuntary; a neurobiological decision made by brain chemistry, rather than individual choice. Delayed reporting to friends, family and law enforcement are also common. Some reasons why someone might delay reporting include shame, fear of not being believed or shock and disbelief.

## HOW TO BE A SUPPORTIVE FRIEND TO A SURVIVOR

**Listen.** Listen actively and non-judgmentally. It is not about saying the “right” things, and more about creating a supportive space for a person to share a difficult experience. Focus on listening to hear the person, and not to press for details. Allow your friend 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.

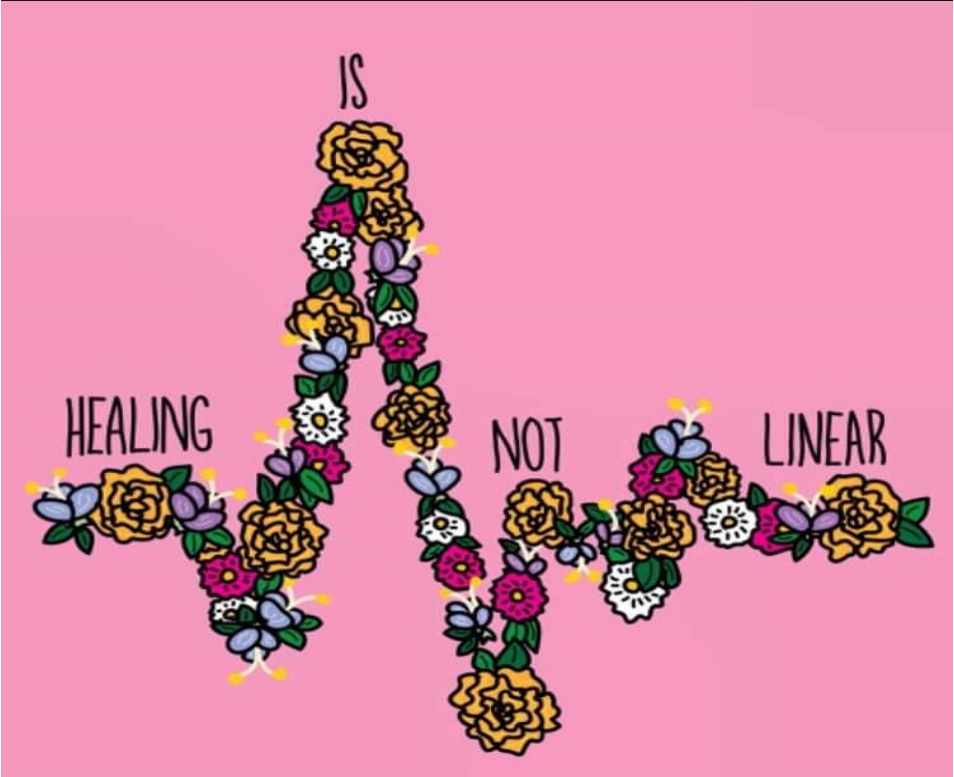
**Believing someone is one of the most important things you can do.** The first disclosure often sets the tone for how people engage with their healing process. People who disclose to someone and are believed are more likely to seek help. People who are not believed tend to shut down and avoid seeking help elsewhere. A negative response can also reinforce any feelings of guilt and self-blame that the person may feel.

**Restore choice, provide options.** Sexual and intimate partner violence involve survivors having power and choice taken away from them. Healing comes from opportunities to choose next steps and feeling empowered with control over one’s narrative. Respect and support your friend’s decisions. If you feel very strongly that your friend should report their experience to the police or Public Safety, 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/intimate partner violence may bring up strong emotions and reactions for you. Talking with someone in Counseling and Psychological Services (CAPS), the Office of Survivor Advocacy & Community Education (SACE), the Office of Religious and Spiritual Life or a counselor at the Women and Families Center (WFC) may be helpful to you. Set boundaries. Ask for help.

**Understand social issues.** Gender identity, race, ethnicity, sexual orientation, class, religion, and other identities often factor into how a survivor navigates their experience. Be mindful of how this may impact someone’s experience and interaction with different systems and options for support.



## INTIMATE PARTNER VIOLENCE

Intimate partner violence or “dating violence” involves a pattern of threatened acts or actions used to gain power and control over someone else. It is intentional violence, which can take many forms including physical, emotional, technological, financial, sexual abuse or reproductive coercion. Violence in relationships usually escalates in intensity over time. Intimate partner violence affects people of all gender identities and sexualities along the spectrum.

