

## SECTION I - SEXUAL ASSAULT

**How many of you thought that he had consent for sex in the first scene? (have student's raise hands)**

**Goal: To discuss consent and coercion.**

### First let's find out what consent is:

- 1) **So how do you know you have consent from someone? (ask the students to list different ways people decide that someone else wants to have sex with them ex. a look, look in their eyes, touching, coming home with you etc).**
  - All of these things *could* be cues to indicate interest in sex etc.
  - But the only way to know for sure that someone is consenting to sex is if they say "yes". The others are just guesses, maybe an educated guess but still you don't know for certain.
  - Talk about why assumption is always problematic. For example: flirting could mean 2<sup>nd</sup> base but not third. That look in their eyes could mean "I'm allergic to your dog".
  
- 2) **When it comes to consent only yes means yes!**
  - Only yes means yes! It is not the lack of no! Silence, lack of resistance etc are not consent.
  - Consent can not be forced or coerced; if someone says yes because they are coerced, threatened or forced it is not consent.
  
- 3) **According to Illinois law consent is:**
  - a freely given agreement to the act of sexual penetration or sexual conduct in question. **Lack of verbal or physical resistance or submission by the victim resulting from the use of force or threat of force by the accused shall not constitute consent** . The manner of dress of the victim at the time of the offense shall not constitute consent.

#### 4) . Consent can be rescinded at anytime.

- Consent is such a pivotal part of the definition for sexual assault, Illinois sexual assault law was amended to include that anyone has the right to rescind consent to sex even if he or she had previously given consent.
- This makes sense right? If you invite someone over to your house for a party you have a right to ask them to leave. Your vagina/mouth and anus are a lot more personal than your home. You can ask anyone to “leave” at anytime. If they don’t stop or “leave” its rape.
- **Sometimes students may say “oh what if you can’t stop?”** Remind them that if their mother walked into the room you would not ask her to wait 5 more minutes while you finished up. You’d be halfway across the room the second you heard the door open. You can and you must stop.

#### 5) What is coercion?

- **Other words for coercion are force, intimidate, bully and even seduce! etc.**
- It is when we try to get someone to do something they don’t want to. If I pester my partner for an hour straight about sex and he/she finally “gives in” do they really want to have sex with me? No probably not.
- What if I threaten with “ Don’t make me hurt you”, “If you really loved me you’d do it” or belittled them “whats wrong are your frigid/can’t get it up?” Does ‘consent’ to sex under these conditions sound like true consent?
- These are all wrong and are not part of a healthy sexual relationship. They are part of rape and abusive relationships.

#### 6) Remember that sex by any means is rape:

- So what does that mean?
- If you are going out with someone and all you can think about is how to get this person into bed you are leaving out a really important part of the equation – what does your partner feel about this?
- Sex is not a game. No one is keeping score and when we think of it this way we are most probably leaving a lot of hurt people in our wake.

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- When you set things up to “seduce”, “coerce” and ultimately force someone to have sex with you are committing at the very least an ethical crime and at the most rape.
- Ask yourself do I want to be known as a terrific lover that considerer’s my partners feeling or do I want to be known as a rapist?

**So what in this scene seems typical of a rape scenario?**

**Goal: To discuss risk factors, especially college risk factors.**

### **Characteristics of College Campus Sexual Assaults**

#### **1). College students are at high risk.**

- People of college age, especially 18-19 year olds in the first semester of college are at the highest risk to be victims or perpetrators of sexual assault.<sup>1</sup>
- Based on a study at UIC it is estimated that 2,326 female students and 949 male students experienced sexual aggression ranging from verbal threats for sex to sexual assault in the past year.<sup>2</sup>

#### **6) They knew each other.**

- 84% of sexual assaults are committed by acquaintances<sup>3</sup>
- 43% of those are between dating partners<sup>4</sup>

#### **7) Alcohol was involved.**

- Alcohol is the most common “Date rape drug” – perpetrators will often urge victims to drink beyond their capacity.<sup>5</sup>
- In other cases, date rape drugs are used (GHB, Rohypnol/Ruffies, Ketamine/ Special K) to make victims pass out
- Prevention: Friends should watch out for each other! Always watch your drink being poured and don’t drink out of an unattended cup.
- If someone seems really intoxicated, take him/her home and don’t let him/her go home with a stranger!

