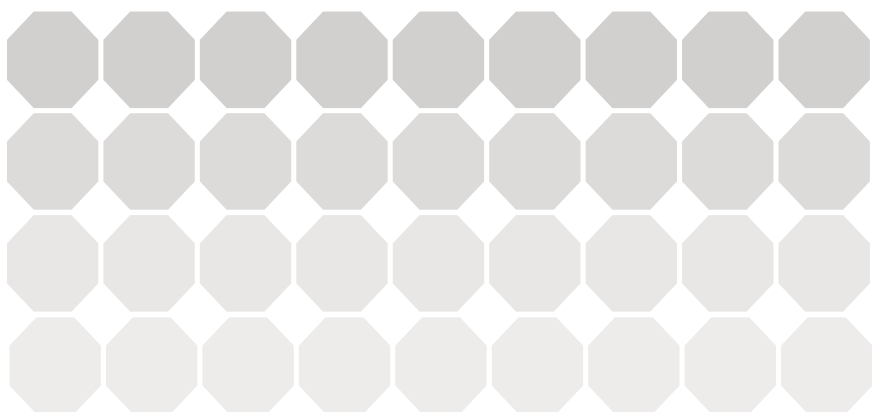




Resource Guide





Clackamas Community College is committed to supporting and empowering survivors of sexual and relationship violence.

Survivors who would like help understanding their rights and options can find assistance on or off campus. Please see pages 16 through 19 for resources and contact information mentioned throughout this handbook.

Clackamas Community College is providing this information in compliance with federal and Oregon state laws and policies. Please see the Clackamas Community College website for more information on Title IX and to review Clackamas Community College's policies regarding sexual respect, which describes in detail prohibited conduct and the college's processes for resolving alleged violations.

Information and resources for persons accused of sexual misconduct, relationship abuse and stalking are listed on the Clackamas Community College website.

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SUMMARY OF OPTIONS

This is a list of important decisions for survivors to make. Some actions (like the forensic examination) need to be done quickly after an incident. Others (such as reporting to the college) can be done long after the incident. An advocate or counselor can give survivors information and support to help them consider their choices and make decisions that are right for the survivor. Survivors of sexual assault, relationship abuse (including dating and domestic violence), and stalking have these options and resources regardless of whether the offense occurred on or off campus. If there is current danger or if you are afraid someone (including you) might be harmed, call Campus Safety if you are on campus or 911 if you are off campus.

Advocacy: Contact a crisis advocate or counselor for emotional support and to discuss options and resources. Clackamas Women's Services 24 Hour Line: 503-654-2288, Campus Sexual Assault Advocate: 503-349-4849

Counseling: Free counseling for current students is available at the counseling department. Referrals for community resources can be made. 503-594-3176

Medical care: If the survivor was injured, they may be treated at a community provider, or an emergency room.

Medical forensic exam: Physical evidence may be collected from the body and clothes of a survivor within 84 hours of a sexual assault. A report to law enforcement is not necessary to receive an exam.

Preserving evidence: Survivors may consider saving any evidence (including evidence on the body) until they decide if they want to report to the college, law enforcement, or both. Evidence may be useful in proving that a reported incident occurred and may be helpful in obtaining a protective order.

Reporting to the college: Reports can be made to the college's Title IX coordinator or designee. Many students make their first report to Campus Safety staff, who will share the information with the Title IX coordinator. Reports can also be made to the Title IX resource team (TRT).

Reporting to law enforcement: Survivors can report to law enforcement in addition to or instead of the college. If the survivor asks, Campus Safety will help them make the report. The Campus Sexual Assault Advocate can also help facilitate reports to law enforcement, and students can have an advocate present while making reports.

Filing a disciplinary case: In order to protect the campus community, the college may opt to pursue the disciplinary process without the survivor's direct participation. If the college brings a complaint, the survivor may decline to directly participate in the process without penalty.

Remedies and

accommodations: Reporting is necessary in order for survivors to be eligible for most accommodations from the college. Depending on the circumstances, accommodations may include academic support, class or work schedule changes, campus escorts, and no-contact orders. A report doesn't need to be made to get advocacy or counseling.