### **Relationship Red Flag Behaviors:**

- ◆ Enduring humiliating language or being made to feel bad about yourself.
- ◆ Being asked to give up needs and wishes to satisfy or prioritize a partner's.
- ◆ 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 is upsetting to a partner.
- ◆ Partner is jealous and/or possessive.

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

- ◆ Using pronouns that disregard the partner's identity.
- ◆ Ridiculing how their partner's body looks.
- ◆ Ridiculing or belittling their partner's identity.
- ◆ Hiding or throwing away hormones, binders, clothes, etc.
- ◆ Threatening to “out” someone as a tactic of intimidation and manipulation.
- ◆ Telling their partner they would harm the LGBTQIA+ community if they exposed what was happening in the relationship.

## RED FLAG BEHAVIORS

### Boundary Violations

Isolation (from community & friends)

Encroaches on personal Boundaries (technology, physical space, etc.)

Disrespectful of Values

### Controlling Behaviors

Put-Downs

Limiting Self-Expression (telling someone what they can/can't wear)

Demanding to Know Whereabouts Always

### Intimidation Tactics

Threats and Rumors

Intimidation & Physical Violence

Stalking

Source: Rebecca Harrington @ SUNY Oneonta.

## INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

**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 ashamed, uncomfortable or afraid that they will be judged. It may take a few times before your friend feels comfortable sharing details about their relationship. Be patient. Open the door for your friend and break through the isolation that most people in these situations feel by offering yourself as a safe resource.

**Take the abuse seriously.** Any type of abuse has no place in a healthy relationship. **Any type of emotional, technological, financial, or sexual abuse is a “big deal” because abuse tends to escalate over time.**

**Focus on safety.** Help your friend plan for ways to stay safe by identifying resources on campus and in the community. *Remember, resources are available to both you and your friend.* Schedule an appointment with the Office of Survivor Advocacy & Community Education (SACE) to talk through how to respond or call Public Safety to help deescalate situations.

**Help your friend recognize the warning signs of unhealthy relationships.** It is very common for people who are experiencing dating violence to minimize what is happening or not classify it as abuse. They may have a difficult time noticing the pattern of behaviors that constitute abuse. Referencing any red flags that you notice can help provide context and perspective.

## INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

**Encourage your friend to talk to someone to get support.** They can connect with a CAPS therapist to explore their feelings about the situation or connect with the SACE Director to explore options for support. Both resources are also available to you in navigating supporting your friend as well. Contact CAPS at 860.685.2910 or SACE at 860.685.3214 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 multiple attempts to leave a relationship before the person leaves for good. Be patient.

**Reassure your friend that the abuse is not their fault.** Remind your friend of their strengths if they put themselves down. 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.** It is not your job to save your friend. Ultimately, they will need to decide what to do. Reach out to CAPS, the SACE Office, New Horizons (on Main Street in Middletown), or another resource for support.

**Be understanding and compassionate** if your friend is confused or unsure about what to do or if they still have feelings for their partner. Ending relationships is difficult in the best of circumstances and can become more complicated when abusive elements are involved.

## INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

### COMMUNICATION ROADBLOCKS

**Don't blame your friend for the abuse.** They are likely already blaming themselves. In addition, their partner is probably blaming them, too. 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 a friend is acting towards their partner, encourage them to get help at CAPS.

### HELPFUL QUESTIONS TO ASK:

What can I do to help?

What do you feel like you need now?

Would you like me to go  
with you to CAPS or  
the SACE Office  
to set up an appointment?

Would you like to explore available  
community resources ?

## 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: [www.wesleyan.edu/sexualassault](http://www.wesleyan.edu/sexualassault)

# STALKING

Stalking happens to people of all gender identities and 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.

## EXAMPLES OF STALKING BEHAVIORS:

- Leaving harassing or unwanted notes under someone's door
- Constantly texting 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
- Tracking someone's schedule or activities on a social networking site for the purpose of following them or intimidating them
- Giving unwanted gifts
- 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 being harassed, consider contacting the SACE Office (860.685.3214) to get help and safety-plan.*

*If you are engaged in these behaviors or know someone who is, please contact Counseling and Psychological Services (860.685.2910) to reflect on your feelings and get support.*

## 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 difficulty sleeping, anxiety, depression, anger, fearfulness and constantly feeling "on edge."

