

Supporting a Student Who Has Been Affected by Sexual Assault or Relationship Violence, A Guide for Faculty & Staff



The Respect Program

*Engaging the Emory community to prevent & respond to sexual
assault & relationship violence*

Office of Health Promotion

Emory University Student Health & Counseling Services

For more information contact

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Dear Emory University Community Member,

This guide is designed to assist you in responding to a student's disclosure of sexual assault, abuse in a relationship, or stalking. You should also have the *Resource Guide for Students* to give to or email a student who comes to talk about an instance of interpersonal violence that she/he/ze or one of her/his/hir friends has experienced*. Sexual and relationship violence are issues that undergraduate and graduate students from all schools in the University struggle with, although they may often go unreported. In the event that a student discloses his/her experience(s) with you, please know that you are in a special position to act as a resource. You have been provided with this packet so that you will be able to act as a helpful resource in a student's time of need.

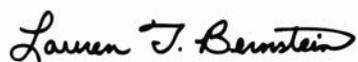
This packet includes:

- Conversational tools for talking with someone who has been sexually assaulted
- A guide to help you in the response and referral process
- A guide to the student's rights and options in getting medical care, academic advocacy, ongoing emotional support, and feeling safer on campus
- A list of contact information for resources

As an Emory University community member, you have the support and resources of the Coordinator of the Respect Program in the Office of Health Promotion to assist you with any personal and/or student concerns. The Respect Program's mission is to engage the Emory community to prevent and respond to sexual assault and relationship violence, and you are an important part of that work. If you need help at any time during the process of responding to a student, do not hesitate to contact Lauren (LB) Bernstein at 404-727-1514 or at Lauren.Bernstein@emory.edu. We appreciate the important role you take in helping to make Emory University a comfortable and safe place where our students can flourish.

Please remember that you have support at Emory as well. Support and referral options for faculty and staff are available through the Faculty Staff Assistance Program (FSAP) at fsap@emory.edu or 404-727-4328.

Sincerely,



Lauren (LB) Bernstein, LMSW
Assistant Director for the Respect Program
Engaging the Emory community to prevent & respond to sexual assault & relationship violence
Office of Health Promotion, Emory University Student Health & Counseling Services

*Sexual assault and relationship violence affect people of various gender identities. Pronouns are varied throughout this document to reflect this fact including she/her, he/him, and the gender neutral pronouns ze/hir.

Sexual & Relationship Violence Response Guidelines

I. Respond

- Review issues of privacy protection and your obligation to make a report to the Title IX Coordinator. You can learn more about Emory's policies and faculty and staff reporting obligations at <http://sexualmisconductresources.emory.edu>
- Ask the student what she is comfortable sharing about what happened which may include when and where the assault occurred and who perpetrated the assault.
- When and where did the assault(s) occur?
- Talk to the student about any safety concerns or if she is afraid of seeing the perpetrator or potential repercussions from disclosing.
- Affirm the student for making the decision to reach out to someone
- Reassure the student that support and resources are available.
- Identify and explore student's primary areas of concern (e.g., confidentiality, safety, health risks, relationships)
- Provide the student with the "Resource Guide for Students" and review it together. Make sure the student knows where to learn more online via the Respect Program's website <http://respect.emory.edu>
- Help the student identify her support system, including friends as well as campus resources.
- Let the student know that he has support at Emory from various resources, including confidential ones.

II. Refer

- Lauren (LB) Bernstein can be reached during office hours at (404) 727-1514 or by e-mail at Lauren.Bernstein@emory.edu Additional information is available at respect.emory.edu
- If LB is unavailable, contact the mental health consultant on-call. During business hours, call Counseling and Psychological Services at 404-727-7450. After hours, page the Campus Life Professional at 404-280-7073 and ask her to help you reach the mental health consultant on-call.
- 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. The student does not need to decide she will press charges at the time of evidence collection.
- If the student does not wish to have evidence collected, follow-up care is available at Student Health Services.
- Review options and determine the student's preferences for support, needs, and campus resources.
- Review what you discussed with the student and possible next steps

III. Report

- File a report with Deputy Title IX Coordinator Carolyn Livingston. You can reach her at chlivin@emory.edu. Learn more about reporting at <http://sexualmisconductresources.emory.edu>

