SUPPORT IN CASE OF SEXUAL ASSAULT

Privacy

SUNY Oswego will protect the privacy of all parties to a complaint or other report of sexual harassment and sexual violence to the extent possible. Certain staffs are obligated by law to maintain confidentiality, including the Counseling Center staff, located in Walker Health Center, 315-312-4416, and the local Abuse and Assault Hotline at 315-342-1600 or on campus, 315-312-7777.

When the college receives complaints of sexual assault, harassment or sexual violence, the college has an obligation to respond in a way that limits the effects of the sexual harassment and sexual violence and prevent its recurrence. Information will be shared as necessary in the course of an investigation with people who need to know, such as investigators, witnesses, and the accused. If you are unsure of someone’s duties and ability to maintain your privacy, ask them before you talk to them.

RESOURCES

Important phone numbers and contacts for assistance:

- **University Police**: 315-312-5555
  109 Pathfinder Hall
  For reporting and any concerns about safety or other problems. You do not have to file an official police report if you meet with the police. They will inform you of your options and help you decide what is best for you.

- **Services to Aid Families (SAF)**
  - Abuse and assault hotline: 315-342-1600
  - On campus number: 315-312-7777

- **Title IX Coordinator**: 315-312-5604
  501 Culkin Hall
  Will help with any concerns you may have and assist you in obtaining appropriate resources.

- **Student Conduct**: 315-312-5486
  501 Culkin Hall
  Will provide information to help you decide if you would like to initiate or participate in college disciplinary action.

- **Counseling Services Center**: 315-312-4416
  113 Walker Health Center
  Provides confidential, understanding emotional support and helps you through your reactions to the event.

- **Walker Health Center**: 315-312-4100
  Front Desk
  Offers nurse practitioners to provide information and medical care. You may be at risk for pregnancy and/or sexually transmitted diseases.

- **Residence Life and Housing**: 315-312-2246
  303 Culkin Hall
  May assist with your living situation if you would like to move to a different location.

- **Academic Concerns**: 315-312-2240
  145 Campus Center (Compass)
  Make class schedule changes and out-of-class notice if necessary.

Remember —

- if you or someone you know has been sexually harassed, coerced, or assaulted:
  - Help is available, no matter how long ago the incident took place.
  - It’s not your fault!
  - You are not alone.
  - Sexual assault can happen in same sex relationships
  - Sexual assault can happen in intimate relationships

Title IX: Helpful Information for Students, Employees and Visitors
http://www.oswego.edu/about/titleix.html

This publication is produced by the Office of the Dean of Students State University of New York at Oswego.

Questions may be addressed to deanstaf@oswego.edu

Reprinted October 2013
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May we check in with you?

SUNY Oswego’s Counseling Services Center (315-312-4416) offers personal, non-judgmental support to help with the difficult emotional reactions to sexual assault. You may or may not wish to speak to a counselor at this time. With your permission, however, we would like to check in with you in a week or so to see how you are doing and offer support. You are under no obligation to meet with the counselor at any time. By signing this form, you simply give a personal counselor permission to contact you for a brief check-in at the telephone number you provide. We care, and we want to be available to you during what may be a difficult time for you.

Phone _______________________________ Date _______________________________

Name (please print) __________________________________________________________

Support from University Police
1. Meet with you in a location in which you feel comfortable.
2. Will keep you and the case with sensitivity, respect, understanding and professionalism.
3. Assist you in contacting counseling and other resources in the community or on campus.
4. Will arrange to have an advocate to attend you at the emergency room.

Support from Walker Health Center
1. Meet with you at the time of the assault and do not wash it. Place each item of clothing in a separate paper bag. Do not use plastic bags. Do not disturb anything in the area where the assault occurred. Also see Student Handbook 2013-14, pages 106-110.

Support from Oswego Hospital
1. Meet with you in the Walker Health Center, Bldg. #10, SUNY Oswego, NY 13126 or
2. In person to the Counseling Center located in the Walker Health Center.

