CONSIDERATIONS AFTER A RECENT SEXUAL ASSAULT

Seek medical attention immediately so that you know all of your options for the prevention of pregnancy and/or sexually transmitted infections. Even if you are not pursuing criminal charges, it is important to take care of your general health and assure that no injuries occurred. Also, you are able to have your evidence collected anonymously and it does not mean that you have to pursue criminal charges at the time of collection; this just allows you to have evidence should you pursue criminal charges. The best evidence is collected within 72 hours of the assault.

Remember, sexual assault is a crime and against HPU Conduct policy. There is a difference between reporting to the local police department versus High Point University. When a sexual assault occurs and is reported to HPU personnel (security, RA, RD, staff and/or faculty), these individuals are required to report the matter to the appropriate authorities and a full investigation will be conducted immediately. Should the alleged perpetrator elect to appeal the charges made against them, a priority conduct hearing will be held. Students may review the process with the Director of Student Conduct.

Consider talking with a counselor. If you wish to speak to someone confidentially, there are resources on campus as well as off campus. It is your choice to talk to someone about what happened.

If you want to avoid contact with the alleged perpetrator, interim measures will be made in regard to academic, social and living situations.

Retaliation by alleged perpetrator and/or friends and acquaintances. As soon as a student reports an alleged sexual assault and names the alleged student, the Office of Student Life will contact that individual and investigate the alleged event. Involved students will be advised that retaliation in any form (social media, written, indirect contact by friends) will not be tolerated and the student exhibiting this behavior risks immediate removal from the residential community.

DATING VIOLENCE is controlling abusive and/or aggressive behavior by a person who is or has been in a social relationship of a romantic or intimate nature with the victim. It can include: verbal, emotional, physical or sexual abuse or a combination. Where there was such a relationship will be gauged by its length, type and frequency of interaction.

43% of college women report experiencing abusive dating behaviors including physical, sexual, tech, verbal or controlling abuse; the most common abusive behavior experience is controlling behavior (32%), physical (22%) and sexual (22%). Use the following signs to be aware of dating violence behaviors...

- Excessive jealousy
- Constant checking in with you or making you check in with him or her
- Attempts to isolate you from friends and family
- Insulting or putting down people that you care about
- It is too serious about the relationship too quickly
- Is very controlling, includes: giving orders, telling you what to wear, and trying to make all decisions for you
- Blames you when be or she treats you badly by telling you all of the ways you provoked them
- Does not take responsibility for own actions
- Has an explosive temper (‘blows up’ a lot)
- Pressures you into sexual activity with which you are not comfortable
- History of fighting, hurting animals or brags about mistreating other people
- You worry about your partner will react to things you say or you are afraid of provoking your partner
- Owns or uses weapons
- Refuses to let you end the relationship

TO REPORT, CONTACT ONE OF THE FOLLOWING:

**HPU SECURITY 336-841-9111**
**RD ON DUTY 336-888-4409**
**EMERGENCY 911**

**EXTERNAL COMMUNITY RESOURCES**

- **High Point Regional Hospital**
  601 N. Elm Street
  High Point, NC 27262
  (336) 878-6000

- **Moses Cone Hospital**
  2630 Williard Dairy Road
  High Point, NC 27265
  (336) 884-3777

- **High Point Police Department**
  911 (Emergency)
  336-883-3224 (Non-Emergency)

- **NC Crisis Rape Center**
  Family Service of the Piedmont
  1401 Long Street
  High Point, NC
  336-889-6161
  336-889-7273 (Crisis)

- **North Carolina Coalition Against Sexual Assault (NCCASA)**
  www.nccasa.net

- **North Carolina Coalition Against Domestic Violence (NCCADV)**
  www.nccadv.org

- **National Domestic Violence Hotline**
  24-hours: 800/799-SAFE (7233)

- **National Sexual Assault Hotline**
  24-hours: 800/656-HOPE (4673)

- **Office of Violence Against Women**
  www.ovw.usdoj.gov

**STUDENT LIFE ADVOCACY**

**High Point University**

**TITLE IX COORDINATORS**

- **Gail C. Tuttle**
  Vice President for Student Life
  336-841-9141
  gruttke@highpoint.edu
  Slate Center, 338

- **Captain Derek Stafford**
  Security Manager of Investigations, Compliance & Crime Prevention
  104 N. College Admin Building
  336-841-9433
dstafford@highpoint.edu

**OFFICE OF COUNSELING SERVICES**

336-888-6552 (M–F, 8:30–5 p.m.)
After hours and weekends, call 336-888-4409
counseling@highpoint.edu
Free and confidential counseling is available.

