



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.

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



**OLD DOMINION
UNIVERSITY**
IDEA FUSION

SAFE
Sexual Assault & Abuse Free Environment

Women's Center
757-683-4109

<http://www.odu.edu/womenscenter>
safeodu@odu.edu



ADVOCACY

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



EDUCATION

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.



SUPPORT

ODU Women's Center:

757-683-4109

Sexual assault victim advocacy, crisis intervention, education & outreach

YWCA Sexual & Domestic Violence Hotline:

757-251-0144

Sexual assault & relationship violence support, education and advocacy; 24/7 crisis hotline

ODU Counseling Services:

757-683-4401

Confidential counseling for sexual assault and relationship violence victims including crisis intervention and referral

ODU Student Health Services:

757-683-3132

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