Emory University Sexual Assault Peer Advocacy 101 Session Manual
Sexual Assault Peer Advocates (SAPA) in collaboration with the Office of Health Promotion’s Respect Program 404.727.1514

The Respect Program in the Office of Health Promotion at Emory University aims to engage the Emory community to prevent and respond to sexual assault and relationship violence.
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.
sapaemory.org

Sexual Assault Facts and Statistics

- **Sexual assault** is any contact of a sexual nature without mutual consent. It can happen to anyone, regardless of gender, race, class, age, size, appearance, disability or sexual orientation.

- **Consent** is a clear, unambiguous, and voluntary agreement between participants to engage in a 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. 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.

- Sexual assault is the most **underreported** violent crime. Approximately 60% of sexual assaults are not reported to the police. 97% of perpetrators never serve jail time.

- Alcohol is the most common predatory (“date rape”) drug. In a large number of cases, the survivor, the predator or both are intoxicated. Alcohol and other drugs inhibit the ability to **effectively communicate and process consent**, and no individual is legally capable of giving consent under the influence of alcohol.

- **1 in 4 women** and **1 in 33 men** experience sexual assault by the end of their college careers. Transgender and gender non-conforming individuals disproportionately experience sexual assault.
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. Advocates can help stop the spread of misinformation by politely correcting myths when heard by their peers. Some of the common myths about sexual violence include:

<table>
<thead>
<tr>
<th>MYTHS</th>
<th>FACTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sexual Violence is caused by the perpetrator's uncontrollable passion and sexual urges.</td>
<td>Sexual violence involves a range of behavior that is used for power and control over another person or people. <strong>Sex is used as a weapon.</strong></td>
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<tr>
<td>Strangers commit the majority of sexual assaults</td>
<td>38% of assaults 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. <strong>For college students, this number is closer to 95%.</strong></td>
</tr>
<tr>
<td>Perpetrators of sexual assault are easy to spot and are typically mentally ill.</td>
<td>The majority of assaults are committed by someone the survivor knows from daily life(^4), and cannot be easily identified.</td>
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<tr>
<td>False rape accusations are very common. People “cry rape.”</td>
<td>The rate of unfounded reports is low and is estimated to be around 2 – 4%(^2). <strong>60% of sexual assaults go unreported</strong>(^1). This myth decreases the likelihood that someone will report, as s/he worries about being disbelieved or doubted.</td>
</tr>
<tr>
<td>People can prevent sexual violence by avoiding careless behaviors, dangerous locations, and dressing in ways that might attract a rapist.</td>
<td>Sexual violence can happen to anyone in virtually any situation and setting. One’s behavior and manner of dress is not a justification for the violent actions of others.</td>
</tr>
<tr>
<td>Survivors of sexual violence will always be frantic, panic stricken, and out of control.</td>
<td>Survivors exhibit a wide range of emotional responses: calm, anxiety, laughter, anger, apathy, shock, etc. Each survivor copes with the trauma of assault in her/his own way.</td>
</tr>
<tr>
<td>Most sexual assaults are caused by miscommunication and misunderstandings between partners.</td>
<td>While communication is an important component of healthy relationships, the <strong>majority of assaults are pre-planned</strong>, whether that involves stalking, asking someone on a date with the intention of assaulting her/him or intentionally getting someone intoxicated in order to make her/him vulnerable to sexual assault(^3).</td>
</tr>
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</table>

**Remember, 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 and Title IX

The tenets of Emory University’s Undergraduate Code of Conduct (honor, responsibility, trustworthiness, and respect) are also fundamentals of healthy, personal relationships. When relationships become intimate, these principles become paramount. Sexual intimacy requires mutual participation in an environment of affirmative consent. **Sexual misconduct against anyone by anyone is unacceptable** and Emory University will not tolerate sexual misconduct in its community.

SAPA encourages all advocates to read Emory’s full Sexual Misconduct Policy for students at: [http://policies.emory.edu/8.2](http://policies.emory.edu/8.2). This link includes definitions and terms, information about reporting, investigation, adjudication, 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, intimate partner violence, sexual assault, and stalking. The university will take seriously every allegation or report of sexual misconduct received. Emory University’s response is intended to ensure that all parties involved receive appropriate support and fair treatment, and that allegations of sexual misconduct are handled in a prompt, thorough, and equitable manner.

Emory University and SAPA define consent the same way: **Consent** is a clear, unambiguous, and voluntary agreement between participants to engage in a 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. A current or previous dating or sexual relationship does not constitute consent, and consent to one form of sexual activity does not imply consent to other forms of sexual activity.

**On alcohol and consent:** Emory’s Sexual Misconduct policy notes that 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, the behavior of another individual towards him/her, or due to 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.

**Filing a Title IX Report**

Students wishing to file a Title IX Report may contact the Title IX Coordinator for Students (Dr. Carolyn Livingston), the Title IX Coordinator (Lynell Cadray), any of the nine Deputy Title IX Coordinators (Priscilla Echols, Michele Sheets, Harriet Ruskin, Arnita Howard, Cora MacBeth, Katherine Brokaw, Deb Houry, Catherine Strate, and Mary Lou Boice), Emory Police Department, or The Respect Program.

