Sexual Assault and Dating Violence

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Disclaimer: The information found on this site is intended as educational information only. You should not rely on the information to make any medical or legal decisions. Any medical or other decisions should be made in consultation with your health care provider. Any legal decisions should be made with your legal representative.

How do men fit into the violence against women prevention paradigm?
Sexual Assault Prevention and Survivor Services on Your Campus

It can happen to anyone at any time. People who commit rape don’t discriminate due to age, race, religion or gender.

If you have experienced sexual assault, consider your safety and medical needs FIRST. We encourage you to report assaults to University Police or any campus authority. Your report will be treated with the same concern no matter who the complaint is made against.

California State University, Fullerton will not tolerate sexual misconduct or intimate partner violence. We foster a culture that rejects sexual violence and proactively educate community members how best to prevent and respond to sexual assault. We urge you to report assaults against members of our community, and encourage those individuals who are in trauma to seek the support and care they need. The University promotes bystander intervention and third party reports of sexual violence.

**Definition of Sexual Misconduct Including Sexual Harassment**

Sexual misconduct incorporates a range of behaviors including sexual assault (which includes rape and any kind of nonconsensual sexual contact), sexual harassment, intimate partner violence, stalking, voyeurism, and any other conduct of a sexual nature that is nonconsensual, or has the purpose or effect of threatening, intimidating, or coercing a person.

Much sexual misconduct includes nonconsensual sexual contact, but this is not a necessary component. For example, threatening speech that is sufficiently serious to constitute sexual harassment will constitute sexual misconduct. Making photographs,
video, or other visual or auditory recordings of a sexual nature of another person without consent constitutes sexual misconduct, even if the activity documented was consensual. Similarly, sharing such recordings or other sexually harassing electronic communications without consent is a form of sexual misconduct.

Men and women, gay, transgender, or straight can be victims of rape or sexual assault, and intimate partner violence.

Rape and Sexual Assault are defined below:

- Rape is non-consensual intercourse that involves the threat of force, violence, immediate and unlawful bodily injury or threats of future retaliation and duress.
- Sexual assault is broader in definition than rape. Any non-consensual sexual act may be considered sexual assault. Examples of sexual assault include unwanted oral, anal or vaginal intercourse, penetration of the anus or vagina with a foreign object, or unwanted touching on an intimate area of a person’s body. Sexual assault can include unwanted kissing or bodily contact that is sexual in nature.
Consent for Sexual Activity

In order for a sexual act to be considered rape or sexual assault, the act must be non-consensual. What is consent?

- Consent for sexual contact means that an individual is a willing participant in the sexual act. Individuals are unable to give consent if incapacitated by the influence of drugs or alcohol or they suffer from a physical or mental disorder that makes them incapable of giving consent. Likewise, a minor is unable to give legal consent for sexual intercourse.

Enthusiastic consent is an active and ongoing process of willingly and freely choosing to participate in any act of sex with someone else.

Each person involved equally participates in the process and feels free to communicate any choice or express any feelings without external pressure, manipulation, or fear.

Effective consent is informed; freely and actively given; mutually understandable words or actions; which indicate a willingness to do the same thing, at the same time, in the same way, with each other...Students are strongly encouraged to talk with each other before engaging in sexual behavior, and to communicate as clearly and verbally as possible with each other...it is the responsibility of the initiator, or the person who wants to engage in the specific sexual activity to make sure that he or she has consent. Consent to some form of sexual activity does not necessarily imply consent to other forms of sexual activity...Mutually understandable consent is almost always an objective standard...
Where to Get Help On and Off Campus

If you have experienced a sexual assault you are encouraged to immediately notify University Police and/or seek medical assistance.

Emergency Response

<table>
<thead>
<tr>
<th>On Campus</th>
<th>Off Campus</th>
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| CSUF University Police  
911 or (657) 278-2515  
http://police.fullerton.edu/ | 911 |
| Blue Light Emergency Phones located across campus and in parking structures | |

Medical Aid

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<th>On Campus</th>
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| Student Health Center  
(Monday – Friday, 8 – 5)  
(657) 278-2800  
http://www.fullerton.edu/shcc/ | 911 for emergency response |
| 911 calls are routed through University Police who will be the responding agency when calls are made on campus  
*In California all medical providers are required to notify law enforcement when they receive a report of sexual assault.* | Anaheim Memorial Medical Center*  
1111 W La Palma Ave, Anaheim, CA 92801  
(714) 774-1450  
http://www.anaheimregionalmc.com/ |

*The Safe Place, Anaheim Memorial Medical Center—Forensic Sexual Assault Exam

AHMC Anaheim Regional Medical Center has the only Safe Place in Orange County. Every other Emergency Department and medical center in Orange County refers their patients to our Safe Place, once they have been medically evaluated.
## Confidential Counseling

<table>
<thead>
<tr>
<th>On Campus</th>
<th>Off Campus</th>
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<tbody>
<tr>
<td><strong>Counseling and Psychological Services</strong></td>
<td><strong>CSP Sexual Assault Victim Services</strong></td>
</tr>
<tr>
<td>Monday – Friday 8:00 am – 5 pm</td>
<td>24 hour crisis line</td>
</tr>
<tr>
<td>(657) 278-3040</td>
<td>(714) 957-2737</td>
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<tr>
<td><a href="http://www.fullerton.edu/shcc/">http://www.fullerton.edu/shcc/</a></td>
<td>(949) 831-9110</td>
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<tr>
<td></td>
<td><a href="http://www.cspinc.org/Sexual%20Assault">http://www.cspinc.org/Sexual%20Assault</a></td>
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## Crisis Intervention

