

CENTER
FOR
WOMEN
STUDENTS



PENNSTATE



The Penn State University Center for Women Students (CWS) is designed to provide a central focus for meeting the needs of women students. This booklet is designed to provide information about helping someone who has experienced sexual violence, relationship violence, or stalking. Those who experience these crimes often turn to someone they trust for support, encouragement, and advice. Understanding more about these issues, the emotional aftermath of these crimes, and how to provide support is valuable for everyone.

CWS' PRIMARY OBJECTIVES

ADVOCACY

To advocate for women and to bring to the attention of the University, the problems and issues of women students.

INFORMATION

To provide to the University, and to individual students, information about women student issues and resources.

EDUCATIONAL PROGRAMMING

To offer programs for and about women students and/or coordinate the offering of such programs with/by other groups.

SERVICES AND REFERRALS

To provide a point of entry where women students' concerns can be handled directly or referred to appropriate units within the University or local community.

IMPORTANT NOTE: Because most victims of sexual assault and rape are women, female pronouns may be used throughout. Men can be victims also. At Penn State, the same medical, emotional, and legal services are available for men.

WHAT WE CAN DO FOR YOU:

- Assist with on/off-campus relocation.
- Assist with obtaining an Administrative Directive that may place restrictions on a student's ability to contact the victim.
- Help with obtaining a Protection from Abuse (PFA) order if there was a previous relationship between the perpetrator and the victim.
- Assist with creating a safety plan.
- Provide support, advocacy and referral to crisis services through Counseling and Psychological Services.

TRAUMA DROP

The trauma drop is a confidential process that allows students who have been victims not to be academically penalized for being unable to successfully complete classes/assignments. When there is a late drop or a withdrawal for these reasons, it is called a trauma drop. CWS staff members can contact instructors and request accommodations as far as coursework and attendance are concerned. Sometimes students need to withdraw from an entire semester. Students who are receiving services at CAPS should call 863-0395 about petitioning for a trauma drop. Students who are not receiving services at CAPS should contact the Center for Women Students at 863-2027.

GET INVOLVED WITH CWS

If you would like to get involved with the Center for Women Students, consider participating in either of the Center's two Peer Education Organizations listed below.

MEN AGAINST VIOLENCE (M.A.V.)

Men Against Violence (M.A.V.) opposes sexual violence and domestic abuse in all of its manifestations. M.A.V. is a group of male student, faculty, staff, and community members that seeks to stop violence directed toward women. To accomplish this, M.A.V. specifically asks men to join together to demonstrate a model of masculinity that helps and heals, not harms and hurts.

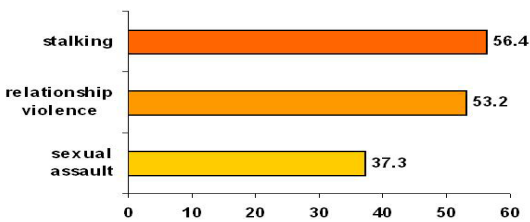
M.A.V. members educate the community about men's violence against women and how men can work to stop men's violence against women.

PHREE

Peers Helping Reaffirm, Educate and Empower (PHREE) is a student-facilitated, educational program designed to educate and promote awareness about some of the most critical issues facing college students, such as sexual assault, rape, sexual harassment, healthy relationships, and body image.

TYPES OF VIOLENCE

Percent who Experienced at least one Behavior Related to Stalking, Relationship Violence, or Sexual Assault



-- Penn State Pulse, March 2004

Sexual assault and rape are two common forms of sexual violence. Rape occurs when a person uses force or threat of force to obtain sexual intercourse. Sexual assault occurs when a person has intercourse without consent or permission.

Sexual violence is not simply about sexual gratification; it is a crime that uses sexual acts to achieve power. Regardless of whether physical force is used, victims of this type of crime often experience it as violent, humiliating, and degrading.

Assisting someone who has been raped or sexually assaulted can be complex, so educating yourself about this type of violence is a necessary step in the process.

