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GETTING HELP

The following resources can help you, or someone you know, in the event of a sexual assault:

Off Campus

Salem Police: 911
Salem Rescue Squad: 911
SARA (Sexual Assault Response Awareness) 345-7273
Carilion Roanoke Memorial Hospital 981-7337
Lewis-Gale Emergency Room 776-4060
Rape Crisis Hotline - SARA 981-9352
Commonwealth Attorney Salem 375-3041

On Campus

Student Health Services 375-2286
Student Counseling Center 375-2302
Campus Safety 375-2310
Roanoke College Sexual Assault Recovery Team 375-2286
Residence Life 375-2308
Dean of Students Office 375-2304
INTRODUCTION

SEXUAL ASSAULT

...it can happen to anyone, man or woman, at any age, at any time. It may be hard to think of yourself as a victim, but should it happen, you will want to know what to do and what to expect.

Fortunately, there are many resources and services within Roanoke College and the Roanoke Valley community available to a victim. If you are that person, this pamphlet will begin to answer the many questions you might have. If you are a friend, relative, or someone who wants to be well-informed, it should provide you with information that can help you be more sensitive to the victim's needs and concerns.

In contemporary society, sexual assault occurring in dating situations or with acquaintances, such as friends, relatives, or co-workers is of increasing concern.

Sexual assault is a crime punishable by both civil and criminal legal action and a serious violation of Roanoke College’s Sexual Misconduct Policy.

This pamphlet contains information that will tell you how to minimize the possibility of being a victim or an unintentional perpetrator. There are certain precautions you can take to help protect yourself. Finally, this pamphlet will also provide you with general educational information as well as tell you what to do if you are involved in an assault.
PROCEDURES TO FOLLOW AFTER A SEXUAL ASSAULT

First  Go to a safe place.

Second  Call someone for assistance.
- Friend/RA/AC
- Campus Safety  375-2310
- Student Health  375-2286
- RC Counseling Center  375-2302
- 911

Roanoke College will assist you in finding someone who will accompany you through any or all of the following steps, if you would like. Members of the RC Health Services Staff are trained to provide this service.

Third  Seek medical attention as soon as possible.

*Do not bathe, douche, change clothes or clean up. Even if you don't want to press charges now, evidence should be collected in case you change your mind.

*Get medical attention. You may have injuries you are unaware of and need an examination. A follow-up examination may be needed to check for sexually transmitted infection or possible unwanted pregnancy.
*If you have delayed reporting and seeking medical attention it is still important to do the following:

Seek medical attention for injuries, sexually transmitted infections and pregnancy advice.

On campus medical attention:
Go to Student Health.

Off campus medical attention:
Go to a hospital emergency room (Lewis Gale Hospital or Carilion Roanoke Memorial Hospital is recommended).

Fourth Seek emotional support.

*On campus support system:
1. Contact a friend, RA or AC
2. Student Health Center
3. Counseling Center
4. Sexual Assault Recovery Team through Student Health

*Off campus support system:
1. SARA (Rape Crisis Hotline) 345-7273
2. Mental Health Services of the Roanoke Valley – Crisis Line (24 hrs.) 981-9351

*You will most likely find that you have changing emotional needs in the hours to months following the incident. At first you may feel numbness and shock: eventually strong feelings will surface, and you will have to deal with them in order for you to work through the experience.
*Trained professionals (e.g. counselors) can be both understanding and objective and can accept the different emotional stages you are likely to experience.

**Fifth**

Consider pressing charges through the campus discipline system and/or the state judicial system.

Roanoke College policy calls for sanctions up to expulsion from school for sexual assault and improper sexual behavior violations. If you prefer, you may report a violation without pressing charges.

However, if the reported conduct poses a direct threat to the health or safety of others and/or that, if not addressed, may be detrimental to the best interests of the College or may impede the educational progress or well being of other students, the College reserves the right to take, in the judgment of College officials, whatever action it deems appropriate under the circumstances.