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<tr>
<td><strong>CSUF WoMen’s Center</strong></td>
<td><strong>Orange County</strong></td>
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<tr>
<td>(657) 278-3928</td>
<td>CSP Sexual Assault Victim Services</td>
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<tr>
<td>University Hall 205</td>
<td>24 hour crisis line</td>
</tr>
<tr>
<td><a href="http://www.fullerton.edu/WomenCenter/">http://www.fullerton.edu/WomenCenter/</a></td>
<td>(714) 957-2737</td>
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<td>(949) 831-9110</td>
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<td><a href="http://www.cspinc.org/Sexual%20Assault">http://www.cspinc.org/Sexual%20Assault</a></td>
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<tr>
<td><strong>CSUF Counseling and Psychological Services</strong></td>
<td><strong>Los Angeles</strong></td>
</tr>
<tr>
<td>(657) 278-3040</td>
<td>The Rape Treatment Center</td>
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<tr>
<td><a href="http://www.fullerton.edu/shcc/">http://www.fullerton.edu/shcc/</a></td>
<td>Santa Monica-UCLA Medical Center</td>
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<tr>
<td></td>
<td>1250 Sixteenth Street</td>
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<tr>
<td></td>
<td>Santa Monica, California 90404</td>
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<td></td>
<td>(310) 319-4000</td>
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<td><a href="http://www.911rape.org/home">http://www.911rape.org/home</a></td>
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<td><strong>Assistant Deans</strong></td>
<td><strong>Riverside County</strong></td>
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<tr>
<td>(657) 278-(xxxx)</td>
<td>Center Against S.A. – Hemet</td>
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<tr>
<td><strong>College:</strong></td>
<td>866-373-8600</td>
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<tr>
<td>Arts</td>
<td>Sexual Assault Services – Indio</td>
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<tr>
<td><em>Maricela Alvarado</em> (3255)</td>
<td>760-568-9071</td>
</tr>
<tr>
<td><em>Emeline Yong</em> (4577)</td>
<td>Rape Crisis Center – Riverside</td>
</tr>
<tr>
<td><em>Dana Roson</em> (7315)</td>
<td>951-686-7273</td>
</tr>
<tr>
<td><em>Aimee Nelson</em> (4161)</td>
<td>Victim/Witness Assistance Center</td>
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<tr>
<td>Education</td>
<td>951-955-5450</td>
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<tr>
<td><strong>Engineering and Computer Science</strong></td>
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Victor Delgado  (2887)
Health & Human Development
Peggy Bockman Garcia (2609)
Humanities & Social Sciences
David McKenzie  (2969)
Natural Sciences & Mathematics
Amy Mattern  (4158)

San Bernardino County
HOW Foundation - Joshua Tree
760-366-1393
Sexual Assault Services - San Bernardino
909-885-8884
Project SISTER Victim/Witness Assistance Center
909-626-4357
909-387-6540

On-line Care & Support

RAINN (Rape Abuse and Incest National Network)
http://www.rainn.org/

Domestic and Family Violence

National Institute of Justice: Intimate Partner Violence

National Domestic Violence Hotline: 1-800-799-SAFE (7233)

Office of Violence against Women

Center for Disease Control and Prevention: Intimate Partner Violence

Defending Childhood
If You Have Been Sexually Assaulted

- Go to a safe place as soon as possible.
- Preserve evidence.
- Report the incident to University Police or local law enforcement.
- Report the incident to your campus Title IX Coordinator.
- Call a domestic violence, sexual assault or stalking hotline.
- Call a friend or family member for help.
- Know that you are not at fault.
- You did not cause the abuse to occur and you are not responsible for someone else's violent behavior.

Get Help

- If you are injured and need immediate medical assistance call 911
- Get to a place where you are physically safe
  - On Campus options
    - University Police Station (657) 278-2515
    - Student Health Center (657) 278-2800
    - Counseling and Psychological Services (657) 278-3040
    - WoMen's Center (UH 205) (657) 278-3928
    - Title IX (CP 700) (657-278-8396
- Contact someone who can help you: a friend, housemate, resident advisor, family; a member of your place of worship, community, or extended family; the police (911); or an advocate from campus or community agency.
For evening and weekend advocacy contact Community Service Program (CSP).
  - We strongly recommend connecting with CSP. Advocates at CSP can help you with any medical and legal decisions that you need to make. CSP advocates are available 24 hours/day, seven days a week.
    Community Services Program
    24 hour assistance (714) 957-2737
    http://www.cspinc.org/sexual.html

The WoMen's Center can provide crisis counseling and referrals during regular business hours. Call (657) 278-3928.

Counseling and Psychological Services (CAPS) will provide crisis counseling during regular business hours. Call (657) 278-3040

Dean of Students Office staff can provide support to students who have been assaulted, their friends and family. They will explain the University’s disciplinary process for assailant’s who students are. The Dean of Students Office also provides on and off campus resource information (including mental health and counseling options, academic support and housing options). The Dean of Students Office offers assistance to all students, including undergraduate, graduate and International students. (657) 278-3211

Medical attention is necessary.
You may have hidden injuries and want to explore options for preventing sexually transmitted infections/disease (STI/STD) and/or pregnancy.

