

A GUIDE FOR OLD DOMINION UNIVERSITY STUDENTS



A Monarch's Guide...

- Stalking
- Sexual Assault
- Relationship Violence
- Sexual Harassment



Women's Center
1000 Webb Center
757-683-4109
womensctr@odu.edu
<http://StudentAffairs.odu.edu/WC>

Introduction

We hope that this handbook will be educational and that it will provide information regarding advocacy, support, and empowerment for all Old Dominion University students.

If you or someone you love has been affected by violence, you may be struggling to deal with the trauma. There are services to support you. There are things you can do.

This handbook will attempt to answer some of your questions and provide you with information about what you can do and how you can find assistance. This information will also enable you to help a friend.

The Women's Center offers programs and services designed to promote gender equity and address the special challenges and opportunities female students encounter in the pursuit of higher education. Recognizing the critical role that both women and men play in promoting an environment free of gender bias, Center programs are designed to educate and inspire all students to achieve their personal, academic, and professional potential.

The Sexual Assault Free Environment (SAFE) program educates the ODU community on issues of relationship and sexual violence, provides advocacy and support for survivors, and empowers everyone on campus to recognize and stop abuse and sexual assault.



FOR ASSISTANCE

24-HOURS A DAY

Call the Response Hotline:
757-622-4300

ODU Mon.-Fri. 8 a.m. -5 p.m.

Call the Women's Center:
757-683-4109

If you are raped or sexually assaulted...

- Get to a safe place.
- Call a friend, a relative and/or the Response Sexual Assault Support Services hotline (757-622-4300) to support you.
- Seek medical care. There may be injuries of which you are unaware. You may call Student Health Services (757-683-3132) or Sentara Norfolk General Hospital (757-388-3551 or 911) where a Sexual Assault Nurse Examiner (SANE) is on call 24/7.
- Call the police. You can file a report, press charges or just get assistance. If you are on-campus call the ODU Police Department (757-683-4000) or call 911 for the police department in your area.
- If you think you may want to press charges now or in the future, it is important to have evidence collected by a Sexual Assault Nurse Examiner (SANE). Try not to wash, shower, brush your teeth/hair or urinate as this could destroy evidence.
- Seek emotional support. Remember, you are not alone. The assault was not your fault. The Women's Center (757-683-4109) can provide sexual assault victim advocacy, crisis intervention, resources and help you identify your options. For help 24 hours a day, you can call the Response Sexual Assault Support Services hotline, where a crisis counselor is available 24/7 (757-622-4300).

Defining the Terms...

SEXUAL ASSAULT:

Sexual assault is a broad term that encompasses any forcible sexual activity that occurs without the victim's consent. It is a crime of violence, power and control; and it is one of the most under-reported crimes in the United States.

Sexual assault is defined at Old Dominion University as rape; forcible sodomy; sexual penetration with an inanimate object; fondling or touching of an unwilling person's intimate parts (genitalia, groin, breast or buttocks, covered or uncovered); or forcing an unwilling person to touch another's intimate parts. Included in the offense of any of these acts are persons known to the victim as well as persons unknown to the victim. The offending acts can be committed through the use of force, the threat of force, by intimidation or not forcibly or against the person's will if the victim is incapable of giving consent due to the substantiated use of alcohol or drugs or for other verified reasons.

RELATIONSHIP VIOLENCE:

Relationship or dating violence is a pattern of verbally, physically, sexually and/or emotionally abusive behaviors used to assert power or maintain control over another in the context of an intimate relationship. Relationship violence can also occur between family members and friends.

STALKING:

Old Dominion University defines stalking as repeatedly contacting, following or remaining in the physical presence of another person when the contacting person knows or should know that the contact is unwanted, the contact causes the other person reasonable expectation of imminent physical harm or the contact causes substantial impairment of the other person's ability to perform the activities of daily life. Contacting includes, but is not limited to, telephoning, texting, writing and sending letters through the U.S. Mail service, transmitting letters or notes or contacting through the use of electronic media.

