

How can I help?

SEXUAL ASSAULT Recognize.

- Sexual assault is unwanted, non-consensual sexual contact ranging from unwanted sexual touching to unwanted penetration
- When someone is sexually assaulted, it is often by someone they know; the majority of sexual assaults on a college campus fall into this category.

Respond.

- Listen and take the situation seriously
- Avoid questioning and judging the survivor
- Address safety and validate feelings
- Inform your friend they have rights and options
- Support your friend 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 counseling center on campus for students, grad students, staff and faculty. You can reach out for support and guidance on how to help a friend, or for yourself.

colorado.edu/ova
303-492-8855



Office of Victim Assistance
UNIVERSITY OF COLORADO BOULDER



BUFFS
SUPPORTING
BUFFS