

Reporting Options and Resources for Sexual Assault and Relationship Violence

If you are a student or employee at FIDM and have been the victim of sexual harassment, sexual violence or other gender-based harassment it is important that you read the following information. Although not intended to be a comprehensive explanation of your options and rights, this information may be useful to you.

Sexual harassment, sexual violence and other gender-based harassment occurring in the college setting implicates a federal law called Title IX of the Higher Education Amendments of 1972, which prohibits discrimination on the basis of sex in education programs or activities. FIDM is committed to maintaining a positive learning, working and living environment. FIDM will not tolerate acts of sexual harassment or sexual violence or related retaliation against or by any student or employee. When sexual harassment or sexual violence has occurred and is brought to the attention of the college, FIDM will take steps to end the harassment or violence, prevent its reoccurrence, and address its effects. If you are a student, FIDM's Title IX Coordinator can explain FIDM's responsibilities. For faculty and staff, FIDM Human Resources can help explain FIDM's responsibilities in these cases.

FIDM's harassment and sexual misconduct policy and procedures are available in full on the FIDM Portal

While there are many laws and regulations that mandate how institutions handle allegations of sexual misconduct and assault, it is impossible to set forth every scenario that could be a violation of this policy. Ultimately, the college has the discretion to determine whether or not the policy has been violated and impose appropriate sanctions for infractions.

Reports of sexual misconduct and inquiries concerning FIDM's policy may be directed to the Title IX Coordinator, Katherine Slauta. 350 Tenth Ave. 3rd Floor, San Diego, CA 92101, 619-235-2049 x1830 or kslauta@fidm.edu

For more information on your rights you may also contact the Department of Education Office for Civil Rights – San Francisco Office, 50 Beale Street, Suite 7200, San Francisco, CA 94105-1813, 415-486-5555/FAX 415-486-5570; Email: ocr.sanfrancisco@ed.gov.

Key Terms & Definitions

Sexual Assault: Sexual assault is defined as any sexual act directed against another person, forcibly and/or against that person's will; or not forcibly or against the person's will where the victim is incapable of giving consent because of his/her temporary or permanent mental; because of his/her youth; or physical incapacity. Sexual assault includes, but is not limited to rape, forcible sodomy, penetration with a foreign object, sexual battery or the threat of sexual assault.

Intimate Partner Violence (IPV)*:

Intimate partner violence – also known as *Domestic Violence* or *Dating Violence* - describes physical violence, sexual violence, stalking and psychological aggression (including coercive acts) by a current or former intimate partner. An intimate partner is a person with whom one has a close personal relationship that can be characterized by the following: emotional connectedness; regular contact; ongoing physical contact and

sexual behavior; Identity as a couple and/or; familiarity and knowledge about each other's lives.

The relationship need not involve all of these dimensions. Examples of intimate partners include current or former spouses, boyfriends or girlfriends, dating partners, or sexual partners. IPV can occur between heterosexual or same-sex couples and does not require sexual intimacy.

IPV can vary in frequency and severity. It occurs on a continuum, ranging from one episode that might or might not have lasting impact to chronic and severe episodes over a period of years.

The college will not tolerate intimate partner violence of any form. For the purposes of this policy, the college does not define intimate partner violence as a distinct form of misconduct. Rather, the college recognizes that sexual harassment, sexual assault, stalking, and retaliation all may be forms of intimate partner violence when committed by a person who is or has been involved in a sexual, dating or other social relationship of a romantic or intimate nature with the Complainant.