Supporting a Student Who Has Been Sexually Assaulted or is in an Abusive Relationship

- **The student may be worried about being disbelieved.** It is important to reassure her that you believe her disclosure. Keep in mind that sexual assault or relationship abuse can occur regardless of gender or sexual orientation and to avoid making assumptions.
- **The student may be worried that the violence was her fault and that she is to be blamed.** Try to help the student explain why she believes it is her fault; you may need to respond with understanding that she wishes there was something she could have done to prevent the assault. She may also be reassured to hear you say that no one ever deserves to be assaulted; however, she may take little comfort in that if she is using self-blame to regain feelings of control over personal safety.
- **The reported assailant may be someone you know.** Eighty to ninety percent of sexual assaults on a college campus are committed by acquaintances. If a student reports abusive in a relationship, you may know both parties. If you know the reported assailant, you may struggle with your own feelings of disbelief that he could be capable of such behavior. However, false reports of assault are very rare.
- **The student may be immensely helped by you or another trusted support person accompanying her to appointments.** This may entail an Emergency Department visit or next day appointment at Student Health Services. Brainstorm with the student about possible help and support from friends, especially if she's concerned about coping alone.
- **Individuals' coping strategies can vary.** Some find talking about the assault helpful and others do not. You may want to let the student know that you are available to her at any time she may want to talk about the experience. Even if she chooses not to discuss it still check in with her. It is important to acknowledge that this is a stressful time.
- **There are psychological and medical risks that may follow untreated sexual assault or relationship violence.** Many students attempt to minimize or deny their experience. This approach may make them unwilling to get necessary medical and emotional care. If the student is unwilling to follow-up with medical evaluation and counseling, be as persuasive as possible and try to help her keep her appointments. Encouraging the student to talk to LB and helping make care options accessible for the student can help her feel more comfortable accessing care.
- **You may have your own questions and concerns.** Please feel free to contact LB, the Assistant Director for the Respect Program, at (404) 727-1514, via email at Lauren.Bernstein@emory.edu.
- **If the student is experiencing abuse in an intimate partner or dating relationship, help her plan for safety.** There is a customizable safety plan and additional information available on the Respect Program's website at <http://respect.emory.edu>. Help the student determine ways to stay safe, whether or not the student chooses to stay in a relationship in which there is abuse. While you should express your concern for the student's safety, relationship abuse is complicated, and telling the student to end the relationship may actually create more danger for her.

Providing Support

Consider the surroundings:

- Does the student feel safe right now? Is this area private or confidential? What would help the student feel more comfortable?
- Does she want someone else there, a glass of water, a closed or open door?
- Make sure to turn your full attention to the student, including turning off cell phones and diminishing distractions.

Things you can say:

- “Thanks for coming to see me or telling me or calling.”
- “Take your time.”
- “What is your biggest concern right now?”
- “What’s on your mind?”
- “You’re safe here.”
- “What would help you the most today?”
- “You have support at Emory.”
- “No one should have to face something like this alone.”
- “How are you feeling?”
- “No one asks to be sexually assaulted or abused.”
- “You did what you needed to do to make it through.”
- “Feel free to say whatever is on your mind.”
- “You’re not burdening me, I’m here to help.”
- “We don’t have to figure everything out at once. Let’s take it one step at a time.”
- “I believe you.”
- Nothing. Be comfortable with some silence and pauses.

Things you can do:

- Have an open, welcoming stance.
- Sit near the student on the same level, avoiding talking through barriers like a desk.
- Explore options with the student instead of giving advice. She is the best expert on her situation, and this can help her/him regain a sense of control.
- Focus on immediate health and safety issues. It can be overwhelming to consider all of the possibilities at once, and you want to start with those immediate concerns.
- Give written information and referrals to ensure that the student has the information, as he may be too traumatized to fully remember the conversation. If it’s safe to do so, emailing can also be helpful.
- It can be challenging or emotionally draining to support someone who has experienced something traumatic. Make sure to take care of yourself. Consult with LB.
- Minimize future contact with the perpetrator or help the student plan for her safety if she is maintaining contact. Mediation is not an option in situations involving assault or abuse. Do not suggest that they have future conversations or contact.
- Keep the focus on the student who has come to you. Do not threaten violence or other retaliation against the perpetrator or focus what the perpetrator might have been thinking.
- Ask permission if you think it would be appropriate to touch or hug the student to provide support. This might be a challenging time for the student to be touched.
- Set a limit to the conversation and ensure follow-up to avoid having the student retraumatize himself by continuing to retell the story.

