

Supporting a Friend



Sexual assault affects not only the survivor, but also the people closest to them. If someone you know has been sexually assaulted, the resources listed in this brochure are available to you as well. Here are some helpful ways to support a person impacted by sexual assault:

- Listen.
- Take the situation seriously.
- Reassure your friend that they were not to blame for the assault.
- Avoid questioning the survivor; do not ask “why” questions.
- Address safety and validate feelings.
- Inform your friend about the resources available and encourage them to seek support.
- Inform your friend they have rights and options to report to the police and/or the university.
- Support your friend in doing what they decide is best for them regarding reporting.
- Find a safe place to get support for yourself so you are able to talk about what has happened and how you feel about it.

Office of Victim Assistance Non-Discrimination Statement

The Office of Victim Assistance values diversity and inclusion. We support students, graduate students, faculty and staff from diverse backgrounds. The Office of Victim Assistance shall maintain and promote a policy of non-discrimination on the basis of race, color, national origin, sex, pregnancy, age, disability, creed, religion, sexual orientation, gender identity, gender expression, veteran status, political affiliation or philosophy. We acknowledge that culturally relevant trauma services are an ongoing process of learning that begins by looking within ourselves and honoring basic human rights. As individuals and as an agency, we are committed to responding effectively to social-cultural diversity.

Campus Resources

Office of Victim Assistance (OVA)* °	303-492-8855
Counseling & Psychiatric Services* °	303-492-2277
Center for Inclusion and Social Change	303-492-0272
Center for Student Involvement	303-492-6366
CU Police, Emergency	911
CU Police, Non-emergency	303-492-6666
Disability Services	303-492-8671
Health Promotion	303-492-2937
Housing/Residence Life	303-492-7260
Medical Services °	303-492-5101
Office of Institutional Equity & Compliance	303-492-2127
Student Conduct and Conflict Resolution	303-492-5550
Student Legal Services*	303-492-6813
Ombuds Office*	303-492-5077
Veteran and Military Affairs	303-492-7322

Community Resources

Boulder Community Hospital	303-415-7000
Boulder Police, Emergency	911
Boulder Police, Non-emergency	303-441-3333
Boulder Valley Women's Health	303-416-4112
Boulder District Attorney	303-441-3700
Moving to End Sexual Assault* °	303-443-7300
Out Boulder	303-499-5777
Planned Parenthood	303-447-1040
Safehouse Progressive Alliance for Non-Violence* °	303-444-2424

**Confidential Resources
°24/7 Phone Support*



Office of Victim Assistance (OVA)

Center for Community (C4C), Fourth Floor, N450
303-492-8855

Learn more online:

colorado.edu/ova

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Office of Victim Assistance
UNIVERSITY OF COLORADO BOULDER

Information and Resources for CU Boulder

Sexual Assault



What is Sexual Assault?

Sexual assault is unwanted, non-consensual, sexual contact ranging from unwanted sexual touching to unwanted penetration. People can be assaulted by someone they know — a date, a classmate, a family member, an intimate partner, or a friend. Non-stranger sexual assault accounts for the majority of sexual assaults on a college campus. CU-Boulder has policies that prohibit sexual misconduct.

www.colorado.edu/dontignoreit

Alcohol and Other Drugs

Nationally, alcohol is involved in a lot of campus sexual assaults. If people are physically or mentally incapacitated while intoxicated, they may not be able to provide consent for sexual contact and such contact may be considered sexual assault. Alcohol is the substance most often used to commit drug-facilitated sexual assault. A variety of other drugs have sometimes been used in this way as well. Sexual assault also happens without any drugs or alcohol.

Possible Responses to Sexual Assault

There are many different responses a survivor may have to sexual assault. Some common reactions include, but are not limited to:

- Shock or disbelief
- Shame and embarrassment
- Sense of responsibility for the assault
- Fear of being blamed by others
- Loss of control
- Feeling overwhelmed
- Feeling vulnerable or unsafe

Although there may be similarities in how people respond to sexual assault, reactions and the process of recovery can vary. Recovery is very much one's own process. Gathering as much information as possible may help people make decisions about what will be most beneficial for them.

How to Access Help

Every sexual assault is different and sometimes people are unsure if they were sexually assaulted. If someone is confused, frightened, or upset by something that has happened, we encourage people to seek support.

Medical

Forensic evidence can be collected and saved by having a medical forensic exam performed by a SANE (Sexual Assault Nurse Examiner). SANE exams for Boulder County are done at Boulder Community Health Hospital, usually within 72-96 hours of the assault, but sometimes evidence can still be collected up to a week after the assault. You will not have to pay for the forensic exam portion of the visit. A medical forensic exam can be performed without reporting to police and there is also an option to have one anonymously.

For more information, contact OVA or MESA or visit <https://youhavetherightco.org/>

For survivors who choose not to have forensic evidence collected by a SANE: medical exams, consultation, and follow-up care (including testing for sexually-transmitted infections and pregnancy) are available at Medical Services at Wardenburg Health Center, Planned Parenthood, Boulder Valley Women's Health or your primary care doctor.

It is important to remember that it was not your fault; while a valid feeling for some, no matter what the circumstances, you did not deserve to be sexually assaulted.

Counseling Support

No matter how long ago the assault occurred, having a place to talk may be important for one's recovery process. The Office of Victim Assistance (OVA) services are confidential and free. OVA provides advocacy and short-term counseling at no charge to all CU Boulder students, staff, and faculty.

Advocacy

OVA advocates are confidential and can serve as a primary resource for victims of a sexual assault. Confidential advocates are available through CU - OVA and MESA, Boulder County's rape crisis team. Advocates can serve as liaisons to other services, can accompany people to meetings, and advocate for someone through systems.

Reporting



There are several options for reporting a sexual assault, and obtaining information about reporting may help with decisions. OVA can discuss reporting options confidentially.

- Reporting is not the same as pressing charges against an offender. An oral or written police report can sometimes be made to the police without proceeding to an investigation.
- If the accused person(s) is a CU student, staff or faculty member, campus disciplinary actions can be pursued by reporting to the Office of Institutional Equity and Compliance: www.colorado.edu/institutionalequity/ You can also visit the Don't Ignore It website: www.colorado.edu/dontignoreit

To consult with OVA, call directly or complete an online confidential form at: www.colorado.edu/-confidentialreporting. Completing this form does not constitute a report to the University and will not initiate any investigation.