



**WE SPEAK WE STAND**  
WESLEYAN'S COMMUNITY OF CARE



# **SEXUAL VIOLENCE PREVENTION, RESPONSE AND HEALING AT WESLEYAN**



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## **WESLEYAN POLICY STATEMENT: SEXUAL ASSAULT AND MISCONDUCT**

Wesleyan University prohibits all forms of sexual misconduct. Sexual misconduct is a violation of University policy and encompasses harassment, coercion, intimidation, intimate partner violence, stalking and/or sexual assault. The sexual misconduct policy can be found in its entirety in the student handbook. It can also be found online at <http://www.wesleyan.edu/inclusion/titleix/titleix.html>.

*Sexual violence has no place in our community. College campuses are a microcosm of society and just as sexual violence happens in the larger society, it also occurs on college campuses. Wesleyan University is committed to sexual violence prevention and using a trauma-informed model in response protocol when working with survivors of sexual violence. This booklet contains information about sexual assault, intimate partner violence, stalking, consent, bystander intervention, reporting protocols and resources. It can be found online at [www.wesleyan.edu/healthservices/sexualassault](http://www.wesleyan.edu/healthservices/sexualassault).*

## THE TRUTH ABOUT SEXUAL ASSAULT

Sexual assault refers to any unwanted sexual activity that is forced on one person by another, which may or may not involve penetration. Sexual violence includes a wide range of behaviors including rape, unwanted sexual contact (touching, grabbing or fondling), rape and incest. Sexual assault is violence, although it may not always involve a weapon, overt threat or physical force. Sexual activity that occurs when an individual is incapacitated, due to alcohol or drug intoxication, is considered sexual assault and is illegal under Connecticut law.

**There are many myths about sexual assault,  
which may cause someone to minimize their experience.  
It is sexual assault, even if:**

**The survivor was intoxicated.** Many students, especially those under 21, are concerned about reporting a sexual assault to Public Safety or the police, because they are afraid they will receive an alcohol citation. In cases of sexual assault, students will not receive a citation for drinking or using drugs. The primary concern of Public Safety, the Office of Student Affairs and the Wesleyan University community is supporting students. **Wesleyan recognizes that drinking and/or using drugs does not make survivors responsible for an assault.** Alcohol does not cause sexual assault. Alcohol is typically used by offenders to exploit a victim's vulnerability. The responsibility for sexual assault lies solely on the shoulders of the offender. Alcohol is frequently used in sexual assaults because it decreases a potential victim's judgment, impairs motor control skills and ability to consent.

**The survivor consented to other forms of sexual activity.** Giving consent to one activity is **not** automatic consent for other activities to occur.

## THE TRUTH ABOUT SEXUAL ASSAULT

**The people know each other.** It's a myth that most perpetrators are strangers. While assaults by strangers do happen, in 2/3 of sexual assaults, the survivor knows the person who hurt them (U.S. Department of Justice, *2005 National Crime Victimization Study*, 2005). This is especially true on college campuses.

**Force was not used.** In the majority of sexual assaults, physical force is not used. Instead, implied threats or social status may be used to coerce the person.

**The survivor did not fight back.** Many survivors are overcome by shock or denial and do not actively "fight" back. Many survivors are also afraid that if they fight back that the assailant will become more violent. There are no "right" responses.

**The survivor did not report the assault immediately.** Delayed reporting to friends, family and law enforcement is common. There are a number of reasons that someone might delay reporting an assault including shame, fear of not being believed or shock and disbelief.

## HOW TO BE A SUPPORTIVE FRIEND TO A SURVIVOR

- **Listen and believe.** Listen actively and non-judgmentally. It is not about saying the “right” things, but instead creating a supportive space for a person to disclose a difficult experience. Focus on listening and allow the person to disclose as much, or as little, as they want. Allow your friend to go at their own pace and be careful not to press for details.
- **Believing someone is the one of the most important things you can do.** The first disclosure often sets the tone for how people engage with their healing process. People who disclose to someone and are believed are more likely to seek help. People who are not believed tend to shut down. A negative response can also reinforce any feelings of guilt and self-blame that the person may feel.
- **Restore choice, provide options.** Healing occurs by making choices about what to do next. Respect and support your friend’s decisions. If you feel very strongly that your friend should report their experience to the police or Public Safety, but they decline to do so—respect that.
- **Stay committed and flexible.** Healing is not a linear process. There are some days that will be better than others. Be careful not to assign an arbitrary timeline to your friend’s healing. Ask your friend what support means to them, since we all have different definitions and expectations about support.
- **Know your limitations.** Sexual assault may bring up strong emotions and reactions for you. Talking with someone on the Sexual Assault Response Team, at Counseling and Psychological Services, the Office of Religious and Spiritual Life or a counselor at the Women and Families Center may be helpful to you. Be careful not to let the event consume you. Set boundaries. Ask for help.
- **Understand social issues.** Gender identity, race, ethnicity, class and religion and other identities often factor into how a survivor navigates their experience. Be mindful of how this may impact someone’s experience and interaction with different systems.

## INTIMATE PARTNER VIOLENCE

Intimate partner violence or relationship violence occurs when one person in a relationship attempts to physically and psychologically dominate their partner by using threats, gestures, emotional and physical abuse. Violence in relationships usually escalates from threats and emotional abuse to physical violence and even murder. Intimate partner violence occurs in heterosexual, gay, lesbian, bisexual and transgender relationships. People of all gender identities are affected by intimate partner violence, although women are victimized more than men. The chart on the next page details behaviors common to relationships at risk of physical or emotional violence.