There are several medical resources available to you in addition to your own health practitioner.
On Campus:
Student Health Center
(657) 278-2800
Hours:
Monday, Tuesday, Wednesday: 7:45 am - 5:00 pm
Thursday: 9:00 am - 5:00 pm
Friday: 7:45 am - 5:00 pm
  - Emergency contraception is available without a medical visit for a small fee at the Student Health Center Pharmacy or Planned Parenthood Clinics.

  - Student Health Center staff will inform survivors of Anaheim Memorial Hospital SAFE Place. SAFE Place staff performs forensic examination of sexual assault victims in response to law enforcement request. Forensic exams are performed to ensure admissibility of evidence. Forensic exams are generally
performed if the assault was recent (within 5 days) and the victim/survivor has chosen to report the assault to law enforcement.

- Student Health Services can provide STD/STI, HIV, pregnancy tests and emergency contraception. The Student Health Center does not collect forensic evidence from rape exams. For more information please visit [www.fullerton.edu/shcc/index.htm](http://www.fullerton.edu/shcc/index.htm).

Off Campus
Anaheim Memorial Hospital The Safe Place
1111 W. La Palma Ave.
Anaheim, CA 92801
(714) 774-1450
If the victim/survivor chooses to call the local police and report the incident, he/she can be transported to The Safe Place program at Anaheim Memorial Hospital. Safe Place staff is specially trained female nurse examiners, who are experts at gathering forensic evidence and helping sexual assault victims/survivors. Advocates from Community Services Program (CSP) Sexual Assault Unit can also be present for emotional and legal support during the exam.

Things to know before a SAFE exam:
- During the exam you can expect to be checked for internal or external injuries, foreign hair samples and semen or other bodily fluids.
- If possible, bring an extra set of clothes (the police may want the clothes worn during the assault for evidence) and a friend or another supportive person
- Do not shower, drink, eat, douche or change clothes prior to an exam. These activities destroy important physical evidence that is useful should you decide to make a police report.
- Also, document everything you remember happening with as much detail as possible.

Planned Parenthood
303 W. Lincoln Ave., Ste 105
Anaheim, CA 92805
(714) 956-2002

Planned Parenthood is able to provide STD/STI screening and pregnancy testing. This is not a forensic exam, evidence will not be preserved. Emergency contraceptives are available. Pharmacies that will dispense emergency contraceptives [1-888-NOT-2LAT](tel:1-888-NOT-2LAT)
Drug-facilitated Sexual Assault

Signs you've been drugged:
• You feel drunker than you should given the amount of alcohol you've consumed
• You wake up feeling fuzzy and can’t remember all or part of last night
• You remember having a drink, but you can’t remember what happened after you finished it
• You feel like you've had sex, but you don’t fully remember the encounter

Most date rape drugs leave the body within 24-72 hours, so it is important to get a drug test as soon as possible after the assault has occurred. If you aren’t able to get tested in time, you can still file sexual assault charges if you wish. There may be other evidence that indicates you were sexually assaulted, regardless of whether you can prove you were drugged at the time.

Alcohol
Alcohol is the most frequently used date rape drug. Drinking until intoxicated is often the precursor to date/acquaintance rape. The offender and the victim/survivor are more likely to have lowered inhibitions, poor critical decision making skills, lessened empathy/greater narcissism if alcohol is involved. In new and unfamiliar situations having a clear head lessens the possibility of being taken advantage of.

If you choose to drink:
• Monitor your intake, know your limits. Drinking until you pass out is dangerous and hard on your body.
• Always attend parties with a friend. Never leave a party without everyone you arrived with. Never stay when your friends leave.
• Don’t drink from an open punch bowl or leave your drink unattended.
• If you suddenly begin to feel very intoxicated or feel like you are going to "black out," ask a friend to take you home or to a hospital.

GHB
GHB is not legitimately manufactured; it is labeled as a "controlled substance" by the FDA.
GHB looks, usually, like a clear, syrupy liquid or a powder form, not unlike laundry detergent. It tastes unpleasant, salty and plastic, and has a mild odor. Usually it is slipped into fruit drinks or strong shots so the taste is not apparent. Visine eye-dropper bottles are often used to disguise the liquid and as an efficient dispenser.

Symptoms of GHB may peak in as few as 15 minutes and last from three to six hours. The drug creates a feeling of extreme intoxication and impaired judgment. Other symptoms may include: nausea, vomiting and hallucinations; aggressive behavior and uncontrollable twitching; extreme drowsiness, weakness, and reduced muscle-tone,
blood pressure and respiratory rate; dizziness and confusion; hypothermia and seizure-like activity; suppression of the Gag Reflex and coma/death.
GHB may cause enhanced sexual feelings by the victim, and therefore, the victim may participate in reciprocal acts, as a result of the drug, rather than free will.
After ingestion, GHB will remain in the blood stream in a measurable amount for only four to seven hours. However, the urine stream should have GHB in it for up to twelve hours after ingestion. Urine is always the sample of choice and should be obtained as soon as the victim is able and taken to a hospital.

Rohypnol
Rohypnol is the brand name of flunitrazepam and is manufactured by Hoffman-La Roche pharmaceutical company and is illegal in the U.S. It is smuggled in mainly across the Mexican border.
Rohypnol looks like a large aspirin, has either a line or crossed lines and the word "Roche" written on the reverse side. (Many other Hoffman-La Roche drugs also have the work "Roche" on the back of pills.) When slipped into a drink, it quickly dissolves. The drug cannot be seen, smelled or tasted.
When ingested, Rohypnol will quickly be absorbed into the bloodstream and central nervous system. The effects may appear within 10 to 20 minutes of ingestion, and the peak blood levels will appear within minutes to an hour. It is quickly metabolized and passes through urine. Effects of the drug might last up to 24 hours.
When mixed with alcohol or other drugs, the person will likely pass out, not be able to remember the rest of the night and suffer a huge hangover.
A specialized drug test can detect the drug up to 72 hours after ingestion.