**STUDENT HEALTH SERVICES**

- **Wilson Hall, 1st floor (back of building)**
- **336-841-4683**
- **studenthealth@highpoint.edu**

**SEXUAL ASSAULT**

Sexual assault is any physical act of a sexual nature that is without consent or when the victim is unable to give consent. If you have been assaulted, or know someone who has, please contact us immediately.

This is a traumatic event. Many thoughts and reflections will occur after the assault; sometimes, you may need additional services and there are many resources available to assist you with processing the traumatic nature of the event.

TO REPORT, CONTACT ONE OF THE FOLLOWING:

**HPU SECURITY 336-841-9111**
**RD ON DUTY 336-888-4409**
**EMERGENCY 911**
**MYTH:** Rape can be avoided if women avoid dark alleys or other "dangerous" places where strangers might be hiding or lurking.

**FACT:** Rape and sexual assault can occur at any time, in many places, to anyone.

**MYTH:** Victims provoke sexual assaults when they dress provocatively or act in a promiscuous manner.

**FACT:** Rape and sexual assault are crimes of violence and control that stem from a person's determination to exercise power over another. Neither provocative dress nor promiscuous behaviors are invitations for unwanted sexual activity. Forcing someone to engage in non-consensual sexual activity is sexual assault, regardless of the way that person dresses or acts.

**MYTH:** If a person goes to someone's room or house or goes to a bar, s/he assumes the risk of sexual assault. If something happens later, s/he can't claim that s/he was raped or sexually assaulted because s/he should have known not to go to those places.

**FACT:** This "assumption of risk" wrongfully places the responsibility of the offender's action with the victim. Even if a person went voluntarily to someone's home or room and consented to engage in some sexual activity, it does not serve as blanket consent for all sexual activity. When in doubt if the person is comfortable with an elevated level of sexual activity, stop and ask. When someone says "no" or "stop," that means "STOP!" Sexual activity forced upon another without valid consent is sexual assault.

**MYTH:** It is not sexual assault if it happens after drinking or taking drugs.

**FACT:** Being under the influence of alcohol or drugs is not an invitation to commit sexual assault. Sexual assault is a crime of power and control. Offenders often choose people whom they perceive as most vulnerable to attack or over whom they believe they can assert power. Men and boys are also sexually assaulted, as well as persons with disabilities. Assumptions about the "typical" victim might lead others not to report the assault because they do not fit the stereotypical victim.

**MYTH:** Most sexual assaults are committed by strangers. It's not rape if the people involved know each other.

**FACT:** Most sexual assaults and rape are committed by someone the victim knows. A study of sexual victimization of college women showed that about 90% of victims knew the person who sexually victimized them. Most often, a boyfriend, ex-boyfriend, classmate, friend, acquaintance or co-worker sexually victimized the person. It is important to remember that sexual assault can occur in both heterosexual and same-gender relationships.

**MYTH:** A person who has really been sexually assaulted will be hysterical.

**FACT:** Victims of sexual violence exhibit a spectrum of responses to the assault which can include: calm, hysteria, withdrawal, anxiety, anger, apathy, denial and shock. Being sexually assaulted is a very traumatic experience. Reaction to the assault and the length of time needed to process through the experience vary with each person. There is no "right way" to react to being sexually assaulted. Assumptions about how a victim "should act" may be detrimental to the victim because each victim copes in different ways.

**MYTH:** All sexual assault victims will report the crime immediately to the police. If they do not report it or delay in reporting it, then they must have changed their minds after it happened, wanted revenge or didn't want to look like they were sexually active.

**FACT:** There are many reasons why a sexual assault victim may not report the assault to the police or campus officials. It is not easy to talk about being sexually assaulted and can feel very shameful. The experience of reliving what happened may cause the person to relive the trauma. Another reason for delaying a report or not making a report is the fear of retaliation by the offender. There is also the fear of being blamed, not being believed and being required to go through judicial proceedings. Just because a person does not report the sexual assault does not mean it did not happen.

**MYTH:** Being stalked can lead to anxiety, stress, irritability, an inability to sleep or concentrate, and depression. You don't have to feel this overwhelmed, vulnerable and unsafe — call for help.

