

CU Women's Handbook



find your center.

*Women's
Resource
Center*

About This Handbook

The *CU Women's Handbook* is a Women's Resource Center student-led project that has been shaped by the hands of a great many enthusiastic and skilled participants. It is the result of three years of brainstorming, research, discussion, writing, and editing by the Women's Resource Center volunteers and student staff. We received immeasurable help from friends, colleagues, and organizations on and off campus in our effort to create a handbook that would be welcoming and useful to all women entering CU-Boulder life. It is impossible to list everyone whose dedication to the project kept it on track; we are deeply grateful to each and every one who contributed to this effort, from those who were first inspired by the Duke University *Women's Handbook* to those who completed last-minute editing.

We have worked hard to ensure that all information in this *Handbook* is completely accurate and up-to-date. Our apologies for any errors or omissions. We welcome constructive feedback from readers at any time in person, by e-mail, phone, or on the form in the back of this book.

This project would have remained merely a great idea without the generous financial support of the CU Parents Association, which made publication of the *Handbook* possible. We appreciate their constant backing of efforts to make the campus a better and safer place for all students.

The *CU Women's Handbook* is dedicated to all women on the CU-Boulder campus and to all those who support them.

Women's Resource Center Mission Statement

The Women's Resource Center at the University of Colorado at Boulder serves as a resource for the university community. From a lens of gender equity and social justice we advocate for people of all genders, backgrounds, races, classes, ages, sexual orientations, political and religious beliefs, ethnicities, nationalities, and abilities. We strive for diversity at a core level in all of our programming and resources, as well as among our staff, volunteers, and board members. We are firmly committed to building and strengthening alliances across differences and among agencies.

All Women's Handbook



Women's Resource Center
find your center.

UMC 416 • 303-492-5713 • TTY: 303-735-0377
www.colorado.edu/WomensResourceCenter

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CU Women's Handbook

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W



elcome

People are drawn to CU by many things including the strong academic programs, the variety of campus activities, the beautiful Boulder surroundings, and more. Whatever brought you here, we welcome you to the University of Colorado community and we are excited to see the positive impacts you will make while you're here.

Students at CU-Boulder are lucky to be part of this community because it is full of amazing opportunities to learn, grow, and contribute. There are so many ways to get involved and really take part and make a difference in your new home. Our campus is unique in its level of student power. It is entirely possible to make a positive difference within the Boulder campus community. The Women's Resource Center wants to support you in being an active member of CU-Boulder, and the sky is the limit to creating the campus you want to be a part of.

We want you to be involved at CU—to have access to resources, facts, and to the doors you can open. This *Handbook* was created to serve as a gateway to resources at CU, in the Boulder community, and nationwide. It is in your hands to use these resources and seek out even more.

As a campus community, we want everyone to feel healthy, safe, and supported. We hope these resources do just that, and we encourage you to come to our center anytime. Whether you are seeking more information, looking for a woman-positive community, or trying to find other students interested in social justice, "The W" is the perfect place to "find your center." After all, our group is mostly funded by student fees, and we are here to help you build the community you envi-

sion. In order to form a campus where all students can shine, The W supports all the multiple identities of students. The Women's Resource Center recognizes the multiple identities of the women students that enrich our campus. We welcome and support students of every racial and ethnic group, age, background, nationality, ability, gender, sexual preference, and belief.

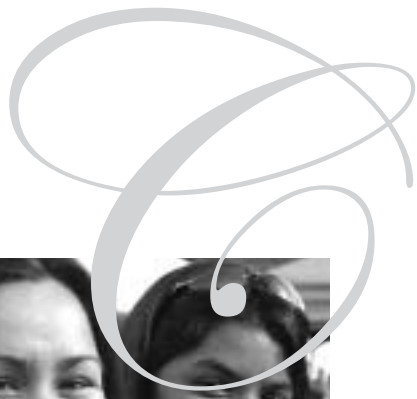
Building community and creating a space of belonging are central to our mission, and we have made our physical space comfortable and welcoming. When you come to The W you will be greeted and treated warmly and with respect.

The W offers a variety of services and groups, in addition to referrals to campus and community resources. The W centralizes information on services, organizations, and events in a woman-friendly environment. We provide support and information, an extensive resource library accessible directly on the Web, advocacy, and a comfortable and safe place to network, build community, and gain strength from one another. The Women's Resource Center also has peer groups for people with shared identities and interests and offers programs open to everyone. In addition, The W provides a place for various student groups to meet and organize. It is a great place to connect with various organizations, university services, and people committed to women's issues and social justice as a whole. Stop in any time!

Thank you so much for being part of our community. Gandhi said, "Be the change you wish to see in the world," and we hope that you are the change you wish to see at CU-Boulder.

We are committed to locating translators and signers as needed.





campus life

Getting Around

When you first arrive in Boulder, you may find yourself feeling disoriented. Here are a few helpful web sites to make your navigation easier.

- **Campus map:**
www.colorado.edu/campusmap/
- **Boulder city map and official Boulder web site:** www.ci.boulder.co.us/
- **Public transportation (ride for free with a CU-Boulder student ID and bus pass):**
ucbparking.colorado.edu/AlternativeTransportation/
- **Boulder bus schedules:**
www.ci.boulder.co.us/goboulder/html/transit/schedules.html
- **News, weather, travel, and traffic information web site:**
www.colorado.edu/students/news.html
- **Wonderful woman-focused and woman-owned bookstore:** Word Is Out: A Woman's Bookstore: 2015 10th Street, 303-449-1415

Academic Advising

Advisors and students create a partnership in college vital to your success at CU-Boulder. Advisors are there to explain any and all academic policies, requirements, procedures, and deadlines. They assist you with development of your academic paths, future careers, and life goals. They offer information on academic programs and options. Yet, this is a partnership where you have some responsibility. Advisors are there to work with you, not for you. Ultimately students make their own choices; advisors are simply mentors there to help. Here are some tips to help you get the most from your academic advisor:

- The Academic Advising Center is located in Woodbury 109, phone 303-492-7885, fax 303-735-5519. Please refer to the advisor list by major for your advisor's office location: www.colorado.edu/ArtsSciences/aacforstudents/advlist.htm
- Generally, walk-in hours are challenging. Sometimes the advisors are very busy and can't give you the full time and attention that you need without a prior appointment. Plan ahead; make an appointment with your advisor **BEFORE** you register! This will make a huge difference in making registration a stress-free activity.
- When you go in to meet with an advisor, be prepared ahead of time. Bring ideas for classes that fulfill requirements you need, and have a plan in mind. It's much better to over-communicate with your advisor than not enough. You don't want to be a senior with one semester to go and find out you'll be staying another year. Be on top of graduation requirements all the time; you'll be glad you did.
- When deciding on a major or minor, advisors are the best resource for students. At www.colorado.edu/ArtsSciences/aacforstudents/maj.html you can access information about all majors, minors, and double majors. Don't stress about finding a major right away—the majority of undergraduates enroll in CU-Boulder as undetermined majors.



- www.colorado.edu/sacs/catalog is the web site for the CU-Boulder course catalog. This web page offers a complete list and links to information about colleges and schools, degree programs, course descriptions, faculty information, and a

Financial Aid and Scholarships

Financial aid can be a very overwhelming and confusing process. But it doesn't have to be! Each year about half of the student body at CU-Boulder applies for and

I would have pulled all my hair out if it weren't for my financial aid advisor.

—Gina, senior, psychology and sociology

helpful schedule planner. This is a great resource to orient yourself to the school's programs and classes, and to plan toward graduation.

Pre-professional advising

Pre-professional advisors provide support services to all CU-Boulder students preparing for careers in the medical sciences, health professions, and law. Advisors in the Pre-professional Advising Center and in academic departments see students on an appointment basis. The Pre-professional Advising Center maintains and sends out academic credentials and recommendation letters for students applying to medical and dental schools. You must contact the Pre-professional Advising Center and establish a credentials file to take advantage of this service. You also have the opportunity to learn about professional schools and career options at scheduled meetings throughout the academic year.

Old Main 1b90, 303-735-3000,
advising.colorado.edu and click on Pre-professional Advising.

receives financial aid. The office has walk-in hours. If you're new to financial aid or you're interested in learning more about a specific topic, the financial aid advisors can help. Apply early and ask questions, and they will do their best to help you pay for college through a combination of scholarships, grants, loans, and work-study. The financial aid process differs slightly depending on what type of student you are so it is important to look into all the different financial aid opportunities.

The financial aid office provides on their web site a site map that has information, links, and access to different financial aid forms.

Regent 175, 303-492-0838,
www.colorado.edu/finaid/.



Student Groups and Activities

CU-Boulder is an awesome campus for active students. There are so many groups that with a bit of exploration you're sure to find one or more activities that fit you. For a list of student activities and links to the different activity web sites, go to www.colorado.edu/studentlife/activities/index.html. For a list and links to student clubs and organizations, go to www.colorado.edu/studentgroups/index.html. These lists are very comprehensive, and offer many different ways to get more involved in the campus. If you don't see a club, organization, or activity that you're interested in, start a new one! The Student Organizations Finance Office (SOFO) will help you with all the details to become an official student group.

UMC 231, 303-492-6366,
www.colorado.edu/studentaffairs/sofo/.

The University of Colorado Student Union (UCSU) is the student body government for the University of Colorado at Boulder. The UCSU office has a complete list of student clubs and organizations that students can pick up for free. UCSU creates, implements, and oversees a \$27 million budget generated by student fees and other revenue for the operation of student services such as the Wardenburg Health Center and the Rec Center. UCSU also serves as the liaison between the student body and university administration.

UMC 125, 303-492-7473,
www-ucsu.colorado.edu/.