Ketamine
Ketamine is illegal to possess for personal use in the U.S. because it’s only legitimate use is as a veterinary aesthetic or animal tranquilizer.
Ketamine can be found in powder, pill or liquid, and can be snorted, swallowed, or injected directly into the muscle.
It can cause a dissociation of the mind from the body. The person may hallucinate. This works to a rapist's advantage, because the victim suffers from amnesia and hallucinations which may make recollection nearly impossible. Overdoses can cause the heart to stop beating.
The effects of Ketamine may only last and hour or less, but person's senses, judgment, and coordination may be affected for 18 to 24 hours.
Tests can detect Ketamine in a person's system up to 48 hours of ingestion.
Strategies for Safety

Risk reduction tips can often take a victim-blaming tone, even unintentionally. With no intention to victim-blame and with recognition that only those who commit sexual violence are responsible for those actions, these suggestions may nevertheless help you to reduce your risk of experiencing a non-consensual sexual act:

- If you have limits, make them known as early as possible.
- Tell a sexual aggressor "NO" clearly and firmly.
- Try to remove yourself from the physical presence of a sexual aggressor.
- Find someone nearby and ask for help.
- Take affirmative responsibility for your alcohol intake/drug use and acknowledge that alcohol/drugs lower your sexual inhibitions and may make you vulnerable to someone who views a drunk or high person as a sexual opportunity.
- Take care of your friends and ask that they take care of you. A real friend will challenge you if you are about to make a mistake. Respect them when they do.
- In an emergency, call 9-1-1

There are several things you can do whenever you go to a party, club, or bar, or even on a date to reduce the risk that you will be a victim of date rape or sexual assault. If you are drinking alcohol:

- Be aware of your ability to tell someone else what you want and to respond to what they want. During a sexual encounter, you need to be able to communicate clearly with your partner. Can you be sure that everything that happens is consensual?
- Know your limit. How many drinks can you have before you no longer trust your decisions? How many drinks can you have before you are unable to communicate clearly about what you do and don’t want?
- Don’t accept a mixed drink or an opened container from anyone. If someone offers you a drink, watch it being made. If you are unsure about any of the ingredients, don’t drink it. Open all prepackaged drink containers yourself.
- Avoid sharing or trading drinks with anyone.
- Don’t drink from a punch bowl or from a container being passed around.
- Be in control of your drink. If there has been any opportunity for someone to spike your drink, dump it. Do not leave your drink sitting out for someone else to find.
- Don’t drink anything that looks or tastes unusual or suspicious. Be on the alert for excess saltiness or bitterness, unexplained residue, or odd colors or textures. Other tips:
  - Go to parties in groups, and appoint a sober person for your group. Check up on your group of friends throughout the night.
• If one of your friends shows signs of being drugged, leave the party and make sure s/he is safe. Don’t allow him/her to "sleep it off." If necessary, call 911, and/or take your friend to a hospital immediately.
• If you see someone spiking a drink, do something about it. Dump the drink(s), bring attention to the situation, and/or talk to the host of the party.
• Warn your friends about clubs or parties where date rape drugs have been used. Avoid high-risk areas.
Common Myths and Facts about the Causes of Sexual Violence

1) Myth: Victims provoke sexual assaults when they dress provocatively or act in a promiscuous manner.
Fact: Rape and sexual assault are crimes of violence and control that stem from a person’s determination to exercise power over another. Neither provocative dress nor promiscuous behaviors are invitations for unwanted sexual activity. Forcing someone to engage in non-consensual sexual activity is sexual assault, regardless of the way that person dresses or acts.

2) Myth: If a person goes to someone's room or house or goes to a bar, s/he assumes the risk of sexual assault. If something happens later, s/he can't claim that s/he was raped or sexually assaulted because s/he should have known not to go to those places.
Fact: This "assumption of risk" wrongfully places the responsibility of the offender's action with the victim. Even if a person went voluntarily to someone's home or room and consented to engage in some sexual activity, it does not serve as blanket consent for all sexual activity. When in doubt if the person is comfortable with an elevated level of sexual activity, stop and ask. When someone says "no" or "stop," that means "STOP!" Sexual activity forced upon another without valid consent is sexual assault.

3) Myth: It is not sexual assault if it happens after drinking or taking drugs.
Fact: Being under the influence of alcohol or drugs is not an invitation for sexual activity. A person under the influence does not cause others to assault her/him; others choose to take advantage of the situation and sexually assault her/him because s/he is in a vulnerable position. A person who is incapacitated due to the influence of alcohol or drugs is not able to consent to sexual activity.

4) Myth: Most sexual assaults are committed by strangers. It's not rape if the people involved know each other.
Fact: Most sexual assaults and rape are committed by someone the victim knows. A study of sexual victimization of college women showed that about 90% of victims knew the person who sexually victimized them. Most often, a boyfriend, ex-boyfriend, classmate, friend, acquaintance or co-worker sexually victimized the person. It is important to remember that sexual assault can occur in both heterosexual and same-gender relationships.

