


UC SAVE

**SEXUAL AWARENESS &
VIOLENCE EDUCATION**

UC UNIVERSITY OF
CHARLESTON

A young woman with curly brown hair and glasses is looking down at an open book she is holding. She is wearing a dark blue jacket over a patterned scarf. The background is a blurred indoor setting, possibly a library or study area, with a blue-framed poster visible on the left.

**A guide for survivors
of sexual violence,
relationship violence,
& stalking.**

dear survivor,

Our university is dedicated to creating a violence free environment for all our students. We hope this guide will help you navigate your process so you can begin to heal and move forward. Our goal is to create a safe space for you to find safety and support, regardless of what that looks like for you. Please use this guide to navigate and choose the resources that you feel will help you.

As you read through this information, please remember:

- What happened to you is not your fault.
- You didn't do anything to deserve this.
- You didn't do anything wrong.
- Your feelings are valid.
- You are not alone.

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resources

support

sexual violence

Sexual violence can include **sexual assault** (non-consensual penetration with a body part or object, and oral penetration), **sexual abuse** (non-consensual touching of buttocks, breasts, or genitals), and **sexual harassment** (inappropriate, lewd comments or "catcalling"). This can also include **non-consensual explicit images**, which is when someone takes or releases explicit photos or videos without permission, sometimes called "revenge porn". **Safer-sex sabotage** also falls under sexual violence, which can be pressuring someone to have unprotected sex, or removing a condom without consent (sometimes called "stealthling"). **Knowingly infecting someone with a sexually transmitted infection** is also a form of sexual violence and a crime in West Virginia. If you think you may have been exposed to HIV, you can ask a health care provider to prescribe **PEP** (post-exposure prophylaxis). If taken within 72 hours of exposure, it is highly effective in preventing HIV. Regardless of transmission, **not disclosing your STI status** before sexual activity prevents your partner from making an informed decision about their own sexual health.

relationship violence

Relationship violence can include **physical abuse** (hitting, kicking, slapping, punching), **verbal** or **emotional abuse** (yelling, name calling, intimidation, isolation, controlling behavior, silent treatment), **sexual violence**, and **financial abuse** (controlling finances in order to control you and limit your resources). Red flags for an abusive relationship are, someone who is overly jealous and controlling, demands to know who you're with or what you're doing at all times, or tries to put a wedge between you and your friends/family.

stalking

Stalking is a form of violence that threatens its victims and can escalate over time. It's a pattern of behavior directed at a specific person that would cause that individual to feel fear. Stalking can include **unwanted contact** by phone calls, texts, or via social media. It can involve showing up unexpectedly, **unwanted gifts, monitoring, surveillance, property damage, and threats**. Stalking is usually perpetrated by someone you know (most often a current or ex-partner) but can also be a stranger. College students are at an increased risk for stalking, and the use of social media and location services has made tracking someone more accessible to perpetrators.

IMMEDIATE STEPS

- Get to a safe place. Get away from the person who assaulted you, to a location where you can call for help. Ideally, this should be a safe place where you aren't alone, like to campus security, or the home of a friend or family member.
- If you feel comfortable contacting law enforcement, call 911 to report the incident. Give the dispatcher the time, place of the assault, as well as description of your abuser. Wait for the police to arrive to collect your statement.
- Consider seeking medical attention at a doctor's office, urgent care clinic, or hospital as soon as possible. Doctors can help collect evidence and treat your injuries immediately after an assault. These are a few specialized care options you can ask for:
 - Advocacy - An emergency advocate is trained to help you through the medical examination, such as REACH 304-340-3676 for sexual violence or YWCA 304-340-3549 for relationship violence. Services are free and confidential.
 - Sexual Assault Nurse Examiner (SANE) - These professionals conduct victim examinations, document injuries, and collect DNA evidence that can help identify an assailant.
 - Emergency Contraception - Pills such as Plan B can prevent the risk of pregnancy up to 120 hours after an assault.
 - STI Testing - Get screened for possible infections that can be transmitted by sexual contact; PEP (Post-Exposure Prophylaxis) can prevent the contraction of HIV if taken within 72 hours.

