

Sexual Violence

A Few Common...

Myths

People who commit sexual assault do not have any other outlet for their sexual needs.

The victim provokes sexual assault.

Sexual assault occurs only among strangers.

"It can't happen to me".

Facts

The major motive for sexual assault is power--to overpower and control another person. Rape is not about sex. It is sexualized violence, not violent sex. **Three out of five offenders also are in consenting sexual relationships.** The myth can allow shifting blame for sexual assault from the offender to the victim.

Actions or dress cannot send a message "asking" for sexual assault. Studies demonstrate **71% of sexual assaults are planned in advance**, making irrelevant the victim's demeanor or apparel at the time of sexual assault. It is preposterous to believe someone would ask for or enjoy a physical attack involving risks that include venereal disease, pregnancy, injury or even death.

Over 50% of all sexual assaults involve acquaintances or friends. A close personal friend, family member, or family friend is the offender in 14% of cases reported (a person is less likely to report sexual assault by a friend or relative).

Anyone may be sexually assaulted. The National Victims Center says a sexual assault occurs every 6 minutes in the U.S. 25%-30% of all women will be sexually assaulted. And 20%-30% of all men will be victims before they are 18. Only 1 out of 10 sexual assaults are ever reported to law enforcement. Victimization knows no age, gender, ethnicity, or sexual orientation. It knows no religious, economic or social background.

What is Sexual Violence?

It is the use of sexual actions and words that are unwanted by and/or harmful to another person. Some common terms that are used interchangeably with sexual violence are **sexual abuse** and **sexual assault**.

KEY TERMS . . .

Sexual Consent: Free and active agreement, given equally by both partners, to engage in a specific sexual activity.

Consent is not present when *either* partner:

- is below the legal age of consent
- fears the consequences of not consenting (including use of force)
- feels threatened or intimidated
- is coerced (*see below*)
- says no, either verbally or physically (e.g., crying, kicking or pushing away)
- has disabilities that prevent the person from making an informed choice
- is incapacitated by alcohol or drugs
- lacks full knowledge or information of what is happening
- is not an active participant in the activity

Sexual Coercion: Compelling someone to submit to an unwanted sexual act by intimidating, threatening, misusing authority, manipulating, tricking, or bribing with actions and words. When a person is **coerced**, she or he has not given consent.

Specific Forms of Sexual Violence

Dating Violence: Abuse or mistreatment that occurs in either heterosexual or same-sex relationships. It may take place at any point in the dating process – when two people first meet and become interested in one another, on their first date, during their courtship, once they have been involved with each other for some time, or after their relationship has ended.

Intimate Partner Violence: Physical, sexual, or psychological harm by a current or former partner or spouse. This type of violence can occur among heterosexual or same-sex couples and does not require sexual intimacy.

Rape: Unwanted, coerced and/or forced sexual penetration. The perpetrator may penetrate the victim's vagina, mouth, or anus, either with a body part or another object. The victim also may be forced to penetrate the perpetrator's vagina, mouth, or anus.

Sexual Harassment: Unwanted verbal sexual advances, requests for sexual favors, and other visual, verbal, or physical conduct of a sexual nature. Sexual harassment can also include stalking, voyeurism ("peeping toms"), exhibitionism/exposing, and obscene comments and phone calls. Sexual harassment can occur in the workplace, school, and other settings (such as public transportation, shopping malls, community events, social gatherings, places of worship, health care facilities) and can create an intimidating or hostile environment for the victim. The perception of the victim, not the intent of the harasser, determines whether particular words or actions are harassing.

Sexual Violation: Use of sexual contact behaviors that are unwanted by and/or harmful to another person, but do not involve penetration. This can include touching or rubbing against a non-consenting person in public ("frottage"), forced masturbation, and non-consensual touching of the breasts, buttocks, genitals, and other sexualized body parts by another person.

Stalking: While legal definitions of stalking vary from one jurisdiction to another, a good working definition of stalking is a course of conduct directed at a specific person that would cause a reasonable person to feel fear. A stalker is someone who willfully, maliciously and repeatedly follows or harasses another (victim) and who makes a credible threat with the intent to place the victim or victim's immediate family in fear for their safety. According to California Penal Code 646.9, the victim does not have to prove that the stalker had the intent to carry out the threat.