WHAT TO DO IF YOU ARE RAPED:

1. Go to a safe place as soon as you can.
2. Try to preserve all physical evidence. Do not bathe, shower, douche, use the toilet, brush your teeth, or change your clothing.
3. Contact a close friend who can be with you until you feel safe again. Your friend can also accompany you to the medical exam.
4. Get medical attention as soon as possible to make sure that you are physically okay and to collect and preserve evidence.
5. Contact the police. Rape is never your fault. It's a crime. You are encouraged to report it.
6. Seeing a counselor is important to help you understand your feelings and begin the process of resolution and healing.

ALCOHOL AND RAPE

Though never an excuse for rape, alcohol can be part of the equation. Regardless of how much a person drinks, no one is ever justified in forcing sex if the other party resists, says "no," or is

under the influence of alcohol. Some perpetrators may even push others to drink so the victim will be less likely to resist physical or emotional pressure to engage in sexual activity.

STALKING

Stalking is constituted by a pattern of repeated following and/or harassing behaviors of one person (the stalker), which are unwanted by a target (the victim) and lead to feelings of fear by the targeted individual. Typically, it is important to look for patterns of behavior or note changes in the intensity of behaviors.

POTENTIAL STALKING BEHAVIORS:

There are several behaviors associated with stalking. Any or all of the following may be characteristic of stalking behavior:

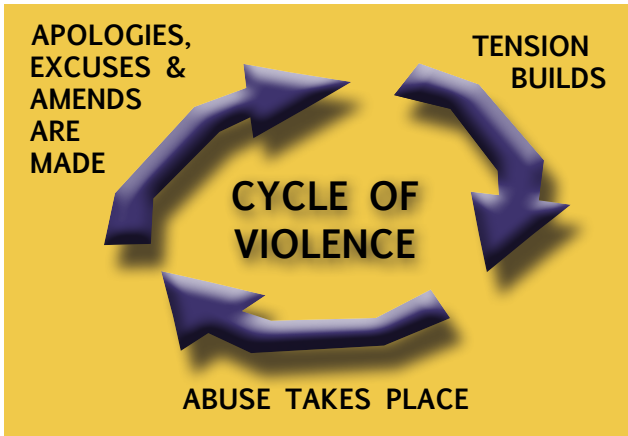
- Persistent phone calls, e-mails and cyber stalking, letters, or any other communications that are undesired and place another person in fear.
- Direct verbal or physical threats.
- Waiting or showing up uninvited at or near one's residence, workplace, or classroom.
- Gathering information about an individual from friends, family, and/or co-workers
- Unwanted following or surveillance of an individual's activities.
- Manipulative behaviors such as threats of harming themselves
- Sending unwanted gifts, cards, or items.
- Defamation – lying to others about the victim.

RELATIONSHIP VIOLENCE

Relationship violence occurs all too frequently on college campuses across the country. Relationship violence is defined as any physical, sexual, verbal, or emotional act inflicted by a casual or intimate dating partner with the intention, either real or perceived, of causing pain or injury to another person. Relationship violence always progresses in severity, intensity, and frequency over time. For instance, physical abuse is almost always preceded and accompanied by verbal abuse.

CYCLE OF VIOLENCE

The key characteristic of relationship violence is the cycle in which abusive events occur. As the violence progresses over time, the cycle shortens and progresses more rapidly.



LESBIAN/GAY/BISEXUAL/TRANSGENDER RELATIONSHIP VIOLENCE

LGBT relationship violence can include verbal, emotional, economic, psychological, physical, and/or sexual abuse. Specific tactics used by LGBT abusive partners can include threats to “out” a person, reveal a person’s gender, or disclose HIV status to family members or an employer. It is estimated that abuse occurs in LGBT relationships at the same rate as in heterosexual relationships, but it may be taken less seriously or seen as an equal fight between people of the same gender.

POSSIBLE BARRIERS TO GETTING HELP:

- Fear of violent retaliation or threats by the abusive partner
- Fear of prejudice by law enforcement or medical institutions
- Lack of resources and support for LGBT relationships
- Love for the abusive partner and belief that he or she can change

GETTING HELP

Leaving a relationship can be a hard decision under the best of circumstances. When there is abuse involved in the relationship, the decision can

be even more difficult and confusing. Many people will try to hang in there and hope that things get better. Unfortunately, in most cases, things only get more serious without some intervention.