It is also a good idea to write down the details of the assault and person who assaulted you as soon as possible. This will help doctors, police, and campus authorities help you in the hours and days following your assault. As much as you may want to, do not change your clothes, shower, brush your teeth, or clean the location of the assault until you have seen a medical professional. If you think you have been drugged, you can ask for a urinalysis during your examination.



MOVING FORWARD

Your next step should be to ensure your future safety. If you live with an abusive partner, plan with your dorm, a safe home, or friends to find a new residence, and don't let your abuser know where you will be living. Next, consider seeking counseling. Contact your campus Counseling Department and inform them that you need a counselor who specializes in sexual assault or domestic violence. UC Counseling services are free and confidential. REACH also provides free counseling to survivors of sexual violence and can be contacted at (304)-340-3676. Ask to speak to a REACH advocate. YWCA Resolve provides free counseling to survivors of relationship violence, and they can be contacted at (304)-340-3549.

Finally, if you know your abuser, you can file a civil protection order (CPO). This is also known as a restraining order. This means that a court has ordered your abuser to stay away from you and not communicate with you. If your abuser violates this order, they can face criminal charges. You can also ask your Title IX Coordinator for University based No-Contact Order. A documentation log can help a victim process what is happening to them and identify options to increase safety, especially in stalking cases. It can also be helpful if the victim decides to engage with the criminal or civil legal systems.

Most sexual assaults are never reported. Whether or not you report your assault is a very personal decision, and you are not obligated to, but reporting an assault can help you regain a sense of personal power and control. It may also prevent it from happening to someone else.



**Scan to anonymously
report a crime to UC**





rights & options

You have options after a sexual assault or incidence of relationship violence. You can choose as many or as few resources as you want.

ADVOCACY

Advocates provide free and confidential services for victims of violence. The role of an advocate is to discuss your options with you, help keep you safe, and provide support and resources. Confidential advocates are available 24 hours a day.

If you need someone to accompany you to the hospital, provide information, crisis intervention, and support you during a forensic exam, an advocate can do that. If you need a safe place to stay due to relationship violence, advocates are able to help find space available.

for sexual violence anonymously

REACH in Charleston | 24/7 at 1-800-656-HOPE

AWAY in Beckley | 24/7 at 1-888-825-7836

for relationship violence anonymously

YWCA | 24/7 at 1-800-681-8663

Calling the crisis hotline is not the same as calling the police. No one will call the police without your permission unless they believe that you are in immediate physical danger and cannot make the call yourself. You can talk to an advocate if the violence happened recently, or if it happened a long time ago.

MEDICAL CARE

You can go to any local hospital **emergency room** to receive a **sexual assault or forensic exam** (rape kit). If you do decide to seek medical care for an exam, don't change your clothes, brush your teeth, brush your hair, wash your hands or shower. If at all possible, don't drink, eat, or smoke. Bring extra clothes with you. The hospital may keep the clothes you are wearing as part of the evidence collection process.

You don't need to file a police report in order to receive an examination. If you choose to file a police report at a later date, the results from your sexual assault exam will be available for 2 years. The West Virginia Crime Victims Compensation Fund may help with expenses incurred as a result of a sexual assault, however, the crime needs to be reported to be eligible for funds. (304)-347-4850

If you suspect that you may have been given drugs without your knowledge, request a blood and urine screen during your examination.

Survivor Care Kits, which include a change of clothes, toothbrush, deodorant, cleansing wipes, and other supplies are available in the Office of Student Life or can be requested by asking your Residence Life Coordinator or Resident Assistant.

CONFIDENTIALITY

Confidentiality is the legal and ethical duty of medical professionals, advocates, counselors, and therapists to keep any information you share with them private. They also cannot tell anyone whether or not you are their client/patient.

You can make a report to the college and request confidentiality and ask that your complaint not be pursued. However, there may be times that the school is legally required to investigate and respond. If that happens, the school will inform you and do everything they can to protect your identity.