### **Relationship Red Flag Behaviors:**

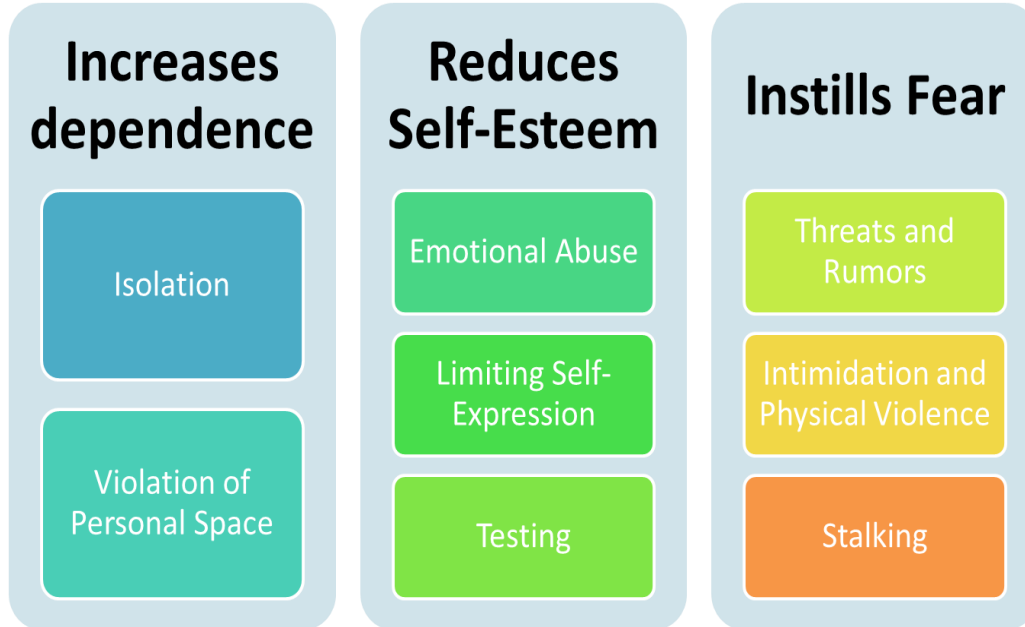
- Enduring humiliating language or being made to feel bad about yourself and other forms of emotional abuse used to undermine self-esteem.
- Being asked to give up their needs and wishes to satisfy the abusive partner.
- Intimidation includes behaviors like breaking things, cornering someone or standing over them in a threatening manner.
- Receiving excessive texts, emails or phone calls from a partner. Monitoring or checking social media accounts, email or phone without permission.
- Spending less time with friends than usual because it upsets your partner when you do.
- Partner is jealous and/or possessive.

### **In a relationship where one partner identifies as trans, these abusive behaviors may be present:**

- Using pronouns that disregard the partner's preference.
- Ridiculing how their partner's body looks.
- Ridiculing or belittling their partner's identity.
- Hiding or throwing away hormones, binders, clothes, etc.
- Telling their partner that they would harm the LGBTQ community if they exposed what was happening in the relationship.



## Relationship Red Flag Behaviors



Source: Rebecca Harrington @ SUNY Oneonta.

## INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

*It can be painful and sometimes, frustrating, to see a friend being hurt in a relationship. Friends may not know what to do or think that they are being neutral by not getting involved, but ignoring it doesn't help. Here are some guidelines for helping a friend who is in an unhealthy relationship.*

**First, release yourself from the idea that you have to have all of the answers and know the perfect things to say.**

**Approach the conversation with sensitivity.** For example, “I’m worried about you because I noticed that...” You may have to have this conversation several times. Let your friend know that you are concerned and want to help and provide support. You don’t have to know all of the answers. The important thing is to break through the isolation that most people in these situations feel.

**Believe.** Listening without judgment is one of the greatest gifts you can provide to someone in an abusive or unhealthy relationship. It can be very difficult for someone who is in an unhealthy relationship to open up. They may feel embarrassed, uncomfortable or afraid that they will be judged. Again, it may take a few times before your friend feels comfortable disclosing what’s happening their relationship. Be patient.

**Take the abuse seriously.** Physical and emotional abuse have no place in a healthy relationship. **Any type of emotional or physical abuse is a “big deal” because abuse tends to escalate over time.**

## INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

**Focus on safety, both your safety and your friend's.** Help your friend plan for ways to stay safe, identify resources on campus and in the community. Remember, resources are available to both you and your friend. Their partner, who may be a mutual friend, may not appreciate you getting involved so be careful about what you do and when you do it. Call Public Safety to help de-escalate situations and the Counseling Center to talk through how to respond.

**Help your friend recognize the warning signs of unhealthy relationships.** It is very common for people who are experiencing emotional or physical abuse to minimize what is happening or not classify it as abuse. Very often, they have a difficult time noticing the pattern of behaviors that constitute abuse. Referencing any red flags that you notice may be help provide context and perspective.

**Encourage your friend to talk to a therapist** to clarify their feelings and think about what they would like to do. Also, counseling services are available to support you as you attempt to help them deal with the situation. Call Counseling and Psychological Services at 860.685.2910 to schedule an appointment.

**Don't give up.** Break-ups and reconciliations are common in the context of relationship violence. This cycle can be one of the most frustrating things to watch for friends of people who are being abused. It typically takes 7-9 attempts to leave a relationship before the person leaves for good. Be patient.

## INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

**Reassure your friend that the abuse is not their fault.** Remind your friend of their strengths, challenge them when they put themselves down and praise them for every step they take and let them know they have your support.

**Take care of yourself.** Providing support to someone who is involved in an unhealthy or abusive relationship is challenging. It is okay, and important, for you to set boundaries when you feel overwhelmed. Remember it is not your job to save your friend. Ultimately, they will need to decide what to do. They can connect with Counseling and Psychological Services, the Office of Religious and Spiritual Life, ResLife staff or their class dean for support.

**Be understanding and compassionate** if your friend is confused or unsure about what to do or if they still have feelings for their partner. Breaking up is difficult in the best of circumstances and even more so if emotional abuse is involved.

## INTIMATE PARTNER VIOLENCE: SUPPORTING A FRIEND

### COMMUNICATION ROADBLOCKS

**Don't blame your friend for the abuse.** Chances are good that your friend is already blaming themselves. In addition, their partner is probably blaming them, too. Remember, there is nothing that your friend could do that would justify being abused by another person.

**Don't focus on trying to understand the partner's reasons for being abusive.** Concentrate on supporting your friend. If you're concerned about how your friend is acting towards their partner, encourage them to get help.

### HELPFUL QUESTIONS TO ASK:

What can I do to help?

How have you been dealing with things?

Would you like me to go with you to CAPS to set up an appointment?

Do you know about resources in the community?

## WESLEYAN POLICY DEFINITION: STALKING

“A course of conduct directed at a specific person that would cause a reasonable person to fear for their safety or the safety of others; or offer substantial emotional distress. This includes cyber-stalking, a particular form of stalking in which an electronic media is used to pursue, harass, or make unwelcome contact with another person. Stalking and cyber-stalking may involve individuals who are known to one another or have an intimate relationship, or may involve individuals not known to one another.”

Source: <http://www.wesleyan.edu/inclusion/dc/ONE%20POLICYDefinitions.pdf>

## STALKING

Stalking happens to people of all gender expressions and may involve family members, friends, current or ex-partners or co-workers. Most stalking takes place between people who know each other. Stalking can happen anywhere, but the closed setting of a college campus can make it easier for stalkers to trace the movements of their victims.

### EXAMPLES OF STALKING BEHAVIORS:

- Leaving harassing or unwanted notes under someone's door or on their dry erase board
- Constantly checking someone's online profile to keep watch on their activities
- Constantly texting or calling someone who does not wish to communicate with you
- Posting information, whether it be true or false, on a website for the purpose of embarrassing, scaring or harming someone
- Tracking someone's schedule or activities on a social networking site for the purpose of following them or intimidating them
- Hacking and/or monitoring a person's computer, emails or social networking profiles
- Posting pictures of someone online to try to embarrass or scare them

*If you are engaged in any of these behaviors or are being harassed,  
please contact Counseling and Psychological Services to get help and support at 860.685.2910.  
Stalking incidents can be reported to Public Safety at 860.685.2345.*

## STAYING SAFE ONLINE

Social media enables us to easily keep in touch with friends and family. However, social media can also provide stalkers with a wealth of information about you, your interests and your whereabouts.

**Keep your primary email address private.** Use a separate email account for online activity. For example, you may use your Gmail account for friends and family and a Hotmail account for online activities. Keeping separate email accounts lessens the chances that someone will be able to hack into your account and gain access to private information.

**Protect your pictures and use privacy settings.** Be mindful of the pictures that you post on social media. When choosing to post, remember that the audience may extend beyond your friends and may include potential employers. Anyone who can view your picture can copy it and distribute it without your permission. Use privacy settings to control the audience that can view your pictures. The default setting on most social networking sites is usually the least restrictive setting.



## DOCUMENTING STALKING INCIDENTS

Stalking is a serious crime and can significantly disrupt a student's college experience. The stress caused by being stalked can lead to difficulty sleeping (either unable to stay or fall asleep), anxiety, depression, anger, fearfulness and constantly feeling "on edge." Stalking may also disrupt a student's life in other ways such as having to change their phone number, residence or other aspects of their life.

**It is important to document all incidents of stalking that occur even if you are not sure what you will do with the information.** Be sure to write down each time the stalker contacts you. The log should include the time, date, location and the words and actions of the stalker. **Save any and all texts, emails, unwanted gifts and other contacts.**

**If you are being stalked**, it can be very helpful to talk to someone to help you deal with your feelings. Contact Counseling and Psychological Services at 860.685.2910 to set up an appointment.

**Contact Public Safety at 860.685.2345 to report stalking incidents.**

## WHAT IS CONSENT?

Consent is a voluntary, **sober**,  
imaginative, **enthusiastic**, creative,  
wanted, **informed**, **mutual**, honest and  
*verbal* agreement.

Consent is an **active agreement**;  
consent cannot be coerced.

Consent is a **process**, which must be asked for  
every step of the way;

Consent is **never implied** and  
cannot be assumed,  
even in the context of a relationship.

A person who is incapacitated cannot  
provide consent. If someone is too  
incapacitated to make decisions  
and **communicate** with their  
partner, they are too drunk to  
consent.

**The absence of “no” doesn’t mean  
“yes.”**

Both people should be **involved** in the  
**DECISION** to have sex.

### A NOTE ABOUT CONSENT IN LONG-TERM RELATIONSHIPS:

Recognizing that **each sexual interaction  
requires consent**, explore how you will  
communicate consent in your relationship.

