Part A
Sexual assault—Sexual harassment

Sexual harassment is “unwelcome conduct of a sexual nature…[and]…can include unwelcome sexual advances, request for sexual favors, and other verbal, nonverbal, or physical conduct of a sexual nature. Federal law prohibits sexual harassment of college students whether the harasser is an employee or another student.

Sexual assault is a term that includes rape and other forms of sexual abuse like forcible fondling. It is an extreme form of sexual harassment. It is “unwelcome conduct of a sexual nature,” and more specifically, “unwelcome sexual advances,” and “unwelcome physical conduct of a sexual nature.”

Source: Best Practices in Sexual Assault Policy Development, Penny Rue & V. Shamim Sisson
Statistics

• **1 in 6** women have been the victim of an attempted or completed sexual assault and **1 in 10** men are sexually assaulted in their lifetime (Prevalence, Incidence and Consequences of Violence Against Women Survey, National Institute of Justice and Centers for Disease Control and Prevention, 1998.).

• **67%** of sexual assault survivors knew their assailant.
  - 47% were assaulted by a friend or acquaintance,
  - 17% were assaulted by an intimate partner
  - 3% were assaulted by another relative
  (National Crime Victims Survey (NCVS), 2004.)

• Only **38.5%** of males and females sexually assaulted report the victimization to the police (NCVS, 2004.).
Exhibit 8: Victim-Offender Relationship for Rape Victimization Committed by Single Offenders

The Challenges Reflect Reality

- Most sexual assault victims know their attacker
- Most delay reporting (or never report)
- Most do not use physical resistance, and most suspects do not use physical violence or a weapon especially when the offender is someone the victim knows.
- These characteristics should thus not be confused with a “false allegation” and should never be used as the basis for not supporting a victim
Rape Trauma Syndrome

- The emotional, psychological, and social impact of rape

- Two phases:
  - Acute Phase: a few days to a few weeks
  - Reorganization Phase: a few weeks to several months
What to do if you have been Sexually Assaulted

- Find a safe environment
- Preserve evidence of the attack
- Report the attack as soon as possible
- Seek medical attention
- Find out about your resources
How to Reduce YOUR Risk of Sexual Assault

• Look out for your friends
• Stay in Groups
• Never be alone with someone you don’t know
• Never leave your beverage unattended
• Decide what your limits are and communicate them clearly
• Learn to be assertive
• Do not assume anything
• Trust your instincts
Helping Victims

- Let victims make decisions
- Listen with patience
- Active Listening
- Provide victims with information and referrals
For More Information and Help

(1) Cross Timbers Family Services
   – 254-965-HELP
   – or 1-866-934-4357

(2) Student Counseling Center
   – (254)968-9044
Sexual Assault
as defined by the Texas Penal Code, Chapter 22, Subchapter 22.011

Aggravated Sexual Assault
as defined by the Texas Penal Code, Chapter 22, Subchapter 22.021
Acute Phase: Immediately after the assault

- Victims may exhibit fear, anger, and/or outrage. May be agitated, restless, cry, swear, shout, or laugh.
- Victims may contain their emotions. May sit calmly, respond to questions in a detached logical way, or downplay their emotional reaction.
- There is no set pattern, no right or wrong response
Acute Phase:
First few days/weeks, victims may:

- Experience acute physical symptoms: bruising and soreness or genital/abdominal pain
- Report disturbance in sleep patterns, headaches and fatigue
- Report feeling distressed, irritable, jumpy, and loss of appetite
- Experience a sense of disorganization in which their lives are disrupted by the rape crisis
- Struggle with fear; but shame, guilt, humiliation, degradation, anger, self-blame and revenge are also common
Reorganization Phase

– Victims attempt to reorganize their lives but typically have difficulty returning to their daily schedule
– General sleeplessness may continue, marked by dreams and nightmares
– Fears and phobias may develop
– Depression may set in
– Sexual concerns are widespread
– Denial of the assault or the effects of the assault are not uncommon
Many sexual assaults are never reported...

- Embarrassment
- Humiliation
- Feelings of guilt/remorse
- Fear of impact from community
- Fear of parental action
- Fear of being ostracized
- Fear of not being believed
- Intimidation by perpetrator and/or his friends
- Distrust-don’t feel safe with anyone
- Let down self, family and friends
Physical Resistance

- Victims may not resist because they are too surprised or confused, or frozen in ambivalence when the offender is someone they know.
- Other victims do not resist because the man’s greater size and strength are sufficiently threatening.
- Finally, victims may not resist because they are experiencing dissociation or paralyzed in fright.
Inconsistent statements are more often related to...

- Trauma or disorganization
- Discomfort with Sexual details
- Fear of doubt or blame
- Attempt to fill in the gaps
To Enhance Community Safety, You Can…

- Talk openly about the issue.
- Understand the issues, and know the statistics.
- Assume responsibility.