SEXUAL HARASSMENT:

Old Dominion University defines sexual harassment as unwelcomed and unsolicited conduct of a sexual nature, physical or verbal, by a member of the university community. A variety of sexual conduct directed at another may be considered sexual harassment including, but not limited to: offensive sexual innuendos, advances, propositions, threats, jokes, suggestive comments; graphic or degrading comments of a sexual nature about a person's appearance, whistling in a suggestive manner or obscene gestures; uninvited physical contact or touching; and solicitation of sexual favors through implicit or explicit promises of rewards or threats of punishment. Sexual harassment is prohibited by Title IX of the Educational Amendments Act of 1972 and Title VII of the 1964 Civil Rights Act.

Responding to a victim...

When someone discloses to you that she or he has been the victim of sexual assault, relationship violence, stalking, or sexual harassment, your role is to help the person regain the feelings of power and control that may have been lost as a result of the incident. Listen, be supportive, and offer suggestions for services.

YOU CAN DO THIS BY:

- Communicating to the victim that the assault, stalking, or harassment is/was not the victim's fault.
- Encouraging the victim to seek help from professional resources listed in this handbook.
- Asking the victim what you can do to help...this allows the victim to remain in control of the situation.
- Keeping an open-mind and not being judgmental. It is not your place to decide whether or not an assault has occurred, what has happened, who the perpetrator was, etc.

REMEMBER, IT IS YOUR JOB TO LISTEN AND PROVIDE SUPPORT!

REACTIONS AND RESPONSES TO VIOLENCE

Experiencing violence can lead to long-lasting effects as these crimes are a violent, coercive or manipulative invasion of privacy and space; and it can be a humiliating and terrifying experience. Sometimes people fear for their lives; in other cases, the assault may not seem life-threatening or dangerously violent, but still radically affects the survivor in all aspects of life.

Each of us reacts to trauma in a different way, and responses to assaults may occur immediately or may be delayed. Survivors may experience a range of effects after an assault.

SOME COMMON REACTIONS AND EMOTIONS INCLUDE:

- Shock
- Intense emotions (like anger, helplessness, guilt)
- Disbelief
- Physical symptoms (like sleep disturbances, appetite shifts, headaches, stomachaches)
- Numbness
- Inability to trust anyone
- Afraid to go out or to sleep alone
- Depression
- Distracted
- Feeling crazy or helpless or dirty
- Preoccupation with thoughts and feelings about the assault
- Avoiding friends and family
- Unwanted memories, flashbacks and/or nightmares
- Drinking heavily, abusing drugs or sexual hyperactivity

Advocacy and Support Information

Incidents of sexual assault, relationship violence, stalking, and sexual harassment can be reported to university authorities by contacting the Women's Center, Student Affairs, a residence hall staff member, Counseling Services, Student Health Services or the ODU Police Department. Each of these areas has individuals trained to handle these reports.

THE SAFE PROGRAM PROVIDES:

EDUCATION

The SAFE Program has peer educators and staff available to provide presentations and training for the ODU community on topics such as sexual assault, relationship violence, stalking, healthy relationships, ODU sexual assault policy and protocol, and bystander empowerment. See the SAFE program link on the Women's Center website for current programs available. The Women's Center Resource Library has videos, pamphlets, handouts and books about sexual and relationship violence available to the ODU community for victims, friends/family of victims, or for class projects, research and presentations.

SUPPORT

Victim/survivor support services are provided with sensitivity by trained professionals who can offer advocacy, crisis intervention, options identification, referrals, and decision-making support. The hours of operation for the Women's Center are Monday-Friday, 8 a.m.-5 p.m. For support 24 hours a day, call the Response Hotline at 757-622-4300.

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ADVOCACY

Victims/survivors of sexual and relationship violence often blame themselves for what happened. In addition to blame, students may also experience many normal and common reactions including guilt, shame, fear, denial, depression, shock, disbelief, mood swings, anger, and alcohol or drug abuse. It is important to remember that it is never the victim's fault. There are on- and off-campus advocates available to support you during this time. You are not alone.

EMPOWERMENT

The healing process takes time but recovery is possible. Sometimes students feel that they have begun to heal, only to feel worse again. This is normal. Talking about your feelings with a counselor and/or support group can help with the recovery process. Just knowing your feelings are normal helps to validate your experience. Taking the first step to seek out resources and support can provide the empowerment needed to move from victim to survivor.