♦ <http://www.cdc.gov/violenceprevention/intimatepartnerviolence/definitions.html>

Affirmative Consent: *FIDM policy defines affirmative consent as affirmative, conscious, and voluntary agreement to engage in sexual activity. It is the responsibility of each person involved in the sexual activity to ensure that he or she has the affirmative consent of the other or others to engage in the sexual activity. Lack of protest or resistance does not mean consent, nor does silence mean consent. Affirmative consent must be ongoing throughout a sexual activity and can be revoked at any time. The existence of a dating relationship between the persons involved, or the fact of past sexual relations between them, should never by itself be assumed to be an indicator of consent.*

Key Terms & Definitions (continued)

Retaliation: Retaliation is acts or attempts to retaliate or seek retribution. Retaliation can take many forms, including threats, intimidation, pressuring, continued abuse, violence, reprisal and/or an adverse action related to employment or education. Retaliation may be committed by or against an individual or a group, and that a Complainant, Respondent or third party may commit or be the subject of retaliation. Retaliation against a person who properly reports or participates in the investigation of violations is strictly prohibited. Retaliation may result in additional sanctions or legal action, or both.

Stalking: A course of physical or verbal conduct directed at another individual that could be reasonably regarded as likely to alarm, harass, or cause fear of harm or injury to that person or to a third party. A course of conduct consists of at least two acts. 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 includes cyber-stalking, a particular form of stalking in which electronic media such as the Internet, social networks, blogs, cell phones, texts, or other similar devices or forms of contact are used to pursue, harass, or to make unwelcome contact with another person in an unsolicited fashion

What are my rights?

YOU HAVE THE RIGHT TO:

- Be informed of all **reporting options**.
- **Choose to report an incident of sexual violence to campus or local law enforcement, or not.** And that a criminal (police) investigation does not relieve the college of its duty under Title IX to respond promptly and effectively.
- Report the incident and have the college investigate what happened, and **have your complaint resolved promptly and equitably**.
- Be informed of and have **access to on- and off-campus support services** such as victim advocacy, legal assistance, visa and immigration assistance, student financial aid assistance, counseling, and medical and mental health services.
- **Be informed of options** for, available assistance in, and how to request changes to academic, living, transportation, and working situations as well as protective measures offered.
- You have the right to be **free from retaliation** for exercising your rights.
- *You have these rights regardless of your race, color, ethnicity, national origin, age, sex, sexual orientation, gender identity or expression, physical or mental disability, religion, or any other protected class.*

What do I do if I have been sexually assaulted?

\\ Go to a safe location. *If it is an emergency, call 911 immediately.*

\\ Tell someone:

- If you want to report the crime, notify the local Police Department and/or Campus Security.
- If you need help making a criminal report, FIDM can help.
- If the assailant is a FIDM student/employee you can file a formal report with the Title IX Coordinator/Human Resources.
- *If you are in FIDM housing:* RA's carry a cell phone issued by FIDM Housing. Their residents are provide their RA's number and able to call and text message RA's 24/7.

\\ Get medical care as soon as possible. Go to a hospital, emergency department, or a specialized forensic clinic that works with sexual assault survivors. You may also request medications for the prevention of sexually transmitted infections (including HIV) and emergency contraception.

Preserving evidence is important because it may assist in proving that the alleged criminal offense occurred or may be helpful in obtaining a protection order.

- Preserve all physical evidence of the assault, even if you are unsure whether you want to report the crime. Do not shower, bathe, douche, eat, drink, wash your hands, or brush your teeth until after you have had a medical examination. Save all clothing that you were wearing at the time of the assault and bring them and any other potential evidence to the medical exam. Place each item of clothing in a separate paper bag (do not use plastic bags). Do not clean or disturb the area where the assault occurred. Such evidence in conjunction with the identification and location of witnesses may assist in proving that the alleged criminal offense occurred or may be helpful in obtaining a protection order.
- If you think you may have been given a rape drug, request that the hospital or clinic take urine and blood samples. These samples need to be collected quickly as these kinds of drugs leave the system quickly.

\\ Let others help

- Call a trusted friend, family member, or reach out to a support group.
- Talk to a counselor, social worker, or psychologist. They are experienced in helping individuals who have been sexually assaulted. They are familiar with the physiological and psychological effects that traumatic events cause. They can help you work through your emotions and teach you coping skills.

I want to tell someone at FIDM what happened.

