

Reporting Options and Resources for Sexual Misconduct (Including Sexual Violence)

*If you are a student or employee at FIDM and believe that you have experienced or witnessed discrimination based on sex, which includes sexual harassment, gender-based harassment and sexual violence (collectively referred to as “sexual misconduct”) it is important that you read the following information and report the incident as soon as possible to either the Title IX Coordinator (for students) or to the Office of Human Resources (for employees). Although not intended to be a comprehensive explanation of your options and rights, this information may be useful to you. Additional information regarding the college’s Title IX Policy is available in the catalog and the college’s Sexual Misconduct Policy and Procedure is located in the Annual Security Report and on:
<http://fidm.edu/en/about/policies+disclosures/Title+IX/>.*

In accordance with Title IX of the Higher Education Amendments of 1972, the college prohibits sexual misconduct. FIDM is committed to maintaining a safe learning and working environment for students and employees that is free of all forms of unlawful discrimination and harassment. In response to all reports of sexual misconduct, FIDM will reach prompt and equitable resolution through a reliable and impartial investigation. If FIDM determines that unlawful sexual misconduct has occurred, appropriate corrective action and remedial measures will be taken. FIDM will also take steps to prevent reoccurrence. FIDM’s Title IX Coordinator can explain FIDM’s responsibilities. For faculty and staff, FIDM Human Resources may also help explain FIDM’s responsibilities.

Reports of sexual misconduct and inquiries concerning FIDM’s policy may be directed to the Title IX Coordinator, Julie Ann Otteson, 919 South Grand Avenue, Los Angeles, California 90015, 213.624.1200 x3530 or jotteson@fidm.edu

Terms & Definitions

Sexual Harassment is defined as unwelcome conduct of a sexual nature. It includes unwelcome sexual advances, requests for sexual favors, and other verbal, nonverbal, or physical conduct of a sexual nature. Sexual harassment is conduct that explicitly or implicitly affects a person’s education or employment or interferes with a person’s educational or work performance or creates an environment such that a reasonable person would find the conduct intimidating, hostile or offensive. A hostile environment is created when the alleged conduct is sufficiently serious to deny or limit a student or employee’s ability to participate in or benefit from the recipient’s education program, activities, or employment.

Sexual harassment is conduct based on sex, whether directed towards a person of the opposite or same sex, and may include explicit sexual propositions, sexual innuendo, suggestive comments, sexually oriented “kidding” or “teasing”, practical jokes, jokes about or displays of obscene printed or visual material, questions about sexual fantasies, preferences or history, and physical contact such as patting, pinching, or intentionally brushing against another person’s

body. Gender-based harassment, including acts of verbal, nonverbal or physical aggression, intimidation, or hostility based on sex or sex-stereotyping are strictly prohibited, even if those acts do not involve conduct of a sexual nature.

A hostile environment can be created by persistent or pervasive conduct or by a single severe episode. The more severe the conduct, the less need there is to show a repetitive series of incidents to prove a hostile environment. Sexual violence, including rape, sexual assault, and domestic and dating violence, is a form of sexual harassment.

Sexual Violence is defined as physical sexual acts engaged in without the consent of the other person or when the other person is unable to consent to the activity. Sexual violence includes sexual assault, rape, battery, and sexual coercion; domestic violence; dating violence; and stalking.

Sexual Assault occurs when a physical sexual activity is engaged in without the consent of the other person or when the other person is unable to consent to the activity. The activity or conduct may include physical force, violence, threat, or intimidation, ignoring the objections of the other person, causing the other person's intoxication or incapacitation through the use of drugs or alcohol, and taking advantage of the other person's incapacitation (including voluntary intoxication).

Domestic Violence is defined as a felony or misdemeanor crime of violence committed against an adult or a minor who is a spouse or former spouse, cohabitant or former cohabitant, or someone with whom the abuser has a child, has an existing dating or engagement relationship, or has had a former dating or engagement relationship.

Dating Violence is defined as violence committed by a person who is or has been in a social relationship of a romantic or intimate nature with the victim. For the purposes of this definition, dating violence includes, but is not limited to, sexual or physical abuse or the threat of such abuse.

Stalking is defined as engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for his or her safety or the safety of others; or suffer substantial emotional distress.

Consent is informed, voluntary and revocable. Consent is an affirmative, unambiguous, and conscious decision by each participant to engage in mutually agreed-upon sexual activity. It must be given without coercion, force, threats or intimidation. Consent must be ongoing throughout a sexual encounter and can be revoked at any time. Once consent is withdrawn, the sexual activity must stop immediately.

Retaliation is an act or attempt 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 Reporting Party, Responding Party 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. If the college determines that retaliation has occurred, appropriate corrective action will be taken, up to and including termination.

Who Should I Report To?