Wellness

Your Mental and Emotional Health

The transition to college is a life-changing event. People are put in situations that they may never have had to deal with before, such as living away from home, sharing a room, attending classes with hundreds of people, not having any friends from home. All of these changes at once can be very overwhelming. It is not uncommon for college students to experience feelings of depression, stress, or confusion, even if they have never had feelings like these before. Sometimes these feelings can intensify in an environment where students feel they don't have anyone they know well enough yet to confide in. CU-Boulder's counseling and psychological services give students a wonderful opportunity for healing, growth, and exploring their own emotional well-being. Even if the majority of your peers may not see a counselor, if you want to feel more emotionally stable and healthy, call the counseling center before issues escalate. Your emotional well-being is important, and seeing a counselor doesn't have to be in emergency situations only. It is completely possible to be physically, mentally, and socially healthy. Fortunately, CU offers many resources for students, most of which are free of charge.

Counseling and Psychological Services: A Multicultural Center

Services available include:

Individual Counseling—Every year you can receive up to six FREE confidential sessions with a professional counselor or psychologist. Feel free to come in just for one or two sessions as well. Come or call during walk-in hours, 9:00 a.m.–3:00 p.m. Couples counseling is also offered. If both people are affiliated with the university, the couple can put their six sessions together and do 12 sessions. This is an awesome way to improve communication and well-being in a relationship. All sessions are culturally sensitive and confidential, with a professional counselor or psychologist. Feel free to request a certain type of counselor, such as a male counselor, a female counselor, a feminist counselor, a GLBT-friendly counselor, or a counselor specializing in art, movement, or music therapy. Also, if at any time you begin a session with someone that you don't feel comfortable with or "click" with, feel free to change counselors. That is completely okay, and is sometimes the best way to make progress on your personal wellness journey.

For your first appointment, you will have a general, informal visit with one of the counselors. Then you will either be assigned a specific counselor at the center, or given an outside referral if that works better.



Groups and Workshops—With groups, students often find out that they are not alone, receive caring feedback, and see problems from a different perspective. Group format can vary from art therapy, to music therapy, to movement therapy. It can be a great resource for mental health and a way to meet new people. These groups vary each semester, so check out www.colorado.edu/sacs/counseling/index.html for more information. To learn about starting dates, and/or to signup, call the group leader, or call 303-492-6766 for general information. There is no charge for groups.

Library—You can borrow books and videotapes that deal with different issues, from addiction and recovery to stress management, at the Career Services Offices in Willard Hall 5. You will need proper identification and a \$15 refundable deposit. Those who would like to check out a tape but feel uncomfortable doing so in person are encouraged to call the EAP coordinator at 303-492-6766.

Academic year walk-in schedule:
Mon.–Fri. 9:00 a.m.–11:30 a.m. and
1:00 p.m.–3:30 p.m.

Summer walk-in schedule: Call
303-492-6766 for hours.

Willard Hall 134, 303-492-6766,
www.colorado.edu/sacs/counseling/

Mental Health Emergencies

CU Helpline works with student crises and referrals, 303-449-5555.

TLC Line at Boulder Community Hospital, 303-411-0400.

Emergency Line at Boulder Community Hospital, 303-440-2037.

Emergency Psychiatry Services (24 hours, including suicide prevention), 303-447-1665.

As a new roommate or friend, you might find yourself in a situation where you begin to worry about another's health. Counseling and Psychological Services: A Multicultural Center and Wardenburg offer emergency services, as well as information about "red flags" of depression or suicide. If you are worried about a friend, **HELP** by getting them help.

Resources

NATIONAL ORGANIZATIONS

National Institute of Mental Health: www.nimh.nih.gov

National Association for the Mentally Ill: www.nami.org

National Depressive and Manic-Depressive Association: www.ndmda.org

National Mental Health Association: www.nmha.org

WEB SITES

www.mentalhealth.com

www.teenmentalhealth.net

www.colorado.edu/sacs/counseling/diversity_training/index.html

*It is completely possible to be physically,
mentally, and socially healthy.*

**Wardenburg Department of
Psychological Health and
Psychiatry**

Psychological Health and Psychiatry (PHP) is the mental health clinic in the Wardenburg Health Center. Their mission is to educate and care for the campus community. PHP is a safe and confidential place for you to come and talk about your concerns. PHP offers individual and group therapy sessions. They provide group therapy for everything from eating disorders to being stressed out. Groups are designed around student needs including groups to explore relationships, substance recovery, and eating issues. In groups, students often find out that they are not alone in feeling the way they do.

There are many people in the clinic who understand women's issues. It's a really good place to go and all students are welcome.

Open: Mon.–Thurs. 8:00 a.m.–6:00 p.m., and Fri. 8:00 a.m.–5:00 p.m.

Lower level of the Wardenburg Health Center,
303-492-5654, [www.colorado.edu/healthcenter/
php/first.html](http://www.colorado.edu/healthcenter/php/first.html)

Office of Victim Assistance

The victim assistance office offers free, confidential information and support for all of the CU-Boulder community. This office primarily handles situations involving sex assault, intimate partner violence, stalking, deaths of CU community members or significant others, bias related incidents, and sexual harassment. They help people learn about and assess their options in these situations.

Open: 8:00 a.m.–5:00 p.m., Mon.– Fri.
(except university holidays).

Willard Administrative Center, 303-492-8855,
[www.colorado.edu/studentaffairs/
victimassistance/](http://www.colorado.edu/studentaffairs/victimassistance/)





Our bodies go through many overwhelming transitions in college, just as our minds do.

Your Physical Health

Our bodies go through many overwhelming transitions in college, just as our minds do. Maybe you aren't as physically active in college as you were in high school, especially if you were on a sports team. The food offered in the dining halls is undoubtedly different from the meals you are used to eating at home. How is it possible to maintain a healthy body, as well as a healthy body image?

Body Image

HEALTH AT EVERY SIZE

There is a great web site that talks about the principles of health at every size. It's important to realize that every body can be a healthy body, and that it isn't true that someone should be thin to be healthy. This web site is put together by the Council on Size and Weight Discrimination and is found at www.cswd.org/HAES.html. It gives the basic principles of Health at Every Size (HAES) and some helpful links to resources about getting healthy.

The basic principles of this philosophy are:

- Total health enhancement and well-being, rather than weight loss or achieving a specific "ideal weight."
- Self-acceptance and respect for the diversity of bodies that come in a wide variety of shapes and sizes, rather than the pursuit of an idealized weight at all costs.

- The pleasure of eating well, based on internal cues of hunger and satiety, rather than on external food plan or diets.
- The joy of movement, encouraging all physical activities rather than prescribing a specific routine of regimented exercise.

—from Karin Kratina, MA, RD, *Moving Away from Diets: Healing Eating Problems and Exercise Resistance* (Helm Publishing, 1996).

EATING DISORDERS AWARENESS

For more information on eating disorders, go to www.nationaleatingdisorders.org, and www.somethingfishy.org. You'll find great resources on how to talk to friends with eating disorders, and learn more information about specific health issues.

According to a report released in 1998 by the National Institute of Mental Health, 20 percent of people with serious eating disorders die if they aren't treated. Women suffer from these disorders 10 times as often as men, although the prevalence in men is increasing.

WHAT CAN YOU DO TO STOP PROMOTING UNHEALTHY BODY IMAGE?

Be a real friend—value all women for WHO they are.

Don't comment on people's weight positively or negatively.

Build your friends' self-esteem by pointing out their strengths, abilities, and intelligence, not their looks.

NATIONAL PREVALENCE ON COLLEGE CAMPUSES	PREVALENCE AT CU-BOULDER
Anorexia .05 –1%	Anorexia 2.2% (double the national average)
Bulimia 2–3%	Bulimia 2.8% (high average)
Eating Disorder Not Otherwise Specified* 10–15%	Eating Disorder Not Otherwise Specified estimated 2,915–4,373

*8–10% of Eating Disorder Not Otherwise Specified need treatment in order to avoid getting worse.

Don't talk about FAT—stop the “Freshman 15” talk
Don't talk about feeling fat or keep asking people for reassurance that you're not.

Don't perpetuate fears about gaining weight. It is okay to eat normally.

Assume that the people who will be your friends will get to know you for who you are, not the shape or size of your body.

Be assertive

Don't tolerate negative comments about weight about yourself or other people.

Be the one to steer the conversation away from negative body talk.

Change the subject or point out other positive qualities that are more important.

Work with your body, not against it

Don't skip meals. Waiting until you are very hungry is the normal trigger for binges.

Don't eat fewer than 1,500 calories per day. You will hurt your body, especially your heart and bones.

Don't stuff yourself. Your body may learn to prefer eating large amounts.

Get an attitude

Confidence and style are by far the most attractive attributes you can have.

Be proud of who you are, not what you look like. (Your looks were mostly genetically determined anyway.)

Be the kind of friend you would want to have.

Find out what you are good at and build on your strengths.

Don't waste a lot of time worrying about what you aren't good at.

What makes you special (and human like everyone else) is the unique package of strengths and vulnerabilities that you have.

Your Period

MENSTRUAL PRODUCTS

By the time women enter college, many will have had their period for many years. Still there is so much new information behind easing cramps, how tampons affect our bodies, and how we can monitor our cycle for fertility purposes.

THE TRUTH ABOUT TAMPONS

“Most commercial napkins and tampons are bleached with chlorine to make them whiter and, in the case of rayon, more absorbent. Chlorine leaves residues of dioxin in the tampons and pads, as well as in the environment through waste water and landfill disposal. Dioxin is a harmful chemical that has been implicated in cancer and other health causing problems. In addition, most cotton production involves large amounts of pesticides, traces of which may remain in tampons and pads made

from cotton that is not organically grown (without pesticides). Dioxin and pesticide residues are especially serious in menstrual products because the vaginal lining is much more absorbent than skin and because women wear tampons and pads for hours at a time.”

—*Our Bodies, Ourselves* (Boston Women's Health Book Collective, 1992), p. 279.

There are alternatives to commercial tampons containing these toxic residues. Chlorine-free, organic cotton tampons are sold at health food stores in Boulder, including Wild Oats, Whole Foods, and the Boulder Co-op.

“Some of the large commercial tampon manufacturers market ‘all-cotton, chlorine-free’ tampons, but there have been lawsuits claiming false advertising, and pesticides remain an issue.”

—*Our Bodies, Ourselves* (Boston Women's Health Book Collective, 1992), p. 279.

