

## What to do....

*When someone has been sexually assaulted, chances are that they will turn to a friend for help. Friends are important to the survivor. This is why the survivor shared this experience with you. Knowing how to respond will be very helpful in your friend's recovery.*

There are some time sensitive decisions you will have to help your friend make:

- **TELL HER** she is **NOT TO BLAME** for the assault.
- **HELP HER TO GET TO A SAFE PLACE.** Calling a friend is good, but there are also confidential safe sources available in the immediate aftermath of a sexual assault. Calling a crisis line gives you a confidential advocate who can accompany you to the hospital regardless of whether or not you call the police.
- **Do NOT SHOWER, EAT, DRINK or CHANGE YOUR CLOTHES!** It's natural to want to get out of your clothes and even get rid of them, but they are evidence of a crime, which must be collected within 96 hours of the assault.
- **GET MEDICAL ATTENTION.** There are medications to prevent the development of some sexually transmitted infections and HIV can be provided by an emergency room. HIV prophylaxis treatment needs to be started within 72 hours. It is important to note that the evidentiary exam occurs at the hospital, so even if a condom was used during the assault, or if there are no apparent physical injuries, it's still important to go to the emergency room. Survivors can have an anonymous evidentiary exam done, so it's not necessary to contact the police before you go to the hospital.
- **REQUEST SCREENING for date rape drugs,** which may be done up to 72 hours after the incident, but is optimally

- done within 12 hours. Since many of these drugs clear the system quickly, a negative test result does not necessarily mean that no drug was involved.
- **DOCUMENT** the incident, down to the smallest detail. It will be very helpful when/if you decide to press legal actions.
- **SEEK COUNSELING** and take back the control of your life! Sexual assault is about stripping an individual of their control, take it back!!

## Who can help you?

**The Sexual Assault Crisis Service** (SACS) is a comprehensive service for survivors of sexual assault and their family and friends by providing crisis intervention, individual and group counseling, and educational programming. SACS services all Indiana University students, faculty and staff, as well as, any member of the Indiana University community free of charge. The 24-hour emergency telephone line is **(812) 855-8900**. The emergency **line is** staffed by specially trained counselors who can provide crisis counseling, advocacy, assistance with medical/legal referrals, and encouragement/information to friends and family of those who have experienced sexual assault.

### **FOR STUDENTS WHO WISH TO USE A NON-IU RESOURCE:**

**Middle Way House's Rape Crisis Center** provides 24-hour crisis intervention to victims of rape, sexual assault, incest, sexual harassment. Middle Way House has On-scene Advocates to assist survivors at the police department or area hospital emergency departments in the event of a sexual assault at all hours. Advocates meet with victims immediately following an incident of rape or sexual assault to help ease the initial trauma, work out a safety plan, and provide necessary services. For more information contact our Middle Way House's crisis intervention service coordinator at (812) 333-7404 or **812-336-0846** (Crisis Hotline).

# EMPOWER YOURSELF: Know the Facts About Sexual Assault and Learn What You Can Do to Protect Yourself and Other Women



**(812) 855-3849**  
**owa@indiana.edu**  
**www.iub.edu/~owa**

## What is Sexual Battery?

**Sexual battery** (sexual assault in the State of Indiana) is any unwanted sexual contact, such as unwanted touching, fondling, or groping of sexual body parts. Specifically, when a person who, with intent to arouse or satisfy the person's own sexual desires or the sexual desires of a third party, touches another person when that person is compelled to submit to the touching by force while in a state of unconsciousness or the imminent threat of force.

## What is Rape?

When a person who knowingly or intentionally has sexual intercourse (vaginal, oral, or anal) with another that is against a person's will or is committed with physical force or with a threat (explicit or implied) of physical force. It is also considered rape if the victim is intoxicated or unconscious and unable to give consent. Rape and sexual assault are not about sexual desire—they are about power and control.

## What is Consent?

**Consent:** an informed agreement to participate in specific sexual acts that is not achieved through manipulation, force or coercion of any kind, and requires having the cognitive and emotional ability to agree to participate. Substance use, including alcohol, permanent/temporary emotional or physical disability, and being below the age of consent (18) all detract from or make consent impossible.

## Phone Numbers and Resources

**IU Police Department** .....812-855-4111  
**Bloomington Police Dept.**.....812-339-4477  
**Bloomington Hospital** .....812-336-9515  
**SACS, Sexual Assault Crisis Services**  
.....812-855-4011  
**Office for Women's Affairs**.....812-855-3849  
**Student Advocates** .....812-855-0761  
**Middle Way House**.....812-336-0846  
<http://middlewayhouse.org/victims.html>

**Protective Order Project** .....812-855-9229  
**Alcohol/Drug Information**.....812-855-5414

## Savants & Gender Incident Team

**Savant Peer Educators** are current IU students that have been trained by faculty and community experts to raise awareness about sexual assault, empowerment, gender equity, ethical living and social justice. Savants (as we call our educators) strive to equip their peers with the knowledge of recognizing, intervening in and preventing incivility, relationship violence, sexual assault, all forms of discrimination, and unethical practices in our university community and beyond. To contact Savant or schedule a Savant presentation, please contact: [savant@indiana.edu](mailto:savant@indiana.edu).

**Gender Incidents Team (GIT)** at IU is a group of staff members who field reports of gender based harassment, and provide support for victims and education for perpetrators and/or communities. If you have an incident that you would like to report, please contact [trust@indiana.edu](mailto:trust@indiana.edu) and help IU move towards becoming a more welcoming place for everyone.

The Gender Incidents Team is part of the Office of Student Ethics and Anti-Harassment Programs and is chaired by the Office for Women's Affairs.

## Nationwide Facts

- 50% of rapes of college women are committed on dates.
- 90% (9 out of 10) of rapes that occur on college campuses are committed by someone with whom the victim is acquainted.
- 55% of female students and 75% of male students involved in acquaintance rape admit to having been drinking or using drugs when the incident occurred.
- 90% of all campus rapes occur when alcohol has been used by either the assailant or the victim.
- As many as 70% of college students admit to having engaged in sexual activity primarily as a result of the effects of alcohol, or to having sex they would not have had if they had been sober.

## Alcohol & Date Rape Drugs

When people hear the phrase "date rape drug," alcohol isn't usually what comes to mind. But, statistics show that the link between alcohol and campus sexual assaults is evident. Understanding the effects of alcohol on your body, limiting your alcohol consumption and avoiding drinking games are some ways of being safe.

The drugs associated with sexual assault are called: club drugs or roofies, G, Special K, Acid or Ecstasy. The common ones used are: GHB, Rohypnol and Ketamine. Date rape drugs often have no color, smell or taste and can easily be added to drinks without a person's knowledge. Therefore, never leave your beverage unattended and be sure that you know what you are consuming at parties and other social events.