Title IX Coordinator and Deputies

Name	Title	Email	Extension
Los Angeles, 919 South Grand Avenue, Los Angeles, CA 90015 213.624.1200			
Julie Ann Otteson	<i>Title IX Coordinator Executive Director, Human Resources</i>	jotteson@fidm.edu	x3530
Lisa Davis	<i>Executive Assistant to the Vice President, Education</i>	ldavis@fidm.edu	x3017
San Francisco, 55 Stockton Street, San Francisco, CA 94108 415.675.5200			
Julie Ann Otteson	<i>Title IX Coordinator Executive Director, Human Resources</i>	jotteson@fidm.edu	x3530
Kim Wetzel	<i>Campus Director, ADA 504 Compliance Coordinator</i>	kwetzel@fidm.edu	x1530
Orange County, 17590 Gillette Avenue, Irvine, CA 92614 949.851.6200			
Julie Ann Otteson	<i>Title IX Coordinator Executive Director, Human Resources</i>	jotteson@fidm.edu	x3530
Lynne Stroner	<i>Campus Manager, Education & Career Center</i>	lstroner@fidm.edu	X1764
San Diego, 350 Tenth Avenue, 3rd Floor, San Diego, CA 92101 619.235.2049			
Julie Ann Otteson	<i>Title IX Coordinator Executive Director, Human Resources</i>	jotteson@fidm.edu	X3530
Denise Baca	<i>Campus Director, Director of Admissions</i>	dbaca@fidm.edu	x1850

What are my rights?

YOU HAVE THE RIGHT TO:

- Be informed of all reporting options.
- Report an incident of sexual misconduct to FIDM, to local law enforcement, or both. A criminal (police) investigation does not relieve the college of its duty under Title IX to respond conduct an investigation.
- Be informed of and have access to on or 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 the availability of interim measures (prior to or during an investigation), such as: counseling, extensions of time or other course-related adjustments, modifications to work or class schedules, campus escort services, restrictions on contact between the parties, leave of absence, increased security and monitoring of certain areas on campus, and other similar accommodation.
- You have the right to be free from retaliation for exercising your rights.

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.
- File a report with the Title IX Coordinator (for students) or the Office of Human Resources (for employees).
- *If you are in FIDM housing:* Resident Assistants (RA) carry a cell phone issued by FIDM Housing. RAs provide residents under their supervision with the cell phone number. Residents can call and text message their RA 24/7.

Get medical care as soon as possible. Go to a hospital, emergency department, or a specialized forensic clinic that works with sexual violence victims. Time is a critical factor for evidence collection and preservation. 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. If you are a victim of sexual violence and you do not want to file a police report, it is still important to preserve evidence in case you would like to file a police report at a later time. Completing a medical examination does not require someone to file a police report.

- 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.
- To find a location near you that performs free medical examinations, call the National Sexual Assault Hotline at (800) 656-4673. Victims can also obtain help through the Rape Abuse & Incest National Network (RAINN) by visiting their website, www.RAINN.org.

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 any incident involving sexual misconduct. Students should notify the Title IX Coordinator and employees should notify the Office of Human Resources. In order to ensure availability of witnesses and fresh memories of the alleged sexual misconduct, reports should be made as promptly as possible. If there is any question about whether the incident was one of incident of sexual misconduct, a report should be made for assistance in determining the nature of the incident. FIDM is committed to protecting the privacy of all individuals involved in a report of sexual misconduct. You want to consider carefully whom you share personally identifiable details with at school. When the college becomes aware of sexual an instance of sexual misconduct, FIDM may have an obligation to proceed with an investigation, regardless of a victim's/reporting party's wishes, in order to ensure campus safety.

...can I report it to an instructor or my supervisor instead?

All FIDM employees can receive a report of sexual misconduct as FIDM deems all faculty and staff as "Responsible Employees" under USED guidance. All reports received involving a student will be referred to the Title IX Coordinator. All reports received involving an employee will also be referred to the Office of Human Resources.

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

FIDM maintains confidentiality for all parties to the extent possible, but absolute confidentiality cannot be guaranteed. 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. A reporting party should be aware that in an investigation, due process generally requires that the identity of the charging party and the substance of the complaint be revealed to the person charged with the sexual misconduct. Throughout the process of investigation of a report of 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

...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 Counselor. 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 <http://fidm.edu/en/about/policies+disclosures/Title+IX/>.

How do I file a complaint?

If you want to report an instance of sexual misconduct, you can contact the Title IX Coordinator. Employees can also contact the Office of Human Resources. 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 reporting party may pursue both the college disciplinary 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 Title IX Coordinator or Office of Human Resources, as appropriate. A complaint form is available on: <http://fidm.edu/en/about/policies+disclosures/Title+IX/>, and can be submitted via email, mail or in person.