MEDIA INFLUENCES:

- The average fashion model weighed 23 percent less than the average woman in 1997.
- Many of today's models, actresses, and beauty contestants meet the weight criteria for anorexia.

Check out these web sites for more information about media influences and advocacy:

www.about-face.org—Promotes positive self-esteem through media education, outreach, and activism

www.bodypositive.com—Looks at ways we can feel good in the bodies we have

www.reclaimyourculture.com—Responsive Efforts to Communicate the Language, Actions, and Images of the Media

BODY IMAGE AND MULTIPLE IDENTITIES

“The Black-American culture traditionally accepts more fat on women than the White culture, but when Black middle-class women become integrated into White culture while they are trying to get ahead, they become more at risk of developing eating disorders.”

—From “Dangerous Eating,” *Essence Magazine* 24 (9), January 1994, p. 19, Villarosa.

The more a person is pressured to emulate the mainstream image, the more the desire to be thin is adopted, and with it an increased risk for the development of body image dissatisfaction and eating disorders.

—From the About Face Organization's web site www.about-face.org

Another health risk associated with commercial tampons is Toxic Shock Syndrome. Although it is a rare disease, it can be life-threatening. *Our Bodies, Ourselves* recommends not using high-absorbency tampons, wearing tampons overnight, or in between periods. There are also other alternatives besides tampons that exist for women's menstrual needs. Reusable cloth pads, such as GladRags and Lunapads, reduce environmental waste, have no chemical toxins, and are less irritable to the sensitive skin around your vagina than standard plastic pads. It is also more economical to purchase pads that you can reuse, rather than buying boxes every month (gladrags.com and lunapads.com).

Some women find that their vaginal tissues become irritated as a result of the absorbency of tampons. The Keeper, a natural gum rubber cup, collects menstrual flow without drying out the vagina. It is

inserted like a tampon, and is comfortably held in place by suction. The Keeper can hold up to one ounce of fluid and can be kept in place for up to 12 hours. The average women's monthly flow is two to four ounces. When The Keeper is full, simply remove it and empty the contents into a toilet, then reinsert. You may want to bring some damp paper towels with you into the stall in order to wipe off your fingers. One Keeper costs \$35, but is guaranteed to last for 10 years, making it a great economical and environmentally friendly alternative to disposable pads and tampons. The Keeper's web site (www.thekeeper.com) offers a money back guarantee trial, where you can return The Keeper after three months if you are not satisfied. It's worth a try if you are curious about exploring other menstrual product options.

NO DISCRIMINATION

No matter what color, race, cultural background, or sexual orientation a sufferer comes from, the eating disorders that affect them are devastating. Each person with an eating disorder is suffering inside from the emotional turmoil that has led them to seek comfort from anorexia, bulimia, or compulsive over-eating . . . Each of them deserves to find help and recovery so that they may learn to love themselves, inside and out.

—Adapted from “Shades of Grey Cultural Roles in ED,” www.somethingfishy.org.

Unfortunately, eating disorders do not discriminate. Individuals of any race, class, sex, age, ability, sexual orientation, etc. can suffer from an eating disorder. What can and does differ is the individual’s experience of the eating disorder, how health professionals treat them, and finally, what is involved in treating a woman of color with an eating disorder. Research that is inclusive of the women of color eating disorder experience is still quite lacking.

—Adapted from “The Diagnosis of Eating Disorders in Women of Color,” www.somethingfishy.org.

Resources

ON THE WEB:

www.somethingfishy.org

www.about-face.org

www.gurze.com

www.pbs.org/wgbh/nova/thin/minorities.html

CU-BOULDER RESOURCES

- Eating disorders consultation, assessment, and treatment is available through Wardenburg Department of Psychological Health and Psychiatry. Call Alisa Shanks, PhD, the eating disorders clinician and program coordinator, at 303-492-2038. See also the list of Do’s and Don’ts and How to Help a Friend on their web site at www.colorado.edu/healthcenter/php/eating4.html.
- Counseling and Psychological Services: A Multicultural Center, offers a free Eating Disorders Group, Willard 134, 303-492-6766.
- The Women’s Resource Center offers information and resources on physical health and body wellness, UMC 416, 303-492-5713, www.colorado.edu/womensresourcecenter.

Your Social Health

College is such a fun, exciting atmosphere. It is important to be aware of your social health when there are all kinds of new and different social options. Sometimes students get trapped into negative substance abuse patterns that can lead to depression. There are many enjoyable social choices in college that don’t rely solely on substance abuse or altering reality. It is extremely crucial for your social health to create a positive balance for yourself. On one hand, new social situations allow you to meet and form relationships with so many people. Sometimes the quality of friendships and their reliance on alcohol can get skewed by the social acceptance of drinking.

Substance Abuse

DRINKING—ALCOHOLISM, BINGE DRINKING

Binge drinking, a huge issue on college campuses, is when someone consumes large amounts of alcohol at one time.

Sometimes this can lead to blacking out, and can be extremely dangerous. It's no fun to wake up and not know what you did or said the night before. Pay attention to how much you drink, and understand your limits.

CU-Boulder has a great web site called **Alcohol on Campus: A Matter of Degree** located at www.colorado.edu/alcohol. It has resources for students and parents, and information about alcohol and drug policies. The link for students takes you to fact sheets on alcohol abuse, smart party tips, information about getting caught with a fake ID, and more. This is an awesome resource for students to understand and have power in their relationship with alcohol.

Alcoholism and alcohol abuse have been an increasing problem on CU-Boulder's campus. Alcoholism can be BOTH a habitual (psychological) addiction and a chemical (physical) addiction. Psychological dependence is drinking in order to function "normally" and feel good. Physical dependence is when the person's body has adapted to chronic use of alcohol, and would suffer physical symptoms when she or he stopped drinking. According to a nationwide survey, 86 percent of college students under 21 drink.

It is important to know that alcohol also affects women and men differently. Women's bodies break down alcohol at a slower rate, so if a woman was consuming alcohol at equal rates with a man, she would have a higher blood-alcohol level than he would. Drinking, long or short term, can create many health problems and legal problems. Drinking can impair

judgement, cause memory loss and alcohol poisoning, and make you unable to drive a car. Long term, alcohol can ruin vital organs such as your liver or heart.

Taking care of an intoxicated friend is a frustrating and almost thankless job, but it could mean the difference between life and death. A lot of people think that a person needs to be throwing up or passed out to need medical attention. In fact, there are many signs that can indicate a problem. Some to look for are:

- slurred speech
- stumbling or having difficulty maintaining balance and walking independently
- trouble making eye contact
- feeling excessively cold or warm (to oneself or to the touch)
- shortness of breath
- erratic, withdrawn, or aggressive behavior
- queasiness, vomiting, or dry heaving
- a tired stupor
- unconsciousness

The first thing to do if your friend is drunk is to make sure they stop drinking. If they want water, offer it to keep them hydrated. But giving them food will probably make them sick, so don't give them food unless they ask for it. If they pass out, make sure that they are lying on their side, so if they throw up they won't suffocate. Check their breathing, and continue checking every so often. Some people, especially college students, are afraid of getting into trouble if they need to call for

NightRide/NightWalk

Store their phone number into your cell phone, 303-492-SAFE(7233). On weekends, they will pick you up until 1:00 a.m., and on weeknights, till midnight. It's free and they will pick you up anywhere in the Boulder city limits! Don't feel guilty about making them drive you any distance—the drivers at NightRide get paid.



It is important to be aware of your social health when there are all kinds of new and different social options.

help. Some decide to leave their drunk friends to fend for themselves because of this concern. This is dangerous, and even life threatening. It's more important, and in fact your responsibility, to see that your friends have the help they need.

If you or someone you know has a problem with alcohol, you can contact a substance abuse counselor on campus. You can reach the director of the campus substance abuse program at 303-492-1960. They are located in Wardenburg 130.

Marijuana

Rumor always had it that there were few, if any, physical or psychological effects of smoking pot. Recent studies, however, have revealed evidence of some long-term physical effects. Smoking pot causes changes in your brain's chemistry; specifically, inhibiting the function of the neurotransmitter acetylcholine, a chemical that transfers information from one nerve cell to another. This accounts for the loss of short-term memory when a person is high. Smoking pot interferes with your intellectual performance and impairs thinking, reading comprehension, and verbal and arithmetic problem solving. Marijuana use has been shown to affect male and female reproductive systems, and to affect fetuses during pregnancy. The reproductive cells absorb and hold more THC than do most other body cells.

Cocaine, Ecstasy and Other "Hard" Drugs

As on any college campus, drugs can be found in Boulder. Though the school has strict policies about drug abuse, they sometimes can go unenforced. As well as cocaine and ecstasy, students may abuse prescription drugs. All of these are addictive and extremely harmful. The first step in reaching out for help is recognizing that you have a problem. If you are able to see that, tell someone immediately—a family member, religious leader, mental

health provider—anyone you feel comfortable telling. Probably, you will feel a weight lifted from yourself when you begin to be open about your addiction. You can expect several reactions from those you tell, including support, but also possibly shock, shame, bewilderment, and/or even anger at first, but ultimately, those closest to you may offer support. Remember that those initial negative reactions, if there are any, could be about the drug and what it is doing to you and your life; they are not necessarily about you, even if they're phrased that way.

Resource: www.goaskalice.columbia.edu

- In case of an emergency: call 911.
- If you are worried about you or your friends' drinking habits, the Counseling Center or Wardenburg Mental Health clinic can be of help.
- The Recreational Center now offers fun alternatives to drinking, such as midnight movies and organized basketball tournaments. For more information about these "late night alternatives," check out their web site: www.colorado.edu/rec-center.

It's important for you to know the consequences of violating CU-Boulder's policies or state laws concerning alcohol or drugs. Information about CU's strike policy can be found at www.colorado.edu/alcohol/policies/index.html. This web site covers everything students need to know about substance abuse policies at CU.