First, it is important to know that... We encourage you to report these incidents. FIDM is committed to protecting the privacy of all individuals involved in a report of sexual harassment, sexual misconduct, and sexual violence. You want to consider carefully whom you share personally identifiable details with at school. When the college becomes aware of sexual violence, FIDM may have an obligation to proceed with an investigation, regardless of a victim's/complainant's wishes, in order to ensure campus safety.

You are not required to participate if you choose not to; however, this may limit the college's ability to respond to the incident.

If you request that your name or other identifying information not be used in an investigation, the college will consider your request in light of the context of its responsibility to provide a safe and nondiscriminatory environment. Information including your name may be shared with the respondent, witnesses and with college officials who have a legitimate need to know. Beyond that, FIDM will take steps to protect your identity and the identity of all individuals involved. Throughout the process of investigation of a report of harassment and sexual misconduct, every effort will be made to protect the privacy interests of all individuals, and respect and safeguard private information, to the extent possible consistent with the legal obligations of FIDM to investigate and respond effectively

Who can I tell...

FIDM encourages victims of sexual violence to talk to somebody about what happened – with the intention to get the victim the support they need, and allow the college to fulfill its obligation to take immediate and appropriate steps to investigate or otherwise determine what occurred.

...privately?

All FIDM employees are enabled to receive a report of discrimination and/or sexual misconduct. FIDM deems all faculty and staff as "Responsible Employees". Responsible Employees – such as an instructor or advisor - may talk to a victim in private, and report to the college general information without revealing personally identifying information that an incident occurred. This individual is required to report knowledge of sexual misconduct immediately, or within 24 hours, to the college's Title IX Coordinator or the Personal Counseling department.

...if I want to make a CONFIDENTIAL report?

If you want the details of an incident to be kept confidential, you may speak with FIDM on-campus Personal Counseling. They are available to provide mental-health counseling to members of the college community and not required to report any information about an incident to the Title IX Coordinator or college without a victim's permission. This confidentiality is maintained except in extreme cases of immediate threat or danger to the reporting party, the college and general community, or abuse of a minor.

While a victim-survivor's conversation with any FIDM employee will be kept private (will not be shared unnecessarily with others), only a conversation with a confidential resource can be kept confidential (will not be shared with anyone without the express consent of the victim-survivor).

Off-campus confidential reporting options are available such as local rape crisis counselors, victim advocacy centers, domestic violence resources, local or state agencies, and emergency care facilities. Information about these and other resources may be obtained from the Personal Counseling department, the Title IX Coordinator, and online on the student and faculty/employee portal, and at fidm.com.

How do I file a complaint?

If you want to report a sexual assault you may contact the Title IX Coordinator/Human Resources and/or FIDM Personal Counseling Department, as appropriate to your situation. You may also report directly to Campus Security and/or law enforcement. If the incident happened on the LA campus, you may contact the Director of Security. If the incident happened on the OC, SD, or SF campus, you may contact the Director of Education on campus, in lieu of a FIDM Security officer.

If requested, FIDM can assist you with making a report to law enforcement. If a report is initially made with law enforcement, they may refer the case to the Title IX Coordinator, but only with the victim's consent. A victim/complainant may pursue both the college disciplinary process (Civil Rights process) through the Title IX Coordinator/Human Resources, and the criminal process with local law enforcement simultaneously.

FIDM encourages you to contact the Personal Counseling Department to provide counseling in supportive setting.

Notice of a complaint can be made in person or orally to the appropriate FIDM official.† In addition to a verbal report, a grievance form is provided on the FIDM Portal, and on FIDM.com. You may submit the report to the Title IX Coordinator via email, mail, or in person.

† This can be a single individual or a group of people, such as a conduct board or appellate board, as deemed suitable

Anonymous reports can be made by victims and/or third parties using the same form and directed to FIDM Personal Counselors or Title IX Coordinator. Anonymous reports may still prompt a need for the college to investigate.

FIDM policy does not limit the timeframe for reporting an incident.