No-contact orders and protective orders: If both the survivor and accused are Clackamas Community College community members, Campus Safety may issue a no-contact order (NCO). NCOs are generally reciprocal and not intended to be punitive. Violations of NCOs may result in disciplinary action. The survivor may apply for a protective order, which, if granted, is issued by the court and require the respondent to avoid certain areas and types of contact. Protective orders may be obtained even in the absence of a report to the college or law enforcement.

Civil court remedies: Even if the incident was neither reported to law enforcement nor prosecuted in criminal court, survivors may be able to bring a civil case to recover damages for the harm done to them and help pay for services that assist in healing. Survivors interested in this option should contact an attorney.

Crime victim compensation: Survivors who report to law enforcement may be eligible for state compensation for victims of crime to reimburse expenses such as medical and counseling expenses and loss of wages.

Legal assistance: The College does not provide legal assistance. Free legal assistance in criminal and civil proceedings may be available to survivors of sexual assault from the Visit Rights Law Center and the Oregon Crime Victims Law Center.

Immigration assistance: Some noncitizen survivors of violent crimes (including sexual assault and relationship abuse) may qualify for U-Visas or other immigration relief. Clackamas Community College provides limited immigration assistance but is unable to help with U-Visas or immigration relief for survivors. For assistance, contact the National Immigration Legal Services Directory.

SURVIVORS' RIGHTS

Under Title IX and federal and Oregon state law, survivors have the right to

- talk to anyone about the assault or abuse;
- refuse to talk to anyone, including police or college officials, and survivors can change their mind at any time;
- report to law enforcement, Campus Safety, or both;
- have someone with them when they talk to law enforcement or Campus Safety;
- receive a medical forensic examination at a hospital (within 84 hours of the assault) whether or not the survivor reports to law enforcement, which helps keep options open for reporting in the future;
- get a free wellness exam, including emergency contraception and sexually transmitted infection prophylaxis within seven days of the assault from off campus medical providers (these may also be available on campus for low or no cost);
- file a complaint with the appropriate disciplinary body, and, if the college brings a complaint, to join or decline to participate in the process without penalty;
- reasonable accommodations to minimize the impact of sexual and relationship violence on their education.

This list is not intended to be comprehensive. Survivors may have additional rights and may wish to contact a victim services attorney or an advocate.

Survivors may have additional rights and may wish to contact a victim services attorney or an advocate.

MEDICAL CARE AND EVIDENCE COLLECTION

MEDICAL FORENSIC EXAMS

These exams are for survivors of sexual assault and must be conducted within 84 hours of the incident. It is not necessary to report to law enforcement in order to receive an exam; the survivor can have the evidence collected and decide later whether to report. Kits done in Clackamas County will be held for a minimum of six months.

To collect evidence that may be used in prosecution, a trained nurse examiner will take swabs and samples from the survivor's body and will collect clothes the survivor was wearing during or after the incident. The nurse will also document injuries and, if indicated, will offer emergency contraception and sexually transmitted disease prophylaxis (medications that can prevent some diseases from developing).

If a survivor is considering a forensic exam, it's best not to shower, change clothes, eat or drink, or go to the bathroom before the exam.

In Clackamas County, where Clackamas Community College is located, exams are conducted in hospital emergency rooms. Clackamas Community College's Title IX resource team can arrange a taxi to the hospital at no cost to the survivor, and there is no cost for the exam. An advocate or friend can accompany the survivor.

OTHER MEDICAL CARE

Survivors may have injuries from the assault, and may have concerns about unwanted pregnancy or sexually transmitted infections (STIs). Even if they do not have a forensic exam, the survivor may wish to have a wellness exam and obtain emergency contraception or prophylactic drugs that can prevent some STIs. The state of Oregon pays for a wellness exam at many medical offices within seven days of the incident (contact providers or an advocate for more information).