DOMESTIC VIOLENCE is defined as:

“the willful intimidation, assault, battery, sexual assault, or other abusive behavior perpetrated by an intimate partner against another,”

according to the National Coalition Against Domestic Violence. Dating and relationship violence can occur with a casual or intimate dating partner.

ABUSIVE BEHAVIOR CAN BE:

VERBAL

- *Being sworn at, constantly criticized, demeaned, and threatened.*
- *Having your most valued beliefs, religion, race, heritage, or socio-economic class ridiculed or insulted.*
- *Having your friends or family insulted and/or driven away.*

EMOTIONAL

- *Receiving the silent treatment or having affection withheld as punishment.*
- *Being manipulated with lies, contradictions, and broken promises.*
- *Being humiliated or having your feelings, or maybe even your presence, ignored.*

PHYSICAL

- *Having objects thrown at you.*
- *Being hit, bitten, pushed, slapped, punched, and/or shoved.*
- *Being abandoned in dangerous places, or subjected to reckless driving.*

SEXUAL

- *Forced engagement in sexual activity, sadistic acts, and/or other unwanted sexual acts.*
- *Being called sexual names like “whore” and “frigid.”*
- *Being subjected to jealous accusations of having affairs with friends, coworkers, etc.*

REACTIONS TO VIOLENCE

Similar to other violent crime victims, a person will have both physical and emotional reactions to the experience. It is important to remember that each survivor of this violence will have a unique reaction; however some of the more common feelings are listed below:

SHOCK AND FEAR

In the hours and days following the event, shock, denial and withdrawal are common reactions. It may seem hard to believe that the violence occurred at times and the survivor may alternate between strong emotional reactions, such as crying, laughing, angry outbursts, and shaking, and periods of flatness or numbness. At times there may be terror that the perpetrator will return or fear of being in places similar to where the violence occurred. Rape Trauma Syndrome, which is a form of post traumatic stress, is the name given to the complex experience that a victim of sexual violence experiences.

DENIAL

Often the survivor of violence will deny that the experience has had a serious impact and may repeatedly reassure others that it is over and everything is fine. Some do this because of a belief that no one wants to hear about the assault anymore or in an attempt to shut out the pain and return to “normal.”

This denial period can last for a brief time or for years, in some cases. During this time, some people will turn to dangerous coping techniques to manage their discomfort, including drugs, alcohol, disordered eating, or other types of self injury. It is important to continue encouraging the survivor of sexual violence to express her reactions and feelings long after the event has occurred.

FEELINGS OF LOSS

Once the impact of the violence becomes a reality, there may be profound feelings of loss, sadness, grief, and even depression. Specific reactions can include nightmares, changes in social

activities, eating and sleeping disorders, physical complaints, and relationship difficulties. “Flashbacks,” or disturbing memories of an assault, may also disrupt daily life and the ability to concentrate on work or school. It is not uncommon for mood swings to occur and for feelings of anger to be misdirected at people they know. As a support person, it is important to be patient and understand that this is part of the healing process.

IMPORTANT WAYS YOU CAN HELP

- **Be clear that the crime was not the survivor’s fault.**
Using violence is a conscious decision made by the perpetrator. No one asks to be raped or assaulted.
- **Believe the survivor.**
She has to overcome many obstacles to be able to speak out about what has happened. Allow the survivor know you are open to hearing about her feelings and experiences.
- **Do not question or judge what the survivor had to do to survive.**
Victims are forced to make decisions which should not be criticized. Survivors may not always scream or fight back. They handled it the best way they could.
- **Be respectful of the survivor’s decisions.**
Often a survivor will not want to report the assault. Respecting and supporting the survivor is very empowering, enabling her to control her life-- a feeling that was taken away during the assault.
- **Validate and protect the survivor’s feelings: anger, pain, fear, shock, and denial.**
These are natural responses to traumatic experiences. Protecting the survivor’s confidentiality of anonymity is an important step in gaining her trust.
- **Express your compassion.**
Share your own emotions with the survivor; but not to the point of overwhelming her.
- **Encourage the survivor to get support.**
You can help find someone whom she (and/or you) can talk with. Familiarize yourself with the resources listed in the directory section of this brochure.
- **Resist seeing the survivor as a victim.**
Continue to see the person as strong, courageous, and someone who is reclaiming her life.
- **Accept that there may be changes in your relationship with the survivor.**
Patience on your part is crucial to her healing process-- it is a slow process that cannot be hurried.