#### **8) The perpetrator felt entitled to sex.**

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<sup>1</sup> Koss, M, Gidycz, & Wisniewski, N. (1987). The scope of rape: Incidence and prevalence of sexual aggression and victimization in a national sample of higher education students. Journal of Consulting and Clinical Psychology. 55, 162-170.

<sup>2</sup> 2003 UIC National College Health Association Survey

<sup>3</sup> Koss et.al. (1987)

<sup>4</sup> Abbey, A., Ross, L. T., Mcduffie, D., Mcauslan, P. (1996). Alcohol and dating risk factors for sexual assault among college women. Psychology of Women Quarterly, 20, 147-169.

<sup>5</sup> Associated Press (1998). Likeliest date-rape `drug' used is alcohol, according to study. Houston Chronicle, 8A.

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- In a national survey of college students, 1 in 13 men reported perpetrating acts that met the legal definition of rape.<sup>6</sup>

**9) The perpetrator used coercive techniques.**

- If you love me you would have sex or I'll tell everyone you did it anyway

**10) The victim did not consent.**

**11) The victim was physically restrained.**

<b>What does the law say?</b>
<b>Goal: To eradicate the myths &amp; define sexual assault.</b>

**In Illinois, Sexual Assault is Defined as:**

- 1) Sexual Penetration with
- 2) Force or threat of force,
- 3) Or when a victim is unable to give informed consent or is unable to understand the nature of the act (this includes developmental disabilities, age, as well as incapacitation due to drugs/alcohol).
- 4) Sexual Penetration is any contact, *however slight*, between the sex organ, mouth, or anus of one person by an object, sex organ, mouth, or anus of another person.
- 5) Without penetration, nonconsensual fondling and/or groping is considered Criminal Sexual Abuse under Illinois Law.

<b>How do you think the woman survivor in this scene might feel emotionally or physically the next day? If the survivor was a man, how might it be similar or different?</b>
<b>Goal: To discuss the consequences of sexual assault.</b>

**Emotional Responses to Sexual Assault**

**1) A Range of emotions, depending on the survivor's coping mechanisms, may result.**

- \* confusion                      \*depression                      \*embarrassment
- \* anger                              \*denial                              \*anxiety

**2) Blame !!! (Remember, it is never the survivor's fault!)**

<sup>6</sup> Koss et. Al. (1997)

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- Worried that it is her/his fault.
- i.e. I shouldn't have drank so much; I shouldn't have gone with him, ...

**3) She/He may be worried about telling friends & family.**

- Will they treat me differently from now on?
- Will they believe me/think I am lying?
- What will our mutual friends do/think?

**4) What about Men?**

- Men can experience shame as well because society tells them that men are supposed to be strong, invulnerable, the aggressor and never the victim of rape. They also may have difficulty identifying being the survivor of a rape especially when the assault happens as the result of a prank or hazing (e.g. anally penetrated by a bottle).

**Physical Responses to Sexual Assault****1) Soreness & injury**

- vaginal or anal (or other points of penetration) soreness or injury
- other bodily injuries received during the crime

**2) Dietary problems**

- It is not uncommon for survivors to begin to eat more or less than usual.
- Eating disorders
- Frequent stomach aches

**3) Nightmares or flashbacks of the attack****4) Headaches**

<p><b>Remember rape is not just a “women’s issue”</b></p>
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**Concerning Men & the GLBT Community**

While the clip showed sexual assault between a man & woman, we want you to know that sexual assault/abuse can:

- 1) Happen to men with a heterosexual male perpetrator ,
- 2) Be perpetrated by women,
- 3) Happen within the GLBT community.

Men & GLBT persons often feel afraid to come forward because of stereotypes concerning them & sexual assault/abuse.