Additionally, a Title IX complaint may be filed with the Office of Civil Rights of the U.S. Department of Education San Francisco Office, 50 Beale Street, Suite 7200, San Francisco, CA 94105-1813, 415-486-5555/FAX 415-486-5570; ocr.sanfrancisco@ed.govment.gov.

What happens next?

THE PROCESS

The Title IX Coordinator/Human Resources has authority to address complaints of sexual harassment and sexual violence in a non-criminal (Civil Rights) context. FIDM's sexual misconduct disciplinary process is completely separate from the police and courts. The college will decide the case based on a preponderance of the information standard (whether it is more likely than not that the conduct occurred).

It is the identity of the parties involved that determine which of FIDM department handles the case. When the parties are students, the Title IX Coordinator conducts the investigation process. When the parties involved is a combination of student, faculty and/or staff, the two offices may work together to resolve the case. For cases where both parties involved are faculty and/or staff, Human Resources take the lead investigating the report. If you are uncertain about which office to contact you may call either office.

If the assailant(s) is not a student or employee at FIDM, the college can still assist you with counseling and other support services.

The Title IX Coordinator/Human Resources will review the allegations and determine an appropriate course of action. Some cases can be handled informally and outside of the formal investigative process. Cases of sexual violence will not be mediated, even on a voluntary basis. For cases that result in an investigation, those investigations are conducted by individuals who have received specialized training in those types of investigations. All investigations are conducted in a thorough, un-biased, and equitable manner.

FIDM will take interim steps to protect a victim/complainant while a report is being investigated or when a case is pending. Depending on situation and the victim's wishes, these steps may

include class and/or housing moves, ordering the alleged assailant to not have contact with the victim, excluding the alleged assailant from parts of campus, or providing the victim with an escort to and/or on campus. Any adjustments made will be designed to minimize the burden on the victim's educational program. Some of these actions may also be remedies in those cases resulting in a finding of a policy violation.

Because FIDM's primary concern is safety, minor alcohol and drug violations by a complainant, victim, and witnesses occurring during or around the incident will be handled informally whenever possible. The use of alcohol or other drugs alone never makes an individual at fault for sexual violence.

FIDM has a policy which prohibits retaliation against any student or employee who reports an incident of alleged sexual harassment or sexual violence, or any student or employee who testifies, assists or participates in a proceeding, investigation relating to these allegations. All parties involved are informed of this provision, and any retaliation should be reported immediately to the appropriate FIDM officials.

Most sexual violence or sexual harassment investigations conducted through the Title IX Coordinator/Human Resources take up to 60 days to be resolved, depending on the complexity of the case and the number of parties involved. The college will keep the parties advised as to the status of the case in a timely manner and as is reasonable. Should it take more than 60 days to complete an investigation, both parties will be notified in writing. When an investigation is completed, both parties will be simultaneously notified in writing of the outcome of the case, of any sanctions imposed, and instructions for appeal if available.

THE OUTCOME

If an investigation results in findings of sexual misconduct recommendations for sanctions and remedies ensue. The intent for sanctions and remedies is not to "undo" an act of sexual misconduct; rather it's an attempt to include some restoration of harm caused. Conduct codes and related procedures apply to behaviors exhibited by students; while policies under Human Resources govern the behaviors of employees. Regardless of whether the behavior was exhibited by a student, employee, or community member, the college has an obligation under Title IX to protect a harassed/affected student's access to an education. Sexual misconduct, hostile work environment, and sexual violence must be addressed, even if the individual(s) who caused it cannot be identified. Sanctions may be issued individually, or a combination of sanctions may be imposed. Sanctions are determined on a case-by-case basis; however reasonable steps will be taken to foster consistency for similar violations and circumstances. Examples of sanctions range from written warnings and/or counseling through suspension, termination of employment, or disqualification.

