

# WHAT DO TO IF YOU OR SOMEONE YOU KNOW HAS BEEN SEXUALLY ASSAULTED

- If the sexual assault has just occurred, contact the police to report the assault.
- Avoid eating, drinking, bathing, showering, or changing clothes worn during the assault.
- Go to the nearest hospital to request a medical exam performed by SANE (Sexual Assault Nurse Examiner), as well as receiving any necessary medical treatment prescribed.
- The hospital staff or police officer (upon request) can contact the local rape crisis center for a Victims' Advocate.
- Utilizing a Victims' Advocate can help by explaining the examination process and its importance, as well as assist in sorting through the decision to press criminal charges. (Reporting the crime may seem scary, however, it may help take back a sense of control over the situation).
- Even though it may be unclear at the time whether to follow through with pressing charges, the medical exam can be used as evidence in the event a decision is made to press charges later.
- If possible, have a close relative or friend present for support.

## IF YOU HAVE BEEN SEXUALLY ASSAULTED:

Call **911**

**La Piñon Sexual Assault Recovery  
Services of Southern New Mexico**  
575-526-3437 or 1-888-594-7273  
[www.zianet.com/lapinon](http://www.zianet.com/lapinon)

**Victim Assistance Unit**  
575-528-4111

**NMSU Wellness, Alcohol and  
Violence Education Program (WAVE)**  
*SW corner of Monagle Hall, NMSU*  
575-646-2813  
[www.nmsu.edu/~wave](http://www.nmsu.edu/~wave)

**NMSU Counseling Center**  
575-646-2731  
[www.nmsu.edu/~counsel](http://www.nmsu.edu/~counsel)

## LEARN BY HEART

Sexual assault has nothing to do with sex, it is a crime of Power and Control, and has nothing to do with you.

Whatever you did to overcome the situation was the best thing to do.

**YOU ARE A SURVIVOR** - No one should ever blame the victim.

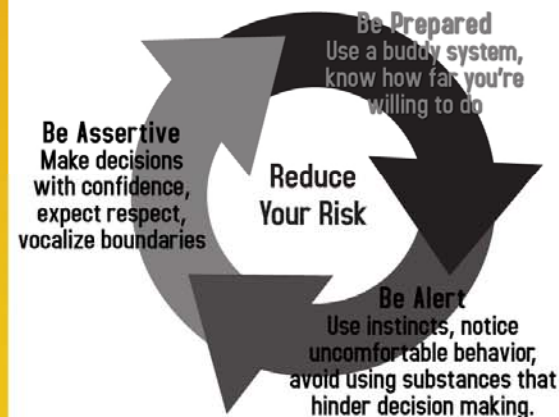
There is **HELP**, there is **HOPE**.



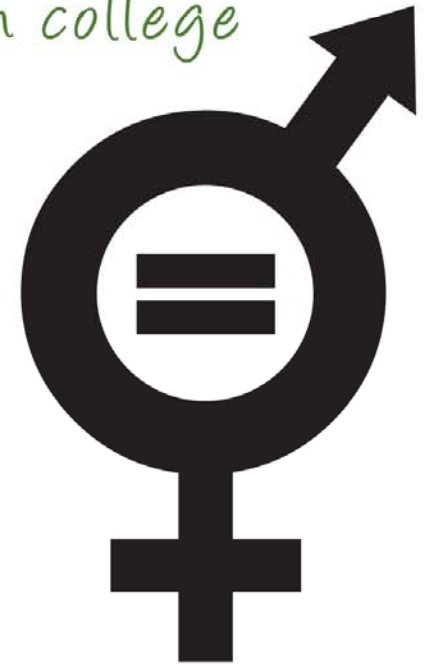
## ADVICE FOR COLLEGE STUDENTS

*#1 Rely on your instincts, trust your feelings*

- If you plan to go out; use the buddy system, begin and end the night/day with the same people you started with.
- Keep an eye on your friends, be aware of where each other is located and with whom.
- Remember bystanders of sexual assault can make a difference; if you see someone who is taking advantage of another who is too high, or drunk to give consent step in and stop them.
- Never set a drink down, leave it with someone you don't know... If you feel that the drink has an unfamiliar taste, or makes you feel more buzzed than usual stop drinking immediately.
- Keep away from individuals who do not show respect (ignores you, your boundaries, supports rape condoning language, uses verbally abusive language).
- Feel confident in your right to say NO in any way you can, as well as being with someone who supports and respects that right.