Stats:

- One in every ten rape victims is male. (NCVS 2003)
- A 1991 study of college gay, lesbian and bisexual students found that 18% had been victims of rape and 12% victims of attempted rape. (Jnl. Of College Student Development)

- According to the First National Survey of Transgender Violence, 13.7% of 402 persons reported being a victim of rape or attempted rape. (Gender PAC 1997)

**If she were your friend, what could you do or say to be supportive? What would you say if it were a male friend.**

**HEY – YOU GUYS ARE DOING GREAT. I KNOW THIS CAN BE UNCOMFORTABLE TO TALK ABOUT, SO THANKS. Now let's move on to the other two scenarios.**

**As mentioned earlier, sexual assaults often occur in the context of a dating relationship. Sexual violence is often one tool used by an abusive partner. Let's spend some time talking more about domestic or dating violence.**

## **SECTION II - DOMESTIC VIOLENCE**

**How many of you have known someone that was in an abusive relationship?**

**Goal: To eradicate DV myths and define the state laws concerning DV.**

**We know that abuse in relationships is more common than you think! 1 in 3 couples will experience some sort of abuse in their relationship (cite stat?)**

- This statistic is the same for heterosexual and lesbian, gay and bisexual relationships.

**What are some of the myths concerning domestic violence? It's important that we debunk myths so that we can get to the truth of what's happening. Myths help keep crimes like domestic violence hidden and its victims in the dark.**

### **Myths Concerning DV**

- 1) **It happens only with middle-aged married couples.**
  - It happens in couples of all ages & levels of intimacy.
  - It happens to people of all sexual orientations.

## **2) It doesn't count as DV between roommates.**

- No one deserves to be abused, especially not if they live with that person and see him/her regularly. Roommates count as well as parents or assistants for persons with disabilities.

## **3) If they are both violent, it is not DV.**

- When DV is present, sometimes the survivor can react violently in self defense so it is important to look at the underlying dynamics of who is initiating violent and abusive behavior.
- DV is not just "out of control" behavior--abusers are not necessarily violent with everyone; the violence is used as a means of controlling another person; they choose when and where to be violent; and very specifically choose whom they direct their aggression towards. Also perpetrators rarely take responsibility for their actions, blaming others as the cause of the violence.

## **4) Women can't be abusers or Men can't be victims.**

- Lets break this down. Yes it is possible for women to be the abuser in a heterosexual or lesbian relationship.
- If a man is being abused by a woman, gender stereotypes often make it difficult for him to report this behavior or seek treatment. However, it is important to note that in heterosexual relationships, male violence is far more frequent against women (92% of all domestic violence incidents, crimes are committed by men<sup>7</sup>) and serious, in terms of injury, than female aggression.
- Also, women can be the abuser in lesbian relationships or men can be abused in gay relationships. DV happens with the same rate of frequency in gay or lesbian relationships as heterosexual relationships. Same sex survivors have difficulty seeking services because it requires them to "out" themselves as being a survivor of abuse and GLBT.

## **1) It happens among low income couples mostly.**

- DV is about power & control (like sexual assault!) not about income, marital status, race, ethnicity or sexual orientation.

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<sup>7</sup> Violence Against Women, Bureau of Justice Statistics, U.S. Department of Justice, January, 1994

Statistically the rates for abuse are similar across races, ethnicities, sexual orientations and marital status.

**In Illinois, Domestic Violence is Defined as:**

- 1) Any one of these actions:
  - a. Physical abuse (including sexual assault)
  - b. Psychological abuse
  - c. Threats
  - d. Intimidation
  - e. Harassment
  - f. Willful deprivation
  - g. Exploitation
  - h. Interference with personal liberty
  - i. or Harassment
- 2) Inflicted by any of these people:
  - a. Family member
  - b. Significant other (past or present)
  - c. Someone with whom a child is shared
  - d. Household member (i.e. roommate)
  - e. or Caretaker
  - f. Regardless of gender

**How many of you think DV is a problem among college students? Why or why not?**

**Goal: To explain that DV is a threat that college students need to be aware of.**

**DV & College Students**

- 1) Researchers have found the percent of dating relationships experiencing violence to be as high as 45% for high school & college couples.<sup>8</sup>
- 2) By the time you are done with college, 1 in 3 couples will report having experienced violence in the relationship. This number is the same regardless of the couple's sexual orientation.<sup>9</sup>
- 3) Based on a study at UIC it is estimated that 3,460 female students and 1,256 male students experienced emotional, physical and sexual abuse in their relationships within the past year.