5) Myth: Rape can be avoided if women avoid dark alleys or other "dangerous" places where strangers might be hiding or lurking.
Fact: Rape and sexual assault can occur at any time, in many places, to anyone.
6) Myth: A person who has really been sexually assaulted will be hysterical.  
Fact: Victims of sexual violence exhibit a spectrum of responses to the assault which can include: calm, hysteria, withdrawal, anxiety, anger, apathy, denial and shock.  
Being sexually assaulted is a very traumatic experience. Reaction to the assault and the length of time needed to process through the experience vary with each person. There is no "right way" to react to being sexually assaulted. Assumptions about the way a victim "should act" may be detrimental to the victim because each victim copes in different ways.

7) Myth: All sexual assault victims will report the crime immediately to the police. If they do not report it or delay in reporting it, then they must have changed their minds after it happened, wanted revenge or didn’t want to look like they were sexually active.  
Fact: There are many reasons why a sexual assault victim may not report the assault to the police or campus officials. It is not easy to talk about being sexually assaulted and can feel very shameful. The experience of retelling what happened may cause the person to relive the trauma. Another reason for delaying a report or not making a report is the fear of retaliation by the offender. There is also the fear of being blamed, not being believed and being required to go through judicial proceedings. Just because a person does not report the sexual assault does not mean it did not happen.

8) Myth: Only young, pretty women are assaulted.  
Fact: The belief that only young, pretty women are sexually assaulted stems from the myth that sexual assault is based on sex and physical attraction. Sexual assault is a crime of power and control. Offenders often choose people whom they perceive as most vulnerable to attack or over whom they believe they can assert power. Men and boys are also sexually assaulted, as well as persons with disabilities. Assumptions about the "typical" victim might lead others not to report the assault because they do not fit the stereotypical victim.

9) Myth: It's only rape if the victim puts up a fight and resists.  
Fact: Many states do not require the victim to resist in order to charge the offender with rape or sexual assault. Those who do not resist may feel if they do so, they will anger their attacker, resulting in more severe injury. Many assault experts say that victims should trust their instincts and intuition and do what they believe will most likely keep them alive. Not fighting or resisting an attack does not equal consent.
10) Myth: Someone can only be sexually assaulted if a weapon was involved.
Fact: In many cases of sexual assault, a weapon is not involved. The offender often uses physical strength, physical violence, intimidation, threats or a combination of these tactics to overpower the victim. Although the presence of a weapon while committing the assault may result in a higher penalty or criminal charge, the absence of a weapon does not mean that the offender cannot be held criminally responsible for a sexual assault.
What is Intimate Partner Violence and Stalking?

Dating/Domestic violence is a pattern of abusive behaviors used to exert power and control over a partner. Dating/Domestic violence can be physical, sexual, emotional, economic or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure or wound someone. Dating/Domestic violence can happen to anyone regardless of race, sexual orientation, social economics, education, age, religion, etc. Dating/Domestic violence can also affect family, friends, co-workers and members in the community, in addition to the victim and abuser. Domestic violence can occur regardless of the relationship status, including individuals who are dating, co-habitating, or married.

Types of Dating/Domestic Violence That Includes Sexual Misconduct

There usually is a pattern or a repeated cycle of dating violence, starting with the first instance of abuse.

General Pattern of Behavior:
Tension Building: Relationship begins to get strained or tense between partners.
Explosion: Outburst that includes verbal, emotional, or physical abuse.
Honeymoon: Apologies where the abuser tries to re-connect with his/her partner by shifting the blame onto someone or something else.

Intimate Partner Violence Variations
Any actions used for the intent of gaining power and control over a person:
- Physical Abuse: any intentional use of physical force with the intent to cause injury (i.e. grabbing in a way to inflict pain, hitting, shoving, strangling, kicking)
- Emotional Abuse: non-physical behaviors such as threats, insults, constant monitoring, humiliation, intimidation, isolation, silent treatment, or stalking
- Sexual Abuse: any action that impacts the partner's ability to control their sexual activity or the circumstance which sexual activity occurs, including rape, coercion or restricting access to birth control

Warnings or Signs of Potential Intimate Partner Violence
Ask yourself if your partner engages in one or any of the following activities:
- Checks my cell phone or email without my permission.
- Monitors where I'm going, who I'm going with, what I'm doing.
- Repeatedly says or does things to make me feel inadequate or inferior to him/her.
• Extreme jealously or insecurity.
• Isolates me from my friends and family.
• Explosive temper.
• Mood swings.
• Assumes financial control over my access to financial resources.
• Tells me what to do.
• Possessiveness.
• Physically hurts me in any way.

**Stalking**

Stalking is a pattern of behavior that makes you feel afraid, nervous, harassed or in danger. It is when someone repeatedly contacts you, follows you, sends you things, talks to you when you don’t want them to or threatens you. Stalking behaviors can include:

- Damaging your property.
- Knowing your schedule.
- Showing up at places you go.
- Sending mail, e-mail, texts and pictures.
- Creating a website about you.
- Sending gifts.
- Stealing things that belong to you.
- Calling you repeatedly.
- Any other actions that the stalker takes to contact, harass, track or frighten you.

You can be stalked by someone you know casually, a current boyfriend or girlfriend, someone you dated in the past or a stranger. Getting notes and gifts at your home, on your car or other places might seem sweet and harmless to other people. But if you don’t want the gifts, phone calls, messages, letters or e-mails, it doesn’t feel sweet or harmless. It can be scary and frustrating. Sometimes people stalk their boyfriends or girlfriends while they’re dating. They check up on them, text or call them all the time, expect instant responses, follow them, use GPS to secretly monitor them and generally keep track of them, even when they haven’t made plans to be together. These stalking behaviors can be part of an abusive relationship. If this is happening to you or someone you know, you should talk to a trusted person.

