

# Sexual Assault

## Student Counseling

Dalhousie

706.867.4402, ext 1  
Stewart 246

Gainesville

706.867.4402, ext 2  
Student Center 115

Oconee

706.867.4402, ext 3  
Administration 110

Cumming

706.867.4402, ext 4  
Room 238

Blue Ridge

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If you need this document in an alternate format for accessibility purposes please contact Betsy Chaput at [betsy.chaput@ung.edu](mailto:betsy.chaput@ung.edu).

Although colleges diligently educate students regarding safety issues, sexual violence on campus is pervasive.

- 11.2% of all students experience rape or sexual assault through physical force, violence, or incapacitation (among all graduate and undergraduate students).<sup>2</sup>
- Among graduate and professional students, 8.8% of females and 2.2% of males experience rape or sexual assault through physical force, violence, or incapacitation.<sup>2</sup>
- Among undergraduate students, 23.1% of females and 5.4% of males experience rape or sexual assault through physical force, violence, or incapacitation.<sup>2</sup>
- 4.2% of students have experienced stalking since entering college.<sup>2</sup>

According to the Justice Department figures, only about 5% of completed and attempted rapes of college women were reported to law enforcement compared to 40% reported in the general population.

Sexual assault is intentional sexual contact, characterized by the use of force, threats, coercion, intimidation, abuse of authority, or anytime the victim does not consent. Not having verbal or physical resistance does not mean that consent was given. In other words, not hearing the word “no” expressed does not automatically mean “yes.” In many instances the victim knows the assailant; this is called date rape or acquaintance rape.

The following information is adapted from University of Mary Washington Counseling and Psychological Services website:

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### How to help a friend who has been a victim of sexual assault

Remember that sexual assault is an act of violence and not about sexual needs. Victims are never responsible for the assault even if they had been drinking, had been walking alone, or had invited someone to their room. Asking questions about these issues, or about whether victims fought back or called for help is not supportive.

Victims handle trauma in different ways. Consider the long-term needs of your friend. Ask your friend what they need and don't assume you know what is best. Don't worry that asking will remind them of the assault; victims don't forget the assault, and your concern will mean a lot. Common decisions that victims face are the need for medical attention, decisions about a forensic exam, concerns about STDs and pregnancy, wondering if or how to tell family and other friends, and decisions about reporting to the authorities. If the assailant was an acquaintance, the victim might worry about encountering him or her in a class or on campus. Ultimately your friend will value your support as they return to everyday activities, regain a sense of control, and integrate the experience into their life.

Recognize and accept your friend's feelings. There are various feelings and emotions including guilt, shame, and anger. There is no right way to feel. Your friend may feel protective of getting someone in trouble. Don't make your support of your friend contingent upon how you think they “ought” to feel. Communicate compassion and support to them. Seek help for dealing with your own feelings if needed.

If you are a sexual partner, don't pressure your partner to resume sexual activity before he or she is ready, but don't withdraw physically either. Understand that their responses and desires may be different (for a while) - this is also not about you! Do be open, receptive, patient and emotionally available.

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## Reducing Risks of Sexual Assault

- Be aware of surroundings and avoid isolated areas
- Know where you are going and tell someone who you are with and when you expect to come home. (On a residential campus the residence assistants are good resources)
- Party only with friends. Do not get separated from your friends. Arrive / leave together
- Practice safe drinking-don't leave drinks unattended, or accept drinks from someone you do not know
- Stay with the group or use a buddy system
- Have a plan if your partner or friend becomes aggressive
- Don't accept a ride from someone you do not know or trust

## What to do if you become a victim of Sexual Assault

- Get to a place where you feel safe (rape crisis center, counseling department, trusted friend, resident advisor's room, health center)
- Consider getting a physical exam or forensic exam by a nurse. If the assault occurred within 24 hours, do not bathe or change clothes. Ask for a blood test if you think a date rape drug was used. Just because evidence is collected does not mean you have to press charges. A medical check-up should check for STDs or injury and can be a good starting point for considering your options.
- Do tell someone you trust.
- Consider reporting the assault to the Campus police or law enforcement even if you choose not to press charges. You are in control of this decision.
- Seek counseling. Student Counseling can help you in dealing with this trauma confidentially. You may choose to seek out other professionals to talk to such as Rape Response, Inc (770) 503-RAPE.

<sup>1</sup>Bureau of Justice Statistics, 2006. Krebs, et. Al, 2007

<sup>2</sup>Department of Justice, Office of Justice

Programs, Bureau of Justice Statistics, Rape and Sexual Victimization Among College-Aged Females, 1995-2013 (2014). (may be underreported so figures for males could be higher than 1 in 10).