



Emory University Sexual Assault Peer Advocate Training Manual

Sexual Assault Peer Advocates (SAPA) in collaboration with the Office of Health Promotion’s Respect Program 404.727.1514 respect.emory.edu

Sexual Assault Peer Advocates aims to provide advocacy and support to sexual assault survivors and guide them towards all the resources available on Emory’s campus. SAPA aims to educate all students at Emory on how to support survivors through training and dialogue.

Sexual Assault Facts and Statistics

- Sexual assault is any contact of a sexual nature without mutual consent. It can happen to anyone, regardless of sex, gender identity, race, class, age, size, appearance or sexual orientation.
- Sexual Assault is the most underreported violent crime.¹ Approximately 60% of sexual assaults are not reported to the police.²
- Alcohol is the most common predatory (date rape) drug. In a large number of cases, either the victim, the predator or both are intoxicated.³
- The assailant is an acquaintance in the majority of cases; “stranger rapes” are the exception, not the norm.⁴
- 20% –25% of female college students have experienced sexual assault during their college careers.⁴
- In the United States, 1 in 6 women and 1 in 33 men report an experience of sexual assault during their lifetime. Transgender and gender non-conforming individuals disproportionately experience sexual violence.⁵
- At Emory University, as part of a random representative sample of students, 7.5% of women and 2.1% of men reported being sexually touched with consent and 2% of women reported being in a sexually abusive intimate partner relationship in the last 12 months.
- Alcohol is the most common predatory drug. Alcohol and other drugs inhibit an individual’s ability to give consent.

Responding to Myths about Sexual Assault

Because myths are often used as a way to excuse the behavior of aggressors and to shift blame on the survivors, effective advocates should be able to respond to these false beliefs with facts and rational reasoning. Some common myths about sexual violence include:

MYTHS	FACTS
Sexual violence is caused by the perpetrator’s uncontrollable passion and sexual urges.	Sexual violence involves a range of behavior that is used for power and control over another person or people. Sex is used as a weapon.

Strangers commit the majority of sexual assaults	38% of rapes are committed by a friend or acquaintance, 28% by an intimate partner, and 7% by a family member or relative. ¹ These numbers represent a total of 73% of assaults committed by non-strangers. For college students, this is closer to 95%
Perpetrators of sexual assault are easy to spot and are typically mentally ill.	The majority of assaults are committed by someone the survivor knows. They can be a classmate, co-worker, a friend, an intimate partner, and are not easily identifiable.
False rape accusations are very common. Wo/men “cry rape.”	The rate of unfounded reports is low and is estimated to be around 2 – 4%. ² 60% of sexual assaults go unreported ¹ . This myth decreases the likelihood that someone will report, as s/he worries about being disbelieved.
People can prevent sexual violence by avoiding careless behaviors, dangerous locations, and dressing in ways that might attract a rapist. Victims of sexual assault are often “asking for it.”	Sexual violence can happen to anyone in myriad situations and settings. One’s behavior and manner of dress is not a justification for the violent actions of others.
The Law & Order Myth: Real survivors of sexual violence will always be frantic, panic stricken, and out of control.	Survivors exhibit a wide range of emotional responses: calm, hysteria, laughter, anger, apathy, shock, etc. Each survivor copes with the trauma of the assault in her/his own way.
Most sexual assaults are caused by miscommunication and misunderstandings between partners.	While communication is an important component of healthy relationships, studies with perpetrators ³ indicate that the majority of assaults are pre-planned, whether that involves stalking or intentionally getting some intoxicated in order to sexually assault her/him.

No one asks to be sexually assaulted, and no behavior or decision of the survivor’s ever justifies sexual assault.

Emory’s Sexual Misconduct Policy & Title IX

This is a brief excerpt of Emory’s policy. To read Emory’s full sexual misconduct policy for students go to: <http://policies.emory.edu/8.2>. This link includes definitions of terms; information about reporting, investigation, adjudication, and hearing procedures; and additional resources. Retaliation against a student who reports sexual misconduct is also expressly prohibited.

“Sexual misconduct is a form of sexual harassment that is prohibited under federal law and the Emory University Equal Opportunity and Discriminatory Harassment Policy (Policy 1.3). Sexual misconduct can occur in many forms, including, but not limited to, sexual harassment, domestic violence, dating violence, sexual assault, and stalking. Emory University does not tolerate sexual misconduct in its community.”