**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. Save any and all texts, emails, unwanted gifts and other contacts.**

**If you are being stalked**, it can be very helpful to talk to someone to safety-plan and also navigate your feelings. Contact the SACE Office at 860.685.3214 to learn more about resources for safety-planning and support.

**To report stalking incidents, contact Public Safety at 860.685.2345  
or Captain Gary Wallace at Middletown Police at 860.638.4141.**

## WHAT IS AFFIRMATIVE CONSENT?

Affirmative consent is a voluntary, **sober**, dynamic, **enthusiastic**, creative, **clear**, informed, **mutual**, and honest agreement.

Consent is a **combination** of affirmative **words and actions**; not just words or body language.

Consent is an **active agreement** and cannot be coerced.

Consent is a **dynamic dialogue**. It must be **given** and **received** throughout a sexual encounter. *It can also be **withdrawn** at any time.*

Consent is **never implied** and cannot be assumed, *even in the context of a relationship.*

A person who is incapacitated cannot **give consent**. If someone is too incapacitated to make decisions and **communicate** with their partner, they cannot give consent.

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

All participants should be **involved equally** in the **decision** to have sex.

## GOOD SEX INVOLVES CONSENT!

### A NOTE ABOUT CONSENT IN LONG-TERM RELATIONSHIPS:

Recognizing that **each sexual interaction requires consent**, discuss how you will communicate consent in your relationship. What your partner(s) want(s) now, may be different than before. **Don't make assumptions.**

## ENTHUSIASTIC CONSENT

“Enthusiastic consent. That’s where it’s at....It heightens the experience because of the trust level ...[it] elicits [amongst partners]. Asking isn’t just a request, it’s also an invitation.

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.’

...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: [www.jeffvandermeer.com/2010/07/31/on-enthusiastic-consent/](http://www.jeffvandermeer.com/2010/07/31/on-enthusiastic-consent/)

**C**ONSENT

+ CAN I FREELY AND COMFORTABLY CHOOSE WHETHER OR NOT TO ENGAGE IN SEXUAL ACTIVITY?

+ AM I MINDFUL THAT MY PARTNER(S) AND I HAVE THE RIGHT TO STOP AT ANY TIME?

**E**QUALITY

+ DO MY PARTNER(S) AND I FEEL THAT WE SHARE EQUAL LEVELS OF PERSONAL POWER ?

**R**ESPECT

+ DO I RESPECT MY PARTNER(S)?

+ DO I FEEL RESPECTED BY MY PARTNER(S)?

**T**RUST

+ DO I TRUST MY PARTNER(S) BOTH PHYSICALLY AND EMOTIONALLY?

+ IS IT SAFE TO BE VULNERABLE WITH MY PARTNER(S)?

**S**AFETY

+ AM I COMFORTABLE COMMUNICATING MY NEEDS?

+ ARE WE IN AGREEMENT REGARDING PROTECTED SEX?

## BODY LANGUAGE

There are many ways of communicating. Information can be conveyed through body language. Non-verbal cues alone do not equate to consent. **Consent is a combination of affirmative words and actions.**

### HAVING A VERBAL CONVERSATION IS CRUCIAL TO GETTING CONSENT.

**Signs that your partner(s) is (are) 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
  - ⇒ Lying limp or not engaging
- ⇒ Turning away from you or hiding their face
  - ⇒ Stiffening muscles
  - ⇒ Tears, shaking
- ⇒ Lack of any sort of verbal feedback

**If you get a negative or non-committal answer to any questions asking for consent, or if your partner's body language is like any of the above examples, STOP what you are doing and TALK to them to check-in.**

## CONSENT PHRASES

**“Do you like it when I touch you here?”**

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

**“Does it feel good when I...?”**

**“Is this okay?”**

**“Keep going. Don’t stop.”**

**“Do you want to try...?”**

**“What would you like?”**

## WE SPEAK WE STAND



**WE SPEAK WE STAND**  
WESLEYAN'S COMMUNITY OF CARE



WE Speak, WE Stand is Wesleyan's Bystander Intervention program designed to create a community that is actively engaged in the prevention of 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. We Speak We Stand training provides students with the skills to move from inaction to action and to intervene safely and effectively.

Contact Seirra Fowler, MPH, CHES (sfowler01@wesleyan.edu) or Johanna DeBari (jdebari@wesleyan.edu) to learn more about attending bystander intervention training.

Information can also be found at <http://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:** directly interacting with the other person.

