

What to do if you have been sexually assaulted:

- Get To A Safe Place
- Tell Someone
- Get Medical Attention
- Take Care Of Yourself
- Report It

Get To A Safe Place. Once you are safe, call **University Police** at 662-915-7234 or **Health Services** at 662-915-7274. Health Services will most likely refer you to the Emergency Room. If on another campus, call the public safety office for that campus. Off campus, call the local police at 911. If you would like an advocate from the Family Crisis Services to meet you, call (662) 234-9929 or Toll-Free at 1-800-230-9929.

Tell Someone. You may feel ashamed or embarrassed, think no one will believe you or that you are in some way to blame for the attack. The most important thing to remember is that whatever happens, no one should be forced to have sex against his or her will. Telling someone will give you an outlet to express your emotions. Feeling overwhelmed is a natural response, and contacting someone who can assist you will help you sort out what resources are available and what, if anything, you want to do. Confidential resources that can be accessed at the time of the assault:

- **The Violence Prevention Office: Linda Abbott, MMFT 662-915-1059**
- **The University Counseling Center 662-915-3784**
- **Family Crisis Services of Northwest Miss Inc (662) 234-9929 or Toll-Free at 1-800-230-9929**

Some of their services include:

24 Hour Crisis Intervention – Counseling – Legal Advocacy - Education

If you are not in the Oxford area, rape crisis centers are listed in the Yellow Pages under "Rape" or "Social/Human Services".

Get Medical Attention. Medical care after a rape can detect injuries and test for sexually transmitted diseases (STDs). In addition, a health care provider can collect evidence that could be used should you ever decide to take legal or disciplinary action. When appropriate, blood and urine samples to test for the drugs Rohypnol and GHB may be collected at the Emergency Room. Emergency contraceptives can also be dispensed.

Take Care of Yourself. Rape is a traumatic experience and there is no set formula for recovery. Seeking counseling to support and guide you through the healing process is recommended.

Report It. Only 1 of 10 women that are raped ever reports her rape. The number of men who report is even smaller. There are many reasons why this number is so low. Survivors may...

- feel ashamed
- think that the pain will go away
- not be sure if what happened was really rape
- believe they are responsible in some way

The decision to report to the police is totally up to you. If you do report, you may then decide whether or not to press charges. You are not required to press charges. For many survivors having their number counted, at least, is an important step in regaining the power they lost. You can discuss your situation with a counselor or an advocate from Family Crisis Services before you make a decision. There are many options to explore; the most important thing is to choose the path that is most comfortable and productive for your recovery.

Surviving the Assault:

If you are assaulted, your goal is survival. Some victims do not resist in order to survive. Your best weapon is your ability to think clearly and put your welfare first. Whatever you do to escape is okay: scream, bite, punch, kick, grinding your keys into the assailant's body. There are as many responses as situations. Here are some possibilities:

- Use your voice---talking can effectively diffuse some assaults. Speak calmly, not crying, pleading, or moralizing. Try to maintain eye contact. If help is within hearing distance, you may try screaming "Fire!" or "Help!" instead of "Rape!" since the former are more recognizable distress calls.
- Stalling is an intermediate approach to give you time to recover from initial shock and to assess your situation. Do the unexpected convincingly. Stalling can take many forms: pretending to cooperate, going limp and sinking to the ground, or faking sickness.
- Running away is an option if you are sure you can make it to a safe place.
- Physical resistance must be quick, hard, and vicious in order to be effective. This option is not for everyone; many people cannot use physical resistance. Remember, the goal is to survive the assault. Resistance should be geared to allow escape. If you think your natural reaction would be to fight, then make sure you know how to do so effectively. The University Police Department offers self-defense classes. Residential Life and the the Dean of Student's Office can also assist with crime prevention programs.
- Weapons can take the form of many items---combs, keys, nail file, hair spray, books, pens, pencils, umbrellas. You can also use your body, voice, teeth, knees, hands, fingers, thumbs, feet, and legs to defend yourself. Direct your defense to vulnerable locations such as the eyes, throat, knees, top of the foot, and groin. Remember, though, any weapon could be taken away from you and used against you.