OTHER EVIDENCE TO SAVE

Even if a survivor is not sure whether they want to report to the college or law enforcement, preserving evidence keeps these options open for the future. Evidence in cases of sexual harassment, assault, relationship violence, and stalking might include bedding, items that the perpetrator touched, and notes, texts, or voicemails. In order to preserve evidence, survivors may want to consider photographing any injuries (including bruises, scratches, etc.).

TYPES OF REPORTING

When a report is made, the college will investigate and take appropriate steps necessary to keep community members safe and prevent the incident from recurring. The college's response may be limited by the amount of information available.

ANONYMOUS REPORT

Survivors can anonymously call a crisis line or Campus Safety to make a report or use the anonymous report form on Clackamas Community College's website.

may make a report to the Title IX coordinator or designees. All Title IX reports will be investigated to the extent possible based on available evidence. Not all investigations will result in disciplinary hearings.

CONFIDENTIAL REPORT

Confidential resources on campus are counseling department staff and Title IX resource team members. These confidential resources will not share information that can identify the survivor or accused with anyone else without the survivor's permission, unless they fear the survivor will harm themselves or someone else, or if abuse of a child is reported (see "Child abuse mandatory reporting," below).

Incidents that must be reported include sexual harassment, unwanted sexual contact or assault, dating and domestic violence, and stalking.

OBLIGATED REPORTING

People in some positions must share information about sexual misconduct that occurs on campus with the Title IX coordinator or their designees, even if the survivor doesn't want them to. Incidents that must be reported include sexual harassment, unwanted sexual contact or assault,

dating and domestic violence, and stalking.

The college has designated people in these positions as obligated reporters:

- Members of the faculty
- President and vice presidents
- Supervisors of Clackamas Community College staff
- Non-student employees
- Title IX resource team

TITLE IX

Any Clackamas Community College community member, parent or family member, or legitimate user of Clackamas Community College facilities or programs – not just the target(s) of the alleged Title IX violation–

REPORTING TO LAW ENFORCEMENT

Survivors have the option of reporting to law enforcement instead of or in addition to the college. Campus Safety staff and the Campus Sexual Assault Advocate can facilitate the process and may coordinate with law enforcement to conduct the interview on campus.

Survivors don't have to talk to police and can change their minds at any time. They have the right to have an advocate or ally with them when talking to the police.

If the survivor does not contact the police, Campus Safety staff may do so if they feel that the campus community is in danger.

After investigation, law enforcement may refer the report to the District Attorney's office for prosecution. The District Attorney will decide whether to file charges. Survivor information is generally not publicly disclosed.

Law enforcement and prosecutors represent the government's interests. A survivor may want to contact a victim rights attorney for information about the legal process.

CHILD ABUSE MANDATORY REPORTING

Oregon law requires most employees of the college, to immediately report suspected sexual or physical abuse or neglect of any person under 18 years of age (some healthcare professionals have licenses that exempt them from mandatory reporting). Reports must be made for all situations that the employee becomes aware of, even if they become aware while not at work.

The mandatory reporting of abuse or neglect of children is a 24-hour obligation.

It is the employee's responsibility to report to the Oregon Department of Human Services or law enforcement.

Reports must be

made to the college only if the minor or the abused is affiliated with Clackamas Community College.

If a survivor wishes to talk about their experience of abuse or neglect as a minor, but does not want a mandatory report to be made, they may contact the Campus Sexual Assault advocate who is not a mandatory reporter, or the counseling department for information on healthcare providers who are exempt from mandatory reporting.

The mandatory reporting of abuse or neglect of children is a 24-hour obligation.

PRIVACY AND CONFIDENTIALITY

Survivors who are making reports can ask the college to keep their names out of any investigation, but this may limit the college's ability to investigate and respond. The college will make reasonable efforts to comply with requests for confidentiality, but cannot make that guarantee. If the college determines that steps must be taken to protect the survivor or others on campus, the college may use information from the investigator's report to take intermediate steps to prevent further harm or in disciplinary board actions.

The Family Educational Rights and Privacy Act (FERPA) protects certain student records from disclosure without permission of the student (or guardian, if the student is under 18), unless ordered by a court of law.