Your Sexual Health

For many students, college is the first time that one chooses to become sexually active. If you decide to become sexually active, you will begin to recognize that there are positive and negative aspects to your decision. Sex can be a source of physical pleasure, a way to express love and caring, as well as a way to explore your own sexuality. It is important to make decisions about becoming sexually active carefully and completely in order to ensure your own physical and emotional well-being. You are the only one who can decide if the decision is right for you. Don't let outsiders, including boy/girl-friends, the media, or others convince you otherwise. If you decide to have sex, take the time to become educated about prevention of sexually transmitted diseases and prevention of pregnancy. Wardenburg Health Center on campus is a great sexual health resource. If you call 303-492-4024, you can reach health professionals or trained student peer educators to talk about sexual health. They are located on the 3rd floor of Wardenburg.

Sexual Health for Women Who Have Sex with Women (WSW)

You may feel uncomfortable going to health care providers because you fear or have experienced discrimination in such environments. This makes you less likely

to have routine gynecological check-ups, which can lead to an increased health risk.

Tips for finding health care providers that are caring and open to WSW:

Before your visit, call the center or talk to friends and ask:

- Do they consider the office and services GLBT-friendly?
- Has the staff been trained on GLBT issues?
- Does the office have a nondiscrimination policy that includes sex, sexual orientation, and gender identity?
- How do they maintain patient confidentiality?

During your visit, note:

- Are there GLBT-friendly posters, brochures, magazines, and/or symbols in the waiting, exam, or counseling rooms?
- Do the patient forms assume the gender of your sex partners?
- Did you hear offensive jokes or comments about GLBT people?

After your visit, think about:

- What did the health care provider assume about you and your sexual health?
- Did you feel safe to be open about your personal life and medical history?
- Were your concerns and questions addressed in a sensitive manner?
- If you didn't like the place you went, keep looking! You may also want to express your concerns to the health clinic so that it can improve the service it provides.

—From the American College Health Association's "Woman to Woman: Three Steps to Health for Lesbian, Bisexual, or any Women Who Have Sex with Women" brochure, copyright 2001.

Birth Control

According to Planned Parenthood's web site, 85 percent of women who use no contraceptives during vaginal intercourse become pregnant each year. The only guarantee against pregnancy is not having vaginal

Emergency Contraception

Emergency contraception is a hormone medication taken after having unprotected intercourse, available through Wardenburg's medical clinic and Planned Parenthood. It should be taken as soon as possible after

Sex health saved my life. They've helped me build community, make friends, and become more knowledgeable about so many things. I've been able to pass on an immeasurable amount of information and knowledge given by the folks at sex health. If you're looking for a place to volunteer, this is where it's at.

—Shannon, senior, sociology

intercourse. However, other contraceptive methods can greatly reduce the risk of pregnancy during vaginal intercourse.

If you plan to have intercourse and don't want to become pregnant, get good information about birth control, including how reliable each method is. Talk to your partner(s) about sexual responsibility, choose one or more methods of contraception that you feel comfortable with and use them consistently. Both of these resources will give you all the information you need in a supportive and confidential setting. Both offer low-cost services.

Wardenburg Women's Health Clinic, 303-492-2030

Planned Parenthood, 2434 Arapahoe Ave., Boulder (located very close to campus), 303-447-1040

unprotected intercourse. It can be taken later than 72 hours, but is less likely to be effective. Even with correct emergency contraceptive pill (ECP) use, 2 percent of women may become pregnant.

ECP is meant for one-time protection only, offering no lingering protection. For continued protection, use barrier methods of birth control until your next period, when you may start taking birth control pills. ECP works by either keeping the ovary from releasing the egg or by changing the lining of the uterus so that the egg may not attach and develop into a pregnancy.

Methods of Birth Control

	Effectiveness	# of Options	Frequency/Duration of Use
Hormonal Contraceptives			
The Patch	99%	1	Applied once a week for three weeks
The Pill	99%	Variety	Taken every day
Contraceptive Injections	99%	2	Injection monthly or every 3 months
Progestin-Releasing IUD	99%	1	Length of use is 5 years or less
Vaginal Ring	99%	1	Inserted monthly, removed during fourth week
Nonhormonal Contraceptives			
Male Condom	97%	Variety	New one used every time you have sex
Female Condom	95%	1	New one used every time you have sex
Intrauterine Device (IUD)	99%	1	Once inserted, can remain up to 10 years
Spermicides	94%	Variety	Inserted no more than one hour before sex
Vaginal Barriers			
Diaphragm	94%	Variety of sizes	Can be inserted 6–8 hours before sex
Cervical Cap	84%	Variety of sizes	Provides protection up to 48 hours
Permanent Methods			
Surgical Sterilization	Over 99%	Tubal ligation or vasectomy	Permanent

Prescription/Seeing Professional	HIV and SIT Prevention
Needs prescription. Professional explains correct application.	No
Needs prescription. May need instruction on correct way to take pills.	No
Needs prescription. Professional administers injection.	No
Needs prescription. Professional inserts/removes IUD.	No
Needs prescription. Instruction on how to insert/remove ring.	No
No prescription. Tell professional you plan to use condoms.	Yes
No prescription. Tell professional you plan to use condoms.	Yes—unless it slips out of place
Needs prescription. Professional inserts/removes IUD.	No
No prescription. Tell professional—you may be advised to use additional methods.	No
Needs prescription. Professional fits and instructs on use.	No
Needs prescription. Professional fits and instructs on use.	No
Physician recommended.	No

Your contraceptive needs may change throughout your life. Before selecting a type of contraception, here are some questions to keep in mind:

- What health risks are associated with this contraception?
- What are the potential side effects?
- How well does this method prevent pregnancy?
- How much does it cost?
- Will it have an effect on future ability to get pregnant?
- Will this reduce likelihood of acquiring or transmitting an STI?
- Do I need my partner's cooperation?
- How will this method affect my menstrual periods?
- Will using this method be embarrassing or upsetting to me or my partner?
- Will I enjoy intercourse less because of this method?
- Will using this form of birth control present moral or religious problems?
—from “Contraception: Choosing a Method,” Wardenburg pamphlet

It is also very important to talk to your partner about birth control. It helps to:

- Sort out your own feelings and know the facts before you begin the discussion.
- Listen carefully and ask questions.
- Speak honestly about your own feelings and beliefs.

- Pick the right moment—don't wait until you have begun sexual activity.

Obtaining Contraception— Additional Considerations

Women who smoke are urged not to use oral contraception or the contraceptive patch.

TOP SPOTS FOR CU-BOULDER STUDENTS TO BUY CONDOMS

Condoms are readily available at CU and in Boulder. Free condoms are available in residence halls, the Women's Resource Center, Wardenburg, the GLBT Center, and other places around campus, but there are also many places to buy them. Look for Campus Egg Machines in the UMC and Rec Center, or visit local stores.

Pregnancy

If you think you may be pregnant, there are safe, confidential places to receive a pregnancy test:

Wardenburg Women's Health, 303-492-2030

Caring Pregnancy Center, UMC 441, 303-492-8778

Boulder Valley Women's Health Center,
303-442-5160

Boulder Planned Parenthood, 303-447-1040 or go
to www.pprm.org

Pregnancy tests are also available at local drug stores in the Boulder area. If you self-administer a pregnancy test, you

Correctly Putting on a Condom

1. Check expiration date and open carefully
2. Place on tip of erect penis and squeeze air out of tip to prevent breakage
3. Roll all the way down to the base of the penis
4. After coming, withdraw the penis while still hard (hold on to rim of condom)
5. Remove condom facing away from partner and throw away

will still need a pelvic exam. Among other things, the exam will estimate how long you have been pregnant.

In Boulder, Planned Parenthood performs a urine test for pregnancy any time after two weeks from intercourse. It should take about a half an hour, and cost under \$20. You do not need an appointment. Also, a Planned Parenthood staff member can provide information about birth control, prenatal care, adoption, abortion, and emergency contraception.

If you determine you are pregnant, there are choices:

- Have the baby and raise the child
- Have the baby and place your child for adoption
- End the pregnancy

It is best to make a choice as soon as possible. While you are still deciding, it is important to eat right, stay active, and get plenty of sleep. Women who are pregnant should not smoke or drink alcoholic/caffeinated beverages. Also, do not take any medication, even aspirin, without first speaking with a doctor.

Determining what choice is best for you may be difficult. Planned Parenthood suggests asking the following questions:

- What choice(s) could I live with?
- How would each choice affect my everyday life?
- What would each choice mean to the people closest to me?
- What is going on in my life?
- What are my plans for the future?
- What are my spiritual or moral beliefs?
- What do I believe is best for me in the long run?

Raising a child

If you elect to keep your child and raise it yourself, there are two main parenting styles to consider. If you are thinking

about parenting with a partner, be sure you clarify what you expect of this person, as well as if you are both financially and emotionally prepared. If you decide to parent without a partner, make sure you are not being pressured into this decision. Ask yourself about support systems in place to assist you, as well as financial ability, and putting your career or education on hold.

There are a variety of supportive resources in and around campus, during and after pregnancy. Along with Planned Parenthood and the Boulder Valley Women's clinic, other places around CU include:

Caring Pregnancy Center—A Christian organization, on campus, that offers peer support and practical help to women of all ages. Free confidential pregnancy testing is offered, as well as new and used baby and maternity clothes. The center also provides post-pregnancy support—Mentors of Moms Support (MOMS), a support group for new single moms and their babies, and Post-Adoption Love and Support (PALS), for those who have chosen an adoption plan. We encourage you to review their web site to understand their religious affiliation before attending the clinic.

UMC 441, 303-492-8778, www.caringpregnancy-center.org

CU Cares—Their goal is to help families find quality childcare, eldercare, and parenting information, and family services support. They provide a variety of resources to make it easier for parents and caregivers to successfully balance school, work, family, and responsibilities. As well as providing information about on- and off-campus family support services, childcare information, and providers, they also help direct you toward the resources most helpful FOR YOU.

3100 Marine St., 3rd floor, 303-492-5667,
www.colorado.edu/humres/childcare

Children's Center—Provides childcare for families residing in the Family Housing apartments, children of staff, faculty, and students attending CU. They offer programs for toddlers, preschool, and also parents. Their facilities are found close to Family Housing.