Emory’s policy defines consent “clear, unambiguous, and voluntary agreement between participants to engage in specific sexual activity. Consent is active, not passive, and is given by clear actions or words. Consent may not be inferred from silence, passivity, or lack of active resistance alone. A current or previous dating or sexual relationship is not sufficient to constitute consent, and consent to one form of sexual activity does not imply consent to other forms of sexual activity. Being intoxicated does not diminish one’s responsibility to obtain consent. In some situations, an individual may be deemed incapable of consenting to sexual activity because of circumstances or the behavior of another, or due to their age.[1] Examples of such situations include, but are not limited to, incompetence, impairment from alcohol and/or other drugs, fear, unconsciousness, intimidation, coercion, confinement, isolation, or mental or physical impairment.”

Crisis Intervention and Advocacy

A survivor who comes to you for help has had a disempowering experience. Your role as an advocate is to help him/her regain his/her feeling of personal empowerment by listening to her concerns, respecting her decisions, and offering her resources (without judgment).

The role of a SAPA Advocate

The role of a SAPA Advocate is to:

- 1- Listen survivor to the survivor and show empathy.
- 2- Clarify any myths that the survivor may believe, and provide survivors with facts & statistics about sexual violence.
- 3- Educate the survivor about the options that they have, without giving them advice on what they should do.
- 4- Support survivors as a peer and connect them to resources.
- 5- Empower survivors so that they can make informed decisions and know they have support and venues to talk about what happened
- 6- Guide the survivor toward the Respect Program and other campus and community resources.

The role of a SAPA Advocate is NOT to:

- 1- Judge the survivor's actions, including their decisions to drink or engage in certain sexual behaviors, their sexual orientation or other forms of identity, or coping mechanisms.
- 2- Label the experience for the survivor as a "rape", "sexual assault," "a misunderstanding," etc.
- 3- Encourage survivors to change their behavior in the future, with the idea that they can avoid sexual violence in the future.
- 4- Replace professional help such as the Respect Program, longer term counseling, or medical care.
- 5- Serve as a mediator between the survivor and the perpetrator
- 6- Take control of a survivor's healing process.

Sexual Assault Response Guidelines

I. Assess Immediate Concerns

- Review issues of confidentiality. Let the survivor know that you will be consulting with the Respect Program but that it is confidential. Let the survivor know that if s/he is seriously contemplating suicide or homicide or is under the age of 17, that you will need to break confidentiality.
- Assess the basic details of the situation focusing on the immediate health and safety of the survivor including:
 - What is your biggest concern right now?
 - Do you feel safe?
 - Do you have any concerns about your physical health?
 - Who else has the survivor told?

II. Respond to the Student

- Affirm the survivor for making the decision to reach out to someone
- Reassure the student that support and resources are available and the Respect Program is a confidential resource specifically for students affected by issues like sexual assault, intimate partner violence, and stalking.

- Identify student's primary areas of concern (e.g., confidentiality, safety, health risks, relationships)
- Direct the student to the Respect Program website and explore it together for more specific information.

III. Enlist the Student's Support System

- Is there anyone the student would like to be with her/him now?
- Encourage the student to identify a supportive friend to be with her/him during this time. The Respect Program also provides accompaniment to appointments if that would be preferable for the survivor.
- Encourage the student to seek out support in the way s/he feels safest.
- Remind the student that any emotional reaction s/he's feeling is normal

IV. Talk about Physical Health (if appropriate)

- Was the assault or abuse within the past 72 hours? If it was, the student has the option to obtain a medical exam for the purpose of evidence collection
- If an assault was recent, does the student want evidence collected to allow for the option of legal action? The student does not have to decide about legal action at this time
- If the student does not wish to have evidence collected, follow-up care can be pursued free-of-charge at Student Health Services (Note: the student will incur costs for laboratory tests and medications)
- Review options and determine the student's preferences for medical follow-up, contacting Emory Police Department, seeking support, and/or changing residence halls.

V. Refer Student to the Respect Program

- The Respect Program is a confidential resource for Emory students and can be reached at 404.727.1514 or by email at respect@emory.edu. The Assistant Director for the Respect Program is named Lauren (LB) Bernstein.
- If the Respect Program is unavailable, you can contact the mental health counselor on-call. During business hours, call Counseling & Psychological Services at 404-727-7450. After hours, page the Campus Life Professional at 404-280-7073 and ask him/her to help you reach the mental health consultant on-call. You can also walk-in to Counseling & Psychological Services from 8:30am-5pm.
- Provide resources so that the student can schedule an appointment with the Respect Program
- Follow up with LB via phone or email (404.727.1514 or respect@emory.edu) to debrief. Please remember that your conversation will also be confidential.