Effects of Sexual Violence on Victims

The trauma of being victimized is often long-lasting. Although each person reacts differently, there are some reactions that are common. These reactions include:

- Shock, disbelief, numbness, withdrawal
- Preoccupation with thoughts and feelings about the assault
- Unwanted memories, flashbacks, and/or nightmares
- Intense emotions: anger, fear, anxiety, depression
- Physical symptoms: sleep disturbance, headaches, stomach aches
- Inability to concentrate, lower grades
- Loss of interest in sex
- Fears about safety
- Feelings of guilt and shame

Victims of sexual assault experience a state that resembles acute grief. Their basic feelings of wholeness, strength, trust, self-control and self-confidence are often lost. The victim's attempts to stop the attacker did not work — they were powerless. This feeling of powerlessness can be devastating to the victim. Many are unable to talk about their experience unless they are directly asked about it.

Preventing Sexual Violence

Be aware that the great majority of sexual assaults involve acquaintances. Avoid excessive use of alcohol and do not use illegal drugs. Alcohol and drugs interfere with clear thinking and effective communication.

Be alert when you're on a date or at a party.

- Know your alcohol tolerance level and try not to exceed it
- Never let your drink out of your sight
- Use the buddy system and watch out for each other
- Decide now what your sexual and relationship boundaries are and communicate your feelings and sexual expectations clearly
- If you are attacked, fight back as hard as you can (you have a better chance of getting away if you fight) Yell "FIRE" if in danger; do not yell "HELP" or "RAPE." People are more likely to respond to a general emergency than one involving an assault.

Be safe while you're on the streets.

- Walk in well-lit, public areas
- Walk confidently and at a steady, brisk pace
- Travel with a friend or call the night escort service
- Walk close to the curb, avoid bushes, doorways, and alleys where someone could hide
- Carry your keys ready at all times (they can be used as weapons if necessary)

Campus Police provide *free Escort Service* to and from buildings and parking areas...

**Use any campus pay phone to call:
*80 or (949) 451-5234**

Make sure your home and vehicle are secure

- Lock all doors and windows when you leave and lock the doors when you are inside
- Leave lights on in your home if you plan to return after dark
- Check inside and around your car before getting inside and after entering, then immediately lock the doors.

Consequences for Committing Acts of Sexual Violence

Irvine Valley College recognizes that sexual assault is a serious issue and will not tolerate actions of sexual assault on campus. The College will investigate all allegations of sexual assault and, when the assailant is a student, take appropriate disciplinary, criminal, or legal action. Any student or employee suspected of committing a sex offense of any kind is subject to both criminal prosecution by the State and disciplinary action under district and college policies and regulations. *Campus disciplinary action can be initiated even if criminal charges are not pursued.*

Disciplinary actions may be imposed on individual students, student organizations and/or any College faculty or staff responsible for any act of sexual violence. The accuser and the accused are entitled to the same opportunities to have others present during a campus disciplinary proceeding and both shall be informed of the outcome. College sanctions following campus disciplinary procedures, detailed in Administrative Regulation 5401, depend on the outcome and may range from suspension to expulsion.

Every effort will be made to criminally prosecute perpetrators of sexual assaults.

WHAT TO DO IF YOU'VE BEEN SEXUALLY ASSAULTED

Take these steps right away

- IF YOU ARE IN IMMEDIATE DANGER, get away from the attacker to a safe place as fast as you can.

If you are on-campus:
Call Campus Police by dialing 5234 from any campus phone, *80 from any campus pay phone, or (949) 451-5234 from your cell phone.

If you are off-campus:
Call 911 or the police/sheriff department responsible for the area where the assault occurred.

- Do not wash, comb, or clean any part of your body. Do not douche. Do not change clothes if possible. Do not destroy clothes if you do change. Hospital staff will need to collect evidence.
- Do not touch or change anything at the scene of the assault. Local police or sheriff authorities will need to collect evidence.
- Go to the nearest hospital emergency room, or if on-campus, to the Student Health Center as soon as possible whether or not you plan to file charges. *The Health and Wellness Center is not an "evidence collection" site but will assist you in securing the care you need.* You need to be examined, treated for any injuries, and screened for possible sexually transmitted diseases (STDs) and pregnancy. The emergency room doctor will collect evidence using a rape kit for fibers, hairs, saliva, or semen that the attacker may have left behind. You or the hospital staff can call the police from the emergency room to file a report if you have not already done so. Ask the hospital staff about possible support groups you can attend right away.
- Call a friend or family member you trust. You also can call a crisis center or a hotline to talk with a counselor. Feelings of shame, guilt, fear, and shock are normal. It is important to get counseling from a trusted professional.