## ENTHUSIASTIC CONSENT

*“There is a reason for the “enthusiastic” part of the phrase. **Consent without enthusiasm is rather lukewarm: “OK, FINE go ahead.” “I don’t care.” “I have no opinion.” “Whatever, if it gets you to get off my back.”** Consent that is in place because it’s easier than saying “no” isn’t much different from rejection. It is given because the giver feels there is no other choice (besides the potential for abuse, violence, and other bad things).*

***We need to stop assuming that we can communicate desires through some convoluted dance of subtle cues and half-no’s. Consent should be uncomplicated: only “Yes!” and other such affirmative variants can mean “yes”...***

~Jeff Vandermeer

Source: [www.jeffvandermeer.com/2010/07/31/on-enthusiastic-consent/](http://www.jeffvandermeer.com/2010/07/31/on-enthusiastic-consent/)

## C.E.R.T.S Healthy Sexuality Model

### CONSENT

Can I freely and comfortably choose whether or not to engage in sexual activity?

Am I able to stop the activity at any time during the sexual contact?

### EQUALITY:

Is my feeling of personal power on an equal level with my partner?

Do neither of us dominate the other (unless it is consensual)?

### RESPECT:

Do I have positive regard for myself and my partner(s)?

Do I feel respected by my partner(s)?

Do I feel supportive of my partner(s) and supported by my partner(s)?

### TRUST:

Do I trust my partner(s) on both a physical and emotional level?

Do we have a mutual acceptance of vulnerability and an ability to respond to each other with sensitivity?

### SAFETY:

Do I feel secure and safe within the sexual setting?

Am I comfortable with and assertive about where, when and how the sexual activity takes place?

Do I feel safe from the possibility of unwanted pregnancy or sexually transmitted infections (STIs)?

## BODY LANGUAGE

There are many ways of communicating. The look on someone's face and their body language is also a way of communicating and may have more meaning than their verbal communication. However,

*this is **not** a reliable indicator of consent in sexual interactions.*

**IT IS ALWAYS A GOOD IDEA TO HAVE A VERBAL CONVERSATION ABOUT CONSENT.**

**Signs that your partner is not comfortable with what is happening:**

- ⇒ They're not pulling you closer, touching you or reciprocating
  - ⇒ Pushing you away
- ⇒ Holding their arms tightly around their bodies
  - ⇒ Turning away from you or hiding their face
  - ⇒ Stiffening muscles
- ⇒ Obviously things like tears, shaking;
- ⇒ Lack of any sort of verbal feedback

Asking questions and being aware of body language helps you to figure out if the person you're with is consenting and feeling comfortable, or not consenting and feeling uncomfortable.

**If you get a negative or non-committal answer to any of these questions, or if your partner's body language is like any of the above examples, then you should **STOP** what you are doing and **TALK** to them about it.**

## CONSENT PHRASES

**“Do you like it when I touch you there?”**

***“I like it when you do that,  
do you like that too?”***

**“Does it feel good when I...?”**

**“Keep going. Don’t stop.”**

**“What would you like?”**

**Is this okay?**

## WE SPEAK WE STAND



**WE SPEAK WE STAND**  
WESLEYAN'S COMMUNITY OF CARE



WE Speak, WE Stand is Wesleyan's Bystander Intervention program. It aims to create a community that is actively engaged in the prevention of sexual assault and intimate partner violence and advocates for the responsible use of alcohol. Empowered bystanders make the campus community safer by standing up and speaking out when they witness situations that could potentially harm the health and safety of others. Intervening with peers can be challenging for a number of reasons and We Speak We Stand training provides students with the skills to move from inaction to action and to intervene safely and effectively.

Contact Alysha B. Warren ([awarren@wesleyan.edu](mailto:awarren@wesleyan.edu)) to learn more about attending bystander intervention training. Information can also be found at <http://www.wesleyan.edu/weswell/services/BystanderIntervention.html>.

## HOW CAN I INTERVENE?

*There are many strategies for intervening in any situation.*

*The most important thing to remember is to intervene in the way that you feel most comfortable.*

**DIRECT:** directly interacting with the other person.

"Hey, what are you doing?"

"Are you ok?"

**DISTRACT:** a strategy that focuses on diversion by diverting the attention of the people in the situation.

**DELEGATE:** the best approach if you are uncomfortable intervening directly and if someone else is better suited to handle the situation (friend, Resident Assistant, Area Coordinator, Public Safety, etc)



## INTERVENTION STRATEGIES

### "I" Statements

- Focus on your feelings
- Name the behavior
- State how you want the other person to respond

### Silent Stare

Sometimes, a disapproving look can be more powerful than words.

### "Bring It Home"

This strategy prevents someone from distancing themselves from their behavior.

*"What if someone said your best friend deserved to be assaulted?"*

### "We're Friends, Right?"

Reframes the intervention as caring and non-critical.

*"As a friend, I gotta tell you that getting someone drunk to have sex with them isn't cool. Don't do it."*

## STAGES OF CONFRONTATION

### Express concern and caring

Show interest in the person and how they are doing, either in general or in relation to your area of concern. This establishes a helpful tone. Pick an appropriate time and place to create optimal conditions for the discussion.

### Share the basis of your concern with specifics

Let the person know what you have noticed and describe it in detail. For example, rather than saying, "I think you have a drinking problem," you could say, "I've noticed that you've been out partying a few nights this week and slept through your morning class."

