you are not alone

How to Help in case of sexual or interpersonal violence

Central Connecticut State University
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Sexual Assault & Domestic Violence Crisis Services*

YWCA (SACS) - 860 225 4681/860 223 1787 (Hotline)
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"I always wondered why somebody didn't do something about that. Then I realized I am somebody."
—Aijah
What is Consent?
Consent is active; both parties say “yes.” It is ongoing and can be withdrawn at any time without fear or explanation. Consent is a must for every form of sexual activity every time. You have the right to withdraw consent even if you have consented to sexual activity with the person in the past. Consent is ...

» agreeing to specific sexual behavior willingly. Obtaining consent is the responsibility of the person initiating the sexual contact.

» not valid if forced, intimidated or coerced.

» not valid when judgment is impaired by the use of alcohol/drugs or if the person is sleeping or unconscious.

State law is very clear that having sexual intercourse with someone who cannot consent is RAPE.

What is Sexual Assault?
Sexual assault is a crime that will not be tolerated at Central Connecticut State University. It includes, but is not limited to, a sexual act directed against another person without the consent (as defined in the Board of Regent’s Sexual Misconduct Policy) of the other person or when that person is not capable of giving such consent. Any person can be a victim or a perpetrator.

Examples: rape, attempted rape, and/or intentional touching a person's body for sexual gratification without their consent.
What is Intimate Partner, Domestic and/or Dating Violence?

Intimate partner, domestic and/or dating violence includes acts of violence or threats of violence that occur between individuals who are family or household members, or persons in a current or former dating or cohabitating relationship. Intimate partner violence may include physical abuse, emotional abuse and threats of abuse.

**Examples:** assaults, rape, domestic or family violence involving physical force, stalking, texting that contains obscene material, electronic communications that contain serious threats of physical violence, and violation of a protective or restraining order issued by a court.

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If someone tells you about a sexual assault...

**Remember**

1. Listen and don’t form opinions
2. Don’t judge the severity of the situation based on their response to it
3. Empower them to make their own decisions
4. Trust their word and help them
5. Tell them you believe them
6. Let them know they are not alone
What is Stalking?

Stalking is defined as obsessive or unwanted contact of another person. This contact may cause reasonable apprehension of imminent physical harm or affect one's ability to perform daily life functions. It is when someone repeatedly contacts you, follows you, talks to you when you do not want them to, or threatens you.

Examples: unwanted communication (email, texting, instant messaging and other electronic forms), damaging personal property, showing up places you go, or sending unwanted gifts.

If it doesn’t feel right or safe, it probably isn’t.
To report an incident

Office for Equity & Inclusion (Title IX Coordinator)
All complaints
860 832 1652

Office of Student Rights & Responsibilities
Complaints against students
860 832 1667

CCSU Police
All criminal complaints
860 832 2375

Emergency Medical Attention
911 for immediate assistance

To report an incident

Office for Equity & Inclusion (OEI)

If you believe you or someone you know has been sexually assaulted, you can contact the OEI, which will investigate complaints of discrimination and sexual harassment including sexual violence. Complaints against students are handled by the Office of Student Rights & Responsibilities. OEI is committed to fostering a positive learning, working and living environment. The Senior Equity & Inclusion Officer serves as the Title IX Coordinator. The OEI also:

- Conducts training on the prevention of sexual harassment
- Assists faculty, staff and students who believe they have been harassed or treated unfairly because they are a member of a protected class
- Provides referrals to on-campus or off-campus services including, but not limited to, medical and counseling providers, and victim services
Office of Student Rights & Responsibilities

The OSRR promotes social responsibility and resolves discipline cases on campus in a sound and fair manner. The staff are available to answer any questions or concerns about University behavioral standards and the CCSU Student Code of Conduct and Statement of Disciplinary Procedures.

