

Supporting a Friend

Sexual assault affects not only the survivor, but also the people closest to them. If someone you know has been sexually assaulted, the resources listed in this brochure are available to you as well. Here are some helpful ways to support a survivor of sexual assault:

- Listen.
- Take the situation seriously.
- Reassure your friend that they were not to blame for the assault.
- Avoid questioning the survivor; do not ask “why” questions.
- Address safety and validate feelings.
- Inform your friend about the resources available and encourage them to seek support.
- Inform your friend they have rights and options to report to the police and or the university.
- Support your friend in doing what they decide is best for them regarding reporting
- Find a safe place to get support for yourself so you are able to talk about what has happened and how you feel about it.

Office of Victim Assistance (OVA)

Non-discrimination Statement

The Office of Victim Assistance values diversity and inclusion. We support students, faculty and staff from diverse backgrounds. The Office of Victim Assistance shall maintain and promote a policy of nondiscrimination on the basis of race, color, national origin, sex, pregnancy, age, disability, creed, religion, sexual orientation, gender identity, gender expression, veteran status, political affiliation or philosophy. We acknowledge that culturally relevant trauma services are an ongoing process of learning that begins by looking within ourselves and honoring basic human rights. As individuals and as an agency, we are committed to responding effectively to social-cultural diversity.

Campus Resources

*CU Office of Victim Assistance <i>(after-hours phone service available)</i>	303.492.8855
*Center for Community Counseling and Psychiatric Services (CAPS/C4C)	303.492.6766
Cultural Unity & Engagement Center	303.492.5667
Community Health	303.492.2937
CU Police, Emergency	911
CU Police, Non-emergency	303.492.6666
Department of Housing	303.492.7260
Disability Services	303.492.8671
Gender and Sexuality Center	303.492.1377
Institutional Equity & Compliance	303.492.2127
Office of Student Conduct	303.492.5550
Student Legal Services <i>nominal fee required</i>	303.492.6813
*Ombuds Office	303.492.5077
Religious Campus Organization rco@colorado.edu	
Veteran Services	303.492.7322
Wardenburg Health Services	303.492.5101
*Wardenburg Counseling and Psychiatric Services (CAPS/WHS)	303.492.5654
Women’s Resource Center	303.492.5713

Community Resources

Boulder Community Hospital	303.415.8100
For SANE, Foothills location	303.415.8818
Boulder Police, Emergency	911
Boulder Police, Non-emergency	303.441.3333
Planned Parenthood	303.447.1040
Boulder Valley Women’s Health	303.442.5160
Boulder District Attorney	303.441.3700
*Moving to End Sexual Assault (MESA) <i>(24-hour hotline)</i>	303.443.7300
Out Boulder	303.449.5777
*Safehouse Progressive Alliance for Non-Violence (SPAN) <i>(24-hour hotline and shelter)</i>	303.444.2424
*Survivors Organizing for Liberation, Colorado’s Anti-Violence Program <i>or (24-hour hotline)</i>	303.852.5094 1-888-557-4441

*Confidential resources

5/2016



Office of Victim Assistance
UNIVERSITY OF COLORADO BOULDER

Sexual Assault



Victim Assistance

*Information and resources
for all CU Boulder*

**Office of Victim Assistance
(OVA)**

**Center for Community
Fourth Floor, S440
303.492.8855**

<http://cuvictimassistance.com>

What is Sexual Assault?

Sexual assault is unwanted, non-consensual, sexual contact ranging from unwanted sexual touching to unwanted penetration. People can be assaulted by someone they know - a date, a classmate, a family member, an intimate partner, or a friend. Non-stranger sexual assault accounts for the majority of sexual assaults on a college campus. CU-Boulder has policies that prohibit sexual misconduct.
<http://www.colorado.edu/institutionalequity/policies>

Alcohol and Other Drugs

Nationally, alcohol is involved in a lot of campus sexual assaults. If people are physically or mentally incapacitated while intoxicated, they may not be able to provide consent for sexual contact and such contact may be considered sexual assault. Alcohol is the substance most often used to commit drug facilitated sexual assault. A variety of other drugs have sometimes been used in this way as well. Sexual assault also happens without any drugs or alcohol.

Possible Responses to Sexual Assault

There are many different responses a survivor may have to sexual assault. Some common reactions include, but are not limited to:

- shock or disbelief
- shame and embarrassment
- sense of responsibility for the assault
- fear of being blamed by others
- loss of control
- feeling overwhelmed
- vulnerability

Although there may be similarities in how a person responds to sexual assault, reactions and the process of recovery can vary. **Your recovery is very much your own.** Providing yourself with as much information as possible may help you make decisions about what will be most beneficial for you.

It is important to remember that it was not your fault: no matter what the circumstances, you did not deserve to be sexually assaulted.

How to Access Help

Every sexual assault is different and sometimes people are unsure if they were sexually assaulted. If you are confused, frightened, or upset by something that has happened, we encourage you to seek support.

Medical

- Forensic evidence can be collected and saved by having a medical forensic exam performed by a SANE (Sexual Assault Nurse Examiner). SANE exams for Boulder County are done at Boulder Community Health Hospital, Foothills location, usually within 72-96 hours of the assault, but sometimes evidence can still be collected up to a week after the assault. You will not have to pay for the forensic exam. You can have a medical forensic exam done without reporting to police. There is even an option to have one anonymously.
 - For more information contact OVA or MESA or <http://www.ccasa.org/reportingoptions/>
- For survivors who choose not to have forensic evidence collected by a SANE; medical exams, consultation, and follow-up care (including testing for sexually transmitted infections and pregnancy) is available at Wardenburg Health Center, Planned Parenthood, Boulder Valley Women's Health or your primary care doctor.

Counseling Support

No matter how long ago the assault occurred, having a safe place to talk may be important for your recovery process. **The Office of Victim Assistance's (OVA) services are confidential and free.** OVA provides advocacy and short-term counseling at no charge to all CU Boulder students, staff, and faculty.

Advocacy

OVA advocates are confidential and can serve as a primary resource for victims of a sexual assault. Confidential advocates are available through CU-OVA and MESA, Boulder County's rape crisis team. Advocates can serve as liaisons to other services, can accompany you to meetings, and advocate for you through systems.

Reporting

There are several options for reporting a sexual assault, and obtaining information about reporting may help you with your decision. OVA can discuss reporting options with you confidentially.

- Reporting is not the same as pressing charges against an offender. An oral or written police report can sometimes be made to the police without proceeding to an investigation.
- If the accused person(s) is a CU student, staff or faculty campus disciplinary actions can be pursued by reporting to the Office of Institutional Equity and Compliance-
<http://www.colorado.edu/institutionalequity/> OR through the "Report it" website:
<http://www.colorado.edu/reportit/>
- To inform OVA call directly or complete an online confidential form at:
<http://www.colorado.edu/confidentialreporting>
-Completing this form does not constitute a report to the University and will not initiate any investigation.

For more free and confidential information and support about reporting options please call the CU Office of Victim Assistance, 303-492-8855.