Other important steps

- **If the alleged assailant is an Irvine Valley College student or the assault occurred on campus or District property, report the assault to Campus Police (949) 451-5234 whether or not you plan to file charges.** *Reporting a rape or other act of sexual violence does not commit you to filing charges.* When you make your report, have someone go with you. You can go the next day, but the sooner the better. Rarely do rapists attack one person only; they get away with it and so, they continue to do it.
- Whether the assault occurred on-campus or off-campus, if the alleged assailant is an Irvine Valley College student, faculty or staff member, file a report with Campus Police, the Vice President of Student Services, or Dean of Counseling and Library Services, and with local authorities.
- **Pressing charges** can be a complicated process and the decision to file charges may be difficult. Each person must decide for themselves, based on their own circumstances. If you need support to make this decision, campus counselors are available in the **Health and Wellness Center (949) 451-5221**.
- **Do not blame yourself.** Be compassionate with yourself. Even if your body responded sexually to the attacker, it does not mean you "enjoyed" the experience or that it is your fault. Even if you believe you were naïve, not cautious, or even foolish, it is not your fault. You have been through a trauma and need to make space for your own emotional, physical, psychological and spiritual healing. You may be overwhelmed by many different emotions - fear, grief, guilt, shame, rage. It is important to seek support. There are many different options, such as talking with a campus counselor, joining a victims group or talking with a friend. People who receive counseling tend to recover from their experiences faster and with fewer lasting effects than those who get no help. Recovery from sexual assaults means that, over time, you are not thinking about the assault and your emotions are not dominated by it. You will be able to envision a positive, happy and successful future for yourself.

How to File a Complaint

On Campus...

Contact the Campus Police Department, either by telephone or in person, to initiate a crime report.

If your alleged attacker is an Irvine Valley College student, contact the Vice President of Student Services or Dean of Counseling to initiate a complaint under Student Code of Conduct regulations.

You may also contact the Director of Student Health Services for information and assistance regarding the filing of a criminal complaint and/or a Student Code of Conduct complaint.

With Your Local Police or Sheriff Authority...

Contact the police or sheriff in the city where the crime took place, either by telephone or in person, to initiate a crime report.

Campus Resources

Campus Police

Business Phone (949) 451-5200
Emergency Phone (949) 451-5234

Director of Health and Wellness Center

(949) 451-5221

Vice President of Student Services

(949) 451-5214

Dean of Counseling

(949) 451-5410

Community Resources

Hotlines

Domestic Violence Hotline: 714-935-7956

24 hour Rape Hotline – LA: 800-585-6231
Rape Crisis Hotline – OC: 714-957-2737

Sexual Assault/Rape Crisis, Orange County
24-hour Hotline: 714-957-2737
24-hour Hotline: 949-831-9110

Nat'l Sexual Assault Hotline: 800-656-4673

Irvine Police Department

Non – emergency – 724-7000
To report a crime – 724-7200

In all cases of emergency, call 911

Therapy Referrals and other Victim Services

Sexual Assault Victim Services (SAVS), So. Orange County (Irvine)	1-949-752-1971
SAVS, North Orange County (Santa Ana)	1-714-834-4317
Gay, Lesbian, Bisexual, Transgender (GLBT) Information/Referrals	1-714-534-0862
National Center for Victims of Crime, Abuse & Domestic Violence, Rape Informational and Referral	1-800-394-2255
TTY/TDD	1-800-211-7996

Hospitals

Hoag Hospital
1 Hoag Drive, Newport Beach
949-764-4624

Hoag Hospital (Open 2010)
16200 San Canyon Avenue, Irvine
949-753-2000

Mission Hospital
27700 Medical Center Road, Mission Viejo
949-364-1400

Hospitals

Saddleback Memorial Medical Center
24451 Health Center Drive, Laguna Hills
949-837-4500

San Clemente Hospital
654 Camino De Los Mares, San Clemente
949-496-1122

Mission Hospital, Laguna Beach
31872 Coast Highway, Laguna Beach
949-499-1311

Shelters

Human Options	949-737-5242
Interval House	714-891-8121
Laura's House	949-498-1511 or 866-458-1151

Web Resources

<http://www.cdc.gov/ncipc/factsheets/svoverview.htm>

<http://www.4woman.gov/faq/sexualassault.htm>

<http://www.usdoj.gov/usao/cac/vw/sexual.html>

For more information follow the links on our website: www.ivc.edu/wellness

SOUTH ORANGE COUNTY COMMUNITY COLLEGE DISTRICT BOARD OF TRUSTEES

Thomas A. Fuentes, William O. Jay, David B. Lang, Marcia Milchiker, Nancy M. Padberg, Donald P. Wagner, John S. Williams • Raghu P. Mathur, Ed.D., *Chancellor*
IRVINE VALLEY COLLEGE: Glenn R. Roquemore, Ph.D., *President*