Title IX/Civil Rights Investigation versus Criminal Investigations

The process employed within the college is a Civil Rights, fact-finding investigation. By contrast, a criminal investigation is intended to determine whether an individual violated criminal law; and, if at the conclusion of the investigation, the individual is tried and found guilty, the individual may be imprisoned or subject to criminal penalties. A Title IX (FIDM or OCR) investigation will never result in incarceration of an individual and, therefore, the same procedural protections and legal standards are not required.

Further, while a criminal investigation is initiated at the discretion of law enforcement authorities, a Title IX investigation is not discretionary; FIDM has a duty under Title IX to resolve complaints promptly and equitably and to provide a safe and nondiscriminatory environment for all students and employees free from sexual harassment and sexual violence.

In most cases, FIDM will not wait until a criminal case is resolved before proceeding with an investigation. In cases where a police investigation has been conducted or is being conducted, law enforcement may be able to provide some information to the Title IX Coordinator/Human Resources with the victim's consent. FIDM will comply with law enforcement agency requests for cooperation and that such cooperation may require the college to temporarily suspend the fact-finding aspect of a Title IX investigation while the law enforcement agency gathers evidence. FIDM will promptly resume its Title IX investigation as soon as notified by the law enforcement agency that it has completed the evidence gathering process.

FIDM's complete Sexual Misconduct Grievance Policy and Procedures may be found here: (link)

*For more information on your rights, how to respond to and
prevent sexual assault, visit...
notalone.gov
knowyourix.org*

FIDM Directory Information

Title IX Coordinator

Katherine Slauta
619-235-2049 x1830
kslauta@fidm.edu
SD Campus

Human Resource Manager

Julie Ann Otteson
213-624-1200 x3530
jotteson@fidm.edu

Director of Security

Todd Anderson
213-624-1200 x2022
tanderson@fidm.edu
Co-Director of Security
Todd Stokes
tstokes@fidm.edu
213-624-1200 x2022
LA Campus, Main Building
Rotunda

VICTIM/SURVIVOR CARE RESOURCES

If it is an emergency, call 911 immediately.

1-800-656-4673 (RAINN) – use this number to find services for rape victims in your area.

National Domestic Violence Hotline - 1-800-799-7233

TTY: 1-800-787-3224

ON-CAMPUS CONFIDENTIAL REPORTING RESOURCES

PERSONAL COUNSELING

LOS ANGELES:

Jessica Cattani, M.A.

213-624-1200 x4556

Jcattani@fidm.edu

LA campus, room #208C

ORANGE COUNTY:

Boontarika Sripom, M.A., MFTI

949-851-6200 x1799

bsripom@fidm.edu

OC campus, room #149

SAN DIEGO:

Kacey Wehr, M.A., LMFT

619-235-2049 x1831

kwehr@fidm.edu

SD campus, room #3145

SAN FRANCISCO:

Shannel Busuioc, LMFT

415-675-5200 x1529

sbusuioc@fidm.edu

SF campus, room #507

The Personal Counseling Department provides counseling support for all students who self-refer or are referred in by staff or faculty to address emotional, social, and academic issues pertaining to their personal and professional goals. The counseling session focuses on basic counseling needs such as problem solving, conflict resolution, goal setting, communication improvement, time management, and stress management related to academic and personal issues, as well as crisis counseling. Mental health related referrals for licensed therapists, psychologists, and psychiatrists, as well as clinics and agencies, are provided to all students who are seeking mental health and healthcare support while attending FIDM. All counseling sessions are held in a supportive, safe, and confidential environment.

OFF-CAMPUS CONFIDENTIAL REPORTING RESOURCES

FIDM does not endorse any particular health service provider or its products. Students are strongly encouraged to evaluate their needs and compare products.

LOS ANGELES:

Peace Over Violence

(213)955-9090

peaceoverviolence.org

Metro Headquarters

1015 Wilshire Blvd., Suite 200

Los Angeles, CA 90017

A community-based sexual assault, domestic violence, youth violence and child abuse prevention center. Focus on prevention, intervention, and social change.