"Hey, what are you doing?"

"Are you ok?"

**DISTRACT:** a strategy that focuses on diversion by diverting the attention of the people in the situation.

**DELEGATE:** the best approach if you are uncomfortable intervening directly and if someone else is better suited to handle the situation (friend, Resident Assistant, Area Coordinator, Public Safety, etc).

## INTERVENTION STRATEGIES

### "I" Statements

- Focus on your feelings
- Name the behavior
- State how you want the other person to respond

### Silent Stare

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

### "Bring It Home"

This strategy prevents someone from distancing themselves from their behavior.

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

### "We're Friends, Right?"

Reframes the intervention as caring and non-critical.

*"As a friend, I gotta tell you that getting someone drunk to have sex with them isn't cool. Don't do it."*

# SEXUAL VIOLENCE PREVENTION IS A COMMUNITY ISSUE.

**Student Advisory Title IX Committee:** This connects students and groups interested in working on sexual violence issues by providing training, collaborative programming and works in partnership with the Director, Office of Survivor Advocacy and Community Education and Title IX Coordinator to develop campus wide programming. *If you are interested in joining the committee, contact Zoe Garvey (zgarvey@wes) or Camila Rodlauer (crodlauer@wes).*

**We Speak, We Stand,** Wesleyan's bystander intervention program, works to create a community that is actively engaged in the prevention of sexual violence and intimate partner violence, while advocating 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 Seirra Fowler, MPH, MCHES at 860.685.2466 or Johanna DeBari at 860.685.3214.*

**Students for Consent and Communication (SFCC)** is a student group that develops sexual assault resources and programming. They present workshops about consent, supporting survivors and coordinate Take Back the Night in the spring. For more information, contact Michaela Olson (mkolson@wes) or Mariah Lebeau (mlebeau@wes).

**Peer Health Advocates (PHAs)** create and implement peer-led health education outreach efforts on a variety of health issues including stress management, alcohol & drugs, sexual health, sexual violence, etc. *Contact Seirra Fowler, MPH, CHES, Director, WesWell, Office of Health Education (sfowler01@wesleyan.edu or 860.685.2466) for more information.*

**"LIKE" the SACE Office Facebook Page to learn more about campus and community events that focus on sexual/dating violence prevention.**

# HEALING AND SUPPORT: ADVOCACY VS. COUNSELING

## COUNSELING

**Counseling and Psychological Services (CAPS)** provides a range of therapeutic services for students, including navigating experiences with gender and power-based violence (sexual assault, intimate partner violence and stalking). 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:** In collaboration with a therapist, a survivor can explore their feelings about their experience and move forward in a safe and supportive environment.

**Group Support:** Joining a group can be an empowering and transformative experience for survivors. It is an opportunity to find community with other survivors, learn new ways to cope with the aftermath of trauma and enables survivors to see people in various stages of the healing process.

**All services are free & confidential.**

**Contact CAPS at 860.685.2910  
to schedule an appointment and for group information.**

## ADVOCACY

**The Office of Survivor Advocacy & Community Education (SACE)** provides advocacy services to survivors and those connected to survivors of sexual assault, dating violence, stalking, and sexual harassment.

Advocacy involves taking a **survivor-centered, trauma-informed** approach to presenting options to a survivor. This means asking more questions than giving advice. It is different from counseling, in that it is not a clinical mental health service.

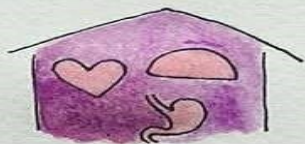
Advocacy looks like:

- *Presenting options for survivors, based on their hopes for healing and unique lived experience.*
- *Exploring pros and cons of options.*
- *Empowering survivors to choose their best option.*
- *Advocating for and supporting survivors in accessing those options.*

