

## Reporting Sexual Assault – Options to Consider

### UNIVERSITY RESPONSE TO COMPLAINTS

You should know that if you believe you have been sexually assaulted, you have options for addressing such conduct. You may wish first to discuss the problem privately with a counselor/advisor in the **SHARE Program**, or other confidential counselors from Counseling and Psychological Services. Their services are available to all students, faculty and staff of the University.

When you talk to a SHARE counselor, you are not making a report or a formal complaint. All discussions are private and confidential and do not commit you to further action. Conversations with counselors are not disclosed to anyone without your expressed permission, unless there is a threat of physical harm to you or others.

No matter when the assault occurred or what you decide to do, consider counseling. Sometimes talking can be the most important step to healing. You may contact the SHARE office at any time to arrange an appointment and support as well.

### REPORTING TO THE OFFICE OF PUBLIC SAFETY

Reporting a sexual assault to Public Safety may help to prevent another assault. Reporting the incident does not mean that the survivor must proceed with a prosecution. Immediately following an attack, the survivor should try to write down everything she or he remembers about the incident, including the physical description of the suspect(s) and any further information about the identity or location of the suspect(s). Public Safety will provide confidentiality to the parties involved, and the incident will not be reported to the police\* without the victim's consent. However, the investigator is required to confidentially inform the appropriate Dean of Student Life or Dean in Graduate School. Because the University regards any allegation of sexual assault as a serious offense, every effort will

be made to investigate incidents reported to campus officials, and in compliance with the Campus Security Act, Public Safety will notify the campus community of any sex offenses reported to them, without using the survivor's name.

### REPORTING TO POLICE\*

By reporting the assault to the police\* and preserving evidence, you will have a foundation for future prosecution should you decide to press criminal charges. Reporting the offense to the police\* does not obligate you to press charges. A SHARE Program counselor can discuss legal options and assist in contacting off-campus resources. Call Public Safety at 8-3134. For emergencies: call 9-1-1.

## What you can do to Reduce the Risk of Sexual Assault

- Do not pressure or coerce someone into having sex – remember, “No” means “no.”
- Do not listen to, tolerate or tell rape jokes.
- Stay aware of your sexual desires and limits and communicate them clearly.
- Be aware of social pressures or expectations to hook up.
- Trust your intuition.
- Be direct about your limits – you don't have to be nice at your own expense, especially if it means doing something you don't feel right about.
- Don't assume that if a woman wears “sexy” clothes and flirts, she wants to have sex.
- Look out for your friends – especially if they drink. Most acquaintance rapes occur where one or both parties are intoxicated. Remember, having sex with someone who is mentally or physically incapable of consent, is rape.

\* Princeton Borough or Princeton Township Police Departments

## COMMON EFFECTS OF SEXUAL ASSAULT

### Emotional

- Fear
- Sadness
- Numbness
- Anger

### Physical

- Physical pain and/or soreness
- Loss of appetite or nausea
- Difficulty sleeping

### Relational

- Difficulty trusting others

### Cognitive

- Difficulty concentrating

### Spiritual

- Difficulty reconciling your faith and your experience

### STRATEGIES FOR RECOVERY

- Individual or Group Therapy (with medication if needed)
- Journaling
- Talking with a trusted friend or family member
- Self-care through good nutrition, rest, and exercise
- Artistic Expression
- Spiritual Practices such as meditation or talking with someone of your faith
- Reading about recovery through self-help books or on the Internet

For further information contact the SHARE Program at 258-3310

### Campus Resources:

SHARE Program	8-3310
(Sexual Harassment/ Assault Advising, Resources & Education)	
Counseling and Psychological Services	8-3285
University Health Services	8-3129
After-hours	8-3139
Public Safety Transport	8-3134
<b>Emergency – Public Safety</b>	<b>9-1-1</b>

### Off Campus Resources:

University Medical Center at Princeton	497-4432
RWJ University Hospital Hamilton	584-6665
Princeton Borough Police	924-4141
Princeton Township Police	921-2100
WOMANSPACE Hotline	394-9000

[www.princeton.edu/uhs/](http://www.princeton.edu/uhs/)

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# Campus Sexual Assault: What You Should Know



## Princeton University

is committed to creating and maintaining a community in which students, faculty and staff can work and study in an atmosphere free from all forms of harassment, exploitation or intimidation.

Every member of the University community should be aware that the University does not tolerate sexual harassment and assault and that such behavior is prohibited both by federal and state law and by University policy. It is the intention of the University to take whatever action may be needed to prevent, correct and, if necessary, discipline behavior that violates this policy.

**All forms of sexual assault and all attempts to commit such acts are regarded as serious University offenses** which are likely to result in suspension, required withdrawal, or expulsion. Under New Jersey criminal law, prosecution may take place independently of charges under University regulations.

This Pamphlet, prepared by the SHARE Program of University Health Services, contains resources and options for dealing with sexual assault on campus.

## Campus Sexual Assault Victim's Bill of Rights

The state of New Jersey has established this law to articulate the requirements for campus policies, procedures, and services designed to insure that the needs of individuals affected by sexual assault are met. Princeton University is in full compliance with the law and provides on-campus resources to effectively respond to your concerns. You have the right:

- to be free from pressure to either report or refrain from reporting crimes;
- to be informed of all reporting options;
- to have any allegations of sexual assault investigated and adjudicated by the appropriate campus, civil, and criminal authorities;
- to be notified of existing campus and community medical, counseling and mental health services whether or not the crime is reported to campus or civil authorities;
- to receive, when required, the full, prompt cooperation of campus personnel when obtaining, securing, and preserving evidence.