<sup>8</sup> O'Keefe, M.; Trester, L. (1998). "Victims of Dating Violence Among High School Students." Violence Against Women, 4, 195-223.

<sup>9</sup> Barnes, (1988). It's just a quarrel. American Bar Association Journal, p 25.

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- 4) As I said before, roommates count! No one should have to live with a person that is abusing him/her.

**What might be some warning signs that a person could be prone to engage in DV?**

**Goal: To equip students to recognize signs of DV in their relationships and those of their friends/family.**

**Warning Signs of DV**

- 1) Angry outbursts that are out of proportion to the situation
- 2) Extreme jealousy
- 3) Isolating the significant other from friends & family
- 4) Disrespecting/Destroying personal property
- 5) Endorsing demeaning stereotypes concerning groups to which the abused person belongs
- 6) The abuser telling the abused: what to wear, who to be friends with, where and when they can go out, how to act etc.
- 7) The abuser never takes accountability for their actions. Blames the abused for the abuse, blames others for their problems etc.
- 8) If the abused person is GLBT, threatening to “out” him or her
- 9) Repeated fits of rage followed by apologize.
- 10) The abuser humiliates the victim in public

**The DV Cycle**

Domestic Violence is not a one-time occurrence. It is an on-going pattern of behavior that one person utilizes to have power & control over another. It usually includes a “honeymoon” period during which everything seems fine and the abuser is apologetic, alternating with periods of physical and/or emotional abuse.

**Why do you think people stay in abusive relationships?**

**Goal: To better understand the victim’s situation.**

**Reasons for Staying**

- 1) Financial ties
- 2) Pressure from other relations to stay in the relationship
- 3) He/She is emotionally tied to or loves the abuser

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- 4) Low self esteem (“No one else will want me.”)
- 5) Abuser threatens to hurt the victim, him/herself, or another person if the victim leaves
- 6) Belief that abuser will change
- 7) Belief that they can do something to make the good times more frequent
- 8) It is the only life the victim knows. He/she have been repeatedly told they can’t find anyone else.
- 9) Homophobia, racism, sexism, ageism, ablesim, Fear of being outed
- 10) HIV status
- 11) LOVE. Remember: Abusers are not abusive monsters all of the time. They are people we might know, people we might think of as loving parents, good students, talented performers and loyal friends. If abusers were scary all of the time they probably wouldn’t be too successful at getting and keeping partners!
- 12) This does not mean we excuse bad behaviour, but hopefully it shows you how complicated leaving an abusive relationship can be!

**There are a few things to keep in mind when thinking about dating or domestic violence.**

- Abuse is always on purpose and never an accident. No one accidentally hits or belittles their partner.
- Abuse is not an anger management problem. Abusers typically aren’t abusive with everyone they come across. They can control their anger in other situations.
- Alcohol or drug use does not cause abuse, they are excuses people give for behaving badly.

**SECTION III – STALKING**

**What kinds of behavior do you guys think are types of stalking and cyberstalking?**

**Goal: To define these topics that are not often discussed or understood.**

**Illinois Law Defines Stalking as:**

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- 1) Following another person and/or placing the person under surveillance on 2 separate occasions for no legitimate reason
- 2) combined with a Threat (or reasonable fear) of immediate or future harm to self or family
- 3) Types of harm:
  - Bodily harm
  - Sexual assault
  - Confinement or restraint

**Illinois Law Defines Cyberstalking as:**

- 1) The above stalking criteria are also applied to harassing another person through the use of electronic communication.
  - Harass in this case means to engage in conduct that alarms, torments, or terrorizes that person.
  - Electronic communication includes the transfer of signs, signals, writings, sounds, data or intelligence of any nature transmitted by wire, radio, electromagnetic, photoelectric, or photo-optical system or computer.