**All services are free & confidential.**

**Contact the SACE Director at 860.685.3214  
to schedule an appointment and explore options.**

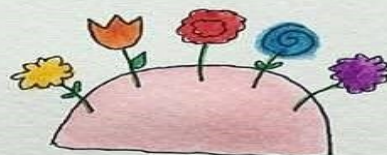
# SYNONYMS FOR HEALING



Feeling AT  
Home in YOUR  
BODY



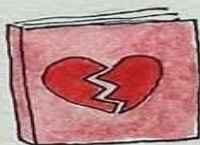
HOLDING  
(NOT FEARING)  
MEMORIES



Becoming  
FRIENDS WITH  
YOUR MIND



TRUSTING  
THE WORLD  
AS A SAFE &  
SOFT PLACE To BELONG



TRANSFORMING  
TRAUMA INTO  
STORY



Feeling POSSIBLE  
AGAIN

Source: @mariandrews via Instagram

## FREQUENTLY ASKED QUESTIONS

### How long will it take to get over this?

Healing from traumatic experiences, like dating violence or sexual assault is not a linear process. Many survivors enter therapy or meet with an advocate with the expectation that a therapist will tell them exactly what they need to do to move forward. 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 therapy or seek advocacy services is a first step for some people in healing. In collaboration with a therapist, a survivor can explore their feelings about the experience and move forward in a safe and supportive environment. In meeting with an advocate, they can gain more information about their options for support and an ally in accessing those options.

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

Talking with a therapist at CAPS can help you sort out your feelings and then develop a plan for taking care of yourself as you support your friend. Seeking therapy can help ensure that you do not lose sight of your needs. Connecting with the SACE Director for advocacy services can also help you decide which options for support best meet your needs. In supporting survivors whom are our friends, it may bring up our own experiences of trauma. Talking to someone can be helpful.

### I experienced sexual or dating violence before coming to college. 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 interpersonal violence can significantly affect the way that you see yourself, how you view relationships, and how you feel about your body, among other things. Many survivors report feeling "different" and often 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 can be a first step in the healing process. Seeking advocacy or counseling services can help.

### Do I have to share my whole narrative with an advocate or a counselor?

No. You always have control over how much or how little you tell. Connecting with the SACE Director, you can just ask about resources, without telling your full narrative. In counseling at CAPS, you won't be forced to talk about feelings you don't feel comfortable with. It is your narrative to tell whom you choose.

## FREQUENTLY ASKED QUESTIONS

### **My friend was sexually assaulted. They need to get help. How can I make them go to therapy or talk to an advocate?**

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 they decide to seek therapy or advocacy services.** When someone experiences dating violence or sexual assault, 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 them decide when/if they choose to come to therapy. 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 SACE website ([www.wesleyan.edu/SACE](http://www.wesleyan.edu/SACE)), provide a non-judgmental listening ear and consider scheduling a consultation appointment with CAPS or the SACE Director as you support your friend.

### **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 talk to someone, will an advocate/therapist pressure me into leaving the relationship?**

Our goal is to help students build healthy relationships that are free of violence, abuse and intimidation. While therapists and advocates are concerned about your emotional and physical well-being, they cannot and will not make you leave a relationship. Therapists are also sensitive to the conflicting emotions that students may experience as they contemplate ending a relationship. The SACE Director can help you explore all of your options and provide a non-judgmental space for you to make a decision. In instances where you are not ready to leave a relationship, the SACE Director or a CAPS therapist will help you identify ways that you can stay safe.

**Power-based violence, whether it's relationship violence, stalking, sexual assault or sexual harassment, can be challenging to deal with alone. Support is available. Contact Counseling and Psychological Services (860.685.2910) or the SACE Director (860.685.3214) to schedule an appointment.**

# SEXUAL ASSAULT REPORTING OPTIONS: THE FIRST 120 HOURS

*Sexual assault is never the survivor's fault.*

**Evidence Collection Kit at Middlesex Hospital:** An evidence collection kit is administered by trained nurses at the hospital in order to collect physical evidence to potentially be used in a criminal case. **An evidence collection kit can still be done even if a person has showered or changed, as long as it is within the 120-hour window.** If possible, do not shower or change before the exam.

- **A counselor at the Women and Families Center (WFC) (888.999.5545) can accompany students to the hospital emergency room for an Evidence Collection Kit and also to the police station if they wish to file a report immediately.**
- **You don't have to report to the police in order to have a kit completed.** The evidence from an Evidence Collection Kit is given a case number and taken by police to a forensic lab, where it is stored anonymously. The police can access it if the student decides to file a report in the future.
- There is **no cost** to have a kit completed. It is covered by the CT Office of Victim Services, *so you do not need insurance.*
- **Intake to the Emergency Room, additional medical care beyond the kit itself or ambulance rides to the hospital will show up on insurance Explanation of Benefits.** This means, if you are on your parents' insurance, they will see information about the hospital visit. If you do not have insurance, these services will still be an additional cost.
- **Public Safety can provide rides to the hospital and the police station (860.685.3333).**
- You can **contact a Davison Health Center provider (860.685.2470) prior to visiting the ER;** the provider will then alert the ER so that appropriate support staff is available .
- Counseling and Psychological Services (CAPS) at the Davison Health Center (860.685.2910), and counselor-advocates at the WFC are **on call 24/7.**