Central Resource for Emory Students

The Respect Program, Office of Health Promotion, Student Health & Counseling Services
respect.emory.edu

Lauren (LB) Bernstein, LMSW serves as Assistant Director – 404.727.1514 respect@emory.edu

Mission: To engage the Emory community to prevent & respond to sexual assault & relationship violence

The Respect Program serves all undergraduate and graduate students who have been affected directly or indirectly by sexual assault, intimate partner violence, and stalking.

* If a staff member needs support, contact the Faculty Staff Assistance Program (FSAP)

Location: Office of Health Promotion, 1525 Clifton Road but can meet anywhere on campus and sometimes off campus

To fulfill our mission, the Respect Program:

- Engages in population-level promotion of a violence-free Emory community
- Provides workshops, events, education, training, campaigns, and guest lectures related to building healthier relationships, consent, survivor support, and other topics related to sexual assault and harassment, intimate partner violence, and stalking
- Empowers students as leaders through student organization involvement, course collaborations, internships, and a graduate assistantship
- Advocates for individual students through consultation, crisis intervention, and referral
- Ensures the inclusion of a wide diversity of people and constituents to increase accessibility to all groups
- Collaborates and partners to develop, communicate, and implement strategies to prevent sexual assault, intimate partner violence, sexual harassment, and stalking as well as all forms of oppression
- Promotes assessment, data collection, ongoing development, and research to ensure the Respect Program participates actively in the broader university community

A student might want to connect with the Respect Program because:

- S/he's in crisis and isn't sure what to do/wants to figure out her/his options.
- S/he needs some sort of accommodation to feel safe and well.
- S/he wants to get involved with supporting peers who have been affected by violence, want to prevent violence, or otherwise want to be a part of a student group or internship related to these issues.

For students who have been affected by sexual assault we provide:

- Crisis intervention and immediate support
- Accompaniment to appointments
- **Anonymous** reporting and assistance with reporting to the Title IX Coordinators
- **Confidential** consultations (scheduled anonymously)
- Advocacy
 - Room reassignment
 - Classroom accommodations
- Connecting with counseling, medical care, conduct and legal on and off campus Referrals

Student Support Options

The student you are helping has support and options at Emory including:

- Medical care
Confidential Individual consultations and advocacy
Personal counseling
- Reporting to legal authorities and/or the Title IX Coordinators
- Housing relocation
- Academic accommodations
- Referrals to on and off campus resources

Medical care is the first decision you need to consider because it will influence the type of exam necessary and where the student will receive your medical care. Please walk through these options with the student.

Emergency Medical Care and/or Evidence Collection

- If you think there is even a remote possibility that you will pursue legal prosecution for sexual assault **and** the incident occurred within the past 72 hours, we recommend that you go to the Emergency Department at DeKalb Medical Center. **You also have the choice to go to Emory University Hospital**; however, DeKalb Medical Center has the most technologically advanced evidence collection capabilities, staff that specialize in medical evaluation of sexual assault cases, and the option of meeting with an advocate from the DeKalb Rape Crisis Center. Do not shower, change clothes, or douche before going to the hospital. The advocate can meet you at the Emergency Department and support you through the exam process and provide any additional support you may need through the legal system. The evidence collected will remain in storage should you decide to pursue prosecution. **Choosing to have evidence collected does not obligate you to press charges, and the DeKalb Police Department may subsidize some of the cost of the exam.**
- If you have any physical discomfort; suspected injuries; pain; bleeding or soreness; unusual discharge, cuts, or sores; or head trauma it is highly recommended that you receive initial medical evaluation at DeKalb Medical Center. Even if you do not desire evidence collection, their expertise will help you to receive the optimal level of care for your condition.
- If you want testing for evidence of “date rape” drugs, **and** the assault occurred within the past 12 hours, you should go to DeKalb Medical Center. Most drugs cannot be detected after 12 hours.

Please note: you will incur costs for medical care received at DeKalb Medical Center. To ensure confidentiality in billing, you may choose not to give your insurance information when you fill out the admission paperwork. Additionally, you may provide your on-campus address if you do not want the bill to be sent to your home address.