EXCEPTIONS TO CONFIDENTIALITY

All of the confidential resources have some limits on their confidentiality. They are legally required to make a report to the proper authorities if you tell them about a child or vulnerable person who is being harmed, or if you make specific, serious threats to yourself or others.

PRIVILEGED COMMUNICATION

In addition to being confidential, your conversations with some of these professionals may also be considered "privileged communication". This means that they cannot be forced to disclose information about you or what you discussed, even by a judge. Conversations with advocates, medical professionals, and licensed mental health providers are considered privileged.

This includes UC's counselor,
 who can provide counseling to students for free,
 and can be reached at
 uc-counselor@ucwv.edu or 304-357-4862.


MANDATED REPORTING OF SEXUAL & RELATIONSHIP VIOLENCE

Most staff and faculty on campus are not confidential and are required by law to report violence to the Title IX Coordinator. Staff and Faculty may have to give identifiable information to the Title IX Coordinator on campus if they become aware of sexual or relationship violence.

The college is required to create a Clery Report for state and federal governments disclosing violence affecting students. The Clery Report does not include any identifiable information.

In certain situations, the college may also need to issue a warning to everyone on campus of a potential threat. The survivor's identity will be protected.





sexual assault,
relationship violence,
stalking & school

Surviving a sexual assault or relationship violence may affect many different parts of your life, including your academics and your social life. Remember that UC is here to help you; in fact, UC has a duty to protect their students and ensure your safety. This may mean modifying your schedule or changing your living accommodations, if necessary.

TITLE IX

Title IX is a federal law that prohibits discrimination based on sex in any federally funded education program or activity. Title IX means that your school is obligated to protect you if you or someone you know is a victim of sexual assault, relationship violence, domestic violence, or stalking.

This means that UC is federally obligated to make immediate and effective efforts to end sexual harassment, sexual violence, relationship violence, and stalking. If your school fails to fulfill its responsibilities under Title IX, the Department of Education can impose a fine and potentially deny further institutional access to federal funds. Title IX applies to sex-based discrimination of anyone, regardless of their gender identity or perception. This means that you are protected under Title IX whether you are male, female, or gender non-conforming.

It's important to be aware of the rights that Title IX provides you. These rights include:

- *Your school is required to protect you. If your school knows or reasonably should know of any discrimination, violence, or harassment that creates a hostile environment for any student, it must act to eliminate it, remedy the harm caused, and prevent its recurrence.*
- *Your school may not discourage survivors from continuing their education. This means that you “take time off” or force you to quit a team, club, or class if you are sexually assaulted. You have the right to remain on campus and have every educational program and opportunity available to you.*
- *Your school is required to have an established procedure for handling complaints of sex discrimination, sexual harassment, or sexual violence. This includes a Title IX Coordinator who manages complaints. This Coordinator’s contact information must be publicly accessible on the school’s website. If you decide to file a complaint, regardless of whether you report to the police, your school must promptly investigate your complaint. The investigation should be complete within a semester’s time. Discipline should result if it is more likely than not that discrimination, harassment, and/or violence occurred.*
- *Your school must take immediate action to ensure that you can continue your education free from ongoing sex discrimination, sexual harassment, or sexual violence. This means, if necessary, reasonable changes to your housing, class or sport schedule, campus job, or extracurricular activities. This*

can occur before a formal complaint and can continue after a final decision is made regarding your complaint. These accommodations should not overburden you as the complainant/victim; instead, your school can require the accused to change some school activities or classes.