24 hour rape crisis hotline

(310) 392-8381

(213)626-3393

(626) 793-3385

Rape Treatment Center Santa Monica (UCLA Medical Center)

1250 Sixteenth Street

Santa Monica, CA 90404

(310)319-4000

911rape.org

Keck Hospital of USC

(800) 872-2273

keckmedicine.org

1500 San Pablo Street

Los Angeles, CA 90033

Mental Health Emergencies or Suicide Crisis Line

(800) 854-7771

ORANGE COUNTY:

24 HR. Crisis Prevention

(714) 639-4673

Irvine Urgent Care

(949) 222-2722

Irvineurgentcare.com

2500 Alton Parkway, Suite 101

Irvine, CA 92606

St. Joseph Hospital

(714) 633-9111

sjh.org

1100 W. Stewart Dr.

Orange, CA 92868

Mariposa Women's Center

(714) 547-6494

mariposacenter.org

812 W. Town and Country Rd.

Orange, CA 92868

OFF-CAMPUS CONFIDENTIAL REPORTING RESOURCES

FIDM does not endorse any particular health service provider or its products. Students are strongly encouraged to evaluate their needs and compare products.

SAN DIEGO:

Access and Crisis Line

(888) 724-7240
optumhealthsandiego.com/accesscrisisline

Family Health Center of San Diego

(619) 515-2300
fhcsd.org
823 Gateway Center Way
San Diego, CA 92102

Sharp Memorial Hospital

(858) 939-3400
sharp.com/memorial
7901 Frost St.
San Diego, CA 92123

Center for Community Solutions

(619) 267-8023
ccssd.org
4508 Mission Bay Dr.
San Diego, CA 92109

SAN FRANCISCO:

San Francisco Suicide Prevention

(415) 781-0500
sfsuicide.org

St. Francis Hospital

(415) 353-6300 (Emergency Services)
saintfrancismemorial.org
900 Hyde St.
San Francisco, CA 94109

CPMC: California Pacific Medical Center Mental Health Services

(415) 600-3247
cpmc.org/services/mental-hlth.html
2323 Sacramento St., 2nd Flr.
San Francisco, CA 94115

Haight-Ashbury Free Clinic

hafci.org

Two Locations:

Haight Clinic

(415) 746-1950
558 Clayton St.
San Francisco, CA 94117

Integrated Care Center

(415) 286-8492
sfdph.org
1735 Mission St.
San Francisco, CA 94103

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COUNSELING SERVICES:

Asian Pacific Counseling and Treatment Center

(213) 553-1830
apaitonline.org
1730 W. Olympic Blvd., Suite 300
Los Angeles, CA 90015

Catholic Charities Diocese of San Diego

(619) 231-2828
ccdsd.org
349 Cedar St.
San Diego, CA 92101

Jewish Family Services

(949)435-3460
familyservicesoc.org
1 Federation Way, Suite 220
Irvine, CA 92603

L.A. Gay and Lesbian Center

(323)993-7640 (To Set Up Appointments)
(323)993-7400 (Operator)
lalgbtcenter.org
McDonald/Wright Building
1625 N. Schrader Blvd.
Los Angeles, CA 90028
Provide counseling, violence prevention and intervention, HIV program and testing, legal services, and other support programs for gay, lesbian, and transgender individuals.

Langley Porter Psychiatric Service

(800) 723-7140
(415) 476-7500
psych.ucsf.edu/lpphc.aspx
401 Parnassus Ave.
San Francisco, CA 94143
Psychotherapy and medication management

The Relational Center

(323)935-1807
relationalcenter.org
5486 Wilshire Blvd.
Los Angeles, CA 90036

Veterans Crisis Line Hotline, Online Chat & Text

1-800-273-8244 Press 1
Text to 838255
The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, chat online, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for deaf and hard of hearing individuals is available.