### Share how it makes you and others feel

State your concern in the form of an "I" statement. For example, "I know that it is important to you to do well in classes this semester, and I was concerned that you might be getting behind in your work." It is very important to tell the person how their actions/behaviors make you feel.

### Ask the other person if they understand your point of view

This is a chance to listen and hear how the person is responding to your feedback.

### Brainstorm what can be done

Consider alternatives to the behavior and go over them together, including possible consequences for the behavior. Make sure to solicit ideas from the other person.

### Offer support of change

Let the person know that you are willing to help, and give examples of how you might do this. Ask them what support they need.

### Have a plan for follow-up

Plan to discuss and evaluate if the behavior has changed.

## SHIFTING ATTITUDES

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Helping someone understand their motivation for engaging in behavior and understand why it is problematic so they will be less likely to engage

### Take care of yourself

- If you are upset, get support for yourself first. Otherwise, you won't be able to listen openly to the other person.
- This will prepare you for a more respectful, productive dialogue with the person you are intervening with.

### Give respect to the other person

- Listening is the most effective tool we have to resolve conflict.
- Listening does not mean you agree or condone the behavior or that you are compromising what you believe.
- Listening does mean offering another person basic respect in hope that dialogue can occur

### Listen for the upset that is underneath

- Problematic behavior is often a sign that a person is frustrated about something. The behavior may be a sign that the person is "lashing out" because they feel disrespected.
- Trying to understand the underlying cause of the behavior will help you help them resolve the problem.

### Notice what increases or decreases defensiveness

- The purpose of "shifting attitudes" is to help the person gain understanding and insight, not to put them in a defensive position or make them feel attacked.
- Don't argue with or convince the person they are wrong.
- Rather, listen openly and show interest in their point of view.

### Engage in "open talk"

- The beginning of any change starts with listening and feeling listened to. Doing so means making a conscious choice to stay in a relationship with someone and make the situation better, even if you find their behavior objectionable.

# SEXUAL VIOLENCE PREVENTION IS A COMMUNITY ISSUE.

**Student Advisory Title IX Committee:** Kate Macken '19 and Ethan Savel '18 coordinate this group. It connects students and groups interested in working on sexual violence issues by providing training, collaborative programming and works in partnership with the Sexual Violence Resource Coordinator and Title IX Coordinator to develop campus wide programming. *If you are interested in joining the committee, contact Kate Macken (kmacken@wes) or Ethan Savel (esavel@wes).*

**We Speak, We Stand,** Wesleyan's bystander intervention program, works to create a community that is actively engaged in the prevention of sexual violence and advocates for the responsible use of alcohol. The training provides students with tools and skills to intervene in different situations. *To become an empowered bystander, contact Alysha B. Warren, LPC, Sexual Violence Resource Coordinator, in CAPS (860.685.3217).*

**Students for Consent and Communication (SFCC)** is a student group that develops assault resources and programming. They present workshops about consent, supporting survivors and coordinate Take Back the Night in the spring. *Contact Sarah Lurie '17 (slurie@wes) for more information.*

**Peer Health Advocates (PHAs)** create and implement peer-led health education outreach efforts on a variety of health issues including stress management, drugs, sexual health and sexual violence. *Contact Joyce Walter (jwalter@wesleyan.edu) or 860.685.2466 for more information.*

**"LIKE" the WEconSent Facebook Page to learn more about campus and community events that focus on sexual violence prevention.**

## HEALING, EDUCATION AND SUPPORT AT COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

**Counseling and Psychological Services (CAPS)** provides support for survivors of sexual violence including sexual assault, childhood sexual abuse, intimate partner violence and stalking. Experiencing a sexual assault, being in an abusive relationship and/or experiencing stalking are major stressors and can significantly impact your life and how you may begin to think about yourself and respond to different relationships and situations. Seeking counseling can help you to sort out your feelings about the event(s), assist you in making decisions about what you would like to do next and help you begin the healing process.

**Individual Support:** Making the decision to come to counseling is the first step in the healing process for many survivors. In collaboration with a counselor, a survivor can explore their feelings about their experience and move forward in a safe and supportive environment. *Contact Alysha B. Warren, LPC, Therapist/Sexual Violence Resource Coordinator, or any of the therapists in CAPS to schedule an appointment – 860.685.3217.*

**Pathways to Healing: A Retreat for Survivors of Sexual Violence:** Created for survivors of sexual violence, this retreat will teach participants how to incorporate mindfulness skills and practices into their lives, improve sleep, augment self-care skills and culminate in a relaxing gentle yoga/movement session. *“Like” the WEconSent page on Facebook for more details about the retreat and other events throughout the semester.*

## HEALING, EDUCATION AND SUPPORT AT COUNSELING AND PSYCHOLOGICAL SERVICES (CAPS)

**Group Support:** Joining a group can be an empowering and transformative experience for survivors of sexual assault. It provides an opportunity to connect with other survivors who have had a similar experience, helps survivors learn new ways to cope with the aftermath of a sexual assault and enables survivors to see people in various stages of the healing process. CAPS offers a variety of groups each year. The groups below are a sample of groups that are offered. *Contact Alysha B. Warren, LPC at [awarren@wesleyan.edu](mailto:awarren@wesleyan.edu).*

**Sexual Assault Survivors Support Group:** This group is a space where female identified survivors can reconnect with their power in community with other survivors. The group follows an open support group format and participants determine group topics each week. The group meets for 1.25 hours each week. The group is offered in the fall semester.