Stalking is a crime and can be dangerous. California Penal Code section 646.9, in part, states, "Any person who willfully, maliciously and repeatedly follows or willfully and
maliciously harasses another person and who makes a credible threat with the intent to place that person in reasonable fear for his or her safety, or the safety of his or her immediate family is guilty of the crime of stalking....."

How You Can Help Yourself

Think about ways you can be safer. This means thinking about what to do, where to go for help and who to call ahead of time:

- Where can you go for help?
- Who can you call?
- Who will help you?
- How will you escape a violent situation?
- Let friends or family members know when you are afraid or need help.
- Be aware of your surroundings. Knowing where you are and who is around you may help you to find a way to get out of a bad situation.
- Avoid isolated areas.
- Avoid putting headphones in both ears so you can be more aware of your surroundings.
- Trust your instincts. If a situation or location feels unsafe or uncomfortable, remove yourself.
- Vary your routine, your driving routes and where you park your car.
- When you go out, tell someone where you are going and when you'll be back.
- In an emergency, call 911 or your local police department.
- Memorize the phone numbers of people to contact or places to go in an emergency.
- Don't load yourself down with packages or bags restricting your movement.
- Keep your cell phone handy; check to see that you have reception and that your cell phone is charged.
- Have money for a cab or other transportation.
- Save notes, letters or other items that the stalker sends to you. Keep a record of all contact that the stalker has with you; these items will be very useful in an investigation.
How You Can Help Someone Else

If you know someone who is being stalked, you can:

- Encourage your friend to seek help.
- Be a good listener.
- Offer your support.
- Ask how you can help.
- Educate yourself about stalking.
- Avoid any confrontations with the stalker; this could be dangerous for you and your friend.

Safety Planning Form

Men’s Role in Sexual Assault and Intimate Partner Violence Prevention

For a variety of reasons sexual assault and intimate partner violence statistics are difficult to confirm. However, even taking incomplete reporting into consideration, it is clear males account for a significant portion of violence committed against women. To complicate the issue, there are few obvious warning signs to alert women which men are predators. Because of this, there is the troubling notion that all men are suspicious. For some women this causes a generalized fear of men.

Taking these concepts into account, it would seem to be in men’s interest to initiate change:

- FROM a culture that supports objectifying women
- TO a culture of mutual respect

WHAT MEN CAN DO TO STOP RAPE AND INTIMATE PARTNER VIOLENCE

Adapted from Jackson Katz’s “10 Things Men Can Do To Prevent Gender Violence” and the White Ribbon Campaign’s “What Every Man Can Do To Help End Men’s Violence Against Women.”

Be Aware

- Words are very powerful, especially when spoken by people with power over others. Words are often used to put women down and calling a girl or woman a “bitch,” “freak,” “whore,” “baby,” or “dog” is common. Such language sends a message that females are less than fully human. When we see women as inferior, it becomes easier to treat them with less respect, disregard their rights, and ignore their well-being.
- Understand the arguments against pornography depicting adult women. Realize that the sex trade in this country is worth billions of dollars. Examine your thoughts about the existence of strip clubs, prostitution and related sex trade businesses. Question the purpose behind the proliferation of explicit and graphic sex sites on the Internet. Think about how eroticizing violent sex contributes to violence against women.
• Don’t fund sexism. Refuse to purchase any magazine, rent any video, subscribe to any Web site, or buy any music that portrays girls or women in a sexually degrading or abusive manner. Protest sexism in the media.

• Rape won’t be taken seriously until everyone knows how common it is. In the U.S. alone, more than one million women and girls are raped each year (Rape in America, 1992).

Speak Up

• You will probably never see a rape in progress, but you will see and hear attitudes and behaviors that degrade women and promote rape. When your best friend tells a joke about rape, say you don’t find it funny. When you read an article that blames a rape survivor for being assaulted, write a letter to the editor. When laws are proposed that limit women’s rights, let politicians know that you don’t support them. Do anything but remain silent.

• Don’t engage in any forms of sexual harassment, such as whistling, cat-calling, unwanted touching, outrageous or inappropriate behavior. Women are not public property, available for our intrusions. Neither are men.

• Develop an awareness of the cultural supports for violence against women. Develop the ability to recognize myths which support violence against women. When you see sex without consent on TV, in a film or read it in a book, remind yourself that such behavior is rape.

• If a brother, friend, classmate, or teammate is abusing his female partner—or is disrespectful or abusive to girls and women in general—don’t look the other way. If you feel comfortable doing so, try to talk to him about it. Urge him to seek help. Or if you don’t know what to do, consult a friend, a parent, a professor, or a counselor. DON’T REMAIN SILENT.

Talk with Women...

• About how the risk of being raped affects their daily lives; about how they want to be supported if it has happened to them; about what they think men can do to prevent sexual violence. If you’re willing to listen, you can learn a lot from women about the impact of rape and how to stop it.

• Believe people when they tell you they’ve been raped or harassed. Support what they say about it. Don’t ask about their behavior or what they were wearing, etc. Listen to them.

• Recognize that women neither ask for nor deserve to be raped ever.
Talk with Men…

- About how it feels to be seen as a potential rapist; about the fact that 10-20% of all males will be sexually abused in their lifetimes; about whether they know someone who’s been raped. Learn about how sexual violence touches the lives of men and what we can do to stop it.
- Mentor and teach young boys about how to be men in ways that don’t involve degrading or abusing girls and women. Volunteer to work with gender violence prevention programs, including anti-sexist men’s programs. Lead by example.
- Approach gender violence as a MEN’s issue involving men of all ages and socioeconomic, racial and ethnic backgrounds. View men not only as perpetrators or possible offenders, but as empowered bystanders who can confront abusive peers.