» Investigates allegations involving students
» Resolves discipline cases
» Provides referrals to CCSU and community programs

CCSU Police

The CCSU Police Department will give its full assistance in response to a report of sexual assault. The police department will:

» Obtain medical assistance
» Conduct a criminal investigation
» Establish a safety plan
» Obtain a court order to protect the victim/survivor
» Connect the victim/survivor with support services

If the incident occurred off-campus, CCSU police can assist in contacting the police department of the town in which it took place.
Options for Medical Attention

911 Emergency
For immediate assistance

Student Wellness Center, (SWC)
Student Health Services, (medical)
(Confidential)
On-campus evaluation or advice
860 832 1925

Hospital of Central Connecticut
Off-campus evaluation or advice when SWS is closed and for the collection of medical evidence
860 224 5011 / 860 225 6244
**SWC, Medical Services**

The SWC staff are trained in caring for victims of sexual assault. The office is staffed by a physician, two APRNs, and an RN. All are ready to listen and provide medical care and support. The collection of medical evidence is offered at New Britain's Hospital of Central Connecticut. SWC staff provide:

- Medical evaluation and treatment
- Referral to medical specialists and counseling
- Coordination with the CCSU Office of Victim Advocacy or YWCA Sexual Assault Crisis Services
- Medical evidence collection facilitation
- Emergency contraception
- Screening for STD/infections
- Medication to prevent any STD/infection

**Hospital of Central Connecticut (HCC)**

Part of the Gail Burns-Smith Sexual Assault Forensic Examiner (SAFE) program, HCC has specially trained staff (SAFEs) who can collect the necessary evidence to aid criminal conviction. Procedures are carried out with compassionate care to help the survivor feel at ease.

These services are on-call 24/7 to improve the chances of gathering successful evidence, as it is best within 72 hours. SAFEs are specifically trained to safely guide survivors through the entire medical-legal process after a sexual assault incident.

- Closest location for free state-funded rape analysis
- 24/7 sexual assault examinations and counseling
- Forensic evidence collection
- Collaboration with law enforcement and justice personnel

*Confidential*
If you want to speak with someone

Office of Victim Advocacy
On-campus services and support

Women’s Center
On-campus support and referral

LGBT Center
On-campus resources for LGBT and gender non-conforming population

Residence Life
On-campus referral for resident students

SWC, Counseling & Student Development*
On-campus crisis intervention and counseling services

Sexual Assault Crisis Services*
Prudence Crandall Center for Domestic Violence*

*Confidential

Office of Victim Advocacy

The Office of Victim Advocacy provides services to assist and support individuals affiliated with CCSU who have been impacted by sexual assault, relationship violence, and/or stalking.

» Professional advocacy services for students, faculty and staff

» Provides information on different options available to address safety and other concerns

» Assists in the navigation of different reporting systems

» Provides referrals to campus or community entities depending on individual needs

» Collaborates with other offices at CCSU to develop meaningful violence prevention initiatives for the benefit of the entire campus community and to assess the impact

On-campus
Willard DiLoreto Hall, D 305
MON-FRI 9:00AM-5:00PM
860 832 3795
**Women’s Center**

The Women’s Center Coordinator is available to listen, provide support, guidance, and referrals for victims, survivors, family members, friends, and partners of those who have been affected by violence. The coordinator will explain your options ranging from reporting a sexual assault to seeking on-campus housing changes.

- Advocates for women of the campus community
- Provides support services and hosts peer support groups
- Provides referrals to on- and off-campus resources
- Conducts training on the prevention of sexual assault

**LGBT Center**

The LGBT Center offers community building, education, resources, individual support, and advocacy for lesbian, gay, bisexual, transgender, queer, questioning, and gender non-conforming population.

The center provides an LGBT/Queer friendly place for victims of sexual assault, harassment, or interpersonal violence to find support, resources, and referrals.

- Refers to on- and off-campus LGBT-friendly victim support services
- Provides information and resources regarding sexual assault, harassment, or interpersonal violence within LGBT communities and relationships

During the hours referred to below, the Center is generally staffed by a professional. Please check online or call for coordinator's availability. Their hours may be subject to change each semester.

On-campus
Student Center, Rm. 215
Mon–Fri, 9:00AM–5:00PM
(Sep–Jun)
860 832 1655
fax: 860 832 1677
www.ccsu.edu/womenctr

On-campus
Student Center, Rm. 304-305
Mon & Fri, 8:30AM–4:30PM
Wed, 9:00AM–Noon
860 832 2090
www.ccsu.edu/lgbtcenter
Residence Life

Residence Life staff are often the first line of contact for resident students and they are a good connection during times of crisis because they are in the residence halls and are available 24/7.

Please check the on-duty schedule posted in the main office of each building to contact the Residence Life staff member on duty.