2202 Arapahoe, 303-492-5148, housing.colorado.edu/housing/family.html or you can contact the director, Anita Head, via e-mail at anita.head@colorado.edu

Adoption

Adoption can either be a closed process, in which the names of the birth mother and adoptive parents are not revealed to one another, or an open process, where information is exchanged freely, and the mother may select the parents for her child.

Adoption can be arranged in three ways: through an agency, independently, or by relatives. In the case of an agency, that agency places the child into an adoptive home. Through independent adoption, the birth parents give their child to the adoptive home. If relatives adopt, a court will grant legal adoption to the relatives. In all adoption cases, the mother must sign "relinquishment papers" after the child is born.

Abortion

Abortion is a legal and safe procedure. Planned Parenthood in Denver and Longmont perform two types of abortions. A medical abortion involves taking a pill, and is applicable up to nine weeks in the pregnancy. One pill is taken orally to end the pregnancy, while four additional pills are taken vaginally at home. Essentially this procedure creates a miscarriage. It is 95 percent effective, and does require a check back in two weeks. The cost for this is usually \$400 for students, on a sliding scale.

A surgical abortion can be performed up to 17 weeks into pregnancy, though it

costs less if done under 12 weeks. The procedure itself takes approximately five–seven minutes, though the stay at the clinic usually totals four–five hours. The cost is approximately \$425 for a procedure that includes IV sedation, or \$375 without sedation. You should be able to attend work/school the next day, and the procedure is essentially 100 percent effective.

In both cases, you should call to schedule an appointment. While your procedure will include a time to answer any questions, you can enroll in an additional "options session," to go over all pregnancy options more thoroughly. This will add about a week to your time.

Boulder Valley Women's Health Center also performs abortions in the first trimester in a caring and safe environment.

Boulder Valley Women's Health Center, 2855 Valmont Road, 303-442-5160, www.bvwhc.org/abortion.html

For general questions, you can call the National Abortion Federation Hotline at 1-800-772-9100.

Sexually-transmitted Infections

Sexually-transmitted infections (STIs, also called STDs) affect one in four Americans, and many are asymptomatic, especially in women. Somewhere between 20 and 25 percent of college students are or have been infected with an STI. Although there may be differences from campus to campus, chlamydia, HPV (Human Papillomavirus) or genital warts, and genital herpes appear to be the most common STIs among college students in general. Since a person can have an STI without any symptoms, medical testing is the only sure way to tell if you have one. If you get tested, you're also more likely to be diagnosed early, and in many cases that makes treatment with antibiotics very easy. Testing is also important because if you know you

have an STI, you can avoid spreading it to sexual partners until you're cured.

This section is meant to provide basic information about STIs: how they are transmitted, what symptoms they can cause, how they are diagnosed and treated, and long-term health consequences that can arise without treatment. Also included is a list of resources you can go to for more information.

General Precautions for Avoiding Spread of STIs

- Use latex male condoms, polyurethane female condoms, or dental dams. These methods are not 100 percent effective, but have been shown to limit spread of some STIs.
- If you have any genital symptoms, abstain from sex until you figure out if you have an STI, then inform all of your partners and follow your doctor's advice to avoid passing it on.
- The best way to avoid STIs is to abstain from sex or be in a long-term, mutually monogamous relationship with someone who has been tested and is not infected.
- Nonoxynol-9, a common ingredient in spermicides, may cause genital lesions, and thus provide an entry point for HIV and other STIs.
- A word about antibiotics: It is extremely important to take all of the prescribed medicine, even if you start to feel better before the end of treatment. Failure to do this helps the bacteria become resistant to antibiotics, so that infections are harder to treat.
- Know your and your partners' STI status!
- Although it is sometimes believed that women who have sex with women are at

a lower risk for STIs, including HIV, this is not always true. HIV can be passed between women, as can trichomoniasis and HPV. Also, having sex with male partners may increase the risk for STIs in women who have sex with women.

After Diagnosis: Dealing with an STI

There is a stigma in our society around STI diagnosis, so you may experience negative emotions such as fear, anger, sadness, embarrassment, and guilt. You may feel like you can never have sexual contact again. But this is not true! Says Jonna Fleming, the Sexual Health Education Program Coordinator at Wardenburg,

Since a person can have an STI without any symptoms, medical testing is the only sure way to tell if you have one.

“A healthy, happy life can go on after being diagnosed with an STI.”

Tips for dealing with a bacterial STI:

- get treated as soon as possible so that there are no health complications.
- your sexual partner(s) should be treated at the same time.
- refrain from sexual contact until treatment is over.
- you can get the same infection again; you're not immune to it.

Tips for dealing with a viral STI:

- viral infections will stay in your system for a while, maybe for life.

PLACES TO GET TESTED FOR STIS AND PREGNANCY

Women's Health Clinic at Wardenburg, 303-492-2030

Planned Parenthood, 2434 Arapahoe Ave., 303-447-1040

Boulder Valley Women's Health Clinic, 2855 Valmont Rd., 303-442-5160

Resources

Center for Disease Control web site
(www.cdc.gov)

Wardenburg Health Center Women's Health
Handouts

Wardenburg's Sexual Health Program, 3rd
floor, 303-492-4024

Our Bodies, Ourselves (Boston
Women's Health Book Collective, 1994)

www.goaskalice.com

www.plannedparenthood.org

www.goofyfootpress.com

www.gynpages.com/ultimate

www.ashastd.org

www.emory.edu/familyplanning

www.GotHPV.com

www.GotHerpes.com

National STD Hotline, 800-227-8922

National HPV Hotline, 877-HPV-5868

National Herpes Hotline, 919-361-8488

Boulder County AIDS Project, www.bacp.org,
303-444-6121

Centers for Disease Control and Prevention
Public Inquiries, 404-639-3534 or 1-800-
311-3435, www.cdc.gov

- If you smoke, consider quitting or cutting back, because it weakens your immune system.
- It's normal to feel emotional.
- Learn about your infection so that it feels like less of a big deal.
- Talk to your health care provider about options to lessen your symptoms and outbreaks.

Tips on telling a partner:

- It's essential that you tell your partner(s) if you have been diagnosed with an STI. This way, your partners can get treated if necessary, or take precautions to avoid being infected.
- It can be intimidating to tell a partner, but try the following:

Stay calm.

Learn about your infection so you can answer their questions.

Have a conversation, don't just do all the talking.

Give them resources like pamphlets.

Give them time to deal with the information; they may be shocked at first.

Be prepared for acceptance or rejection. You are doing the right thing by communicating and taking care of yourself.



Multiple Identities

This section is designed with the idea that though we are all women, we are all different. Each of us has layers, multiple parts that create a whole. Often, certain aspects of a woman's reality are ignored. We strive to bring all the wonderful aspects of CU women to light. Breaking down this section was difficult, for most of these resources overlap with multiple ideas of identity. Yet, no matter who you are, many of these resources can become essential through your college adventure. Thus, Multiple Identities is focused on reaching members of marginalized groups and their allies so that the entire CU-Boulder campus can nurture and benefit from our richly diverse community.

Academic Resources

Ethnic Studies

This department has developed an undergraduate degree program that allows students to focus on:

- Afro-American Studies
- American Indian Studies
- Asian American Studies
- Chicano Studies
- Comparative American Studies

Ketchum 30, 303-492-8852,
www.colorado.edu/EthnicStudies,
e-mail ethnic.studies@colorado.edu

Women's Studies

The program offers a BA in Women's Studies, a minor, and a graduate certificate. Women's studies courses challenge students to critically examine the intersection of gender, race, class, and sexuality within a wide-ranging field of study, including history, anthropology, literature, and philosophy.

The Women's Studies Cottage and the Hazel-Gates Woodruff Cottage, 303-492-8923,
www.colorado.edu/ArtsSciences/WomenStudies,
e-mail wmst@colorado.edu

GLBT Studies Certificate Program

The GLBT Studies program offers interdisciplinary courses with more than 20 classes in departments all over campus. With an interdisciplinary approach, students are able to study the interlocking concepts of sexuality in various areas of theory and analysis.

303-492-3399,
www.colorado.edu/ArtsSciences/LGBTStudies

Academic Assistance Programs

These programs provide specialized academic assistance for CU's ethnically, socio-economically, and racially diverse student population. These are places free of all bias, and are geared toward academics. With a wide variety of resources available, these programs have only been growing. For further information on any of these groups please refer to their web site.

Student Academic Services Center—SASC provides a multitude of academic support programs including tutoring. Some of their programs include:

- Academic Excellence Student Support Services Program
- McNeill Academic Program
- McNair Post Baccalaureate Achievement Program
- CU Upward Bound
- Precollegiate Development Program
www.colorado.edu/SASC

Biological Sciences Initiative—
www.colorado.edu/Outreach/BSI

Ethnic Living and Learning Community at Williams Village—www-housing.colorado.edu/reslife/willvill.html

Graduate Teacher Program—
www.colorado.edu/gtp

Hallett Hall Diversity Program—www-housing.colorado.edu/reslife/hallett.html

LEAD Alliance and Scholarship Program—
www.colorado.edu/cu-diversity/lead.html

Minority Arts and Sciences Program (MASP)—
www.colorado.edu/masp

Multicultural Business Student Association—
bus.colorado.edu/mbsa/firstmainpage/openingpage.htm

Multicultural Engineering Program (MEP)—
www.Colorado.EDU/engineering/MEP

Office of Student Diversity—
media.colorado.edu/diversity

Undergraduate Research Opportunity Program—
www.colorado.edu/Research/UROP

Women in Engineering Program—
www.Colorado.EDU/engineering/WIEP

Disabilities

Fact and Figures

Disability Services is not allowed to release statistics on the number of students they serve because of confidentiality laws. Nor is there a survey in place for students to self-identify, so there are no statistics for the number of students on campus with disabilities. Nationwide, there are approximately 49 million people who experience at least one form of disability. This means that every one out of five people in the United States is living with some form of disability. Of those, nine out of ten have a hidden disability.