Don’t Ever Have Sex With Someone Against Their Will!

- No matter what. Although statistics show most men never rape, the overwhelming majority of rapists are male. Make a promise to yourself to be a different kind of man–one who values equality and whose strength is not used for hurting.
- Take responsibility for your sexuality. Never assume that if you are being sexual with a person in one way, then you can automatically be sexual with them on another level. Kissing or stroking doesn’t mean that sexual intercourse is next.
- Be responsible with your penis. “Having an erection doesn’t mean you have to put it somewhere.”
- Take “no” for an answer. Heed the “no” equivalents (“stop,” “I don’t want to do that,” “I’m not ready,” “that isn’t what I want,” etc.) The assumption that women say “no” when they really mean “maybe” or “yes” is just that—an assumption. Don’t ignore a woman if she says “no” or seems reluctant or resistant in any way. If she really means yes, then she should have the space to say “yes.” The right to say “no” is linked with the right to say “yes.” And the right to say “no” is a constant, regardless of previous sexual relations. Silence doesn’t equal consent.
- Check out the sex you have with your girlfriend, wife, boyfriend, partner, or in one-night stands. Make sure that the sex you have is always consensual. Never pressure a woman to have sex. Realize that your strength, size, social role and age are all factors that can contribute to a woman’s feeling of powerlessness.
against your pressure for sex. Do not expect sex in return for buying her dinner of doing her a favor; do not blackmail her with ending the relationship.

- It’s never okay to use force or coercion. Don’t assume that just because a woman dresses or flirts in a manner you consider to be sexy means that she wants to have sex with you. A woman does not provoke rape, whether by her appearance or by agreeing to go to a man’s room or house. The person responsible for the rape is the person who uses force, pressure and does not obtain consent.
Tips to reduce your risk of being an initiator of sexual violence

Women and men are capable of initiating unwanted sexual and physical contact. The following tips are true for everyone.

If you find yourself in the position of being the initiator of sexual behavior, you owe sexual respect to your potential partner. These suggestions may help you to reduce your risk of being accused of sexual misconduct:

- Clearly communicate your intentions to your sexual partner and give them a chance to clearly relate their intentions to you.
- Understand and respect personal boundaries.
- DON’T MAKE ASSUMPTIONS about consent, about someone’s sexual availability, about whether they are attracted to you, about how far you can go or about whether they are physically and/or mentally able to consent. If there are any questions or ambiguity then you DO NOT have consent.
- Mixed messages from your partner are a clear indication that you should stop, defuse any sexual tension and communicate better. You may be misreading them. They may not have figured out how far they want to go with you yet. You must respect the timeline for sexual behaviors with which they are comfortable.
- Don’t take advantage of someone’s drunkenness or drugged state, even if they did it to themselves. Incapacitation means a person is unable to give valid consent.
- Realize that your potential partner could be intimidated by you, or fearful. You may have a power advantage simply because of your gender or size. Don’t abuse that power.
- Understand that consent to some form of sexual behavior does not automatically imply consent to any other forms of sexual behavior.
- Silence and passivity cannot be interpreted as an indication of consent. Read your potential partner carefully, paying attention to verbal and non-verbal communication and body language.
- Never use force, coercion, threats, alcohol or other drugs to engage in sexual activity.
Sexual contact requires mutual consent. An incapacitated person (for example, a person who is intoxicated by drugs or alcohol) is incapable of giving consent. No one asks for or deserves to be sexually assaulted, stalked or victimized in any way.

- Don’t engage in any behavior that may be considered dating/domestic violence, sexual assault, stalking or any other form of violence.
- Never use force, coercion, threats, alcohol or other drugs to engage in sexual activity.
- Take responsibility for your actions.
- Avoid alcohol and other drugs.
- Remember "no" means "No!" and "stop" means "Stop!"
- Report incidents of violence (including coercion) to law enforcement and campus authorities.
- Discuss dating/domestic violence, sexual assault and stalking with friends—speak out against violence and clear up misconceptions.
- Don’t mistake submission or silence for consent.
There are many levels to internalized and externalized homophobia, and in order to understand same-sex sexual assault, it is important to first make a commitment to acknowledge and challenge homophobia. Furthermore, it's important to recognize that, although violence exists within lesbian, gay, bisexual and transgender communities, homosexuality, bisexuality or being transgender does not CAUSE this violence. It is also important to recognize that individuals within the LGBT community are targeted for sexual assault due to perceived gender expression. Sexual violence is used as a form of social control to maintain heterosexism.

Same-sex sexual assault has not received much attention from researchers, support services, or the criminal justice system. This lack of attention to same-sex rape has left many survivors without culturally competent support and, therefore, with few resources for healing.

- Same-sex sexual assault may include forced vaginal or anal penetration, forced oral sex, forced touching, or any other type of forced sexual activity.
- Same-sex sexual assault can happen on a date, between friends, partners, or strangers.
- Same-sex survivors are even less likely than opposite-sex survivors to report the assault to the police or seek counseling after it occurs.
- Most survivors of same-sex assault report additional barriers to seeking support from the police or rape crisis centers, and because of this there is very little statistical data compiled about same-sex violence.