» Refers to on- and off-campus resources
» Conducts training on violence prevention

SWC, Counseling & Student Development*

The SWC offers crisis counseling to students. To ensure swift admittance, when calling, be sure to indicate that it is a crisis situation, and he/she will be seen immediately. The initial intake assessment is made during the first appointment from which a counseling referral to other resources will be given.

» Immediate counseling appointments for crisis situations
» Free, confidential counseling
» Group/individual counseling for students

On-campus
Mid-Campus, Rm. 118
MON–FRI, 8:30AM–5:00PM
860 832 1660
fax: 860 832 1659
www.ccsu.edu/reslife

On-campus
Willard DiLoreto Hall, W 101
MON–FRI, 8:00AM–5:00PM
860 832 1927
www.ccsu.edu/counseling

*Confidential
Off-campus Services*

Sexual Assault Crisis Services (SACS)
SACS offers assistance to survivors which help them regain feelings of independence, optimism and hope. Hotlines are staffed with trained, certified counselors who maintain confidentiality. SACS also offers accompaniment through medical, police, and court procedures.

» Short-term individual crisis counseling
» Support groups
» Information, referrals and campus advocacy
» Education programs
» Confidential services

Off-campus YWCA (SACS)
19 Franklin Sq.
New Britain, CT
24-hour Hotlines (24/7)
English - 860 223 1787
Español - 888 568 8332

Off-campus Prudence Crandall Center
Prudence Crandall Center is dedicated to helping individuals achieve lives free of domestic violence by providing care, advocacy, support, and education in a confidential setting.

» Information & service referrals
» Emergency shelter
» Individual and group counseling for adults and children
» Advocacy during court proceedings
» Domestic violence education and in-service training

Off-campus
Prudence Crandall
P.O. Box 895
New Britain, CT 06050
860 225 6357 (Hotline)
888 774 2900 (Toll Free)
prudencecrandall.org
Helpful Tips

If you are the victim of sexual or interpersonal violence:

» Go to a safe place

» Preserve evidence

» Call someone you trust such as the Office of Victim Advocacy (860-832-3795), a staff or faculty member, your hall director, resident assistant (RA), or a campus advocate at the local Sexual Assault Crisis Service

» Call CCSU Police at 860-832-2375 or dial 911

» Seek medical care and/or counseling

"I stand up by speaking up for those without a voice. My voice is your voice and my strength is your strength."

— Jonathan
How Can I Help Stop Sexual Assault/Violence?

Sexual assault and interpersonal violence are complex and very real issues on college campuses today. In order to address this reality, all members of the campus community and outside agencies must work together. Public safety is everyone's responsibility. Consider the following ways you can work to stop sexual violence and interpersonal violence.

» Speak up. Take a stand in situations that could escalate.

» Talk openly with your friends and family about these issues.

» Encourage student leaders, coaches, professors, and others to provide information about sexual assault to students.

» Use the resources listed in this brochure to inform yourself and help plan activities and programs for campus clubs and organizations.

» Don’t be afraid to get involved.

» Take care of yourself and your friends.

Student Rights

CCSU has protocols and procedures in place to respond to reports of sexual violence. When a report involves students (as the accuser or the accused), all involved have equal rights throughout the disciplinary process, including the right to:

» select an advisor or support person of their choosing and to bring that person to any meetings or proceedings that they choose.

» present a statement, evidence and witnesses on their behalf.

» review information, in a timely manner, that will be used at the hearing by other parties.

» have a pre-hearing meeting.

» be informed, in writing, of the outcome of the disciplinary proceedings and any sanctions imposed.

» appeal the outcome of the disciplinary proceedings.

These rights were established by University policies and, state and federal legislation that prohibit sex discrimination. For information on Title IX see www.knowyourix.org.
Your Rights

» Be treated with respect and dignity.
» Not be judged based on your race, color, age, class, religion, disability status, national origin, gender, sexual orientation, or the offender's relationship to you.
» You can refuse to answer any questions about the sexual assault, your sexual orientation, and your sexual, medical (including HIV status), and mental health histories.
» Have confidential conversations with a CCSU licensed counselor in the Student Wellness Center.
» Decide if you want to make a police report.
» Have an advocate accompany you to medical, law enforcement and legal proceedings.
» Request that someone you are comfortable with stay with you in the examination room.
» Ask questions and get answers regarding any tests, examinations, medications, treatments or police reports.