Oregon law prohibits counseling staff in the counseling department and certified advocates with the Title IX resource team from providing information about a survivor's identity or about the care they receive without the survivor's permission, except as necessary to provide services to the survivor; for defense in any civil, criminal or administrative action brought against the counseling department or their staff by or on behalf of the survivor; or to comply with an order from a court of law. An exception may be made if the survivor tells the staff person that they intend to physically injure themselves or someone else.

De-identified information from all eligible incidents will be included in annual security reports.

The college will make reasonable efforts to comply with requests for confidentiality, but cannot make that guarantee.

CONFIDENTIALITY AND THE DISCIPLINARY PROCESS

Complainants, witnesses, and respondents in disciplinary cases sign an agreement not to disclose information learned by their participation in a case. Participants may talk about their experiences and the circumstances that led to a complaint, and they are encouraged to seek out support.

Participants may speak with anyone to develop testimony or identify appropriate witnesses or other evidence, provided such contact will not violate a no-contact order (NCO).

Participants may state that they are involved in a case and may disclose their role.

Except as provided above, participants are obligated to refrain from speaking about procedural aspects of a case,

information learned during the process, and any other participant involved in a case.

The complainant and the respondent may release three pieces of information after notification by the president of the final outcome after the appeals process:

1. The name of the accused.
2. The college's final determination with regard to alleged acts of sexual harassment, sexual assault, relationship abuse (including dating and domestic violence), or stalking.
3. Any sanction(s) imposed against the accused resulting from a finding of harassment, sexual assault, relationship abuse (including dating and domestic violence), or staking.



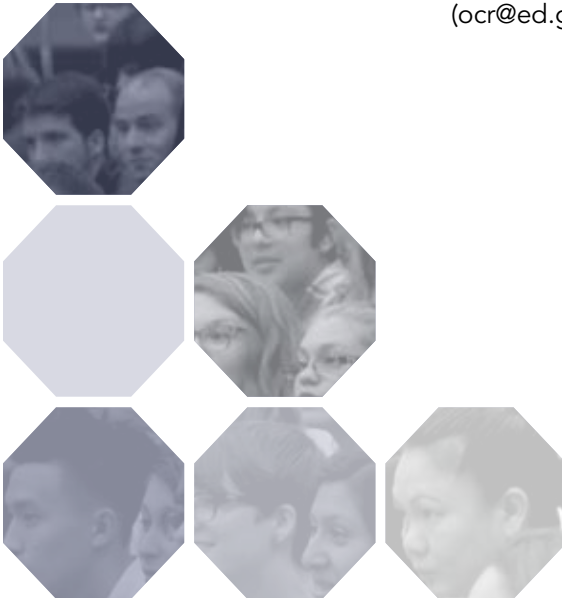
TITLE IX INVESTIGATIONS

Title IX is a federal law that protects the rights of all students, regardless of gender, to get an education and participate fully in campus activities. Each educational institution approves its own policy and procedures to implement Title IX. Please see Clackamas Community College's Title IX webpage for complete information.

When the college receives a report of sexual misconduct, it must always initiate a Title IX investigation. A Title IX investigation is different from a disciplinary board complaint. Once received, a complaint is forwarded to the Title IX Coordinator or a Deputy Title IX Coordinator for investigation by themselves or an assigned trained investigator.

When an investigation is completed, an investigative summary is prepared. The summary is given to the Title IX coordinator and to the subjects of the report. The subjects have the right to file an appeal with the Title IX coordinator if they disagree with the results or any informal actions taken to resolve the issue. Please see the website for details information. Sanctions are not assigned solely on the basis of Title IX investigations, although interim measures may be taken to protect individuals and the campus.

Complaints of sexual misconduct and discrimination on the basis of gender may also be filed directly with the US Department of Education Office of Civil Rights by phone (800-421-3481) or email (ocr@ed.gov).



DISCIPLINARY PROCESS

Anyone affiliated with Clackamas Community College can bring a complaint of violation of the Title IX sexual respect policy. If the accused is a student, cases are filed with the Title IX Coordinator. Complaints against faculty or staff are received by the dean of human resources or any college administrator.