Campus Victim's Rights

- Victims have the right to be treated with respect by college officials.
- The right of both accuser and accused to have the same opportunity to have others present (in support or advisory roles) during a campus judicial hearing.
- The right not to be discouraged from reporting by college officials.
- The right to be informed of the outcome and sanction of any disciplinary hearing involving sexual assault, without condition.
- The right of victims to be informed of their options to notify proper law enforcement authorities, including on-campus and local police, and the option to be assisted by campus authorities in notifying such authorities, if the student so chooses. This also includes the right not to report an incident, if this is the victim's desire.
- The right to be notified of available counseling, mental health or student services for victims of sexual assault, both on campus and in the community.
- The right to notification of and options for, and available assistance in, changing academic and living situations after a reported sexual assault, if so requested by the victim and if such changes are reasonably available.
- The right not to have irrelevant prior sexual history admitted in a campus hearing.
- The right not to have incidents of non-consensual sexual intercourse mediated (as opposed to adjudicated).
- The right to a campus no-contact order against another student who has engaged in or threatens to engage in stalking, threatening, harassing or other improper behavior that presents a danger to the welfare of the complaining student.
- The right to have complaints of sexual misconduct responded to quickly and with sensitivity by college officials.

STUDENTS WISHING TO REPORT HAVE THE FOLLOWING ADJUDICATION OPTIONS:

ODU OFFICE OF STUDENT CONDUCT AND ACADEMIC INTEGRITY

To file a student conduct complaint
757-683-3431.

CRIMINAL PROSECUTION

To initiate criminal charges contact the police department in the jurisdiction where the crime happened:

- ODU Police Department
757-683-4000
- Norfolk PD, 757-441-5610
- Virginia Beach PD, 757-385-4101
- Chesapeake PD, 757-382-6251
- Portsmouth PD, 757-393-8536
- Military (on base), 757-444-7327

CIVIL SUIT

To initiate a civil suit contact an attorney who specializes in civil suits. Response of the YWCA has a referral list of attorneys.

Resources

CAMPUS RESOURCES

Women's Center- sexual and relationship violence victim advocacy, crisis intervention, education and outreach. 1000 Webb Center, 757-683-4109

Student Health Services- medical care for sexual assault victims, **not** including evidence collection, by appointment or as a walk-in. 1007 Webb Center, 757-683-3132

Office of Student Conduct and Academic Integrity- to file a student conduct complaint, University policy and procedure questions, hearing information, and violations of the student code of conduct. 2122 Webb Center, 757-683-3431

ODU Police Department- to report crimes, information about crime statistics or safety issues. 4516 Monarch Way, 757-683-4000

Student Affairs- to reach the Student Ombudsperson (regarding class matters) or the Dean of Students. 2008 Webb Center, 757-683-3442

Counseling Services- supportive counseling for sexual assault victims including assessment and referral. 1526 Webb Center, 757-683-4401

OLD DOMINION UNIVERSITY

We are committed to assuring the most appropriate response to issues involving the safety of our students, faculty and staff. Policies and procedures can be found in the University Catalog.

COMMUNITY RESOURCES

Response Sexual Assault Support Services- sexual assault support, counseling, education and advocacy. 5215 Colley Avenue, 757-622-4300 (24 hour hotline), 757-451-0174 (office)

Women in Crisis- domestic violence program, support group, emergency shelter, hotline. 5215 Colley Avenue, 757-625-5570 (24-hour hotline), 757-625-4248 (office)

HER Shelter- Portsmouth domestic violence hotline, counseling, emergency shelter. 757-485-3384 (hotline), 757-485-1445 (office)

Transitions Family Violence Services- Hampton hotline and shelter, support groups, advocacy. 757-723-7774 (hotline), 757-722-2261 (office)

The Genieve Shelter- Suffolk domestic violence shelter, hotline, counseling, advocacy. 1-800-969-HOPE, 757-925-4365 (office)

Samaritan House- Virginia Beach domestic violence shelter, hotline, counseling and services. 757-430-2120 (hotline), 757-631-0710 (office)

Navy Family Advocacy Program- Norfolk program for Navy families, counseling, support, advocacy, crisis intervention. 757-433-2555

VA Family Violence and Sexual Assault hotline- statewide hotline, 1-800-838-8238

Sentara Norfolk General Hospital- medical care for sexual assault victims that includes evidence collection. 24-hour emergency services, 757-388-3551 or 911