Common Barriers that Same-sex Survivors of Sexual Assault Experience:

- Not being taken seriously or having their experience minimized
- Not having their experience labeled as sexual assault or rape
- Having to educate those they reach out to
- Having their experiences sensationalized
- Increasing people’s homophobia or being seen as a traitor to their community if they tell their story to straight people
- Having fewer people to talk to (because the LGBT community can be a small one that is tightly knit)
- Mistakenly seen as the perpetrator
- Being blamed for the assault
- Not being understood or being blamed if it happened in an S&M environment
- Being treated in a homophobic manner by the police, the hospital, rape crisis center, and others
- Being "outed" (having one's sexual orientation discussed or revealed without one's consent)
Male Rape

- About 3% of American men – a total of 2.78 million men – have experienced a rape at some point in their lifetime (Tjaden & Thoennes, 2006).
- 71% of male victims were first raped before their 18th birthday; 16.6% were 18-24 years old, and 12.3% were 25 or older (Tjaden & Thoennes, 2006).
- Males are the least likely to report a sexual assault, though it is estimated that they make up 10% of all victims (RAINN, 2006).

If You Are Raped

- Rape and sexual assault include *any* unwanted sexual acts. Even if you agree to have sex with someone, you have the right to say “no” at *any* time, and to say “no” to *any* sexual acts, whole or in part.
- If you are sexually assaulted, sodomized or raped, it is *never* your fault — you are not responsible for the actions of others.

Medical Intervention

Even if you do not seem injured, it is important to get medical attention. Sometimes injuries that seem minor at first can get worse. Survivors can sometimes contract a sexually transmitted disease during the sexual assault, but not suffer immediate symptoms.

Victims’ Response

- It is common for a male rape victim to blame himself for the rape, believing that he in some way consented to being raped (Brochman, 1991).
- Male rape victims suffer a similar fear that female rape victims face: people will believe the myth that they may have asked for it in some way or enjoyed being raped.
- Some men may believe they were not raped or that they consented because they became sexually aroused, had an erection, or ejaculated during the sexual assault.
  - These are normal, involuntary physiological reactions. It does not mean that consent was given or that the victim wanted to be raped or sodomized. Sexual arousal does not mean consent was given.
- Another major concern facing male rape victims is society’s belief that men should be able to protect themselves and, therefore, it is somehow their fault that they were raped.
- The experience of a rape may affect gay and heterosexual men differently.
Medical considerations making immediate medical attention imperative include:

- Rectal and anal tearing and abrasions which may require attention and put you at risk for bacterial infections;
- Potential HIV exposure; and
- Exposure to other sexually transmitted diseases.

If you plan to report the rape to the police, an immediate medical examination is important to the investigation and prosecution.

Remember: Try not to shower, use the bathroom, brush your teeth, or change your clothes. Critical trace evidence may be lost.

Physical Reactions

- Loss of appetite;
- Nausea and/or stomachaches;
- Headaches;
- Loss of memory and/or concentration; and/or
- Changes in sleep patterns.

Psychological and emotional reactions

- Denial and/or guilt;
- Shame or humiliation;
- Fear and a feeling of loss of control;
- Loss of self-respect;
- Flashbacks to the attack;
- Anger and anxiety;
- Retaliation fantasies (sometimes shocking the survivor with their graphic violence);
- Nervous or compulsive behavior;
- Depression and mood swings;
- Withdrawal from relationships; and
- Changes in sexual activity.
Who to Contact If You Have Complaints, Questions or Concerns

Title IX requires the university to designate a Title IX Coordinator to monitor and oversee overall Title IX compliance which includes, but is not limited to sexual assault and gender-related violence. Your campus Title IX Coordinator is available to explain and discuss: your right to file a criminal complaint (sexual assault and violence); the university's complaint process, including the investigation process; how confidentiality is handled; available resources, both on and off campus; and other related matters. If you are in the midst of an emergency, please call the police immediately by dialing 9-1-1.

Campus Resources

Campus Title IX Coordinator

Lori Gentles, VP Human Resources, Diversity and Inclusion
College Park, Suite 760
Email: lgentles@fullerton.edu
657-278-2560

Title IX Deputy Coordinators

Michelle Tapper, Athletics
Titan House, 020
Email: mtapper@fullerton.edu
657-278-5339

Christine Lua, Administration and Finance
Langsdorf Hall, 802D
Email: clua@fullerton.edu
657-278-3453

Gladys Maldoon, Academic Affairs
College Park, 1060
Email: gmaldoon@fullerton.edu
657-278-4447

Robin Crew, Information Technology
Langsdorf Hall, 700B
Email: rcrew@fullerton.edu
657-278-2154
Mary Becerra, Student Affairs
University Hall, 205B
Email: mbecerra@fullerton.edu
657-278-2850

Tara Garcia, University Advancement
College Park, 850-26
Email: tgarcia@fullerton.edu
657-278-5312

University Police
niwilliams@fullerton.edu
657-278-2515
University Police Dispatch and Officers are available 24 hours per day, 365 days per year

Additional Resources

U.S. Department of Education Regional Office
Office for Civil Rights
50 Beale Street, Suite 7200
San Francisco, CA 94105
(415) 486-5555
TDD (877) 521-2172

U.S. Department of Education National Office
Office for Civil Rights
(800) 872-5327

Know Your Rights about Title IX
http://www2.ed.gov/about/offices/list/ocr/docs/title-ix-rights-201104.html

California Coalition Against Sexual Assault
1215 K. Street, Suite 1850
Sacramento, CA 95814
(916) 446-2520
http://calcasa.org/
How do men fit into the violence against women prevention paradigm?