- *Your school may not retaliate against someone filing a complaint and must keep you safe from other retaliatory harassment or behavior. If they do not, you can report this to the US Department of Education.*
- *No contact directive. Your school can issue a no contact directive to prevent the accused student from approaching or interacting with you. This will be enforced by campus security or police.*
- *You have a right to a formal hearing. In cases of sexual violence, your school is prohibited from encouraging or allowing mediation rather than a formal hearing of the complaint. They may still offer such an alternative process for other types of complaints, such as sexual harassment. Remember that it is your choice, and you can and should seek a disciplinary hearing if you desire a more formal process.*
- *Your school cannot charge you for accommodations. Your college cannot make you pay the costs of certain accommodations that you require to continue your education after experiencing violence. If you need counseling, tutoring, changes to your campus housing, or other remedies to continue your education, your school should provide these at no cost to you.*

Sexual assault can be an extremely traumatizing experience, and everyone has different methods of coping. The most important thing to remember is that it is not your fault. If you have been assaulted and need help, there are several resources available to you, both on and off your campus. The healing process is difficult, and may take a long time, but you have a variety of options to help you along the way.

**UC's Title IX information
can be found here**



ON-CAMPUS RESOURCES

Students can call **campus security** at any time to report an incident of sexual violence, relationship violence, or stalking. Campus Safety and Security can provide escorts to students on campus.

There are **emergency call buttons** on campus, **illuminated by blue lights**.

All students can access **free counseling services** by contacting UC's Counseling & Outreach department.

Students can contact the **SAVE Project Director** for additional resources, referrals, or questions.

Students can contact the **Title IX Coordinator** for assistance with changing classes, changing residence/room assignments, to file a report with the school conduct system, or to file a Title IX complaint.

ON-CAMPUS

**Charleston Campus
Safety & Security**
304-357-4857

**Beckley Campus
Safety & Security**
304-929-1653

**UC Counseling &
Outreach Services**
304-357-4862
uc-counselor@ucwv.edu

SAVE Project Director
304-357-4873
save@ucwv.edu

Title IX Coordinator
304-357-4987
titleIX@ucwv.edu

OFF-CAMPUS

Charleston Police Department
304-348-6400

REACH Rape Crisis Program
(available anonymously 24/7)
304-340-3676

**AWAY Resource Center
(Beckley)**
1-888-825-7836

**YWCA Resolve
Family Abuse Program**
304-340-3549

CAMC Family Resource Center
304-388-2545

Crescent Counseling
304-205-9185

KPCC Counseling
304-346-9689

PsyCare, Inc
304-768-6170

New Horizons Therapy
304-768-5506

self-care & support

SELF-CARE

Emotional and physical self-care are crucial for healing from trauma. Healing looks different for everyone, and every individual's timeline for healing will look a little different. Try to be patient with yourself.

Take care of yourself emotionally:

- Talk to someone you trust
- Talk to an advocate or therapist
- Allow yourself to express what you are feeling
- Know that you have the right to feel the way you do
- Know that your reactions are a normal part of the healing process

Take care of yourself physically:

- Remember to eat and drink water
- Try to rest and get sleep
- Exercise, stretch, or be active in some way
- Listen to your body

Keep a list of activities you can do to relax, such as:

- Start a new hobby
- Go for a walk or ride your bike
- Write a letter, story, or poem
- Read a book, watch a movie, or listen to music
- Do a puzzle or check out a new podcast
- Take a bath
- Practice Yoga



SUPPORT GROUPS

Support groups, whether in person or online, bring people together who are going through (or have gone through) similar experiences. A support group provides an opportunity for people to share personal stories, feelings, coping strategies, or relevant information and resources. For many people, a support group may fill a need for emotional support. Your family and friends may not understand what you are going through the same way another survivor might.

Research has shown that having a strong support system has many positive benefits, such as higher levels of well-being, better coping skills, and reduced levels of stress, depression, and anxiety. An advocate can help find a support group that's right for you.

my emotional support plan

If I feel upset or depressed, I will use my safety plan to help control my reactions.

Things that trigger me are:

I know I am feeling triggered or vulnerable when I:

I know I can manage my feelings by:

If I feel upset, triggered, or worried,
I can feel in control of myself by:

I can call or talk to these people for support:

If I am not able to talk with someone,
I know I can support myself by:

I can tell myself these things to make me feel stronger:



UC  **SAVE**

**SEXUAL AWARENESS &
VIOLENCE EDUCATION**

For more information:

www.ucwv.edu/save

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