

Sexual Misconduct and Relationship Violence

2014

Goals for Today

- Describe both confidential and community resources
- Work through a scenario
- Identify potential barriers for reporting and provide strategies to overcome those barriers
- How to help someone who has experienced sexual misconduct, stalking, or relationship violence

General Definition of Confidential and Community Resources

Confidential resources: safe places where students do not necessarily need to report. Confidential resources are meant to help students navigate options and care for themselves emotionally and mentally.

Community resources: meant to help students who want to report or take action against a perpetrator. These resources will take action steps to ensure that students feel safe on campus

Confidential Resources

CARE To Stop Violence Office

- Advocates available to help survivors of violence, friends, and family members
- 24 hour crisis cell available for assistance after hours (301-741-3442)
- Victim Assistance Fund can help to cover costs related to the trauma experienced
- Academic Support Options
- Assistance with reporting options and navigating campus resources (therapy and medical help, etc.)
- Educational workshops provided by undergraduate students on these topics

Confidential Resources Continued

University Health Center- Mental Health

- Provide short term (6-8 sessions) therapy for graduate and undergraduate students (\$15/session)
- Group therapy available for survivors of sexual assault and relationship violence

Counseling Center

- Provide free short term (6-8 sessions) therapy for graduate and undergraduate students

Chaplains

- Available for one-on-one consultations and support

Campus Resources

Office of Sexual Misconduct and Relationship Violence (Title IX)

- Responsible for responding to and investigating all cases involving sexual misconduct and relationship violence on campus

Office of Student Conduct

- Responsible for the student conduct process for the entire campus community. They deal with incidents both on and off campus. Assist in the investigation and follow-up for sexual misconduct incidents that occur both on and off campus.

Campus Resources

Rights and Responsibilities Office

- Responsible for the student conduct process for students who live in the residence halls. Assist in the investigation and follow-up for sexual misconduct incidents that occur in the residence halls, Commons and Courtyards.

Department of Public Safety (UMD Police)

- Responsible for responding to and maintaining the safety of all University of Maryland community members.
 - Emergency line: 301-405-3333
 - Non-Emergency line: 301-405-3555

Community Resources

PG-Domestic Violence/Sexual Assault Center

- Provider of Sexual Assault Forensic Exams (SAFE) in the Prince George's area.
- 24 hour phone number 301-618-3154

Other Potential Resources:

National Sexual Assault Hotline

800-656-4673

DC Rape Crisis Center

202-333-7273

Shelter and counseling for abused women

National Domestic Violence 24 Hour Hotline:

800-799-SAFE

My Sister's Place:

202-529-5991

House of Ruth

301-667-7001

Family Crisis Center:

301-779-2100

Rape, Abuse, Incest National Network (RAINN): 1-800-656-HOPE

Resources Continued.

Resources for Respondent:

- Office of Student Conduct
- Rights and Responsibilities Office
- University Health Center- Mental Health
- Counseling Center
- Chaplains
- Department of Public Safety (UMD Police)
- Office on Sexual Misconduct and Relationship Violence (Title IX)

Why is this Important?

College Statistics

- ❖ 1 in 5 women will be sexually assaulted during their time in college.
- ❖ 1 in 6 men on a college campus are survivors of childhood sexual abuse.
- ❖ The CARE to Stop Violence office has been around since 2003, and each year we have consistently had between 70-100 new clients.

Scenario #1

Sarah, a one of your students comes to talk to you for some advice. Her roommate, Carol, is in an on again, off again relationship with a non-student (Mike). The two seem to fight verbally a lot, and Mike texts Carol at all hours of the night even when they are broken up and Carol has asked him to stop. The other night, Mike told Carol that if she did not get back together with him he was going to kill himself. This was not the first time that he has threatened this, and Sarah tells you she is worried about her friend, but Sarah absolutely does not want you to reach out to Carol, she just wants some advice as to what to do.

Scenario Questions

1. What are your general reactions?
2. What are some potential concerns or questions that you as an GA might have in this situation?
3. What are some ways you as an GA might be able to address those concerns in the moment?
4. What is your responsibility in your role as an GA?

The presentation of the issue is often vague:

- **“Something bad happened...”**
- **“I didn’t want to do it, but he/she did it anyway...”**
- **“I think he/she had sex with me...”**
- **“Things got out of control...”**
- **“He/ She just won’t leave me alone...”**
- **“_____ just has an anger problem...”**

How to Handle a Disclosure



The victim's perception of the reactions and/or responsiveness of people who receive their disclosures and service providers is one of the key predictors for how quickly they heal

↑ Positive experience

=

↓ Symptoms + ↑ Recovery

Focus on building a sense of safety and empowerment

- Loss of power is one of the hallmarks of any traumatic event
- Give choices and options

Let them know as soon as you think they are disclosing to you that you will have to share the information with your supervisor

- Let them decide how much or little they share with you, this is empowering.
- Make sure they know the limits of confidentiality with your role ASAP.

Recommendations

- Focus on the responsibility resting with the perpetrator, not the victim
 - Do not focus on the victim’s choices before and during the abuse or assault, this can feel very blaming to the victim
- Offer resources ASAP, especially CARE!
 - “I want to make sure that you have the best and most confidential support possible. There is a program called CARE Advocates that might be helpful to you...”

Recommendations

- “I’m here for you whenever you need me
 - This is not feasible- don’t make promises you can’t keep
- “You need to do _____.”
 - Takes away their sense of power and control
- “I know how you feel”
 - You don’t – not even if you are a survivor, too. Every experience is different
- Tell me exactly what happened
 - Don’t make them relive it if they don’t choose to do so, also this might be seen as victim blaming – as if you’re trying to figure out what they did wrong
- Ignoring them because you don’t know what to do
- Telling the police or their parents

Responses that may be HARMFUL

- Pointed questions such as: “Why did you get that drunk? What were you wearing? Why did you go home with him?”
 - This places blame on the victim
- Secondary Victims: Anger, retaliation, violence against the other person
 - The person disclosing to you may end up feeling like they need to tend to you, might feel betrayed by you, you will be introducing more violence into their life, might take away their support network if you end up going to jail or getting in trouble and then they are more isolated
- Hugging or touching them without asking
- Forcing them to make decisions that they might not be ready for such as seeking medical attention

Responses that may be HARMFUL

- “I’ll be here for you as much as I can be”
- “Here are some options, what do you want to do?”
 - Gives them the control
- “How do you feel about (fill in some options)?”
- “I’m here to listen when you’re ready to talk”
- Tell them it is not their fault
- “Do you want a hug?”
- Secondary Victim: Don’t make it about you. If you need help, seek help outside the victim
 - CARE and therapy resources are also available to you!

Responses that may be HELPFUL

- Provide written materials/tell them that you want to be helpful but you don't know what to do
 - You might not feel comfortable talking about it but you can still help
- Ask if they are hurt. Provide information on medical options if you know them
- Keep their information **PRIVATE!**
 - Let them know what your limitations to privacy are as soon as possible!

Responses that may be HELPFUL

QUESTIONS?