Resources

The central place to receive accommodations and support on campus is Disability Services. Students can receive reasonable accommodations for any physical and learning disability as well as psychiatric issues (i.e. depression, anxiety, bipolar disorder, etc.) and things that fall under the ADA but are not typically thought of as disabilities such as cancer, HIV, AIDS, etc. They also provide fee-based diagnostic testing. Discover Your Abilities is a CU-Boulder student group working on issues of interest to students with disabilities. Contact Disability Services or The W for more information.

Willard Hall, 3rd floor, 303-492-8671,
www.colorado.edu/disabilityservices

There are several organizations in Boulder that assist people with with disabilities.

Center for People with Disabilities—303-442-8662 (voice and TTY), www.cpwd-illc.org

IMAGINE (innovative resources for people with cognitive and physical disabilities)—303-665-7789 (voice only), www.imaginecolorado.org

ADAPT—Colorado based, nationwide advocacy organization—www.freeourpeople.org

Colorado Cross Disability Coalition—statewide advocacy organization—www.ccdconline.org

National Council on Disability (a good way to get updates about policy and legislation concerning disability)—202-272-2004, 202-272-2074 (TTY), www.ncd.gov

American Association for People with Disabilities—202-457-0046 (voice and TTY), www.aapd.com

National Youth Leadership Network (opportunity for disabled youth to become strong leaders and advocates)—www.nyln.org

World Institute on Disability—www.wid.org

Support Services and Centers for Multiple Identities

These CU-Boulder centers focus on supporting students socially and educationally within the context of a variety of identities.

BUENO Center—The BUENO Center for Multicultural Education is an integral part of the School of Education. Through a comprehensive range of research, training, and service projects, the center strongly promotes quality education with an emphasis on cultural pluralism. The center is deeply committed to facilitating equal educational opportunities for cultural and language minority students.

School of Education, 303-492-5416,
www.colorado.edu/education/BUENO

Center for Multicultural Affairs—Their mission is to facilitate the intellectual, cultural, and social growth of all students in order to promote a more successful and positive university experience. They provide a wide variety of programs and services to fit individual styles. Latino/Chicano, African American, multiracial, Asian Pacific American, American Indian and GLBT people of color can find individualized student services and resources.

Willard Administration 118, 303-492-5667,
www.colorado.edu/studentaffairs/cuc

Department of Equal Opportunity—The DEO offers a variety of services related to providing equal educational and employment opportunity and physical and programmatic access to the Boulder campus community. Their focus is Affirmative Action and the Americans with Disabilities Act and their overall goal is to build a diverse community.

Willard Administrative Center, 303-492-6706,
www.colorado.edu/cu-diversity/about_deo.html

Gay, Lesbian, Bisexual, and Transgender (GLBT) Center—The GLBT Resource Center is an advocacy office for GLBT students, staff, faculty, and alumni. They provide programs and services targeted towards the GLBT community as well as support the CU-Boulder community in its understanding of GLBT issues and concerns. As well as creating an open place for all, the GLBT center holds many exciting events and speakers throughout the year. They have regular office hours Mon.–Fri., 8:00 a.m.–5:00 p.m.

Willard Hall 227, 303-492-1377,
www.colorado.edu/GLBTRC

Office of International Education—The Office of International Education (OIE) provides broad opportunities for international education for students and faculty. With resources for prospective and current students and alumni, it provides everything from international student clubs to ESL classes. They are open Mon.–Fri., 9:00 a.m.–5:00 p.m., and 9:00 a.m.–4:30 p.m. in the summer.

Environmental Design Building 1B-45,
303-492-6016, www.colorado.edu/oie

Ombuds Office—This office provides informal, impartial, and confidential dispute resolution services for students, staff, and faculty. They can assist you with interpersonal misunderstandings or disputes as well as concerns about academic or administrative issues. The Ombuds Office deals with a wide range of conflicts, complaints, and disputes every year, from disputes about grades to roommate disputes. They are open Mon.–Fri., 9:00 a.m.–5:00 p.m., and 9:00 a.m.–4:30 p.m. in the summer.

Willard Administrative Center 302, 303-492-5077,
www.colorado.edu/Ombuds

University of Colorado Student Union (UCSU)—UCSU is the student body government for the University of Colorado at Boulder. UCSU creates, implements, and oversees a \$27 million budget generated by student fees and other revenue. UCSU also serves as the liaison between the student body and university administration. Three branches, an executive, a legislative and a judicial, are governed by the student-adopted Constitution. With many job and volunteer opportunities, it is a wonderful place to get involved in the CU-Boulder community.

UMC 125, 303-492-7473,
www-ucsu.colorado.edu/webber/index.cfm

Women's Resource Center—The W is a resource for the CU-Boulder community. From a lens of gender equity and social justice they advocate for people of all genders, backgrounds, races, classes, ages, sexual orientations, political and religious beliefs, ethnicities, nationalities, and abilities. The W is firmly committed to building and strengthening alliances across differences and between agencies from a social justice standpoint.

UMC 416, 303-492-5713, TTY: 303-735-0377,
www.colorado.edu/WomensResourceCenter

CU Cares—An environment with child-care answers, resources, and education services, they also provide links to other family-friendly resources right here on campus. These resources have been identified as family-friendly because they can provide assistance, services, and advocacy for parents.

3100 Marine St., 3rd floor, 303 492-5667,
www.colorado.edu/humres/childcare

Counseling and Psychological Services: A Multicultural Center is described more fully in the Wellness section of this *Handbook*. Every student is entitled to six free sessions per year with a professional counselor sensitive to issues of multiple identities.

Activism

Campus Organizations

Many student groups at CU help to foster a diverse environment. These groups focus on creating a university that is inclusive of all people regardless of race, gender, sexual orientation, nationality, or socioeconomic background. Each of these organizations is involved with the Office of Diversity and Equity. Many of these groups are social as well as academic. For the homepage of the Office of Diversity and Equity go to: www.colorado.edu/cu-diversity/resources.html. This web site offers infor-

mation about diversity training, academic resources, a list of academic support programs, a very comprehensive list of support services and centers, a list of campus departments, a great list of campus organizations, and a list of external organizations. If you're interested in getting involved in groups that embrace and support diversity, the list of campus organizations will be extremely helpful.

One of the best ways to be an activist at CU is to fight hate on campus every day. "Every year more than half a million college students are targets of bias-driven slurs or physical assaults. Every day at least one hate crime occurs on a college campus" (U.S. Department of Justice). The Southern Poverty Law Center (www.tolerance.org/campus) gives ten ways to fight hate on campus:

1. Rise up
2. Pull together
3. Speak out
4. Support the victims
5. Name it, know it
6. Understand the media
7. Know your campus
8. Teach tolerance
9. Maintain momentum
10. Pass the torch

Be sure to check out UCSU's list of student groups at www.colorado.edu/student-groups/. Groups include nearly every world culture, political interest, race, ethnicity, sexual identity, and preference.

Stop Hate on Campus (SHOC)—UMC room 416, 303-735-2935, www.colorado.edu/shoc, e-mail shoc@colorado.edu.



Getting involved in an activist organization has made such a huge difference in how I think about society. It is reassuring to know that we can change the world, even if only a little bit at a time.

—Jade, doctoral student,
sociology



External Organizations

These organizations are great places for activism, as well as great resources for many women. They are both resources to take advantage of and organizations you may want to support.

Moving to End Sexual Assault (MESA)— Their mission states that every woman, man, and child has the right to live free of sexual assault. They are moving to end sexual assault and the suffering it causes in our community. MESA offers client services, prevention education, and diversity programs. Their emergency hot-line provides 24-hour crisis intervention for sexual assault victims; that number is 303-443-7300.

2885 East Aurora Ave., Suite 10, Boulder,
303-443-0400, www.joinmesa.org

YWCA I Have a Dream Foundation of Boulder County—On a national level their mission is to promote programs that help children from low-income areas “reach their education and career goals by providing a long-term program of mentoring, tutoring, and enrichment with an assured opportunity for higher education.” With an abundance of local programs, this institution has been working together with the Boulder community to allow everyone an equal chance.

4990 Pearl East Circle, Suite 302, Boulder,
303-444-3636, www.ihadboulder.org,
e-mail: director@ihadboulder.org

Violence

Against Women and Same-Sex-Partner Violence

Sexual Assault

Sexual assault is any unwanted, forced, or coerced sexual contact or activity. Some examples of sexual assault may include, but are not limited to, penetration/ attempted penetration (oral, anal, or vaginal), fondling, kissing, touching, and/or groping. Forms of force or coercion can include use of weapons, physical/emotional threats, and/or voluntary/involuntary use of alcohol or drugs.

One of the defining elements of sexual assault is the lack of consent. Consent is given when both parties agree to engage in sexual activity. One good definition of consent:

“Consent legally means that both/all partners are *actively* agreeing to engage in sexual contact. Consent requires that the giver of consent is fully conscious, awake, and sober enough to know exactly what is going on.

Not saying ‘no’ or being silent does not equal consent. Consent to one activity does not equal consent for another. So, for instance, a person’s consent to oral sex does not imply consent for sexual intercourse.”

—From “Stimulate Conversation Resource Guide,” 2002, Colorado Coalition Against Sexual Assault

- One in four women will be sexually assaulted sometime in their lives (“Study of Sexual Exploitation,” Diana E.H. Russell, 1984). Many of your peers at CU may be survivors of sexual assault.
- One in 12 men will be sexually assaulted sometime in their lives (National Crime Victimization Survey, 1999).
- About 85 percent of sexual assaults occur between people who know each other (Mary Koss, “Rape in America: A Report to the Nation,” National Center for Victims of Crime, 1992).
- 90 percent of campus sexual assaults involve alcohol (“Rethinking Rites of Passage: Substance Abuse on America’s Campuses,” National Center on Addiction and Substance Abuse, 1994). Alcohol can be used as a tool by the perpetrator of sexual assault to disempower the victim.
- Only about 1 in 10 sexual assaults are reported to the police (“Rape in America: A Report to the Nation,” National



Center for Victims of Crime, 1992, and FBI Uniform Crime Report, 1997).