If the college feels that the respondent is a danger to the community, the college may file a complaint, even if the survivor does not wish to do so. Decisions as to whether the policy was violated will be made using a “preponderance of evidence” standard.

If the respondent is found responsible for violations of the sexual respect policy, sanctions may be recommended. When the case is completed, the complainant and respondent may disclose their roles in the case, the outcome, and any sanctions.

Under the federal Clery Act, information shared as specified above does not constitute a violation of section 444 of the General Education Provisions Act (20 U.S.C. 1232g), commonly known as the Family Educational Right and Privacy Act of 1974 (FERPA).

POSSIBLE SANCTIONS FOR SEXUAL RESPECT VIOLATIONS

Sanctions are determined on an individual basis. Sanctions may include, but are not limited to the following:

- Expulsion
- Suspension
- Community service
- Full exclusion from campus and all college-affiliated events
- Limited exclusion from campus
- Meetings with the dean and/or administration/Human Resources (or designees)
- Counseling department meetings
- Alcohol and other drug use assessments or other therapeutic interventions
- Consultation with other members of the community
- Educational programs
- Coursework at an external institution
- Apologies
- Behavioral expectations contract
- Reflection essays
- Financial restitution
- Disciplinary probation
- Information released outside the college
- Loss of alumni privileges
- Restriction and/or hold on transcripts, registration, and receipt of diploma until sanctions have been completed
- No contact orders
- Restrictions or removal related to on-campus student employment, appointed/volunteer positions, or participation in college organizations or events

ACCOMMODATIONS AND PROTECTIVE MEASURES

The college may make accommodations and provide protective measures if a survivor requests them and if they are reasonably available. Changes to academic, transportation, and working situations may be possible. The college will make a reasonable effort to minimize the impact of accommodations and protective measures on all parties and in particular will seek to avoid additional hardship

for the survivor. A report to law enforcement is not necessary to receive these accommodations.

Disclosure of the survivor's and accused's names and the reason for accommodations and protective measures may be necessary in order to provide these measures, but the college will protect the confidentiality of all parties as much as is practicable.



This is a list of some accommodations and remedies available to survivors. Other accommodations may be made on a case-by-case basis. The Title IX resource team can help survivors coordinate remedies and accommodations with any of these offices or individuals.

- If the survivor and accused share a class, one may be able to change sections. If this isn't possible, the student services office can work with faculty to try to find an accommodation that will minimize the academic impact on the survivor.
- The student services office may be able to help arrange additional tutoring and other academic support and can alert faculty that a survivor may be experiencing difficulty.
- The business office or financial aid office can answer questions about paying for classes.
- If the survivor or accused are employed on campus, the student services office can work with campus employers to minimize the possibility that employment will put the parties in contact.
- The assistant dean of the Title IX resource team can also help arrange a leave of absence.
- Counseling is available to students without charge. Contact the counseling department for information on receiving counseling.
- No-contact orders (NCOs) issued by Campus Safety prohibit persons from contacting each other in specified ways. NCOs can only be issued between Clackamas Community College community members.
- Protective orders may be issued by courts for survivors of sexual assault, domestic violence, and stalking. Protective orders may require the respondent to stay away from specific places or to avoid certain types of contact. If the respondent violates the protective order, they may be subject to criminal penalty. Clackamas Community College honors all court-issued protective orders.
- Campus Safety may be able to arrange for an escort to accompany a survivor walking across campus.

LEGAL AND IMMIGRATION ASSISTANCE

LEGAL ASSISTANCE

Survivors may wish to seek legal counsel to ensure that their rights are protected in administrative, civil, and criminal proceedings.

The college does not provide legal assistance. Survivors may consult a private attorney or an agency that offers free or low-cost services for survivors. The Victim Rights Law Center provides free civil legal assistance to survivors of sexual assault, though they cannot help with criminal cases. The Oregon Crime Victims Law Center provides free legal assistance to survivors of sexual assault and other violent crimes.