FIDM Director of Security

Todd Anderson
213-624-1200 x2022
tanderson@fidm.edu

FIDM Co-Director of Security

Todd Stokes
213-624-1200 x2022
tstokes@fidm.edu
FIDM
LA Campus, Main Building Rotunda

FIDM Personal Counseling

Los Angeles Campus

Jessica Cattani, M.A.
Personal Counselor
Ext. 4556 Room 208C
jcattani@fidm.edu

Orange County Campus

Boontarika Sripom, M.A., MFT
Personal Counselor
Ext. 1799 Room 149
bsropom@fidm.edu

San Diego Campus

Kacey Wehr M.A., LMFT
Personal Counselor
Ext. 1831 Room 3145
kwehr@fidm.edu

San Francisco Campus

Shannel Busuioc, LMFT
Personal Counselor
Ext. 1529 Room 507
sbusuioc@fidm.edu

Additional Resource

Katherine Slauta
Title IX Coordinator
Director of Education, San Diego
Ext. 1830 Room 3230
kslauta@fidm.edu

Where To Find Help

If it is an emergency, call 911 immediately

1-800-656-4673 (RAINN) – use this number to find services
for rape and domestic violence in your area
Website: rainn.org

National Domestic Violence Hotline - 1-800-799-7233

TTY: 1-800-787-3224

Rape Treatment Center Santa Monica

(UCLA Medical Center)

1250 Sixteenth Street
Santa Monica, CA 90404
(310)319-4000
911rape.org

Peace over Violence

1015 Wilshire Boulevard, Suite 200
Los Angeles, CA 90015
(213)955-9090
www.peaceoverviolence.org
24 hour rape crisis hotline (213)626-3393

24 HR. Crisis Prevention

(714) 639-4673
Orange County, CA

Access and Crisis Line

(888) 724-7240
optumhealthsandiego.com/accesscrisisline
San Diego, CA

Haight-Ashbury Free Clinic

hafci.org
San Francisco, CA

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Sexual Assault

Risk Reduction Tips



Fashion Institute of
Design & Merchandising

If you or someone you know has been affected by sexual violence, it's not your fault. You are not alone. Help is available 24/7 through the National Sexual Assault Hotline:

800-656-HOPE and online.rainn.org

Sexual Assault RISK REDUCTION TIPS

- 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.
- Take affirmative responsibility for your alcohol intake/drug use.
- Take care of your friends and ask that they take care of you.

What Can I Do In Order To Help Reduce My Risk Of Being An Initiator Of Sexual Violence?

- 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**.

Reduce My Risk Continued...

- 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. 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.
- 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.**
- Silence and passivity cannot be interpreted as an indication of consent.

10 Ways To Build And Set Boundaries

Boundaries are essential to healthy relationships and a healthy lifestyle

- Name your limits
- Tune into your feelings
- Be direct and communicate clearly what your boundaries are
- Give yourself permission to set boundaries with someone you care about
- Practice self-awareness
- Consider your past and present
- Make self-care a priority
- Seek support
- Be assertive; learn to say 'no' in a non-aggressive way
- Start small

Tips provided by:

coda.org
psychcentral.net

4 Ways To Help Friends Stay Safe

If you find yourself in a situation where someone looks uncomfortable or something doesn't seem right, consider one of the following ways to step in:

- **Create a distraction.** Do what you can to interrupt the situation. A distraction can give the person at risk a chance to get to a safe place.
- **Ask directly.** If you see someone who looks uncomfortable or is at risk, intervene and talk to the person who might be in trouble. If you feel safe, find a way to de-escalate the situation and separate all parties involved.
- **Refer to an authority.** Keeping your friends safe doesn't have to fall entirely on you alone. Sometimes the safest way to intervene is to refer to a neutral party with the authority to change the situation, like a college resident advisor or security guard.
- **Enlist others.** It can be intimidating to approach a situation alone. Enlist another person to support you. There is safety in numbers.

Student Quotes Regarding Sexual Assault

“Sexual assault can happen anywhere. Not just at a party.”

“Sexual assault can occur with someone you love.”

“All people are affected by sexual assault. Not just women.”

Tips provided by:
RAINN (Rape, Abuse, Incest National Network)