**Do you think stalking & cyberstalking are common?  
Do you think we need to discuss it? Why or why not?**

**Goal: To discuss the often underestimated existence of these issues.**

**Statistics on the Stalking & Cyberstalking**

- 1) One in 12 women and one in 45 men are stalked at some point in their life.<sup>10</sup>—women tend to be stalked by men from past or current relationships and men tend to be stalked by acquaintances or strangers.
- 2) There is a strong link between stalking and other forms of violence in intimate relationships.<sup>11</sup>
- 3) 81 percent of women who were stalked by a current or former partner were also physically assaulted by that partner, 31% were sexually assaulted by that partner.
- 4) Twenty-eight percent of stalkers are friends or co-workers<sup>12</sup>

<sup>10</sup> US Department of Justice Office of Justice, National Violence Against Women Survey, April 1998

<sup>11</sup> Violence Against Women Grants Office. (1998). Stalking and Domestic Violence: Third Annual Report to Congress Under the Violence Against Women Act. Washington, DC: US Department of Justice.

<sup>12</sup> METRAC – Metropolitan Action Committee on Violence Against Women and Children. (1998). Stalking: Facts and Issues. Toronto: METRAC

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- 5) For cyberstalking, e-mail is the most common forum for harassment but it can also occur in chat rooms, message boards, instant messaging, website, newsgroup and transfer to offline forms.<sup>13</sup>
- 6) Cyberstalking gender ratios: 52% men and 35% women victims; 71% women and 28% men are the targets<sup>14</sup>
- 7) Men who stalk tend to be intelligent, underemployed, and manipulative.

**How could you help a friend that was being targeted by a stalker?**

**Goal: To brainstorm ways of coping with and stopping stalking.**

**Dealing With Stalking**

- 1) **Stalking is not the victim's fault.**
  - Stalkers, whether from past relationships or strangers, tend to have obsessive thoughts and difficulty with relationships, dealing with anger and rejection.
- 2) **Be supportive to your friend, stalking is a very unnerving and scary experience.**
- 3) **Encourage your friend to not interact with the stalker in any way, shape or form.**
  - Every interaction is a victory to the stalker, especially interactions that elicit the emotional reaction that he or she is looking for.
- 4) **Tell someone.**
  - Family, friends, RAs, the advocate, university police, university administration, academic computing center, and/or the web host for cyber stalking.
- 5) **Tell family, friends, and others to not give out personal information under any circumstances.**
  - Stalkers are resourceful and manipulative, they create situations in which they get additional information from family, friends, schools or workplaces.
- 6) **Try to vary your routine.**
  - Stalkers tend to be underemployed and have a lot of time on their hands.
  - Change your work schedule, take different routes to and from school, work or home, and travel with other people whenever possible.
- 7) **Carry an "emergency kit."**

<sup>13</sup> Working to Halt Online Abuse (WHO@). Cyberstalking Statistics. [www.haltabuse.org](http://www.haltabuse.org).

<sup>14</sup> Ibid

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- Cell phone or calling card, money for a taxi, ID, list of phone numbers to call for help, whistle or other noise maker, Order of Protection if you have one.

**8) Document everything.**

- Save all the messages, e-mails, voice mail, answering machine messages, letters, and record all everything in a journal

**9) Talk to an advocate at the Campus Advocacy Network to help you with safety planning**

**Dealing With Cyberstalking: Online Safety**<sup>15</sup>

- 1) Always use a gender-neutral username.
- 2) Keep your primary e-mail address private and only give it to people you know and trust.
- 3) Get a free e-mail account for all online use.
- 4) Don't fill out profiles or provide as little information as possible.
- 5) Block or ignore unwanted users in chat rooms or IM (instant messaging).
- 6) Don't defend yourself or respond to the harasser. Your emotional reaction just encourages them.
- 7) Get a P.O. box if you need a contact mailing address or better yet, get a P.O. box in the next town over.
- 8) Get an unlisted phone number.
- 9) Get caller ID.
- 10) Ego Surf—put your name in quotes and check what is out there about you on the internet. Look for information that lists your address or unauthorized postings of other kinds of information e.g. pictures.
- 11) Never give your password to anyone.
- 12) Be very cautious about sending or putting pictures online or giving anyone personal data such as where you live, work, phone number etc.