- According to the FBI, only 2 percent of sexual assault reports are “false reports.” This percentage is about the same for any crime, including burglary and murder.

What Options Does a Survivor of Sexual Assault Have?

Reporting sexual assault is not the same as pressing charges against an offender. An oral or written report can be made with the CU-Boulder Police Department without necessarily proceeding with an investigation. You have less control over the length of investigation when the violence happens between people who have had a prior consensual intimate relationship.

If you do not wish to make a report with law enforcement, you may file an anonymous reporting form. Anonymous incident forms are one way to anonymously report sexual violence, and are available from any RA or at various locations around campus. They can be turned in if you or someone you know has been a victim of sexual violence. Although intended for survivors of sexual assault, intimate partner violence, or stalking, anyone may fill one out and return it to the Office of Victim Assistance, the Women’s

Resource Center, or the COURAGE office; or drop it into any campus mail box, or U.S. Postal box (in a stamped envelope). Filing an anonymous incident report can be helpful to give the university information about sexual violence. This could help the university to better understand sexual violence in the CU-Boulder community, and to continue to take steps to prevent it.

If the accused person(s) is a student, campus disciplinary action can be pursued by reporting to Judicial Affairs or the Department of Housing and Dining Services.

If the accused person is a student employee, staff, or faculty member, campus disciplinary action can be pursued by reporting to the Office of Sexual Harassment.

If you have any questions about obtaining a restraining order or an order of protection, you can talk with the Office of Victim Assistance on campus (confidential services, 303-492-8855) or the MESA Rape Crisis team (303-443-7300). The District Attorney’s office has an information line in English and Spanish at 303-441-3775. Their web site is www.co.boulder.co.us/da/faq/nocontact_order.htm.

Other civil remedies may also be an option.

I found the help I needed at Victim Assistance. There I could talk confidentially to resourceful people who will listen, validate your experience, and help you take the steps you need to feel safe again. —G, senior, sociology

A sexual assault can significantly affect the survivor physically, mentally, and emotionally. A few common reactions are:

- Sleep disturbance
- Substance abuse
- Eating disorders
- Difficulty concentrating
- Startled reactions
- Anxiety
- Depression
- Emotional numbness
- Shame
- Anger
- Feelings of helplessness
- Fear

Statistics show there is a high likelihood that at some time in your life, you will know a survivor of sexual assault. Because so many survivors tell a friend or loved one about the assault before anyone else (if they tell anyone else at all), it's important for you to know how best to support someone should they tell you they've been assaulted. A few suggestions:

Listen: One of the most important ways to support a survivor is to listen without judging him or her or the situation, letting the survivor feel able to tell their story without pressure or condemnation. Avoid asking "what" or "why didn't" questions ("What happened next?" or "Why didn't you leave?"). Instead, consider asking open ended questions to make sure the survivor is okay and to let you help where they need it ("How are you feeling?" or "How can I help you?").

Avoid assigning blame: Assure the survivor that regardless of the situation the sexual assault is NOT their fault. Even if alcohol, drugs, or other circumstances were involved in the sexual assault, **NOBODY DESERVES TO BE SEXUALLY ASSAULTED** and the survivor is NOT to blame!

Reassure: Often survivors wonder if they could have better resisted the sexual assault. Let your friend know that they did the best they possibly could in the situation, and acted appropriately in the circumstances because they have survived.

Respect decisions: To be sexually assaulted is to have your power taken away. Although as friends we want to protect those we love, letting the survivor make their own decisions is a step toward regaining control and overcoming feelings of helplessness.

Respect the process: If you feel frustrated that the survivor is "taking too long" to recover emotionally, it is important to realize everyone needs to process a traumatic experience at their own pace and in their own way. Also, it is important as friends to let the survivor define their experience themselves rather than having us tell them what happened to them.

Know the resources: If someone comes to you after being sexually assaulted, knowing where they can get help if they want it can be a source of comfort and help to the person.

Date Rape Drugs

Date rape drugs, also called predatory drugs, are any drugs used with the intent of impairing consciousness and inducing memory loss in victims, allowing the predator to commit premeditated sexual assaults and other crimes. Alcohol is the most commonly used predatory drug; however predators might use a variety of other drugs, including many over-the-counter medications, to victimize others. Predatory drugging is a problem all over the country and both men and women are susceptible to being victimized. Predatory drugs are often slipped into soda, water, alcohol, etc., but detecting drugs slipped into alcohol is difficult because the symptoms caused by many common predatory drugs closely resemble the effects of

alcohol. Some of the most common predatory drugs are Rohypnol (Roofies), GHB (Liquid Ecstasy, Grievous Bodily Harm), and Ketamine (Special K). The effects of each of these drugs varies, but all of them have the great potential to be lethal in larger doses or when combined with alcohol. For more information on Rohypnol, GHB, and Ketamine contact the CU-Boulder Rape and Gender Education Office (COURAGE) at 303-492-4339.

Protecting Yourself

Because you can't see, smell, or taste many predatory drugs, you must take other steps to reduce your risk of being drugged:

- Take your drink everywhere you go, including to the bathroom. Never leave your drink unattended.
- Get your own drink from the bar, and do not accept drinks you did not see poured. Don't accept drinks from strangers or anyone you don't know very well.
- Avoid drinking from punch bowls or other communal containers.
- If you see any powder on or around your drink, if it tastes funny, or if you notice anything unusual about your drink, throw it away.
- If you feel drunk even if you haven't been drinking or drinking that much, that feeling may be drug-induced. Tell a trusted friend immediately and have them take you someplace safe before the full effects of the drug set in.
- If you think you've been drugged, pee into any clean container and stick it in the freezer; a lab may be able to run tests on this sample. Consider seeking immediate medical attention; you can't know how big of a dose you've received, and many of these drugs are deadly in large doses or when combined with alcohol.

Watching Out for Your Friends

The best thing you can do for your friends is to take steps to ensure their safety, especially if they've potentially been drugged and can't take care of themselves. A few simple suggestions:

- Keep an eye on your friends' drinks.
- Check in to make sure your friends are okay and help them out if they look really drunk or about to pass out.
- Leave with all the friends you came with, and don't leave anyone behind unless you've personally checked with them that they're okay.
- If someone is really drunk or near passing out but you know they haven't been drinking that much, they could have been drugged and it's important to get them to a safe place right away.
- If your friend thinks they've been drugged, have them pee into an empty clean container and freeze it for potential later testing. If they've passed out, turn them onto their side so they won't choke if they vomit. Immediate medical attention may be crucial; it's possible they've received a large dose, and some drugs are deadly in larger quantities or when combined with alcohol.
- If you see anything odd like eyedroppers or empty plastic blisters lying around, hear people joking about drugging someone else, or see someone dosing someone's drink, take it seriously and confront them about it or tell someone in charge (like the host of a party or the bouncer) about what you've noticed. If possible, report people drugging others to judicial affairs, law enforcement, or other public safety organizations.

Resources

MESA (Moving to End Sexual Assault) offers client services, educational programs, and community safety awareness programs. Their 24-hour hotline is

303-443-7200. For more information about MESA, call 303-443-0400 or visit their web site at www.joinmesa.org.

For more information about sexual assault on campus, go to the CUPD Sexual Assault Awareness web site at www.colorado.edu/police/safety/sexualassault.html. Here you will find more resources specific to the CU-Boulder campus community.

Intimate Partner Violence

Intimate partner violence (or IPV) is a pattern of violence in any intimate relationship where one person inflicts physical or emotional pain on their partner in order to control them. It happens in heterosexual, homosexual, and transgender relationships. You might know it as “domestic violence;” however, IPV is not limited to the home. It happens between people who are not married or living together, and also among people who are or were at one time involved romantically: boyfriend/girlfriend, partners, spouses, co-parents of a child, etc. Although the highest rates of intimate partner violence victimization are among women ages 19-29 (“Violence Against Women: Estimates from the Redesigned National Crime Victimization Survey,” U.S. Department of Justice, 1995), intimate partner violence can happen to people of any gender, race, sexual orientation, religion, age, or ability. In college, around 30 percent of people experience some kind of violence in their intimate relationships (“Dating Violence: Prevalence, Context, and Risk Markers,” Sugarman and Hotaling, 1989).

For perpetrators of intimate partner violence, a system of threats and abuse are used to maintain power and control, potentially taking the form of physical, sexual, economic, or emotional abuse. Abuse in relationships usually occurs in a three-phase cycle of building tension, leading up to an instance of abuse, followed by a make-up or honeymoon phase that might

include apologies for the abusive behavior, promises that the violent behavior will stop, and/or gift giving. The cycle can take a week or up to several years to complete, and over time the cycles tend to escalate in violence and the time between phases decreases.

Warning signs of intimate partner violence (one or more of these warning signs are IPV):

- Name calling, taunts, constant criticism, or put downs
- Insisting on knowing the other person’s whereabouts at all times
- Making all the important decisions
- Isolation of family and friends, perhaps including putting them down
- Control of finances, like taking someone else’s wages or putting someone on an allowance
- Ridiculing religious faith, or using religion as a means to control behavior
- Intimidation through words, threats, or acts of violence
- Threatened or completed violence toward a person’s body, possessions, pets, or children
- One person always insisting on sex when and how they want it, or forcing the other person to have sex

Some reasons people stay in abusive relationships:

- Denial of the situation and minimization of the violence
- Unfounded optimism that things will eventually get better
- Blaming the abuse on themselves and feeling responsible to save the relationship
- Love and/or pity for the abuser
- Internalization of low self-worth
- Pressure from family or religion to keep the relationship together

- Pressure to stay together for the sake of children
- In the GLBT community, a fear of being “outed” (societal homophobia increases the power abusers have in same-sex-partner relationships)
- Fear of racial discrimination from police or people in authority
- Economical dependence on the abuser
- Isolation from friends and family, or fear of stigma
- Linguistic isolation (i.e., English may not be their first language, so telling advocates or the police may be hard or impossible)

How to help someone in an abusive relationship:

Approach: Approach him or her in an understanding, open, listening, non-blaming way, let them know they are not alone in the situation, and that it takes strength to trust someone enough to talk about the abuse.

