



Violence Prevention and Action Center  
John Carroll University

Location: JCU Counseling Center, 2567 Belvoir Blvd.

Hours: 8:30am – 5:00pm Monday – Friday

Phone: 216-397-2175

24 Hour Hotline: 216-397-CALL (2255)

[www.jcu.edu/vpac/](http://www.jcu.edu/vpac/)

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Safe SPACE

Violence Prevention and Action Center  
John Carroll University

## Comprehensive Guide to Sexual Assault, Relationship Violence, and Stalking



 John Carroll  
UNIVERSITY

20700 North Park Blvd.  
University Heights, Ohio 44118

24 hour hotline 216-397-CALL (2255)

[www.jcu.edu/vpac](http://www.jcu.edu/vpac)  
[vpac@jcu.edu](mailto:vpac@jcu.edu)





# Additional Resource Information

## University Resources

For more information on the student conduct system, please refer to the Community Standards Manual Student Code of Conduct. All sexual violence, relationship violence, stalking, and student to student sexual harassment cases are resolved through the Student Conduct System.

Information on student sexual harassment by a faculty, staff, or administrator can be found in the Policy and Procedures on Sexual Harassment contained in the Community Standards Manual.

### Safe Space: Violence Prevention and Action Center

[www.jcu.edu/vpac](http://www.jcu.edu/vpac)  
216-397-2175  
216-397-CALL (2255)

### University Counseling Center

[www.jcu.edu/counseling](http://www.jcu.edu/counseling)  
216-397-4283

### Campus Safety Services

[www.jcu.edu/campuslife/css](http://www.jcu.edu/campuslife/css)  
216-397-1234

### Dean of Students Office

[www.jcu.edu/campuslife/dean](http://www.jcu.edu/campuslife/dean)  
216-397-3010

### Student Health Center

[www.jcu.edu/health](http://www.jcu.edu/health)  
216-397-4349

## Local Resources

### Cleveland Rape Crisis Center

[www.clevelandrapecrisis.org](http://www.clevelandrapecrisis.org)  
24-hour hotline 216-619-6192

### Domestic Violence Center

[www.domesticviolencecenter.org](http://www.domesticviolencecenter.org)  
24-hour hotline 216-391-HELP (2255)

### Legal Aid Society

[www.lasclev.org](http://www.lasclev.org)  
216-687-1900

### Ohio Victims of Crime Compensation

[www.ag.state.oh.us/victim/compensation.asp](http://www.ag.state.oh.us/victim/compensation.asp)

### Witness/Victim Service Center

216-443-7345

### LGBT Community Center of Cleveland

[www.lgcsc.org](http://www.lgcsc.org)  
216-651-5428

## National Resources

### Rape, Abuse, Incest National Network

[www.rainn.org](http://www.rainn.org)

### National Domestic Violence Hotline

[www.ndvh.org](http://www.ndvh.org)

### National Center for Victims of Crime

[www.ncvc.org](http://www.ncvc.org)

### National Stalking Resource Center

[www.ncvc.org/src](http://www.ncvc.org/src)

### Victim Information and Notification Everyday

[www.vinelink.com](http://www.vinelink.com)



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# Comprehensive Guide to Sexual Assault, Relationship Violence, and Stalking

John Carroll University seeks to provide a community for students that promotes personal growth and development. The university asserts that respect for the rights and dignity of all people must be protected to achieve such goals.

Safe Space: Violence Prevention and Action Center seeks to further the community's growth and development by educating and supporting the JCU community on issues of sexual assault, relationship violence, and stalking. In this booklet, you will find information on what to do following an assault or traumatic incident, reporting options, on-campus and off-campus resources, common reactions to violence, and self-care information. If you have any questions on what you read, please contact Amanda Rolf Hegyi, Program Coordinator of Safe Space: Violence Prevention and Action



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## What is...

### Sexual Assault?

... engaging in, or attempting to engage in, oral, vaginal, or anal penetration through any means (i.e., penis, tongue, finger, foreign object, etc.) without the consent (see University Consent Standard) of the other person.

### Non-Consensual Sexual Contact?

... includes any touching of any sexual body parts (i.e., breasts, buttocks, groin, genitals, mouth, etc.) or the touching of another with these body parts without consent. It also includes disrobing or exposure of another without consent.

### Sexual Exploitation?

... occurs when one engages in activity of a sexual nature which involves another person, other than Sexual Assault and Non-Consensual Sexual Contact, without the other person's consent. Examples of sexual exploitation include (but are not limited to): the non-consensual filming, photographing or otherwise recording and/or transmission of sexual activity or nudity, voyeurism or complicity in voyeurism, the knowing transmission of a sexually transmitted infection, and inducing incapacitation in another with intent to take sexual advantage of another (whether or not sexual activity actually takes place).