Bringing a formal complaint will lead to an investigation and can result in disciplinary action. The degree of privacy the university can offer to those reporting sexual misconduct depends on the context.

Informal options are available. These include academic accommodations, housing relocation, or issuing a no contact order. Informal options do not prevent any future, formal disciplinary actions.

For more information on filing a Title IX Report go to: [http://sexualmisconductresources.emory.edu](http://sexualmisconductresources.emory.edu)
Advocacy

A survivor who comes to you for help has had a disempowering experience. Your role as an advocate is to help her/him regain personal empowerment by listening to concerns, respecting decisions, maintaining boundaries, offering resources, and maintaining confidentiality to the extent allowed by law (without judgment).

The role of an advocate is NOT to label the experience for the survivor as “rape,” “sexual assault,” “a misunderstanding,” etc., nor to encourage survivors to change their behavior in order to avoid future sexual violence, serve as a mediator between the survivor and the perpetrator, take control of the survivor’s healing process, or replace professional help such as counseling or medical care.

Every survivor has the right:

- To be believed
- To be treated with dignity and respect
- To have what happened be taken seriously regardless of details of the situation
- To be given freedom to determine her or his own needs and how to meet them
- To identity herself/himself or what happened in any way s/he feels comfortable
- To be provided with information about all possible options
- To receive medical and mental health treatment if desired
- To participate in legal/university proceedings if desired
- To not be questioned about past or present behavior or choices
- To not be discriminated based on race, age, class, sexual orientation, gender, sex, religion, or ability

When Providing Support

Consider the surroundings:

- Does the survivor feel safe right now? What would help them feel more comfortable?
- Do they want someone else there, a glass of water, a closed or open door?
- Make sure to turn your full attention to the survivor, ignoring any distractions such as cell phones
- Sit on the same level as the survivor with open body language, avoiding barriers like a desk
- Ask permission before touching or hugging the survivor, even if they are a close friend

Things you can say:

- “I believe you.”
- “You have support at Emory.”
- “Thank you for telling me. I know that took a lot of courage.”
- “No one asks to be sexually assaulted or abused.”
- “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.”
- “Take your time.”
- “What is your biggest concern right now?”
- “What would help you the most today?”
- Nothing. Be comfortable with some silence and pauses.
Sexual Assault Response Guidelines

I. Assess Immediate Concerns

- Review issues of confidentiality. Let the survivor know that you will be consulting with Dr. Jane Yang in CAPS anonymously. Let the survivor know that if she/he is seriously contemplating suicide or homicide or is known to be under the age of 18, you will need to break confidentiality.
  - Any incident of sexual assault involving someone under 18 in Georgia must be reported to the Emory Police Department, who will contact any other necessary authorities. Further, the appropriate representative of Campus Life will notify the survivor’s family.
- Assess the basic details of the situation, focusing on immediate health and safety of the survivor

II. Empower the Survivor

- Affirm the survivor for making the decision to reach out to someone
- Reassure the survivor that support and resources are available at Emory
  - Provide the survivor with the Resource Guide and discuss all available options
  - Emphasize that the survivor knows her/his own needs best

III. Enlist the Survivor’s Support System

- Encourage the student to identify a supportive friend or family member to check in regularly to ensure the survivor is receiving all necessary help and resources
  - A friend may accompany the survivor to appointments if desired
- Encourage the survivor to seek out support in the way she/he feels safest
- Remind the survivor that any emotional reaction she/he is feeling is normal and valid
  - Emphasize the survivor about common feelings of self-blame, shame, and fear of being disbelieved, and how a supportive friend or professional can help manage these feelings

IV. Talk About Physical Health (if appropriate)

- If the assault was within the past 72 hours, the survivor has the option to obtain a medical exam for the purpose of evidence collection (See page 7 for more information)
  - If applicable, it is best to not change clothes or shower before evidence collection
  - While the survivor does not have to decide about legal action immediately, evidence collection could enhance the viability of that option down the road
- If the survivor does not wish to have evidence collected, follow-up care can still be pursued (See page 8 for more information)
  - Review options and determine the student’s preferences for medical follow-up

V. Review Information and Action Plan

- Note survivor’s emotional state, ability to enlist in an ally, and knowledge of options
  - Review resources that she/he is interested in pursuing
- Discuss non-medical follow up care, like Counseling and Psychological Services
  - Dispel any myths about seeking counseling (that it demonstrates weakness, etc.)
- Remind the survivor about possible accommodations (changing residence halls, academic accommodations, etc.) and ability to file a Title IX Report if desired
If you have been affected by sexual assault, intimate partner violence, or stalking and are seeking immediate, confidential support, please contact Emory Counseling and Psychological Services.

Appointments AND WALK-INS are available 8:30am-5pm Monday through Friday, free of charge for all Emory Students. For after-hours emergency needs, counselors are on-call, though students do not have access to the on-call phone number. Contact a Campus Life Professional or Emory Police Department if you feel as though you need after-hours emergency care.