RESOLUTION AND ACCEPTANCE

Each individual will eventually accept that the assault took place and that the effects are undeniable. Working through this process can be one of the most painful parts of the healing process. As a support person, it is important to remember that each person will suffer setbacks and vary in the ability to reach resolution about the experience over time. Being able to integrate the event into one's life story does not mean that it will be forgotten or that the impact will be diminished, but resilience will mean acknowledging that this occurred and being able to continue with life goals and relationships.

Seeing a counselor is important to help you understand your feelings and begin the process of resolution and healing.

MEDICAL & LEGAL RESOURCES

Penn State University offers student victims of sexual assault medical treatment, emotional support, and access to legal information. Health care options, resources for psychological care, and sources of legal information are at the end of this brochure. You may wish to review them and contact the various services as you need. All services to sexual assault victims are confidential; however, hospital personnel are required by law to report rapes to the police. It is the victim's choice whether or not to talk to the police.

MEDICAL TREATMENT

It is important to seek medical attention immediately after and as a follow-up to sexual assault to determine the presence of physical injury, sexually transmitted diseases or pregnancy, and to obtain evidence to assist in criminal prosecution. Ideally, physical evidence should be collected immediately,

but it should be collected no later than 96 hours following a rape.

IMMEDIATE EMERGENCY SERVICES

Within the first 96 hours after an assault, a special exam that includes the collection of evidence that may be used in criminal prosecution can be conducted. The exam is performed by a specially trained health care provider called a Sexual Assault Forensic Examiner (SAFE), who is typically a nurse. It is important for the SAFE to recover and document any evidence of the assault during the brief time period that evidence is detectable following a sexual assault. Having the examination for the collection of evidence does not automatically mean you are agreeing to a criminal investigation. However, should you decide you want to pursue that option later, any evidence collected would then be available to help support the investigation. The evidence collection exam is available to Penn State students at the Mount Nittany Medical Center Emergency Department. Medical care and evaluation are available at University Health Services (UHS) on campus even if you do not opt to have the collection of evidence done. Medical needs related to the assault can be addressed at this visit.

EMERGENCY CONTRACEPTION

If you are a woman and have been raped, there is a risk for a resulting pregnancy. There is a medication that may reduce this risk by as much as 75%. It is called Emergency Contraceptive Pills, or ECP. It must be administered within 120 hours of the rape to be effective. ECP is available over the counter for women 18 and older. For women students younger than 18, a prescription for ECP is available through UHS.

COST

To protect your privacy, the University has arranged with Mount Nittany Medical Center to have the University pay for the exam and medical tests. Additionally, certain follow-up tests provided by UHS related to the rape will be paid for by the University.

FOLLOW-UP CARE

After the initial treatment for rape, it is critical that the victim receive follow-up care. The testing done immediately after an assault or within a few days does not necessarily identify all potential problems that could result from a rape. A follow-up exam and testing two weeks after the rape affords the opportunity to find medical problems such as infections that may have gone undetected during the initial exam. Follow-up exams should be scheduled at UHS by calling 814-863-0774 regardless of where the initial exam took place.

NON-EMERGENCY MEDICAL PROCEDURES

If the rape or sexual assault occurred in the recent or distant past and you did not have the emergency exam within the first 96 hours, it is still important to have a medical exam. This exam will include treatment of any physical problems and various lab tests for sexually transmissible diseases and pregnancy. This non-emergency treatment for women can be arranged by calling UHS's Nurse Advice Line at 814-863-4463.