## SEXUAL ASSAULT *in college*



**NOT JUST  
A WOMAN'S  
ISSUE**

*A Message From:*



[www.nmsu.edu/~wave](http://www.nmsu.edu/~wave)

## SEXUAL ASSAULT, DATE RAPE, ACQUAINTANCE RAPE?

Even though there are many terms to represent this crime, it is when a person forces, pressures or uses coercion to have sex with you against your will and/or consent. It can happen both when two people do not know each other at all, or when they have known each other for a long time.

## WHAT DO FORCE, PRESSURE, AND COERCION LOOK LIKE?

The following is just a selection of ways in which force, pressure, and coercion take place.

- **Ignores** you expressing resistance - "NO, I don't want to, I don't feel comfortable, I don't feel like it."
- Having, taking or forcing sex with you when you are too high or drunk to be able to give consent.
- **Using threats** to make you feel coerced:
  - "If you don't, I will just leave you here"
  - "I am going to tell everyone we did anyway"
  - "Then you can just walk home"or using physical force or weapons.
- **Coercing** you to have sex against your will be using whining, begging, guilt, or insistent arguing:
  - "But we've had a good time tonight, why stop now?"
  - "But, we have been kissing and touching all night, you are just leading me on."
  - "If you didn't want to, then why did you have me take you out on a date, spend all this time with you, come over to your house, you just wanted to tease me."

## FACTS ABOUT SEXUAL ASSAULT



- 1 in 4 women and 1 in 20 men are or will be victims of rape or attempted rape.
- 84% of those raped knew their attacker.
  - 57% of the rapes happened on dates.
  - 75% of those involved alcohol.
- For both men and women, the average age when a rape incident occurred (either as a perpetrator or victim) was 18.5 years old.
- 18 to 24 year old women have the highest risk of being sexually assaulted.
- 90% of acquaintance rapes on campus involve alcohol.
- 1 in 12 females and 1 in 40 males experience an incapacitated rape in their lifetime.
- 86% of females and 85% of males are perpetrated by males.
- Only 5% of victims report their rapes to the police.
- Only 27% of women raped identified themselves as rape victims.
- 84% of men who committed rape said that what they did was definitely not rape.
- The highest report of sexual assaults occur in August and September, the same time that students start the new school year.

(Koss, 1990. Koss, 1993. Every Women Needs to Know About Sexual Assault, 1993)



## THE CONTINUUM OF SEXUAL AGRESSION

*Sexual Assault is not an isolated act; it is on a continuum with other common events & activities, both illegal and legal. Many times attitudes and behaviors preceding an assault are not thought of as harmful, but as the continuum shows, each step escalates into something more dangerous. The common factor throughout this continuum is a lack of respect.*

(www.rainn.org)

### Attitudes and Beliefs

*Women and children less valuable, males should be strong and tough  
Women are docile, victims are to blame*

### Sexist Behaviors

*Male qualities more valuable than female qualities, men dominate positions of power, pornography, women objectified in the media*

### Invasions of Space

*Jokes, prank calls, obscene phone calls, harassment, looks, intimidation and threats*

### Unwanted Physical Touch

*Grabbing/touching, brushing against body*

### Unwanted Sexual Touch

*Molestation, sexual assault*

### Rape/Domestic Violence

*Forced oral, anal or vaginal penetration, marital and/or partner rape, physical, verbal, emotional abuse*

## HEALTHY VS UNHEALTHY RELATIONSHIPS & BOUNDARIES

### HEALTHY UNHEALTHY

- |  |   |
|--|---|
| <ul style="list-style-type: none"><li>• Respects gender equality.<ul style="list-style-type: none"><li>• Can talk freely about expectations, fears, feelings and boundaries.</li></ul></li><li>• Asks for consent before any sexual activity.</li><li>• Respects NO for an answer, and leaves it alone.</li><li>• Understands that consent is something that is only given when sober.</li><li>• Feels confident in knowing sexual boundaries, fears, expectations; and confident in expressing it with a partner.<ul style="list-style-type: none"><li>• Finds physical, emotional, spiritual relationships equally important.</li><li>• Partners share interest in one another's health and wellbeing.</li></ul></li></ul> | <ul style="list-style-type: none"><li>• Disregards gender equality.</li><li>• Ignores and/or avoids talking about expectations, fears, feelings and boundaries.</li><li>• Does not ask for consent and/or avoids it.</li><li>• Ignores NO, tries to whine, beg, guilt partner for yes.</li><li>• Uses alcohol and drugs to facilitate sex without consent.</li><li>• Is uncomfortable with sexuality, does not know how to communicate about sexuality.</li><li>• Primarily responds to physical relationships and ignores other types.</li><li>• Has little or no interest in the health and wellbeing of partner.</li></ul> |
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