To Report A Sexual Assault:

ODU Police Department
757-683-4000

Title IX/Institutional
Equity & Diversity
757-683-3141

Norfolk Police Department
911 or 757-441-5610

For Victim Support Services:

ODU Counseling Services
Confidential: 757-683-4401

ODU Student Health Services
Confidential: 757-683-3132

ODU Women’s Center
757-683-4109

YWCA Hotline
757-251-0144

Student Outreach & Support
757-683-3442

Sentara Norfolk General Hospital
757-388-3551 or 911

ODU Safe Ride
757-683-3477

EMPOWERMENT

Go out with a group of friends
Arrive together; check in with each
other, and leave together.

Trust your instincts
Don’t hesitate to call! Ask for help if
you’re feeling uneasy.

Practice safe drinking
Drink within your limits, and
take turns being the sober friend.

Be an active bystander and friend
If you see someone at risk, get
involved by asking if she/he needs
help or by calling the police.

Choose respectful language
Don’t be silent in the face of sexist,
racist or homophobic speech.

S.A.F.E.
Sexual Assault & Abuse Free Environment

Women’s Center
757-683-4109
http://www.odu.edu/womenscenter
safeodu@odu.edu

OLD DOMINION UNIVERSITY
IDEA FUSION

Choose respectful language
Don’t be silent in the face of sexist,
racist or homophobic speech.
Remember, interpersonal violence is never the victim's fault. In addition to blaming oneself, victims of sexual assault, relationship violence, and stalking experience many common reactions including guilt, shame, fear, denial, depression, shock, disbelief, mood swings, anger, and alcohol or drug abuse.

You are not alone. There are on-campus and off-campus advocates here for you:

**ODU Women's Center:** 757-683-4109 (M – F, 8 AM – 5 PM)
For service after hours, please call 757-683-4000

**YWCA Sexual & Domestic Violence Hotline:** 757-251-0144, 24/7

The facts regarding Interpersonal Violence:
- 1 in 5 women has been sexually assaulted while in college.
- Rape is the most common and underreported violent crime on college campuses.
- 1 in 10 men experience unwanted sexual contact.
- More than 80% of all rapes are non-stranger rapes; on college campuses, it is more than 90%.
- Women are at greatest risk for sexual assault during their first 6 weeks on campus.
- Women aged 16 to 24 experience the highest per capita rate of intimate partner violence.
- 1 in 6 women and 1 in 19 men experience stalking.

**ODU Counseling Services:** 757-683-4401
Confidential counseling for sexual assault, relationship violence victims including crisis intervention and referral

**ODU Student Health Services:** 757-830-8332
Medical care for sexual assault victims, not including evidence collection, by appointment or as a walk-in (M – Th 8 AM – 7 PM, F 8 AM – 5 PM)

**Sentara Norfolk General Hospital:** 757-388-3551 or 911
Medical care for sexual assault victims that includes evidence collection; 24-hour emergency services