**NEW SECTION:**

**We have talked a lot about some pretty serious situations. Now talk about what you can do about the problem of violence and how you can help others.**

**What would you say or do if a friend said he/she had perpetrated any of the acts in the video?**

<sup>15</sup> Working to Halt Online Abuse (WHO@). Online safety. [www.haltabuse.org](http://www.haltabuse.org).

## **What to Say or Do???**

This is a TOUGH ONE! No one has the perfect answer, so let's brainstorm together & be prepared.

### **1) DO say something!**

- It is important to let him/her know that such behavior is NOT OK. (Even if it is not immediately you can wait until another time, after you've had some time to think.)
- Point out that when someone resists or tenses up during sex that they should check in with their partner to see if they want to have sex.
- Ask them to imagine how they would feel if someone did that to them, family member or friend.
- Tell your friend " I hate to see you going through this, if you think you are going to abuse your partner move at least 50 ft away or better yet leave until that feeling subsides"
- That is not how you would want to treat someone you care about.
- Point out the consequences: All of these acts are against the law and could result in jail time; is it really worth the price?
- All of these acts could also result in expulsion from the University.
- "Don't tell me "I couldn't stop or I couldn't help it" If your mom, teacher, priest, or a police officer walked into the room at that moment could you stop?" Of course you could!"
- Check yourself; is this really worth the price of hurting your loved one?"
- Remember: Sex without consent is sexual assault
- Sexual assault is against the law and school code, which could be prosecuted or result in getting kicked out of school.

### **2) Do NOT respond violently. More violence hurts everyone!**

- Although it is an understandable first impulse, this will solve nothing!
- You could get in serious legal trouble.

### **3) Get help from friends, family, or other resources if you don't feel comfortable alone.**

### **4) Suggesting professional help is OK.**

- There are places where perpetrators can get help. The important thing is to prevent future behavior that might hurt someone!

## **What are things you can say or do for a friend that has been the victim of a violent crime such as the ones portrayed in the video?**

**Goal: To brainstorm ways of coping/helping a survivor.**

## **Supportive Things to Do**

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**1) Take her/him to the hospital if appropriate.**

- If it is soon after the attack, go to an emergency room IF AND ONLY IF the survivor wants to.
- This is important because evidence is collected in the ER. Some evidence (like date rape drugs) is gone very soon after the assault.
- Sometimes injuries are not visible to the eye; always encourage the survivor to get some sort of medical attention whether at the ER, as stated above, or from their personal physician

**2) Listen.****3) Help find resources.**

- There are places like the CAMPUS ADVOCACY NETWORK & COUNSELING CENTER right here on campus that can provide options & support.
- THE CHICAGO RAPE CRISIS HOTLINE (1-888-293-2080)
- The CHICAGO DOMESTIC VIOLENCE HOTLINE (1-877-863-6339)

**4) Do validate that what happened was wrong!**

- Do NOT make excuses for the perpetrator – what they did or are doing is wrong and they need to hear it from as many people as possible!

**5) Ask “what can I do to help?” not “Why...” questions!**

- Why questions can sound blaming eg: Why were you there alone? Why did you wear that?...
- Be careful; don't become Inspector No-Clueso. It isn't your job to find out everything that happened. The survivor will tell what he/she thinks you need to know.

**6) MOST IMPORTANTLY: FOLLOW THE SURVIVOR'S AGENDA.**

- Basically, this means, you let the survivor lead. If she/he does or does not want to seek resources, talk, tell others, then that is what you do. Doing what she/he does not want to do will only cause more stress.

**Supportive Things to Say****1) IT WAS NOT YOUR FAULT!**

- Survivors often blames themselves. The MOST IMPORTANT thing to say to a survivor is that it is not her/his fault!!!
- Reinforce that what happened was not deserved; it was wrong.

**2) I BELIEVE YOU.**

- The survivor may feel it is her/his fault and may think others will be skeptical of the story.
- They may have trouble trusting people at this point, so saying I BELIEVE YOU will help make her/him feel comfortable & supported.

### **3) YOU HAVE OPTIONS!!**

**You guys did great. Thanks for being mature and concerned for each other's well being.**