**Experiences of Healing** is a structured psycho-educational support group that meets for 9 weeks for an in-depth exploration of a variety of topics including trust and safety, boundaries, disclosures, coping mechanisms and sexuality through discussion, art and other activities.

**Befriending the Body: Mindful Healing through Yoga:** Many survivors find yoga to be a helpful complement to their healing. This 10 week support group incorporates yoga and discussions of self-care, mindfulness, body awareness, and other topics. The group meets once a week for 1.5 hours. Yoga experience is not required.

**Male Identified Survivors Support Group:** This group is open to male identified survivors of childhood sexual abuse, sexual assault and rape. Meetings follow an open support group format and participants determine topics each week. The group meets for 1.25 hours for 8 weeks.

**Healing Forward: Self-Care for Survivors:** A structured 9 week psycho-educational support group that focuses on helping students develop sustainable self-care practices. Each week, the group focuses on a different aspect of building sustainable self-care practices. Topics include self-compassion, sleep hygiene, mindfulness and creativity and play. Sessions include art, movement and other activities. The group meets once a week for 1.5 hours.

## FREQUENTLY ASKED QUESTIONS

### **How long will it take to get over this?**

Healing from the trauma of a sexual assault is not a linear process. Many survivors of sexual assault enter therapy with the expectation that a therapist will tell them exactly what they need to do to move forward. Unfortunately, this is not a realistic expectation. Given the uniqueness of each situation, there is not a one-size-fits-all solution. Making the decision to come to therapy is the first step in the healing process. In collaboration with a therapist, a survivor can explore their feelings about the experience and move forward in a safe and supportive environment.

### **I was not sexually assaulted, abused or stalked; my friend/partner was—how can counseling help me?**

Providing support to a friend who has been sexually assaulted, is in an abusive relationship or being stalked is challenging. You may experience an increase in your stress levels, changes in your relationship and, in cases of sexual assault, your sense of safety in the world. Talking with a therapist can help you sort out your feelings and help you develop a plan for taking care of yourself as you support your friend. Seeking therapy can help ensure that you do not lose sight of your needs as you support your friend. Talking with someone may be especially helpful if you have a history of sexual violence, because sometimes hearing about someone else's experience can bring forth feelings and painful memories.

### **I was sexually abused a long time ago. How will it help to talk about it now?**

Whether the abuse happened when you were 2 months old or 18 years old, or somewhere in-between, a history of sexual abuse can significantly affect the way that you see yourself, how you view relationships, your trust in yourself and others and how you feel about your body among other things. Many survivors report feeling "different" and often mistakenly believe that they are bad, damaged or unworthy. These beliefs are untrue and were often planted by the perpetrator(s) to blame the survivor for their behavior and prevent them from telling others about the abuse. Breaking the silence is the first step in the healing process. Counseling can help.

## FREQUENTLY ASKED QUESTIONS

**Do I have to talk about my experience every session? There are other things going on in my life.**

No. Sessions will move at your pace. You will not be forced to talk about things that you do not feel comfortable discussing.

**Does the CAPS offer groups for survivors of sexual assault?**

CAPS offers groups for survivors of sexual assault each semester. Joining a group can be an empowering and transformative experience for survivors of sexual assault. First, it provides an opportunity to connect with other students who have had a similar experience, provides an opportunity for learning ways to cope with the aftermath of a sexual assault and enables students to see people in various stages of the healing process. There is an expectation that information that is shared in the group will be kept confidential. *If you would like to join a group, please contact Alysha B. Warren, LPC, Therapist/Sexual Violence Resource Coordinator, at 860.685.3217.*

**My friend was sexually assaulted. They need to go to therapy. How can I make them go?**

Your friend is fortunate to have someone who is concerned about their emotional well-being. It is important that your friend is in charge of whether or not they decide to seek therapy. When someone is sexually assaulted, they lose their sense of power and control to make decisions. One of the most important and supportive things a friend can do is to provide the survivor with opportunities to make choices. This means letting them decide when/if they choose to come to therapy. Provide your friend with information about all of their options and available resources and allow them to make the final decisions. For example, you can direct them to the sexual violence website, ([www.http://www.wesleyan.edu/healthservices/sexualassault/](http://www.wesleyan.edu/healthservices/sexualassault/)), provide a non-judgmental listening ear and consider scheduling a consultation appointment with CAPS as you support your friend.

## FREQUENTLY ASKED QUESTIONS

**My friends have pointed out that my partner doesn't treat me very well and I'm starting to see it, but I do not want to break up. If I go to therapy, will the therapist pressure me into leaving the relationship?**

Our goal is to help students build healthy relationships that are free of violence, emotional abuse and intimidation. While therapists are concerned about your emotional and physical well-being, we cannot make you leave a relationship. Therapists are also sensitive to the conflicting emotions that students may experience as they contemplate ending a relationship. The therapist will help you explore all of your options and assist you in coming to a decision. In instances where you are not ready to leave a relationship, the therapist will help you identify ways that you can keep yourself safe.