**MYTH:** *Sexual assault is not a problem on college campuses.*

**FACT:** *Someone is raped every two minutes. College-age women are 4 times more likely to be assaulted than their peers who are not in college.*



## Self-Care for Survivors

Good self-care is a challenge for many people and it can be especially challenging for survivors of sexual assault, relationship violence, or stalking. It can also be an important part of the healing process.

### Physical self-care is an area that people often overlook.

**Food:** Food is a type of self-care that people often overlook. People are often so busy that they don't have time to eat regularly or that they substitute fast food for regular meals. It's not always reasonable to expect people to get 3 square meals a day (plus snacks!) but everyone should make sure they get adequate nutrition.

**Exercise:** Exercise is one of the most overlooked types of self-care. The CDC recommends at least 30 minutes of exercise 5 times a week. Exercise can help combat feelings of sadness or depression and prevent chronic health problems.

**Sleep:** Although everyone has different needs, a reasonable guideline is 7-10 hours of sleep per night.

**Medical care:** Getting medical attention when you need.

### Emotional self-care will mean different things for different people . . .

#### Counseling

Keeping a journal: Some survivors find that recording their thoughts and feelings in a journal or diary helps them manage their emotions after an assault.

#### Meditation or relaxation exercises

Emotional self-care can also involve the people around you. It's important to make sure that the people in your life are supportive. Nurture relationships with people that make you feel good about yourself. Make spending time with friends and family a priority

- If you have trouble finding people who can support your experience as a survivor, consider joining a support group for survivors.

Another challenge can be finding time for leisure activities. Many survivors have full time jobs, go to school, volunteer or have families. Finding time to do activities that you enjoy is an important aspect of self-care. Get involved in a sport or hobby. Find other people who are doing the same thing! At John Carroll, you can participate in one of the many students groups or organizations, attend programming on the weekends, or play club sports. Knowing that people are counting on you to show up can help motivate you.

- Treat leisure activities as seriously as business appointments. If you have plans to do something for fun, mark it on your calendar!

**Make your self-care a priority, not something that happens (or doesn't happen) by accident.**



# Common Reactions to Sexual Assault, Relationship Violence, and Stalking

Many survivors often wonder if what they are experiencing following an assault or traumatic experience is “normal.” While everyone experiences trauma differently, here are some common reactions and some helpful tips on taking care of yourself after a traumatic event . . .

## Physical Reactions:

- Changes in eating or sleeping patterns
- General fatigue
- STI or HIV
- Headaches
- Pregnancy
- Nightmares
- Substance abuse
- Physical injury
- Soreness
- Lowered immunity

## Emotional Reactions:

- Anger
- Helplessness
- Shock
- Hopelessness
- Denial
- Agitation
- Depression or sadness
- Feelings of loss of control
- Anxiety
- Low self-esteem
- Guilt
- Mood swings
- Embarrassment

## Cognitive Reactions:

- Difficulty concentrating
- Confusion about the incident
- Difficulty remembering the incident
- Flashbacks
- Justification (Ex – “I deserved it because...)
- What if...
- Wondering what others will think
- Asking “Why me?”

## Social Reactions:

- Changes in lifestyle
- Changes in relationships
- Triggered by everyday occurrences, people, places, etc.
- Fear of being alone
- Fearful of leaving your house
- Loss of trust in other people/ withdrawal from people, relationships, activities

## Sexual Harassment?

. . . any unwelcome sexual advances, requests for sexual favors, offensive references to gender or sexual orientation or other conduct of a sexual nature when:

- Toleration of such conduct is made either explicitly or implicitly a term or condition of an individual’s employment, professional or student status;
- Toleration of or rejection of such conduct is used as the basis for employment or academic decisions;
- Such conduct has the purpose or effect of unreasonably interfering with an individual’s work performance or educational experience, or creates an intimidating, hostile, or offensive work or educational environment.

Sexual harassment can be verbal, written, physical or pictorial in nature.

## Relationship Violence?

. . . is behavior used to establish power and control over another individual using fear, intimidation, violence and/or threat of violence. These behaviors can include, but are not limited to, physical, verbal, emotional, financial or sexual abuse. Examples of abuse may include:

- |                  |                        |
|------------------|------------------------|
| hitting          | belittling             |
| punching         | threatening violence   |
| slapping         | stealing money         |
| throwing objects | destroying possessions |
| biting           | isolating              |
| yelling          | sexual violence        |
| name-calling     |                        |

Relationship violence can occur between casual or intimate partners of the same or opposite sex, former partners, roommates, or family members.