Detailed information about victim's rights and University complaint procedures can be obtained from the SHARE Program. The full text of the Bill is available on the University Public Safety Website: <http://web.princeton.edu/sites/publicsafety/BoR.htm>

## Defining Sexual Assault and Acquaintance Rape

Sexual Assault is the legal term used in New Jersey to refer to nonconsensual sexual contact (which includes, but is not limited to, rape). Sexual assault includes stranger, acquaintance or date rape, attempted rape and nonconsensual sexual physical contact. Survivors of sexual assault can be women or men, and sexual assault can occur between individuals of the same gender. The University defines rape as sexual assault involving an act of penetration and considers it to be an especially serious offense.

Including but not limited to rape, University policy defines sexual assault as committing any of the following sexual offenses:

1. Any sexual physical contact that involves the use or threat of force or violence, or any other form of coercion or intimidation.
2. Any sexual physical contact with a person who is unable to consent due to incapacity or impairment, mental or physical. "Incapacity" or "impairment" normally includes but is not limited to being asleep or under the influence of alcohol or drugs.

*(Rights, Rules, Responsibilities, 2005 edition, p 5.)*

Acquaintance and date rape are acts of violence, aggression, and power. They occur when someone forces you to have sexual intercourse or other forms of sexual penetration against your will—whether you are passed out, too drunk to refuse, too scared or worn down to argue, or for some other reason do not give consent.

Acquaintance or date rape can happen anywhere, at any time, to anyone, regardless of gender, sexual orientation, or other cultural characteristics. College students are particularly vulnerable.

*("Acquaintance and Date Rape: What Everyone Should Know," 2003, American College Health Association.)*

## What to do if You or Someone You Know is Sexually Assaulted

If sexual assault occurs, safety and medical assistance are the first considerations. On campus, 24-hour assistance is available to respond to your concerns. Whether or not you decide to report the incident, seek medical treatment immediately and get counseling as soon as possible.

### CONFIDENTIAL SUPPORT AND ASSISTANCE

If you need medical transport to University Health Services, call Public Safety (8-3134). Calling Public Safety for transport will not result in an investigation unless you disclose the particulars of the assault and identify an assailant. Visits to University Health Services

for medical treatment and counseling are confidential. A qualified sexual assault counselor will meet with you and provide emotional support and advice on disciplinary and legal options. Conversations with University Health Services clinicians and counselors are not disclosed to anyone (unless there is a threat of physical harm to that individual or others) without the expressed permission of the person seeking assistance.

## THE UNIVERSITY'S EMERGENCY RESPONSE SYSTEM

If the sexual assault or attempted sexual assault requires emergency intervention, call Public Safety at 911 from any campus phone. If you call **Public Safety**, a proctor will meet with you and assist you in getting emergency medical treatment or take you to **University Health Services**. You will have the opportunity to talk with a SHARE Program sexual assault counselor confidentially and be provided with whatever information you need to decide what course of action you wish to take. You should be aware that incidents of sexual assault represent serious offenses, and every effort will be made to investigate the incident should you choose to officially report it. Unlike clinicians and counselors, who have protected confidentiality, Public Safety officers and other University officials are required to investigate complaints. Your safety and well being are our greatest concern. You will be treated with courtesy, sensitivity, dignity and professionalism.

### PRESERVING EVIDENCE

If the assault occurred within the last five days, evidence can still be collected. If possible, do not bathe, shower, urinate, change clothing, eat, drink or smoke. If you have already done any of these things, however, there is still evidence that can be collected. Come to University Health Services, where a sexual assault counselor will meet with you. If you are considering prosecution, University personnel will assist you in informing law enforcement and you will be supported through the process of obtaining the rape exam and evidence collection at the University Medical Center at Princeton. This does not obligate you to press criminal charges,

but it is required should you decide to do so. University disciplinary procedures do not require this type of legal evidence of sexual assault.

## SHARE (Sexual Harassment/ Assault Advising, Resources & Education) 258-3310

During the academic year, emergency medical and counseling services are available at University Health Services 24 hours a day. The SHARE Program is open Monday through Friday, 8:45am to 5pm. After hours and weekends, go to University Health Services infirmary, or call them at 8-3139, and the counselor-on-call for the SHARE Program will be made available.

When you go to the SHARE Program, you are **NOT** making a report or a formal complaint. All discussions are private and confidential and do not commit you to further action. Conversations with counselors are not disclosed to anyone without your expressed permission, unless there is a threat of physical harm to you or others.

No matter when the assault occurred or what you decide to do, consider counseling. Sometimes talking can be the most important step to healing. You may contact the SHARE Program at any time to arrange an appointment. Friends of survivors may seek counseling and support as well.

The SHARE Program will:

- Provide free counseling to assist in the recovery of sexual assault, including but not limited to assistance with issues of body image, shame, anger, fear, intimacy and self esteem;
- Provide information on legal and disciplinary reporting options;
- Support complainant and respondent through any private University complaint;
- Assist confidentially to manage the impact on academic and living situations following a sexual assault (provided reasonable alternatives are available);
- Assist in obtaining on- and off-campus resources for medical, legal or emotional support.