Survivors may want to consult an attorney for representation or advice about

- Obtaining protective orders for sexual assault, dating or domestic violence, or stalking;
- Acting as an advisor during college investigative or disciplinary proceedings;
- Initiating civil proceedings for relief and compensation;
- Representation when breaking a rental contract under Oregon Revised Statute ORS 90.453;
- Assessing eligibility and applying for state compensation for victims of crime for reimbursement of some expenses incurred by survivors, including medical and counseling expenses and loss of wages.

More information on survivors' legal rights may be found on the Oregon Crime Victims Law Center website.



PROTECTIVE ORDERS

In Oregon, courts issue different protective orders for sexual assault, dating or domestic violence, and stalking. It is not necessary to file a police report to apply for a protective order, but violations of the order should be reported to law enforcement. Clackamas Community College honors all court-issued protective orders.

Assistance in applying for protective orders may be available from Clackamas County advocates in the county courthouse. There is no fee for filing for an order nor for a service of notice to the respondent.

The order is not valid until the respondent has been served and given an opportunity to reply to the court. An order might be contested by a respondent if, for example, they believe it is unnecessary or unfairly restrictive. If the protective order is contested, a hearing will be held.

Survivors interested in obtaining a protective order may want to consider contacting a victim service attorney to ensure that their rights are protected.

IMMIGRATION ASSISTANCE

Some immigration relief may be available to noncitizen survivors of violent crimes (include sexual assault and relationship abuse). Clackamas Community College provides limited immigration assistance, but is unable to help with immigration relief for survivors.

The U-Visa is a temporary visa that survivors of specific types of crime may qualify for under certain conditions. The crime must be reported to law enforcement, and the survivor must cooperate fully with the investigation and prosecution. It is not necessary that a conviction be obtained in order for the survivor to qualify. Other conditions apply, and survivors should contact a victim rights or immigration attorney for more information.

In addition to the Victim Rights Law Center and the Oregon Crime Victims Law Center, survivors can find information on nonprofit organizations that provide free or low-cost immigration legal services in the National Immigration Legal Services Directory.

R E S O U R C E S

REPORTING

ON CAMPUS

Anonymous reporting

www.clackamas.edu/anonymous-reporting

Campus Advocate, provided by Clackamas Women's Services

Anonymous Reporting and Confidential Survivor

Advocacy Services

Barlow Hall, 202A.

503-349-4849

campusadvocate@clackamas.edu

Campus Safety

503-594-6650

campussafety@clackamas.edu

Title IX Coordinator (Patricia Anderson Wieck)

503-594-3300

titleix@clackamas.edu

Deputy Title IX Coordinator (Chris Smith)

503-594-3248

titleix@clackamas.edu

Deputy Title IX Coordinator (John Ginsburg)

503-594-3030

titleix@clackamas.edu

Clackamas Community College Behavioral Intervention Team (BIT)

bit@clackamas.edu

OFF CAMPUS

United States Department of Education Office of Civil Rights

800-421-3481

OCR@ed.gov; ed.gov/ocr

Clackamas County Sheriff

Emergency: 9-1-1

non-emergency: 503-785-5000

Oregon City Police Department

Emergency: 9-1-1

non-emergency 503-657-4964

Oregon Child and Vulnerable Adult Abuse Hotline

855-503-7233

Oregon.gov/dhs/children/child-abuse

ADVOCACY, COUNSELING, AND HEALTH

ON CAMPUS

Clackamas Community College Title IX Resource Team (TRT)

Patricia Anderson Wieck

Dean of Human Resources &
Title IX Coordinator
503-594-3300

patricia.anderson@clackamas.edu

John Ginsburg

Director of Student Leadership
& Engagement & Deputy Title IX
Coordinator
503-594-3030

john.ginsburg@clackamas.edu

Chris Smith

Human Resources Compliance
Specialist & Deputy Title IX
Coordinator
503-594-3248

chris.smith@clackamas.edu

Campus Advocate, provided by Clackamas Women's Services

*Anonymous Reporting and
Confidential Survivor Advocacy
Services*

Barlow Hall, 202A. 503-349-4849,
campusadvocate@clackamas.edu

Clackamas Community College Counseling Department

counseling@clackamas.edu

OFF CAMPUS

Clackamas Women's Services (CWS)