**DOMESTIC VIOLENCE** includes felony or misdemeanor crimes of violence committed by the current or former spouse of the complainant, by a person who cohabits with the complainant, or by a person cohabitating with the complainant under North Carolina law.

More than 1 in 3 women (35.6%) and more than 1 in 4 men (28.5%) in the U.S. having experienced rape, physical violence, and/or stalking by an intimate partner in their lifetime. Use the following signs to be aware of the signs of domestic violence...

• Monitors what you’re doing all the time
• Threatens to hurt you, the children or pets
• Accuses you of being unfaithful all the time
• Prevents or discourages you from seeing friends or family
• Prevents you from going to work or school
• Prevents you from going out with friends or family
• Gets angry during and after drinking alcohol or using drugs
• Controls how you spend money
• Damaging your home, car or other property
• Spreading rumors about you online, in public or by word of mouth
• Digging for information about you
• Sends unwanted gifts, notes, texts or emails

**STALKING** is willfully following, being in the presence of, or otherwise harassing another person without purpose on more than one occasion and with the intent to do one of the following:

1. Place them in fear of their safety or safety of their family or associates.
2. Cause them to suffer emotional distress by putting them in fear of death, injury, or continued harassment that puts them in distress.

Over 85 percent of people are stalked by someone they know, according to the Stalking Resource Center, with behaviors that control, track or frighten them, including...

• Threatening to hurt you, family, friends or pets
• Showing up or driving by where you are
• Following you
• Monitoring your phone and computer use
• Using technology to track you
• Sending unwanted gifts, notes, texts or emails

Being stalked can lead to anxiety, stress, irritability, an inability to sleep or concentrate, and depression. You don't have to feel this overwhelmed, vulnerable and unsafe — call for help.

**MYTH:** Victims of sexual assault are raped, beaten, or stabbed.

**FACT:** If a person has really been sexually assaulted, the injury, or continued harassment that puts them in distress.

**MYTH:** If a person has really been sexually assaulted, the offender's action with the victim. Even if a person went voluntarily to someone's home or room and consented to engage in some sexual activity, it does not serve as blanket consent for all sexual activity. When in doubt if the person is comfortable with an elevated level of sexual activity, stop and ask. When someone says "no" or "stop," that means "STOP!" Sexual activity forced upon another without valid consent is sexual assault.

**FACT:** Dominant or powerful persons who have enough women are assaulted and can feel very shameful. The experience of reliving what happened may cause the person to relive the trauma. Another reason for delaying a report or not making a report is the fear of retaliation by the offender. There is also the fear of being blamed, not being believed and being required to go through judicial proceedings. Just because a person does not report the sexual assault does not mean it did not happen.

**FACT:** The belief that only young, pretty women are sexually assaulted stems from the myth that sexual assault is based on sex and physical attraction. Sexual assault is a crime of power and control. Offenders often choose people whom they perceive as most vulnerable to attack or over whom they believe they can assert power. Men and boys are also sexually assaulted, as well as persons with disabilities. Assumptions about the "typical" victim might lead others not to report the assault because they do not fit the stereotypical victim.

**FACT:** It’s only rape if the victim puts up a fight and resists.

**MYTH:** Many states do not require the victim to resist in order to charge the offender with rape or sexual assault. Those who do not resist may feel if they do so, they will anger their attacker, resulting in more severe injury. Many assault experts say that victims should trust their instincts and intuition and do what they believe will most likely keep them alive. Not fighting or resisting an attack does not equal consent.

**MYTH:** Someone can only be sexually assaulted if a weapon was involved.

**FACT:** In many cases of sexual assault, a weapon is not involved. The offender often uses physical strength, physical violence, intimidation, threats or a combination of these tactics to overpower the victim. Although the presence of a weapon while committing the assault may result in a higher penalty or criminal charge, the absence of a weapon does not mean that the offender cannot be held criminally responsible for a sexual assault.

**FACT:** Most sexual assaults victims will report the crime immediately to the police. If they do not report it or delay in reporting it, then they must have changed their minds after it happened, wanted revenge or didn’t want to look like they were sexually active.

**FACT:** There are many reasons why a sexual assault victim may not report the assault to the police or campus officials. It is not easy to talk about being sexually assaulted and can feel very shameful. The experience of reliving what happened may cause the person to relive the trauma. Another reason for delaying a report or not making a report is the fear of retaliation by the offender. There is also the fear of being blamed, not being believed and being required to go through judicial proceedings. Just because a person does not report the sexual assault does not mean it did not happen.

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