**MYTH:** Abuse is usually an isolated incident.

**FACT:** Abuse is a pattern of behavior that may follow the cycle of violence. Abuse frequently escalates over time

## What is...(continued)

**MYTH:** *Stalkers are typically strangers who are obsessed with their target.*

**FACT:** *Over 80% of stalking victims know their stalker.*

## Stalking?

... is a pattern of two or more incidents of unwanted attention, harassment, contact, or course of conduct directed at a specific person that would cause reasonable persons to fear harm to their physical health, mental or emotional health, safety, friends, family or property. Stalking may include, but is not limited to: telephone calls, text messaging, social networking, instant messaging, monitoring behavior, being in physical proximity to the person, taking pictures.

## Consent?

...Consent is the freely given and mutually understandable words or actions which indicate a willingness to participate in mutually agreed upon sexual activity. Consent once given, may be withdrawn. If one partner initially offers words or actions that indicate consent, that partner may withdraw consent by indicating by word or action that consent has been discontinued. Consent for one sexual activity does not indicate consent for other forms of sexual activity. Similarly, past sexual consent does not imply future consent.

## Capacity for Consent?

... Consent can only be given by those with capacity to consent. Mentally disabled persons and physically incapacitated persons may not have the capacity to give consent. One may temporarily have a substantial impairment as a result of mental illness, unconsciousness, or as a result of alcohol or drug-induced impairment. One may not engage in sexual activity with another person when one knows or has reasonable cause to believe that person to be substantially impaired due to alcohol or drug consumption or other incapacitation. Taken in context, some indicators of possible substantial impairment and/or incapacitation may include:

- Vomiting
- Slurred speech
- Decreased motor coordination
- Unconsciousness
- Erratic or extreme behavior
- Knowledge of person's consumption
- Bloodshot eyes

## Filing a report with the University Heights Police (216-932-1800):

Criminal charges may be pursued after filing an initial report with UHPD. The person filing the report will be asked to give the detective a detailed description of the event. Campus Safety Services and/or an advocate may accompany victims in filing a report at UHPD. An investigation will likely follow the report. More information on the criminal justice system can be obtained through the Program Coordinator of VPAC. If the victim is interested in counseling services, he/she will be referred to the John Carroll University Counseling Center (216-397-4283), Cleveland Rape Crisis Center (216-619-6192), and/or Domestic Violence Center (216-391-HELP).

## Filing a report with Campus Safety Services (216-397-1234):

Victims are strongly encouraged to file a report with Campus Safety Services, who will conduct an investigation. It is the general practice of Campus Safety Services to report allegations of sexual violence, relationship violence, and/or stalking to the University Heights Police Department. Reports are also forwarded to the Dean of Students office.





## Who Do I REPORT to?

The university encourages those who have experienced sexual violence, relationship violence, and/or stalking to report these incidents to both local law enforcement and to Campus Safety Services. Victims have the right, however, not to provide a statement to either local law enforcement or Campus Safety Services.

Any student who wishes to receive more information on reporting processes, discuss pros and cons of reporting, and/or obtain resource/referral information are encouraged to use JCU Safe Space: Violence Prevention and Action Center. Safe Space: Violence Prevention and Action can also provide victims with an advocate throughout the entire reporting process. The VPAC Program Coordinator can be reached at 397-2175 or through the 24-hour hotline at (216) 397-CALL (2255).

Filing a report does not obligate a victim to pursue disciplinary or criminal charges. Although the local police and university officials (including Campus Safety Services) have an obligation to protect the community from those who have engaged in crimes of violence, including sexual violence, relationship violence, and/or stalking, they are also mindful of the needs and desires of victims when addressing any alleged offenses. There may be instances in which the university and/or law enforcement bodies pursue charges without the cooperation of the victim.

Victims are welcome to have a friend, support person, or the Program Coordinator from the Violence Prevention and Action Center with them when meeting with an officer to file a report. Additionally, the Cleveland Rape Crisis Center has a 24-hour Face-to-Face Advocacy program to provide support and information to a victim at the police department and/or Campus Safety. Victims can access advocacy programs through the JCU Safe Space: Violence Prevention and Action Center 24-hour hotline at (216) 397-CALL (2255).