- **Transportation**
 - DeKalb Medical Center is located at 2701 North Decatur Road, Decatur, GA, 30033 (for directions call 404-501-2787).
 - Getting to/from DeKalb Medical Center:
 - **MARTA** (fare \$2.50 one way): Take bus North Decatur Rd./Virginia Highland—Eastbound (Route 36) from North Decatur Road (by Complex Hall). DeKalb Medical Center is located at North Decatur Rd and Winn Way.
 - **Taxi**: Checker Cab Company (404-351-1111)

Non-Emergency Medical Care & Follow-Up Treatment

- You also have the choice of receiving same day/next day care at Emory University Student Health Services (EUSHS). Even if you are certain that you do not want evidence collection, you still need preventive medical treatment or treatment for injuries. At Emory Student Health Services, you will not be seen for an examination that can be used as evidence, but you may choose to start your medical treatment there. Your medical care may include optional treatment for the prevention of sexually transmitted infections, HIV, **and/or** pregnancy.

Pregnancy prevention is most effective if a sexual assault occurred within the past 72 hours. Medical treatment may also include follow-up STI testing at 3 and 6 months after the assault. A provider at EUSHS may still recommend that you go to the Emergency Room either at DeKalb or Emory, particularly if there are injuries or other health concerns that require specialized testing. To make an appointment at EUSHS, you may:

- Call 727-7551, ext. 1
 - Go on-line to studenthealth.emory.edu to access your patient portal
 - Walk in during business hours. Although there might be a wait, you will be seen
- After your first visit at DeKalb Medical Center or Emory University Hospital, Emory Student Health Services is available to provide you with follow-up care. We recommend this appointment occur within 1-2 weeks of your initial appointment.
 - Students will incur charges for any necessary laboratory tests and/or medications ordered at Student Health Services. If you have privacy concerns, you may prefer not to have these charges billed to your health insurance, particularly if those bills are sent to your home address. Consult with the Respect Program about potential funding options for medical care at Student Health Services. Medical care at Student Health Services may be paid for directly by the student; however, if you set up a payment plan, it will go on your bursar bill, which for many students is sent to their home address.
 - Bills and statements are billed to the address provided to Student Health Services. If your insurance is being billed, however, Student Health Services has no control over where the insurance company sends its explanation of benefits.

If you want total confidentiality, you can:

1. Provide payment in full at the time of your visit
2. Verify at the checkout desk that Student Health Services has your preferred mailing address on file
3. Specifically ask the checkout clerk to provide you with a statement showing the .00 balance and to note on the account "Do not bill this date of service to insurance."

Long-Term and Non-Medical Support Options

The Respect Program is dedicated to providing you with necessary information, confidential guidance, and support during this difficult process. The Respect Program is located in the Office of Health Promotion in Student Health and Counseling Services 1525 Clifton Road in the 103 Suite but Lauren Bernstein and other professional advocates can meet with a student in other locations. To schedule a free, anonymously scheduled, confidential consultation, please contact the Respect Program at 404.727.1514 or respect@emory.edu.

Reporting to Legal Authorities

- You may want to report to law enforcement authorities. Depending on the location of the incident, the Emory Police Department or the DeKalb County Police will assist you. You can initiate a report by calling the Emory Police Department, which will contact the appropriate authorities if the assault occurred outside their jurisdiction. Your report **will not** obligate you to follow through with legal action.
- Confidentiality and privacy will be maintained to the maximum extent permitted by applicable law. **Any incident of sexual assault involving a minor (a person under the age of 18 in**

Georgia) shall be reported to the Emory Police Department. The Emory Police department shall contact any other necessary authorities (DFCS, appropriate law enforcement agency, etc.) If the survivor is a minor, the appropriate representative of Campus Life will also be notified, as s/he must inform the survivor's family of the assault.

Filing a Title IX Report for Sexual Misconduct

You have the option to report this incident to the Deputy Title IX Coordinator in Campus Life, Carolyn Livingston, if the perpetrator is an Emory student. If you do so, a professional will be assigned to investigate your case. In cooperation with the Deputy Title IX Coordinator, you may determine your participation level in this process.

Receiving Emotional Support

- You also have the option of meeting with the Respect Program for a **confidential** consultation to receive support and learn about your options.
- Many survivors will minimize or deny their experience as a coping strategy. This approach may make them unlikely to seek medical and emotional care. If you or someone you are helping has been affected by sexual assault or abuse in a relationship, please remember that the Respect Program will meet you where you are to assist you.
- A survivor sharing her/his experience with a trusted friend or fellow student (like a Sexual Assault Peer Advocate) can provide you with important emotional support.
- The Respect Program provides confidential support, advocacy, and crisis intervention. Counseling can be an essential component of self-care after an unwanted sexual experience or to cope with being in or leaving a relationship in which there is abuse. Respect professional advocates can connect you with on and off campus counseling options for longer term care. At Student Health Services, you can see a health care provider to discuss the option of medication to help you sleep or to manage anxiety or stress associated with the assault.

