



415 RESOURCES

On Campus

UPD (University Police Department) (24/7)	911
The SAFE Place (SSB 205)	338-7233
Counseling & Psychological Services (SSB 208)	338-2208
Student Health Services (SHS)	338-1719

Off campus (24/7)

Police Emergency	911
Rape Treatment Center *Go to SFGH Emergency Department (23 rd St. and Potrero Avenue)	437-3000
CASARC (Under 18) *Go to SFGH Emergency Department (23 rd Street and Potrero Avenue)	206-8386
BAWAR (Bay Area Women Against Rape) (East Bay crisis-line)	510-845-RAPE
SFWAR (San Francisco Women Against Rape)	647-RAPE
Rape Trauma Services (South Bay crisis-line)	650-692-7273
National Sexual Assault Hotline 800-656-HOPE	

Self Defense/ Martial Arts for Women

Janet Gee	415-252-7070
PAWMA: Pacific Association of Women Martial Artists	415-665-6305



Sexual Assault

- In the United States, 1 in 6 women and 1 in 33 men have been sexually assaulted.
- College age women are 4 times more likely to be sexually assaulted
Source: RAINN www.rainn.org
- For both completed and attempted rapes, about **9 in 10 perpetrators are know to the victim**. Most often a boyfriend, ex-boyfriend, friend, acquaintance, or coworker sexually victimized the women
Source: Fisher, B.S., Cullen, F. T., Turner, M.G. (2000) *The sexual victimization of college women* (P. 17 & 18). Washington, D.C.: National Institute of Justice, Bureau of Justice Statistics.
- At least **one half** of all sexual assaults committed during the college years involve alcohol consumption by the perpetrator, the victim or both.
Source: Abbey, Antonia (2002). *Alcohol-related sexual assault: a common problem among college students*. Journal of Studies of Alcohol. Supplement No. 14: 118-28.
- The majority of reported victims and offenders are college age, with the rape victimization highest among 16-19 year old
- 42% of college women who were raped told no one about their assault.
Source: Warshaw, Robin (1994) *I Never Called It Rape*. Ms. Magazine/ Sarah Lazin Books.

Self Defense

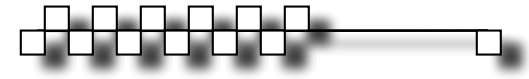
70% of women who fight back during an assault avoid rape.

Source: Bart, Pauline and O'Brien, Patricia (1985) *Stopping Rape: Successful Survival Strategies*

The SAFE Place

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Phone: 415.338.7233
www.sfsu.edu/~safe_plc
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Sexual Assault



The SAFE Place



Sexual Abuse Free Environment SF State

Tel: 415.338.7233

http://www.sfsu.edu/~safe_plc/





What is Sexual Assault?

Sexual assault can be broadly defined as sexual contact that occurs without the explicit consent of the recipient. A few examples of acts that are classified as sex crimes include:

* Touching, fondling, kissing, and other unwanted sexual contact (Sexual Battery)

*Sexual intercourse against a person's will (Rape)

*Sexual intercourse with a minor more than three years younger (Unlawful sexual intercourse).


In general, state law assumes that a person does not consent to sexual activity if he or she is forced, threatened, unconscious, drugged, a minor, developmentally disabled, chronically mentally ill, or believe they are undergoing a medical procedure.

Perpetrators of sexual assault can be strangers, friends, acquaintances, family members, male or female.

Perpetrators may commit sexual assault by means of overt physical violence, threats, coercion, manipulation, pressure, or tricks. Often, sexual assault involves psychological coercion and taking advantage of an individual who is incapacitated or under duress and, therefore, is incapable of making a decision on his or her own.

Adapted from: Rape, Abuse, and Incest National Network
<http://www.usdoj.gov/ovw/sexassault.htm>
(2007)

"Rape, as defined in Section 261 or 262 [of the California Penal Code] is punishable by imprisonment in the state prison for three, six, or eight years." Someone convicted of a sex crime has to register as a sex offender for life.



Consensual is Sensual

Talk - Know your own limits and talk about what you want and don't want in a sexual experience.

Consent to one form of sexual activity does not necessarily imply consent to other forms of sexual activity. Check in with your partner often. Say "NO" out loud if you don't feel comfortable with what's happening. If someone pushes your limits, tell them out loud to STOP. If they don't stop when you tell them to, they have committed a sexual assault.

Listen -A positive sexual experience means listening to your partner. "No" means **NO!** Silence means NO! "Maybe" means **NO!** Drunk "yes" means **NO!** ONLY "Yes" MEANS YES!


Responding to Sexual Assault

Report the assault- You can report the assault to police and receive emergency care by calling **911**.

Get support- Tell someone who understands, such as a trusted friend, family member or professional counselor.

COMMON REACTIONS TO SEXUAL ASSAULT

- Feeling responsible or guilty for being in that situation
- Anger and/or fear
- Confusion, especially if the assailant was someone you know; confusion about what happened, especially if you were drunk or dosed
- Loss of trust in others, or in your own judgment, especially if the assailant was someone you know
- Shame, embarrassment, disbelief, vulnerability, betrayal, powerlessness
- Using drugs, food, sex or alcohol to numb your pain
- Flashbacks; depression; problems sleeping, eating, concentrating, remembering



HELPING A FRIEND

- Listen at their pace.
- Understand that they might experience conflicting feelings.
- Be supportive & communicate that you care.
- Respond to their emotions as normal and understandable.
- Reassure them that they did the best they could.
- Help them find community and professional resources.
- Reassure them that they can recover.

Do...

- Tell them you are proud of them for surviving.
- Let them make decisions.
- Let them cry, yell, talk or be silent.
- Acknowledge that it takes courage to ask for help.
- Go with them to the ER or home if they are going by cab.
- Let them know their option to report to police.
- Take care of yourself too.

Don't...

- Ask what they were wearing.
- Ask why they were where they were.
- Put them in a cab alone to be taken home or to the ER.
- Embrace them without asking permission.
- Blame them – they couldn't control the other person's actions.
- Discourage them from reporting OR guarantee that their case will be prosecuted by the District Attorney.
- Take revenge against the accused.
- Tell others their story without permission.