

How can I help?

Sexual Assault

Recognize.

Sexual assault is unwanted sexual contact ranging from unwanted sexual touching to unwanted penetration. When someone is sexually assaulted, it is often by someone they know or just met, but not always.

Respond.

If someone tells you they've experienced sexual assault:

- Listen and take the situation seriously
- Avoid placing blame on the survivor
- Address safety
- Acknowledge and validate feelings
- Inform them they have rights and options
- Support them in doing what they decide is best for them

Reach out.

CU Boulder's Office of Victim Assistance (OVA) is a free and confidential advocacy and trauma counseling center on campus for for all students, staff, and faculty. Reach out for support and guidance on how to help someone, or for yourself.



Scan to learn more



Contact: (303) 492-8855 | colorado.edu/ova



Office of Victim Assistance
UNIVERSITY OF COLORADO **BOULDER**

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