Support Resources

On Campus Resources:

The Respect Program – Lauren (LB) Bernstein, LMSW; Assistant Director	(404) 727-1514
respect@emory.edu , http://respect.emory.edu	
Emory Police Department	(404) 727-6111
Title IX Coordinator for Students, Carolyn Livingston, PhD	(404) 727-7195
chliven@emory.edu	
Student Health Services	(404) 727-7551
Counseling & Psychological Services	(404) 727-7450
Emory University Hospital	(404) 712-7021
Help Line (confidential, student staffed)	(404) 727-HELP (4357)
available 8:30pm-1am	

Off Campus Resources:

DeKalb Rape Crisis Center

24 hour confidential crisis line(404) 377-1428
free counseling service(404) 377-1429

DeKalb Medical Center Emergency Department

ask to speak with a Physician's Assistant(404) 501-5350

National Dating Abuse Helpline

24 hour confidential crisis line(866) 331-9474
Live online chat support (5pm-3am EST)<http://www.loveisrespect.org>

RAINN Rape, Abuse, and Incest Hotline

24 hour confidential hotline(800) 656-HOPE (4673)
24 hour confidential online hotline<https://ohl.rainn.org/online>

Georgia 24-hour Domestic Violence Hotline(800) 334-2836

Advocate Check List

- 1) Address the immediate physical safety and privacy concerns of the survivor
 - a) Does s/he feel safe? Is this a good time to talk? What can I do to help you feel more comfortable?
- 2) Acknowledge her/his courage in seeking support from you
 - a) I'm glad you told me. Thank you for telling me.
- 3) Provide emotional support and assist in safety planning
 - a) Remind him/her it is not her/his fault. Explain your role. Brainstorm ways to stay safe.
- 4) Walk through available options.
 - a) Does s/he have immediate health concerns or want a forensic exam?
 - i) If so, talk through options for care and discourage from showering, bathing, changing, or eating/drinking if the assault happened recently. Help explain the exam and how to seek support to help her/him get care.
 - ii) If s/he does not want evidence collection, still mention care for injuries, pregnancy prevention/screening, or STI treatment if applicable.
 - b) Is s/he considering filing a police report? This does not obligate her/him to press criminal charges.
 - c) Is s/he considering filing a report with the conduct office or school dean (for graduate students)?
 - i) Review the Sexual Misconduct Policy. Mention the possibility of a campus-issued no contact. Remind her/him that a professional advocate from the Respect Program accompany her/him through that process.

- 5) Refer her/him to additional services and resources and let her/him know there is a professional advocate on campus.
 - a) Mention that s/he can speak confidentially and work with the Respect Program. Talk her/him through making an appointment by phone or email.
 - b) Explore options and resources available on campus including advocacy and counseling options.
- 6) Talk to LB to debrief, follow-up, and see if you should file an anonymous report to EPD together.
- 7) Follow up if appropriate.
 - a) See if you can follow up in a few days. Ask if there are additional needs or desire for support.

Self-Care

Supporting someone who has been sexually assaulted can be challenging and can lead to secondary trauma. It is crucial that allies and advocates be aware of their boundaries and to practice self-care.

A list of self-care strategies include (but are not limited to):

- Feed your body, brain, and spirit
- Watch or read something that makes you laugh (hard)
- Take a break or get some rest
- Talk to someone outside of Emory
- Revisit a hobby you haven't enjoyed in a while
- Take part in ongoing SAPA meetings or other events on campus
- Exercise
- Process and debrief lessons learned with other SAPAs and LB (404.727.1514 or respect@emory.edu)
- Make plans for how you will care for yourself after advocating for/responding to a survivor

This manual was created by Sexual Assault Peer Advocates, particularly Anushka Kapoor, Cecilia Gilmore, Rachel Bottoms, and Raymond Desautels in consultation with the Office of Health Promotion's Respect Program. Some of the content was adapted from materials written by Lauren Bernstein and Aline Jesus Rafi. Additional information has been adapted from the Department of Justice, Office of Victims of Crime, DeKalb County District Office, and the DeKalb Rape Crisis Center Volunteer Manual. Last updated August 2012

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