**Sexual violence, whether it's relationship violence, stalking or sexual assault, can be challenging to deal with alone. Support is available. Contact CAPS to schedule an appointment, if you have been affected by issues of relationship violence, stalking or sexual assault at 860.685.2910.**



## SEXUAL ASSAULT REPORTING OPTIONS: THE FIRST 72 HOURS

***Sexual assault is never the survivor's fault.***

**Evidence Collection Kit at Middlesex Hospital:** An evidence collection kit is administered by specifically trained nurses at the hospital in order to collect physical evidence that can be used at a later time in a criminal case. Even though this is a hard first step to take, it is crucial to do before showering or changing, within the first 72 hours, just in case a survivor wishes to pursue a criminal case at a later date. *(An evidence collection kit can still be done even if a person has showered or changed as long as it is within the 72 hour window.)*

- A counselor at the Women and Family Center on Main Street in Middletown (888-999-5545) can accompany students to the hospital emergency room for a rape kit and also to the police station if they wish to file a report immediately. The evidence from a rape kit is given a case number and sent anonymously to the police, just in case the survivor ever decides to file a report.
- Public Safety can also provide rides to the hospital and the police station (860-685-3333).
- You can contact a Davison Health Center provider prior to visiting the ER; the provider will then alert the ER so that appropriate support staff is available (860-685-2470).
- Counseling and Psychological Services (CAPS) at the Davison Health Center (860-685-2910), and the counselors at the Women and Family Center (888-999-5545) are on call 24/7.

## **SEXUAL ASSAULT REPORTING OPTIONS: CONFIDENTIAL RESOURCES**

*Sexual assault is never the survivor's fault.* If you or someone you know has been sexually assaulted, or even if you are not sure whether you are dealing with a case of sexual assault, a variety of resources are available to you, many of which are confidential.

**NEED SOMEONE TO CONFIDE IN?** Confidential help and support are available for students who are not sure if they are ready to report to the University.

### **Confidential campus support resources include:**

Clinicians and Nurses/Davison Health Center (on call 24/7)  
Therapists/Counseling and Psychological Services (on call 24/7)  
Chaplains/Office of Religious and Spiritual Life

They provide a confidential space for students to discuss their options; emotional, spiritual, or medical support; and information about campus and community resources. These members of the community are legally protected because of their professions. The only report they are compelled to submit is a record that a student (whose name they do not have to disclose) has reported sexual misconduct to them.

## SEXUAL ASSAULT REPORTING OPTIONS: WESLEYAN SEXUAL ASSAULT RESPONSE TEAM (SART)

*Sexual assault is never the survivor's fault.*

SART members are Wesleyan faculty and staff who are trained to provide support and assistance to any student who is a survivor of sexual assault or other form of sexual violence. SART members strive to ensure that a survivor has the resources they need, while ensuring their privacy. The supportive function of a SART member includes helping survivors by explaining options for medical care, mental health care, housing, and academic concerns, and how to file a report with the University.

### **SART Members – Confidential Resources\***

Jennifer D'Andrea, CAPS, 860-685-2910

Sandy Frimel, Health Services, 860-685-2470

David Leipziger Teva, Chaplain, 860-685-2278

Tracy Mehr-Muska, Chaplain, 860-685-2277

Alysha Warren, CAPS, 860-685-3217

*\*Other confidential resources who are not specifically trained as SART members also include all clinicians in the Davison Health Center, all therapists at the Counseling and Psychological Services Office, and all clergy members.*

# SEXUAL ASSAULT REPORTING OPTIONS: WESLEYAN SEXUAL ASSAULT RESPONSE TEAM (SART)

*Sexual assault is never the survivor's fault.*

## **SART Members – Responsible Reporters**

### **All Class Deans:**

- Renee Johnson-Thornton – 860-685-2764
- Louise Brown – 860-685-2758
- David Phillips – 860-685-2765
- Jennifer Wood - 860-685-2774

Maureen Isleib, Residential Life, 860-685-3166  
Lex Spirtes, SART Intern 860-685-4673 (HOPE)

**SART members will respect the privacy and confidentiality of the students with whom they work.** It is in the best interest of the student to keep the number of people involved to a minimum. In instances where it is necessary to discuss the survivor's situation with other members of the University community, the SART member will seek the student's consent. The student's name is not to be shared unless deemed necessary.

**The SART Intern, Lex Spirtes '17, acts as a liaison between students and on- and off-campus resources for sexual violence and creates space for campus dialogue, education, and awareness around issues of sexual violence.** The SART intern can help you or a friend navigate a room change, connect with campus and community resources, explore reporting options, explain the administrative panel process among other things. The SART intern is a tri-chair of the Title IX Education Committee, which works to develop sexual prevention and response training to the Wesleyan community.

## SEXUAL ASSAULT REPORTING OPTIONS: OTHER SOURCES OF SUPPORT

*Guidance and advice for students who are not entirely sure if they are ready to file a formal report  
(with either the University or the police)*

Davison Health Center is available for sexual assault follow-up including STI treatment/prevention, and pregnancy prevention. The Health Center is open six days a week, and a physician is on call 24/7 while classes are in session. **All fees for services, testing and treatment are waived in the event of a sexual assault.** The Health Center does not administer an evidence collection kit. A student who may be interested in pursuing legal prosecution is encouraged to seek care at Middlesex Hospital Emergency Department.

A student may choose to talk to other members of the community like an area coordinator, a resident assistant, a student affairs staff member, a faculty member, or a class dean who cannot have a legally privileged conversation without reporting the assault to the University. **Students are encouraged to report assaults to the University and regardless of who receives the report, the survivor's privacy will be respected during any investigation. To the extent possible, a survivor's wishes will be followed in determining whether to move forward with a hearing.**

**A student who is seeking more information about reporting to the University should talk to Debbie Colucci, Deputy Title IX Coordinator, Lt. Paul Verrillo, Public Safety or a confidential resource in Counseling and Psychological Services or the Office of Religious and Spiritual Life.**

**You may also file a confidential crime report online at [www.wesleyan.edu/edu/inclusion/report\\_incident.html](http://www.wesleyan.edu/edu/inclusion/report_incident.html).** Because identifying information is not included in this type of report, Public Safety cannot investigate the incident and there cannot be formal judicial follow-up by the University.