*If you have questions about the Evidence Collection Kit or Hospital Advocacy process, consider contacting the SACE Director for more information (860.685.3214 or [jdebari@wesleyan.edu](mailto:jdebari@wesleyan.edu)).*

# INTERPERSONAL VIOLENCE REPORTING OPTIONS: CONFIDENTIAL RESOURCES

*Interpersonal violence (sexual assault, dating violence, stalking, or sexual harassment) is never the survivor's fault.* If you or someone you know has experienced interpersonal violence, or even if you are not sure whether you are dealing with a case of interpersonal violence, a variety of resources are available to you, some 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 (24/7 Support Option)

CAPS Therapists (24/7 Support Option)

Chaplains/Office of Religious and Spiritual Life

SACE Director

They provide a confidential space for students to discuss their options and information about campus and community resources. These members of the community are legally protected because of their professions and as designated by the university. The only report they are compelled to submit is a record that a student (whose name they will not disclose) has reported sexual misconduct to them.

## INTERPERSONAL VIOLENCE REPORTING OPTIONS: WESLEYAN SEXUAL ASSAULT RESPONSE TEAM (SART)

***Sexual assault, dating violence, stalking, or sexual harassment 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 sexual assault, dating violence, stalking, or sexual harassment. 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, academic concerns, and how to file a report with the University and/or police.

### **SART Members – Confidential Resources\***

Jennifer D'Andrea, Counseling and Psychological Services, 860.685.2910

Sandy Frimel, Health Services, 860.685.2470

David Leipziger Teva, Chaplain, 860.685.2278

Tracy Mehr-Muska, Chaplain, 860.685.2277

Johanna DeBari, SACE Director, 860.685.3214

*\*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 chaplains of the Office of Religious & Spiritual Life.*

# INTERPERSONAL VIOLENCE REPORTING OPTIONS: WESLEYAN SEXUAL ASSAULT RESPONSE TEAM (SART)

*Interpersonal violence is never the survivor's fault.*

## **SART Members – Responsible Employees**

### **All Class Deans:**

- Renee Johnson-Thornton – 860-685-2764
- Louise Brown – 860-685-2758
- David Phillips – 860-685-2765
- Jennifer Wood - 860-685-2774

Maureen Isleib, Residential Life, 860-685-3166  
Joyce Walter, Davison Health Center, 860-685-2656  
Seirra Fowler, WesWell, 860-685-2466  
Asiyah Herrero '22, SACE Intern 860-685-3214

Responsible Employees are required to notify the university about an incident of interpersonal violence disclosed to them (including identifying information). SART members whom are Responsible Employees will respect the privacy of the students with whom they work as much as possible. It is in the best interest of the student to keep the number of people involved to a minimum or contact a confidential resource if they are concerned about confidentiality. In instances where it is necessary to discuss the survivor's situation with other members of the University community, the SART member will seek the student's consent. The student's name is not to be shared unless deemed necessary.

## **SACE Intern**

The SACE Intern, Asiyah Herrero '22, acts as a liaison between students and on- and off-campus resources for sexual violence and creates space for campus dialogue, education, and awareness around issues of sexual violence. The SACE intern can help you or a friend connect with campus and community resources and explore reporting options. The SACE intern is also a member of the Title IX Education Committee, which works to develop sexual violence prevention and response training, and the Title IX Student Advisory Committee, which advocates on behalf of students amongst the other Title IX Committees and create additional initiatives. The SACE Intern can also support students in planning educational events on interpersonal violence prevention/awareness.

## INTERPERSONAL VIOLENCE 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 (Monday–Saturday), and a physician is on call 24/7 while classes are in session. **All fees for services, testing and treatment provided in-house are waived in the event of a sexual assault.** The Health Center does not administer an evidence collection kit. A student who may be interested in pursuing legal prosecution is encouraged to seek care at Middlesex Hospital Emergency Department to complete an evidence collection kit.