When a survivor discloses to you, please debrief with Dr. Jane Yang in CAPS. No confidential details should be given, but this information will be used for record keeping. When calling CAPS to speak with Dr. Jane Yang, specify that you are contacting her to debrief a SAPA experience. Additionally, advocates feeling overwhelmed by the process or in need of help have Dr. Jane Yang as a resource.

CAPS personnel are offered specialized training to work with survivors, but all CAPS staff is already highly trained and experienced in working with students in distress.

The Respect Program, Office of Health Promotion, Student Health & Counseling Services
Respect.Emory.edu – 404.727.1514

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

Heather Zesiger, the Director of the Office of Health Promotion, and Drew Rizzo in the Respect Program are currently looking to fill an advocacy-based counseling position in the Respect Program, but at this point the Respect Program specializes in: training, prevention, curriculum development, student engagement, supervising student personnel, program direction, etc. For more information, visit respect.emory.edu.

Survivor Support Options

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

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

Medical care is the first decision you need to consider because it will influence the type of exam necessary and where the survivor will receive medical care. You should discuss these different options with the survivor.
Emergency Medical Care and/or Evidence Collection

- If there is even a remote possibility that the survivor will pursue legal prosecution for sexual assault and the incident occurred within the past 72 hours, we recommend the Emergency Department at DeKalb Medical Center as the best option for survivors’ care. Survivors 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 (now called the Day League). The survivor shouldn’t shower, change clothes, or douche before going to the hospital. An advocate can meet the survivor at the Emergency Department and support the survivor through the exam process and provide any additional support as necessary through the legal system. The evidence collected will remain in storage should the survivor decide to pursue prosecution. Choosing to have evidence collected does not obligate the survivor to press charges.

- If the survivor has any physical discomfort; suspected injuries; pain; bleeding or soreness; unusual discharge, cuts, or sores; or head trauma it is highly recommended that she/he receive initial medical evaluation at DeKalb Medical Center. Even if she/he do not desire evidence collection, their expertise will help her/him to receive the optimal level of care.

- If the survivor wants testing for evidence of “date rape” drugs, and the assault occurred within the past 12 hours, she/he 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

- Survivors also have the choice of receiving same day/next day care at Emory University Student Health Services (EUSHS). At Emory Student Health Services, the survivor will not be seen for an examination that can be used as evidence, but may choose to start medical treatment there. 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 the survivor 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 that day.

- After the first visit at DeKalb Medical Center or Emory University Hospital, Emory Student Health Services is available to provide follow-up care.

- Students will incur charges for any necessary laboratory tests and/or medications ordered at Student Health Services. If there are privacy concerns, the survivor may prefer not to have these charges billed to her/his health insurance, particularly if those bills are sent a home address. Medical care at Student Health Services may be paid for directly by the student; however, if the survivor sets up a payment plan, it will go on the 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 insurance is being billed, however, Student Health Services has no control over where the insurance company sends its explanation of benefits.

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

**Long-Term and Non-Medical Support Options**

**Reporting to Legal Authorities**

- The survivor may want to report this assault or violence in a relationship to law enforcement authorities. Depending on the location of the incident, the Emory Police Department or the DeKalb County Police will assist the survivor. To initiate a report, call the Emory Police Department, which will contact the appropriate authorities if the assault occurred outside their jurisdiction. The report **will not** obligate the survivor to follow through with legal action.
Support Resources

On Campus Resources:

Visit sapaemory.org for information and a list of advocates who have completed an interview process.

The Respect Program.................................................................(404) 727-1514
respect.emory.edu

Emory Police Department..........................................................(404) 727-6111

Title IX Coordinator for Students, Carolyn Livingston, PhD.................................(404) 727-7195
chlivin@emory.edu

Student Health and Counseling Services...........................................(404) 727-7551

Counseling and Psychological Services (CAPS).......................................(404) 727-7450

Emory University Hospital...................................................................(404) 712-7021

Office of Residence Life.....................................................................(404) 727-4144

Help Line (confidential, student staffed, available 8:30pm-1am)...............(404) 727-HELP

Off Campus Resources:

Day League (formerly called the 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
24 hour confidential online hotline................................................https://ohl.rainn.org/online

Georgia 24-hour Domestic Violence Hotline......................................(800) 334-2836
**Oxford Campus Resources**

Oxford Police Department .........................................................................................(770) 784-8377

Oxford Counseling Services .......................................................................................(770) 784-8394

Amanda Yu (to organize a program regarding sexual assault) ..............................(770) 784-8634

Hillandale Medical Center  
2801 DeKalb Medical Parkway, Lithonia GA, 30058 ..................................................(404) 501-8000

Michele Sheets (can help connect you with Title IX Coordinator) .......................(404) 727-7195

RLC on call (have an RA call or visit during business hours)

**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:

- Feed your body, brain and spirit  
- Watch or read something that makes you laugh  
- 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  
- Make plans for how you will care for yourself after advocating for/responding to a survivor

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This manual was created by Sexual Assault Peer Advocates, particularly Anushka Kapoor, Cecilia Gilmore, Rachel Bottoms, Raymond Desautels, and Becca Woofter 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 2014.

**Sources**

6. 2011 Emory National College Health Assessment