## What SHOULD I DO if I am a victim?

John Carroll University encourages those who have experienced sexual violence, relationship violence, and/or stalking has been perpetrated against them to report the incident promptly, to seek all available assistance, and to pursue university discipline proceedings and criminal prosecution of the offender. All university employees, excluding licensed professionals from the University Counseling Center and pastoral counselors (i.e. priests acting as pastoral counselors), must report sexual violence, relationship violence, and stalking to law enforcement authorities, which can include Campus Safety Services and/or the University Heights Police. It is the practice of Campus Safety Services to report such offenses to the University Heights Police Department or the appropriate jurisdiction.

*Survivors who worked with an advocate were significantly more likely to give a police report, less likely to be treated negatively by police, and experienced less distress after contact with the legal system.*

Those who wish to discuss a situation in complete confidence should disclose only to a licensed professional in the University Counseling Center or a pastoral counselor (i.e. priest acting as pastoral counsel). Counseling services and pastoral care are available at any time for any persons affected by sexual violence, relationship violence, and/or stalking.

### Immediate Action

1. Tell a trusted person about the incident.
2. Contact Campus Safety Services at 216-397-1234 and/or the University Heights Police Department at 216-932-1800 and/or the JCU 24-hour Crisis Hotline at 216-397-CALL (2255). Campus Safety Services can provide immediate referral information, access to the university counselor on-call, and/or investigative assistance. The JCU 24-hour hotline can provide immediate and confidential support and crisis intervention, educate victims and/or supportive others about reporting options and medical care, and coordinate an in-person advocacy response when appropriate.

In cases of sexual or physical violence, seek immediate medical attention at a SANE (Sexual Assault Nurse Examiner) Unit. If possible, do not bathe, urinate, douche,

—continued on next page

## What SHOULD I Do if I am a victim...(continued)

brush teeth, or consume liquids or food before seeking medical attention. A Sexual Assault Nurse Examiner is a registered nurse with expertise in forensic evidence collection and medical care following trauma, such as sexual assault or relationship violence. The five 24-hour SANE Units in Cuyahoga County are located at Hillcrest Hospital, Huron Hospital, Marymount Hospital, Marymount South, and Fairview Hospital. Hillcrest Hospital is the closest in proximity to John Carroll University. Victims can call the JCU 24-hour Crisis Hotline at 216-397-CALL (2255) to request transportation to the hospital and/or for support during the medical exam.

At the hospital, sexual assault victims may be offered an advocate from the Cleveland Rape Crisis Center. Advocates can provide support and information about the medical exam, reporting options, and victim rights. If an advocate is not offered, victims can request to have an advocate or other support person present throughout the exam. Victims under the age of eighteen are able to receive medical attention and evidence collection without a parent present; however, the hospital is required to notify parents/guardians and the Department of Child and Family Services of the hospital visit.

Hospital personnel are mandated to report felony crimes. However, if the victim is over the age of 18, his/her name does not have to be disclosed. Victims may choose whether or not to speak to the police at the hospital. Regardless of whether a victim makes a report with law enforcement at the hospital, the option to file charges at a later date still exists. When possible, do not disturb the crime scene before law enforcement completes an investigation.



## What SUPPORT SERVICES are available to me?

There are various supportive services available for those who are victims of sexual violence, relationship violence, and/or stalking.

**COUNSELING:** Students who believe they have experienced sexual violence, relationship violence, and/or stalking and their supportive friends/family members, may receive free and confidential counseling at the:

**University  
Counseling Center  
216-397-4283**

**Cleveland Rape  
Crisis Center  
216-619-6192**

**Domestic Violence  
Center  
216-391-HELP**

**JCU Safe Space:** Violence Prevention and Action Center (VPAC) is committed to preventative education and supportive response to sexual violence, relationship violence, and stalking at John Carroll University. VPAC can provide customized education and prevention programs for all community members and houses a comprehensive library of resources, including books, articles, videos, and pamphlets to provide information about sexual assault, relationship violence, and stalking. VPAC coordinates an immediate and supportive response to incidents of sexual violence, relationship violence, and/or stalking which take place on-campus and off-campus through a 24-hour hotline designed for the John Carroll community, training for staff members, and policy recommendations and implementation. VPAC recognizes the diverse needs of survivors and supportive community members after a traumatic event and can provide a range of responses, including crisis intervention, advocacy, education, safety planning, transportation, resources, and referrals. Reassignments: When the victim and the alleged perpetrator participate in the same class(es) and/or reside in the same university residence or in close proximity to one another, the victim may request an immediate reassignment of housing or class to the Dean of Students. The Dean of Students will consult with the appropriate academic dean in making a determination regarding an alternative classroom assignment(s) for the victim and with the Director of Residence Life in making a determination regarding an alternative university housing assignment.