What is Acquaintance or Non-Stranger Rape?

Acquaintance or non-stranger rape is far more common than most people realize. The majority of rapes are perpetrated by someone the victim knows – a date, a neighbor, a co-worker, a significant other, or a spouse. Acquaintance (Non-Stranger) rape is particularly devastating because the victim's trust is violated and doubts are raised in the victim's mind about his or her ability to judge others. Victims of acquaintance sexual assault are more likely to blame themselves for the attack and are less likely to be believed by others. Consequently, the long-term effects of an assault committed by an acquaintance are often greater than those of an assault by a stranger.

It is rape if:

- You engaged in sexual touching and kissing, but then were forced to have intercourse against your will.
- You have had sex with that person before, but this time said “no”.
- You froze and did not or could not say “no” or were unable to fight back physically.

What if I am assaulted off-campus?

Get to a safe place away from your attacker and call 911.

Preserving the Physical Evidence:

If you report an attack, before officers arrive, go to a safe place like a neighbor's room, but try to preserve the physical evidence. If the attack occurs outside, use the Blue Light phones to call for help.

- Do not change your clothing. If you must change, place your old clothes in a paper bag.
 - Pack a change of clothes to bring to the Health Center or the hospital.
 - Note: Health Services will refer survivors to the Baptist Memorial Hospital Emergency Room for the evidence collection examination.

Do not wash or clean your clothing.

Do not take a shower, bathe, brush your teeth, or clean up.

Do not apply medication or cosmetics.

Standard procedures for hospitals for individuals that have been raped:

The rape kit procedure may seem like it's prolonging your ordeal, but it is a vital step in reporting and stopping rape--both of which can be powerful tools in your recovery. Even if you are not totally certain that you are going to bring criminal charges, you should take this step. Without it, if you should change your mind later, the rape will be a lot harder to prove and the rapist a lot harder to identify. Because rape is such an intimate crime, the rapist leaves evidence of himself on your body. With all the advances in DNA testing and identification, these microscopic traces of your attacker are your best chance for nailing him.

If you report to the Baptist Memorial Hospital in Oxford, a Sexual Assault Nurse Examiner, or SANE nurse, will administer a rape kit. The rape kit procedure includes photographing any cuts and bruises; taking a saliva sample; combing your pubic hair for any evidence (like his pubic hair); conducting a pelvic exam; checking your underwear for semen stains, which can be used for valuable DNA tests; and cleaning under your fingernails. You will also be asked to relate what happened, and someone, usually a doctor, will write it all down. If the hospital has a rape crisis volunteer or staff member on call, they can be in the room with you. You may also ask an advocate from Family Crisis Services to be in the room with you.

How does the University handle report of a sexual assault?

University Police, the Dean of Students Office, and Health Services staff collaborate to assist victims. However, because of confidentiality constraints on survivor information, each organization needs permission to exchange information. Departments will not release information without the survivor's permission.

UPD will not release your name to other University officials without your permission. UPD is required by federal law to notify the members of the community of any events or incidents that place people at risk; and will do so while maintaining the confidentiality of your identity.

Dean of Students makes arrangements to prevent survivors from being in the same class as their assailant.

The Dean of Students' office will notify instructors of any necessary class absences with the survivor's permission. This notification will not mention the reason. Dean of Students: 662-915-7248

If a survivor wants current instructors to be consulted about the possibilities of taking incomplete grades or withdrawing from classes, then the Dean of the college or school in which the survivor is enrolled should be contacted. For phone numbers, see "Colleges & Schools" at www.olemiss.edu

Other resources:

Pandora's Project – Pandys.org

Rape, Abuse & Incest National Network - RAINN.org

National Sexual Violence Resource Center - NSVRC.org

Overcoming Sexual Victimization of Boys & Men – MaleSurvivor.org

For Men Only: For Male Survivors of Sexual Assault -
<http://cmhc.utexas.edu/booklets/maleassault/menassault.html>

Harvard University's LGBT Sexual Violence Resource Guide –
<http://www.fas.harvard.edu/~osapr/PDFs/lgbt-sexual-violence.pdf>