Anonymous reports can be made by victims and/or third parties using the same grievance form. Anonymous reports may still prompt a need for the college to investigate. However, anonymous reporting parties should be aware that the college may not be able to fully investigate an anonymous report.

Students and employees may contact the Title IX Coordinator or Office of Human Resources with any questions related to this policy. In addition, the U.S. Department of Education Office for Civil Rights (“OCR”) investigates complaints of unlawful harassment of students in educational programs or activities. This agency may serve as a neutral fact finder and will attempt to facilitate the voluntary resolution of disputes with the parties. For more information, visit the OCR website at: <http://www.hhs.gov/ocr/>. To the extent that an employee or contract worker is not satisfied with the college’s handling of a complaint, he or she may also contact the appropriate state or federal enforcement agency for legal relief.

What happens next?

THE PROCESS

The Title IX Coordinator/Human Resources has authority to address complaints of sexual misconduct. FIDM’s sexual misconduct disciplinary process is completely separate from the police and courts. In response to all complaints, FIDM will reach prompt and equitable resolution through a reliable and impartial investigation. In order to facilitate the investigation, the Title IX complaint should include details of the incident or incidents, names of the individuals involved and names of any witnesses.

Prior to or during an investigation, FIDM will provide interim measures, as necessary. Interim measures are individualized services offered as appropriate to either or both the reporting and responding parties involved in an alleged incident of sexual misconduct and include: counseling, extensions of time or other course-related adjustments, modifications to work or class schedules, campus escort services, restrictions on contact between the parties, leave of absence, increased security and monitoring of certain areas on campus, and other similar accommodation. No party may have legal counsel present at any stage of the investigation but may be accompanied in the process by a support person of their choice.

Generally, a sexual misconduct investigation will consist of interviewing the reporting party, the responding party, and any witnesses. The Title IX Coordinator/Office of Human Resources will, barring extenuating circumstance, complete the investigation and make a determination regarding any necessary discipline of the responding party and remedies to reporting party within sixty (60) days of the date that the report is first received by the Title IX Coordinator. Each party will be presented with the results of the investigation before any disciplinary action is finalized—giving the parties the opportunity to respond to the investigative report in writing in advance of a decision. In the event of a delay, the Title IX Coordinator will provide written notice

to the reporting party and the responding party explaining the reason for the delay.

THE OUTCOME

FIDM will apply the “preponderance of evidence” standard to the investigation, meaning FIDM will evaluate whether it is more likely than not that the alleged conduct occurred. Through the investigation process, if FIDM determines that unlawful sexual misconduct has occurred, appropriate corrective action and remedial measures will be taken, and FIDM will take steps to prevent reoccurrence. 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 and/or termination.

The reporting party and the responding party will receive simultaneous written notification of any disciplinary proceeding, if necessary, and the outcome of the complaint, including notification that the investigation results are final.

FIDM has a policy which prohibits retaliation against an individual who in good faith raises an allegation of sexual misconduct, for cooperating in an investigation of such a complaint, or for opposing discriminatory practices. All parties involved are informed of this provision, and any retaliation should be reported immediately to the Title IX Coordinator or Office of Human Resources, as appropriate. If the college determines that retaliation has occurred, appropriate corrective action will be taken.

Title IX/Civil Rights Investigation versus Criminal Investigations

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 investigate reports of sexual misconduct.

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.

FIDM’s complete Sexual Misconduct Grievance Policy and Procedures may be found here:

<http://fidm.edu/en/about/policies+disclosures/Title+IX/>.

For more information on your rights, how to respond to and prevent sexual assault, visit...

notalone.gov

knowyourix.org

FIDM Directory Information

919 South Grand Avenue

Los Angeles, CA 90015

Title IX Coordinator

Julie Ann Otteson

213-624-1200 x3530

jotteson@fidm.edu

Executive Director,

Human Resources

Julie Ann Otteson

213-624-1200x3530

Director of Security

Todd Anderson

213-624-1200 x2022

tanderson@fidm.edu

Co-Director of Security

Robert Montenegro

rmontenegro@fidm.edu

213-624-1200 x2022

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

Bethany Dunn, LCSW

619-235-2049 x1831

bdunn@fidm.edu

SD Campus,

Room #3145

San Francisco

Shannel Busuioc, MFT

415-675-5200x1529

sbusuioc@fidm.edu

SF Campus,

Room #514

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
sjo.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 Fl.
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

Robert Montenegro
213-624-1200 x2022
rmontenegro@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., MFTI
Personal Counselor
Ext. 1799 Room 149
bsropom@fidm.edu

San Diego Campus

Bethany Dunn, LCSW
Personal Counselor
Ext. 1831 Room 3145
bdunn@fidm.edu

San Francisco Campus

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

Additional Resource

Julie Ann Otteson
Title IX Coordinator
Executive Director, Human Resources
Ext. 3530 Room 208E
jotteson@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

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

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)