When providing services to a victim, the primary concern is the student's health and safety. It is important to hold the perpetrator accountable, not the victim. Being reprimanded for drug and alcohol offenses is not the University's primary concern. The student's well-being takes precedence.

THE OFFICE OF JUDICIAL AFFAIRS

Relationship violence, sexual assault and stalking are prohibited by Penn State's Code of Conduct. Student perpetrators of these specific behaviors as well as others which fall into categories of sexual misconduct, harassment or abuse, will be held accountable by staff and/or designees of the Office of Judicial Affairs. The range of sanctions for these categories of behaviors includes disciplinary probation through expulsion. If you are a victim of these actions and the perpetrator is a Penn State student, you may seek assistance from this university resource.

The Office of Judicial Affairs also has the ability to issue Administrative Directives for No Contact. This university action prohibits a Penn State student from having contact with the person who requests the directive. At times a victim may feel that the most important thing is that a perpetrator not be allowed any communication with them. An administrative directive may be very effective in restricting contact. In addition, an administrative directive will also restrict the recipient from contacting a victim through a third party.

To contact a staff member or a Judicial Affairs Designee, call the Office of Judicial Affairs at 814-863-0342. You may also find individual names, e-mail addresses and phone numbers for designees at all Penn State University locations by looking on the Judicial Affairs web site at www.sa.psu.edu/ja.

If you are interested in working on these issues, we encourage you to contact the Center for Women Students (cws@sa.psu.edu) about joining the Penn State's Coalition to Address Relationship and Sexual Violence (CARSV). This coalition is comprised of staff, students, faculty, and community representatives who are committed to stopping violence directed toward women.

REFERRAL INFORMATION AND ADVOCACY

CENTER FOR WOMEN STUDENTS (CWS)

204 Boucke Building
www.sa.psu.edu/cws
(814) 863-2027

JUDICIAL AFFAIRS

135 Boucke Building
www.sa.psu.edu/ja
(814) 863-0342

POLICE AND LEGAL INFORMATION

POLICE, EMERGENCY, UNIVERSITY AMBULANCE

(Remember to identify yourself as a student)
9-1-1

UNIVERSITY POLICE

Eisenhower Parking Deck
www.police.psu.edu
(814) 863-1111

STATE COLLEGE POLICE

243 S. Allen Street
(814) 234-7150

FERGUSON TOWNSHIP POLICE

3147 Research Drive
(814) 238-4651

PATTON TOWNSHIP POLICE

100 Patton Plaza
(814) 234-0271

EMOTIONAL SUPPORT

COUNSELING & PSYCHOLOGICAL SERVICES (CAPS)

Sexual Assault Services
501 Student Health Center
www.sa.psu.edu/caps
(814) 863-0395

CENTRE COUNTY WOMEN'S RESOURCE CENTER (24 hours)

140 W. Nittany Ave.
DAYTIME: (814) 234-5050
HOTLINE: 1-877-234-5050

SAFETY**ESCORT SERVICE**

365 days/year

www.police.psu.edu/escort

(814) 865-WALK (9255)

MEDICAL SERVICES**MT. NITTANY MEDICAL CENTER**

Emergency Department

(814) 234-6110

UNIVERSITY HEALTH SERVICES

Advice Nurse

www.sa.psu.edu/uhs

(814) 863-2633

INTERNET RESOURCE SITES**CAMPUS SEXUAL ASSAULT RESOURCES**

www.sa.psu.edu/cws/csar.html

PENNSYLVANIA COALITION AGAINST RAPE

www.pcar.org

**PENNSYLVANIA COALITION AGAINST
DOMESTIC VIOLENCE**

www.pcadv.org

**THE NATIONAL CENTER FOR VICTIMS
OF CRIME**

www.ncvc.org

**RAPE, ABUSE, INCEST NATIONAL NETWORK
HOTLINE (RAINN)**

www.rainn.org

NATIONAL DOMESTIC VIOLENCE HOTLINE

1-800-799-SAFE

www.ndvh.org

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**A DIVISION OF STUDENT AFFAIRS
www.sa.psu.edu**

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This publication was funded by UPAC!
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