Acknowledge: Let them know that it is scary and difficult to talk about intimate partner violence and be sure to let them know that they **DO NOT DESERVE TO BE PHYSICALLY, SEXUALLY, OR EMOTIONALLY ABUSED**, and nothing makes the abuser’s violence okay. Reassure them that they did the best they could in the situation(s) and made the right decision(s) at the time.

Be a supportive friend: Listen and encourage them to express any feelings, including hurt or anger. Allow them to make their own decisions, even if it means not leaving the abusive relationship, and to label and identify their own experience.

Provide information: Know where to direct survivors of intimate partner violence for help, including counseling and social services, emergency shelters, and legal advice.

Help plan safe strategies for leaving an abusive relationship: These are often called “safety plans”; however, never encourage anyone to follow a safety plan they believe will put them at further risk.

If you have a friend who may be harming someone else:

- Be direct (“I don’t want to see you hurting people”).
- Reference specific instances of violence you’ve noticed and tell them “It bothers me when . . .”
- Avoid shaming them; you care about your friend and want to lead them in the right direction, not turn them away.
- Let them know the resources and places to get help and become more educated.
- Learn more about IPV by accessing resources yourself.

If you think you might be harming someone in a relationship, you can call the Office of Victim Assistance and ask for referrals of people to talk to who can help you assess the situation. It takes a lot of courage to face this possibility. Taking responsibility for your actions is a significant positive step.

Resources

The Office of Victim Assistance provides confidential, nonjudgemental advice on campus at 303-492-8855.

The Boulder County Safehouse is a great resource in regard to intimate partner violence. Their web site is www.boulder-countysafehouse.org. They provide information, services, and a safe space free of domestic violence. Their 24-hour Crisis Hotline is 303-443-2424. For more additional resources about IPV, go to www.bouldercountysafehouse.org/safehs_links.html.

Stalking

Stalking is any persistent, unwanted behavior that causes or intends to cause fear or harm. One in 12 women and one in 45 men will experience stalking sometime in their lives (“Stalking in America,” U.S. Department of Justice, 1998). Eighty percent of stalking victims on campus know their stalker in some capacity (including former intimate partners), and on campus, the average stalking incident lasts two months (“The Sexual Victimization of College Women,” U.S. Department of Justice, 2000).

Examples of stalking behavior:

- Manipulation
 - Using the Internet or contact with friends, family, school, or employer to gather personal information
 - Repeatedly sending non-threatening letters, e-mails, phone calls, pages, etc.
 - Persistently approaching the victim or asking for dates, meetings, etc.
 - Leaving notes or flowers on the car, in the home, or at work
 - Observing or following, or “coincidentally” showing up
 - Spreading rumors or misinformation or telling secrets
- Vandalizing personal property
 - Threats

You’ll notice each behavior individually may or may not be illegal, and individually each behavior doesn’t necessarily constitute stalking. Often stalkers plan their actions to not be drastic or illegal so they don’t get caught. However, a pattern of incidents causing the victim fear or annoyance may constitute stalking. Stalking is illegal in all 50 states. Any of these types of behavior performed via the Internet may also fall under the definition of stalking, often called “cyber-stalking,” and is also illegal.

If you’re wondering where to draw the line between a “secret admirer” and a stalker, consider if the attention you are receiving is unwanted or if you feel afraid, paranoid, or intimidated. If so, consider talking to someone who can help you.

If you or someone you know is being stalked, here are some things to consider:

- Keep yourself safe and always take care of yourself. Make sure friends or family know where you are. For tips on how to be safe, see the Campus Safety web site at www.colorado.edu/safety. Click on Internet Resources to find local, state and

We are so lucky to have such great resources dealing with violence against women and same-sex-partner violence on campus. The Office of Victim Assistance and the Office of Judicial Affairs are wonderful resources that always keep social justice and student development as top priorities.

—Stacy, senior, business

national resources. For safety and security initiatives in residence halls, go to www-housing.colorado.edu/reslife/security.html.

- If you can, firmly and consistently communicate to the stalker that you do not want any contact with him or her.
- Keep a journal documenting all incidents and contacts. Keep this journal in a very safe place, and consider making a copy.
- Save all evidence, like letters, e-mails, answering machine/voice mail messages, and keep it, once again, in a very safe place.
- Tell everyone around you about what's going on to have allies in the situation and to break the silence stalkers rely on.
- Consider a formal restraining order.
- Create a safety plan to remove yourself and others from a potentially harmful situation should it occur: where you will go, who you will call, etc.
- Know your rights under the law. See Resources, below.

Resources

The Office of Victim Assistance offers advocacy and advice about your options. They can be reached at 303-492-8855.

The Stalking Resource Center is located at www.ncvc.org/src. It provides resources, news articles, support for victims of stalking, and information about stalking laws.

Sexual Harassment

Sexual harassment is unwelcome sexual attention. It can involve intimidation, threats, coercion, or promises. Harassment may occur between any combination of members of the campus community: students, faculty, staff, and administrators. It generally occurs when one person (the harasser) holds a position of real or perceived authority over the other individual.

Some examples of sexual harassment:

- Unwanted physical contact
- Displaying of sexually offensive or degrading pictures, calendars, web sites, or other visual material not legitimately related to the course or work done
- Sexualized teasing, remarks, comments about physical appearance, questions or cat-calling/whistling, or leering
- Giving or sending of sexual gifts, notes, or e-mails
- Pressure for sexual favors or dates, or rewards or promises of rewards in return for sexual favors, or, conversely, threats of demotion if sexual favors are not performed
- Sexual assault (this is different than sexual harassment, but sexual harassment can include sexual assault)

Harassment can occur anywhere on campus (the residence halls, classrooms, offices, workplaces) and between any variety of individuals of any gender or sexual orientation (teacher-student, boss-employee, TA-student, student-student). If you are harassed, you may feel confused, ashamed, guilty, fearful, or powerless. You may lose motivation and self-esteem, and may choose to drop the class, leave your job, or switch majors or careers. People may choose not to report sexual harassment for a variety of reasons, including fear of retaliation from the harasser if they report or take action.

Steps you can take if you or someone you know has been sexually harassed:

- Report incidents of sexual harassment to the Office of Sexual Harassment (303-492-2127). The Office of Sexual Harassment is a neutral, fact-finding office charged with investigating reports of sexual harassment as well as providing information about sexual harassment. Additionally, talking to a friend or loved one can help you sort out your feelings.



Note: the Office of Sexual Harassment is not a confidential service; they are required to investigate all reports.

- If you are unsure about the process of reporting or taking the next step, talking to the Office of Victim Assistance (a confidential service, 303-492-8855) or a counselor might help.
- Save all evidence of sexual harassment (like e-mails, notes, etc.) and keep a journal of incidents with what happened when and how you felt. Keep evidence and journal in a very safe place. You might consider making copies.
- If you feel safe and comfortable enough to do so, firmly and directly confront the harasser and tell them to stop their degrading and offensive behavior. Without objection from you or others, the harasser may continue or intensify the harassment.
- Writing a letter clearly and firmly explaining the harasser's behavior and how it makes you feel (i.e.: "When you do x, I feel uncomfortable. I want you to stop x immediately.") and sending it to them is another option, and may be effective in clearing up misunderstandings and stopping the behavior.

Resources

Call the Office of Sexual Harassment at 303-492-2127. University policy on sexual harassment and policy on amorous relationships can be found at www.colorado.edu/sexualharassment.

Violence Against Women Resources

For any emergencies, always call 911.

On-Campus:

Campus Safety web site, www.colorado.edu/safety (includes information on personal safety, staying safe and healthy, and emergency preparedness at CU)

CU Office of Victim Assistance, 217-219 Willard Hall, 303-492-8855

CU Police Department (non-emergency), 303-492-6666

CUPD Sexual Assault Awareness web site, www.colorado.edu/police/safety/sexualassault.html

Counseling and Psychological Services: A Multicultural Center, 303-492-6766

CU Rape and Gender Education, 303-492-4339
Department of Housing and Dining Services, 303-492-7260

Disability Services, 303-492-8671

GLBT Resource Center, 303-492-1277

Judicial Affairs, 303-492-5550

Ombuds Office, 303-492-5077

Office of Sexual Harassment, 303-492-2127

Safety and Security Initiatives in Residence Halls, www-housing.colorado.edu/reslife/security.html.

Student Affairs, 303-492-8476

Student Legal Services, 303-492-6813 (nominal fee required)

Wardenburg Health Center, 303-492-5101

Wardenburg Department of Psychological Health and Psychiatry, 303-492-5654 (Wardenburg's fees depend on insurance)

Women's Resource Center, 303-492-5713, www.colorado.edu//WomensResourceCenter.

If you have any questions regarding services or resources listed in this *Handbook*, please call us.

Off-Campus:

Moving to End Sexual Assault (MESA) Rape Crisis Team 24-hour Hotline, 303-443-7300

Colorado Anti-Violence Program 24-hour Crisis Line, 1-888-557-4441; www.coavp.org

Boulder Police Department, 303-441-3333
Boulder Community Hospital, 303-245-6090
Boulder County Safehouse 24-hour hotline,
303-444-2424
Longmont Community Hospital ER, 303-651-5000
Planned Parenthood, 303-447-1040
Boulder Valley Women's Health Center,
303-442-5160 (provides sexual examinations for
people of all genders)
St. Anthony's North Sexual Assault Nurse
Examiner (SANE), 303-430-2648 (Monday-Friday)
Boulder District Attorney, 303-441-3700
Campus Ministries, 303-443-8383
Colorado Coalition Against Sexual Assault
(CCASA), 303-861-7033; www.whynotask.org

National

RAINN (Rape, Abuse, and Incest National
Network), 1-800-656-HOPE
National Domestic Violence Hotline,
1-800-799-SAFE
Love Is Not Abuse,
www.loveisnotabuse.com/home.asp
Love Me Not, www.lovenot.org
Stalking Resource Center, www.nvc.org/src
Men Can Stop Rape, www.mencanstoprape.org



*We strive to bring all the wonderful aspects of
CU women to light.*