- If the student is going to go to an emergency room after a recent incident, ask if she has showered, changed clothes, or eaten anything. If not, encourage her to wait until after going to the hospital. Also, do not provide medication unless you are a medical professional.
- Keep your focus on the survivor, even if you have experienced abuse or sexual assault yourself. You should have places to disclose this and process through, but mentioning it to the student can redirect the focus to you or can make her feel she needs to do what you did to cope.

Potential Reactions to Trauma

Each person reacts to trauma differently, but here are some possibilities students might experience:

- Feeling hopeless about the future
- Feeling detached or unconcerned about others
- Having trouble concentrating or making decisions
- Feeling jumpy and getting startled easily at sudden noises
- Feeling on guard and constantly alert
- Having disturbing dreams and memories or flashbacks
- Having school or work difficulties.
- Trouble eating or sleeping
- Pounding heart, rapid breathing, feeling edgy
- Severe headache if thinking of the event
- Failure to engage in exercise, diet, safe sex, regular health care
- Using substances more
- Feeling nervous, helpless, fearful, sad
- Feeling shocked, numb, and not able to feel love or joy
- Avoiding people, places, and things related to the event
- Being irritable, agitated, or having outbursts of anger/sadness
- Blaming oneself or having negative views of oneself or the world
- Distrust of others
- Being withdrawn, feeling rejected or abandoned
- Loss of intimacy or feeling detached

The Respect Program: Central Resource for Students

The Respect Program's mission is to engage the Emory community to prevent and respond to sexual assault and relationship violence. It's a part of the Office of Health Promotion in Emory University Student Health & Counseling Services in the Division of Campus Life.

Who we serve: All undergraduate and graduate students

How to reach us:

Lauren (LB) Bernstein, LMSW (Assistant Director for the Respect Program)

404.727.1514 | lauren.bernstein@emory.edu | respect@emory.edu

Location: 1525 Clifton Road 103 Suite but can meet anywhere on campus

Why a student would contact Respect:

- She's in crisis and isn't sure what to do/wants to figure out her/his options.
- She needs some sort of accommodation to feel safe and well.
- 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
- Assistance with reporting to the Title IX Coordinators, including anonymous reporting
- **Confidential** consultations (scheduled anonymously)
- Advocacy
 - Room reassignment
 - Classroom accommodations
- Connecting with counseling, medical care, conduct and legal on and off campus Referrals

For more information about the Respect Program or issues of intimate partner violence, sexual assault, and stalking go to <http://respect.emory.edu>.

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:** 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 Lauren (LB) Bernstein in 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 Title IX Coordinator for Students Carolyn Livingston. If you do so, a professional will be assigned to investigate your case. In cooperation with the Title IX Coordinator, you may determine your participation level in this process. Title IX/sexual misconduct includes "sexual harassment, domestic violence, dating violence, and stalking." For more information about resources and policy related to sexual misconduct at Emory go to <http://sexualmisconductresources.emory.edu>.
- The sexual misconduct policy is available here: <http://policies.emory.edu/8.2>.
- The policy states that "sexual misconduct can occur between strangers or acquaintances, including people who have an intimate or sexual relationship."
- A key component of this policy is **consent**. The policy defines consent as "a 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. 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."
- In other words, consent is not the absence of a "no," but the presence of an enthusiastic "yes." Any alcohol inhibits someone's ability to give consent.

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.
- It can be helpful for a survivor to identify her support system, including friends or family.
- 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

A more comprehensive list is available at respect.emory.edu

On Campus Resources

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

Off Campus Resources

DeKalb Rape Crisis Center 24 hour confidential crisis line free counseling service	(404) 377-1428 (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 Live online chat support (5pm-3am EST)	(866) 331-9474 http://www.loveisrespect.org
RAINN Rape, Abuse, and Incest Hotline 24 hour confidential hotline 24 hour confidential online hotline	(800) 656-HOPE (4673) https://ohl.rainn.org/online
Georgia 24-hour Domestic Violence Hotline	(800) 334-2836