503-654-2288 or 888-654-2288

A Safe Place (for people of every gender)

503-655-8600

Call to Safety

503-235-5333 or 888-235-5333

Los Niños Cuentan (Bilingual services)

503-974-9882 or 503-933-7830

Clackamas County Sheriff's Office Domestic Violence Enhanced Response Team (DVERT)

503-785-5000, Assistance Line
503-557-5846



Campus Advocate, provided by Clackamas Women's Services

*Anonymous Reporting
and Confidential Survivor
Advocacy Services*

Barlow Hall, 202A. 503-349-4849,
campusadvocate@clackamas.edu

OTHER CLACKAMAS COMMUNITY COLLEGE RESOURCES

**Clackamas Community College
Business Office**
503-594-3094

**Clackamas Community College
Financial Aid**
503-594-6100

**Clackamas Community College
Annual Security Report**
[https://www.clackamas.edu/
uploadedFiles/Pages\(1\)/
College_Information/Campus_
Resources/Campus_Safety/
AnnualSecurityReport-
2014CCCFinal.pdf](https://www.clackamas.edu/uploadedFiles/Pages(1)/College_Information/Campus_Resources/Campus_Safety/AnnualSecurityReport-2014CCCFinal.pdf)



LEGAL ASSISTANCE AND IMMIGRATION

Oregon Crime Victims Law Center

503-208-8160; ocvlc.org

Victims Rights Law Center

503-274-5477; victimrights.org

Oregon Crime Victims; Compensation Program

503-378-5348; doj.state.or.us/victims/pages/compensation.aspx

Oregon Sexual Assault Protective Order Information

courts.oregon.gov/OJD/docs/SAPO/Packet_1-SAPO_InstructionsOBTAIN.pdf

Clackamas County Victim Assistance

503-655-8616

<http://www.clackamas.us/da/victimassist.html>

National Immigration Legal Services Directory

Immigrationadvocates.org/nonprofit/legaldirectory

OTHER LINKS

Family Educational Rights and Privacy Act (FERPA)

Ed.gov/policy/gen/guide/fpc/ferpa

Know Your Rights Office of Civil Rights, Department of Education

Ed.gov/about/offices/list/ocr/docs/title-ix-rights-201104.html

EXCERPTS FROM RELATED POLICIES

The following definitions of sexual harassment, domestic violence, and stalking are taken from applicable Board policies. They are partially excerpted here for the reader's convenience and should not be used to identify prohibited behaviors.

SEXUAL HARASSMENT

Sexual harassment of students and staff shall include, but is not limited to, unwelcome sexual advances, requests for sexual favors and other verbal, nonverbal or physical conduct of a sexual nature when:

1. The conduct or communication has the purpose or effect of demanding sexual favors in exchange for benefits;
2. Submission to or rejection of the conduct or communication is used as the basis for educational decisions affecting a student or employment or assignment of staff;
3. The conduct or communication is so severe, persistent or pervasive that it has the purpose or effect of unreasonably interfering with a student's educational performance or with an employee's ability to perform his/her job; or creates an intimidating, offensive or hostile educational or working environment. Relevant factors to be considered will include, but not be limited to, did the individual view the environment as hostile; was it reasonable to view the environment as hostile; the nature of the conduct; how often the conduct occurred and how long it continued; age and sex of the complainant; whether the alleged harasser was in a position of power over the student or staff member subjected to the harassment; number of individuals involved; age of the alleged harasser; where the harassment occurred; and other incidents of sexual harassment at the College involving the same or other students or staff.

SEXUAL ASSAULT

Sexual assault means unwanted or unwelcome touching of a sexual nature, including: fondling, penetration of the mouth, anus, or vagina, however slight, with a body part or object; or other sexual activity that occurs without valid consent.

SEXUAL MISCONDUCT

Sexual misconduct encompasses a range of behaviors, including sexual assault, gender-based harassment, domestic violence, stalking, and any other conduct of a sexual nature that is nonconsensual, or has the effect of threatening, intimidating, or coercing a person at whom such conduct is directed.