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 an investigation and deliberation panel.**

**A student who is seeking more information about reporting to the University may speak to Lt. Paul Verrillo, Public Safety or a confidential resource in CAPS, the SACE Director, or the Office of Religious and Spiritual Life.**

You may also file a confidential crime report online at <http://www.wesleyan.edu/sexualassault/reporting/anonymous.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 Families 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 Families Center in Middletown** to assist with reporting (888.999.5545).

**Call the Middletown Police Department (MPD)** 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.

**Walk into the MPD** on Main Street between Court and College Streets.

If you would like to report to the  
the university:

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

**Sexual Misconduct cases are reviewed by a trained deliberation panel.** The panel is composed of four administrators, one of whom is always a representative of the Office of the Dean of Students to ensure that protocol and procedure are followed.

**Alison Williams, VP for Equity & Inclusion, monitors incidents and ensures an effective university response to each complaint.** At any point in the process, you may contact her by phone at 860.685.3927 or by email at [awilliams@wes](mailto:awilliams@wes).

**The SACE Director** can accompany and support you in accessing any of these options as well.

**Women and Families Center  
(WFC)– Sexual Assault Crisis  
Services**

The WFC offer support and advocacy services for survivors in the medical, legal, and other systems.

[www.womenfamilies.org](http://www.womenfamilies.org)

**All services are  
free and confidential.**

**24 Hour Crisis Hotline:**  
888.999.5545 (English)/  
1.888.568.8332 (Spanish)  
Sign language interpreters  
are available.\*\*

*\*\*Some Wes students volunteer  
to answer this hotline.*

TTY access during office hours  
(M-F, 9am-5pm); after hours use  
CT Relay, 1800.842.9710

**New Horizons (NH)–  
Domestic/Dating Violence Crisis  
Services**

NH offers offer support and advocacy services for survivors in the medical, legal and other systems.

[www.newhorizonsdv.com](http://www.newhorizonsdv.com)

**All services are  
free and confidential.**

**24 Hour Crisis Hotline:**  
860.347.3044 (English)/  
844.831.9200 (Spanish)

**Campus & Local Police**

**Public Safety** 860.685.2345  
(non-emergencies)  
860.685.3333 (emergencies)

**Middletown Police Department**  
860.685.3200

**TITLE IX INVESTIGATORS**

**Lt. Paul Verrillo**  
**Public Safety, 860.685.2818**

**Melissa Widlak,**  
**Public Safety, 860.685.2345**

**Debbie Colucci,**  
**Office for Equity & Inclusion,**  
**860.685.2456**

**Counseling and Psychological Services (CAPS)**  
**327 High Street—Davison Health Center,**  
**2nd Floor**

**Hours:** 8:30am-4:30pm, M-F

**Phone:** 860.685.2910

**After-hours on-call therapist:** 860.685.2910

**Health Services**

**327 High Street—Davison Health Center, 1st Floor**

**Hours:** Mon-Thurs, 9am-6pm, Fridays, 9am-5pm,  
Saturdays, 10am-2pm

**Phone:** 860.685.2740

**WesWell, Office of Health Education**

**327 High Street—Davison Health Center, 1st Floor**

**Contact:** Seirra Fowler, MPH, CHES,  
860.685.2466

**Office of Religious and Spiritual Life**

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

**Phone:** 860.685.2278

**Director, Office of Survivor Advocacy &  
Community Education (SACE)**

Johanna DeBari, 860.685.3214

**SACE Intern**

Asiyah Herrero '22, 860.685.3214

**Visit [www.wesleyan.edu/sexualassault](http://www.wesleyan.edu/sexualassault)  
for more information.**



## Bystander Intervention Reminders

**Check-in on an ambiguous event.** It's not easy to tell if something will lead to sexual violence. It's always best to check it out using one of the intervention strategies. Consider how you would want someone to respond if you or a loved one were in a similar situation.

**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 tend to look to others to see how they are responding. If they aren't responding, we tend not to respond either. Everyone waits for someone else to intervene.

**You can be the person who intervenes and changes the outcome of a situation.**

**Trust your gut.** If you think something isn't right in a situation, you're probably right and something is "off." 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>



**WE SPEAK WE STAND**  
WESLEYAN'S COMMUNITY OF CARE



FOR MORE INFORMATION:

[www.wesleyan.edu/sexualassault](http://www.wesleyan.edu/sexualassault)

[www.wesleyan.edu/SACE](http://www.wesleyan.edu/SACE)

[www.wesleyan.edu/weswell/services/BystanderIntervention.html](http://www.wesleyan.edu/weswell/services/BystanderIntervention.html)

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