Report what happened to you to the University Police. University Police are available 24/7 by calling 315-312-5555. University Police Officers have received specialized training to attend to the needs and concerns of victims of sexual offenses and relationship violence. If it happened off campus, the University Police will help you connect with appropriate municipal authorities.

If it happened on campus, University Police will:
1. Meet with you in the Walker Health Center located in the Walker Health Center, Bldg. #10, SUNY Oswego, Oswego NY 13126 or
2. Hand to the person who provided this brochure to you.

### Support from Walker Health Center

All of your medical needs will be met in a confidential, supportive, and caring manner. If you would like to speak with someone concerning possible health risks and available testing, please call the center at 315-312-4100 and ask for a “personal conversation” with a nurse practitioner.

Preserve evidence from the incident
1. Do not shower, bathe, douche, or brush your teeth. Save all of the clothing worn at the time of the assault and do not wash it. Place each item of clothing in a separate paper bag. Do not use plastic bags. Do not disturb anything in the area where the assault occurred.

### Support from Oswego Hospital

Although you may not know if you want to immediately file a police report, your feelings may change. Seeking care and evidence collection will allow you quick access for HIV prevention medication, STD treatment, emergency contraception and the ability to retain forensic evidence. An exam is recommended at the Oswego Hospital Emergency Department or a specialized forensic clinic that provides medical care for sexual assault victims. The Oswego Emergency Room staff will offer to call a sexual assault advocate who is trained and can guide you through the exam and process. Even if you think that you do not have any physical injuries, you should still have a medical examination and discuss with a health care provider the risk of exposure to sexually transmitted diseases and the possibility of pregnancy resulting from the sexual assault. Walker Health Center has emergency contraception available—best taken within 72 hours of contact but may be taken within 5 days of contact.

### Support from the Oswego Community

Services to Aid Families (SAF) has a sexual assault program which allows you access to an advocate to meet you at the emergency room and stay with you during your exam. The advocate is knowledgeable regarding sexual assault issues and can provide emotional and practical support during this difficult time. Please call the Abuse and Assault Hotline: 315-342-1600 or on campus, extension 7777, available 24/7. By calling this number before you go to the emergency room, a supportive advocate will meet you there. Financial assistance may also be obtained through SAF.

### Support from the College

As a result of your complaint of sexual discrimination, exploitation, harassment, or sexual violence, the college can address conditions in your living or working environment, such as room assignment changes, class location changes, work location changes, or limits on access to college activities. Your report will be forwarded to the college’s Title IX Coordinator who will ask you if changes in your residence, classes or other activities can help you while you address your other needs. If you or your witnesses are subjected to pressure, intimidation, or coercion by the accused or his/her associates, with or without the accuser’s knowledge, you should immediately report the incident to the Title IX Coordinator so the college can investigate and take action.
You have recently experienced a traumatic event that may be a violation of trust, a very personal attack, a non-consensual sexual contact that occurred against your will or an event that occurred while you were unaware of your surroundings or unable to escape the incident.

Sexual violence in any form may create emotional reactions in you that are beyond the scope of your prior experience. These emotions are normal human reactions.

Your initial emotional reactions may include:

- Shock
- Grief
- Fear and anxiety
- Avoiding of being alone
- Feeling emotionally numb
- Rage or anger
- Feelings of betrayal
- Shame about the incident
- Guilt
- Denial that you need help

Typical physical reactions may include:

- Headache
- Stomach ache
- Fatigue
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Thoughts that may occur to you:

# I should have known better
# I must have caused this to happen in some way
# I don’t want to talk about it
# I just want to forget about it and get on with my life
# ...but I was never alone
# ...but we were in a relationship
# ...but I thought you were a person I could trust

Your initial perception of the incident and its reactions to it, both that big of a deal and that small of a deal, may change over time. The Counseling Services Center is available to you at Walker Health Center, 315-312-4416.

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