CONSENT

Consent means clear and unambiguous agreement, expressed in mutually understandable words or action, to engage in a particular sexual activity. Whether valid consent has been given will be judged based upon what a reasonable person would have understood from such words or actions.

Consent must be voluntarily given and is not valid

- if obtained by physical force, coercion, or threat;
- when a person is not legally able to consent;
- when a person is incapacitated; or
- when an intellectual or other disability prevents a person from having the capacity to give consent.

Consent to engage in one sexual activity, or agreement to engage in a particular sexual activity on a prior occasion, cannot be presumed to constitute consent to engage in a different sexual activity or to engage again in a sexual activity. Consent can be withdrawn by either person at any point.



INTIMATE PARTNER VIOLENCE/ DATING VIOLENCE

Intimate partner violence includes violence committed by a person:

- who is or has been in a social relationship of a romantic or intimate nature with the victim; and
- where the existence of such a relationship shall be determined based on a consideration of the following factors:
 - the length of the relationship.
 - the type of relationship.
 - the frequency of interaction between the persons involved in the relationship.

DOMESTIC VIOLENCE

Domestic violence refers to felony or misdemeanor crimes of violence committed by a current or former spouse of the victim by a person with whom the victim shares a child in common, by a person who is cohabitating with or has cohabitated with the victim as a spouse, by a person similarly situated to a spouse of the victim under the domestic or family violence laws of the jurisdiction where the crime occurred, or by any other person against an adult or your victim who is protected from that person's acts under the domestic or family violence laws of the jurisdiction where the crime occurred.

STALKING

Stalking occurs when a person engages in a course of conduct or repeatedly commits acts toward another person, under circumstances that would:

- place the person in reasonable fear for safety, or of harm or bodily injury to self or others; or
- reasonably cause substantial emotional distress to the person.

A course of conduct refers to a pattern of behavior of two or more acts over a period of time that can be reasonably regarded as likely to alarm, harass, or cause fear of harm or injury to that person or to a third party. The feared harm or injury may be physical, emotional, or psychological, or related to the personal safety, property, education, or employment of that individual. Stalking may involve individuals who are known to one another or have an intimate or sexual relationship, or may involve individuals who are not known to one another.

INFORMATION FOR FRIENDS AND ALLIES OF SURVIVORS

Many survivors say that what helped them most in their healing process was the unconditional support of a friend.

Some things that survivors have said were helpful to hear:

- "I'm sorry you had that experience."
- "You did nothing to deserve that."
- "I believe you."
- "If you'd like, I'll help you find out what your options and resources are."
- "I'll support whatever decision you make about what to do next."

There's no one right way to respond to traumatic events. Survivors often feel that they are going "crazy." Friends can help by normalizing their feelings. It's common for survivors to not initially name what happened to them as rape or abuse, although they may recognize something is wrong. Once they start to feel safer, they may begin trying to understand the experience by talking about it.

Friends and allies should be honest with the survivor about what support they can provide, especially if they also have a history of trauma. They may want to remind the survivor that advocates and counselors can offer support.



SELF-CARE FOR SURVIVORS

Self-care means caring for yourself as you would a good friend.

It is okay to ask for what you need, and it is okay to say no if someone wants you to do something. You do not have to take care of anyone else's feelings. You do not have to protect other people by pretending everything's okay. You do not have to talk to anyone if you don't want to.

Reactions to and feelings about sexual or relationship violence change over time. There is no right way to feel about abuse or violence, and there is no correct way to practice self-care.

Planning how you will care for yourself can help if you start to feel overwhelmed. Below are some ideas for a self-care plan:

- Write a journal
- Make art
- Take a walk
- Exercise
- Eat your favorite food
- Read something inspiring or something that makes you laugh
- Breathe in and out on a slow count of three
- Make a special playlist
- Wear your favorite clothes
- Give yourself permission to feel whatever you are feeling
- Write down three phone numbers you can use if you need to talk. These may be friends, a counselor, or a crisis line.

For more ideas on self-care, talk with an advocate, a counselor or a friend.

No means no.
It's that simple.