# SEXUAL ASSAULT REPORTING OPTIONS:

## CONSIDER MAKING A FORMAL REPORT

*Public Safety and counselors from the Women and Family Center can assist students with filing a report to the police. In cases where the incident is reported to both the police and the University, the police investigation is normally done first with the assistance of university resources.*

If you would like to file a report with the police,  
you can pursue any of these options:

**Call Public Safety** to assist with the report (860-685-3333).

**Call the Women and Family Center in Middletown** to assist with reporting (888-999-5545).

**Call the Middletown Police Department (MPD)** at (860-344-3200) and ask them to send a specially-trained officer to take the report from the student's room or another safe space on campus.

**Walk into the MPD** on Main Street between Court and College Streets.

**The Therapist/Sexual Assault Resource Coordinator is available to accompany students to the police station and provide emotional support during any part of the formal reporting process.**

If you would like to take your case to  
the university judicial process:

**Report directly to a Title IX Investigator.** (See next page for names of investigators).

**Sexual Misconduct cases are heard by a trained administrative panel.** The panel is composed of two male and two female administrators, one of whom is always a representative of the Office of the Dean of Students to ensure that protocol and procedure are followed.

**Antonio Farias, Title IX Officer, monitors incidents and ensures an effective university response to each complaint.** At any point in the process, you may contact him by phone at 860.685.3927 or by email at [afarias@wesleyan.edu](mailto:afarias@wesleyan.edu).

### Women and Families Center – Sexual Assault Crisis Services

The Women and Families Center offers support services and support groups for survivors of sexual violence and their loved ones. They also provide accompaniment and advocacy through medical, police and legal systems.  
[www.womenfamilies.org](http://www.womenfamilies.org)

**24 Hour Crisis Hotline:** 888.999.5545 (English)/1.888.568.8332 (Spanish)

Sign language interpreters are available  
**All services are free and confidential.**  
 Male counselors are available.

it's okay to ask for help

#### TITLE IX INVESTIGATORS

Debbie Colucci,  
 Deputy Title IX Coordinator  
 860.685.2456

Lt. Paul Verrillo  
 Public Safety, 860.685.2818

Valerie Walker, Public Safety  
 860.685.2345

Melissa Widlak, Public Safety  
 860.685.2345

#### Online Resources

*Rape, Abuse and Incest  
 National Network*  
 (www.rainn.org)

*Male Survivor*  
 (www.malesurvivor.org)

**Public Safety** 860.685.2345  
 (non-emergencies)  
 860.685.3333 (emergencies)

**Middletown Police Department**  
 860.685.3200

#### Counseling and Psychological Services (CAPS)

Davison Health Center  
 327 High Street  
**Hours:** 8:30am-4:30pm  
**Phone:** 860.685.2910  
**After-hours on-call therapist:** 860.685.2910

#### Davison Health Center

327 High Street  
**Hours:** Mon-Thurs, 9am-6pm, Fridays, 9am-5pm,  
 Saturdays, 10am-2pm  
**Phone:** 860.685.2740

#### WesWell, Office of Health Education

Davison Health Center  
 327 High Street  
**Phone:** 860.685.2656  
**Contact:** Joyce Walter

#### Office of Spiritual and Religious Life

<http://www.wesleyan.edu/orsl/>  
**Phone:** 860.685.2278

#### Sexual Assault Resource Team (SART) Intern

Lex Spirtes '17, 860.685.HOPE

Visit [www.wesleyan.edu/healthservices/sexualassault](http://www.wesleyan.edu/healthservices/sexualassault) for more information about sexual violence and an online version of this booklet.



## Bystander Intervention Reminders

**Investigate an ambiguous event.** It's not always easy to tell if an event will lead to sexual violence. It's always best to check it out using one of the intervention strategies. Consider how you would want someone to respond if you or a loved one were in a similar situation. If you think something is "off," you're probably right and not the only person noticing.

**Be mindful of pressure to conform and be prepared to react to it.** If we're not sure if a situation is an emergency, we tend to look to others to see how they are responding. If they aren't responding, we tend not to respond either. Everyone waits for someone else to intervene. **You can be the person who intervenes and changes the outcome of a situation.**

**Trust your gut.** If you think something isn't right in a situation, you're probably right. Trust yourself.

**Respond with respect so that situations aren't escalated unnecessarily.**



# ASK FOR HELP

By asking someone to help  
you, you gain support and  
spread awareness.

Can you **come with  
me** to help that  
person over there?

I don't feel  
comfortable going  
alone.



**WE SPEAK WE STAND**  
WESLEYAN'S COMMUNITY OF CARE

<http://www.wesleyan.edu/weswell/services/BystanderIntervention.html>



**WE SPEAK WE STAND**  
WESLEYAN'S COMMUNITY OF CARE



FOR MORE INFORMATION:

[www.wesleyan.edu/healthservices/sexualassault](http://www.wesleyan.edu/healthservices/sexualassault)  
[www.wesleyan.edu/weswell/services/BystanderIntervention.html](http://www.wesleyan.edu/weswell/services/BystanderIntervention.html)

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