To report this violation of the student conduct code contact the Campus Safety Office or a Student Affairs staff member.

Sexual Assault is a violation of state law. It is a crime that may include penalties up to imprisonment. You may report an assault and make a statement and then press or not press charges. However, if the Commonwealth’s Attorney determines to try the case, he may proceed at his/her discretion.
Sixth  Consider the use of MEDIATION to help define the conflict and to come to a resolution

Mediation is a voluntary process that encourages people to resolve their own dispute rather than letting resentments build or allowing a third party to make the decisions for them.

Mediation brings persons together to work out their own solutions and arrive at an agreement which both can live with.

Mediators are trained in guiding and encouraging communication between the concerned parties. They do not serve as judges or arbitrators who make decisions about settlement or about who is guilty or innocent. Their role is to help the parties find the best solution to the problems they are facing, a solution that can work for both parties. In mediation there is no win/lose or right/wrong: everyone’s needs and concerns can be considered and worked with.

The choice to use mediation is entirely up to you.

To find out more about this process you may contact:

Your Area Coordinators
Student Health Services
Counseling Services
The choice to report or not report a sexual assault is \textit{entirely yours}, but without notification the authorities cannot take action.
Our Goals for Working with Sexual Assault Victims at Roanoke College

1. We will meet with you privately to take a complaint report.

2. We will not release your name to the public or to the press.

3. Our staff will not prejudge you.

4. We will treat you and your particular case with courtesy, sensitivity, dignity, understanding and professionalism.

5. If you would prefer to talk to a female or male, we will do our best to accommodate your request.

6. We will assist you in arranging for any hospital treatment or other medical needs.

7. We will assist you in privately contacting counseling, advising and other available resources.

8. We will fully investigate your case.

9. We will support your decision to press charges or not to press charges within legal and college guidelines.

10. We will take appropriate disciplinary action as prescribed in the Roanoke College Student Conduct Code.

11. We will continue to be available for you, to answer your questions, explain the systems and processes involved, and be a willing listener.

12. We will consider your case seriously, regardless of your gender or the gender of the suspect.

Adapted from Michigan State University Department of Public Safety.
Roanoke College recognizes the seriousness of inappropriate sexual behavior and has established this policy to define what are unacceptable behaviors in our college community. The following are violations of the Student Conduct Code of Roanoke College.

**Sexual Assault** includes (but is not limited to) the following acts committed without consent or after consent is withdrawn. Sexual intercourse, oral sex, anal sex, or other forms of penetration.

**Improper Sexual Behavior** includes (but is not limited to) any intentional, unwanted (without consent) touching by the accused, either directly or indirectly through the clothing, of the victim's genitals, breasts, thighs, or buttocks. Improper Sexual Behavior also includes touching or fondling the accused or another person by the victim when the victim is forced to do so against his or her will.

**Notes of Clarification**

- Sexual misconduct violations perpetrated during a victim's physical or mental helplessness or incapacity are considered actions that are **unwanted and without consent**. An example would be getting someone intoxicated with drugs or alcohol to the point of unconsciousness and then having sexual intercourse with them.
- Sexual misconduct identified as conduct code violations may also constitute violations of the Criminal Statutes of the Code of Virginia. Such violations are legally defined as rape, sodomy, and sexual battery. College Conduct Hearings are not intended to take the place of Criminal or Civil Proceedings through the State Courts in dealing with such violations.

- In order for the College to pursue the alleged victim’s report of violations of the Student Conduct Code, the victim of a sexual misconduct violation must be willing to voluntarily cooperate and present facts during the college’s investigative and hearing processes. Victims are strongly encouraged to examine all options available to them. These include reporting and filing disciplinary charges through the college, as well as reporting and filing criminal and/or civil charges through the local judicial system. This publication provides information on these options. (See pages 22 and 23.)

- Improper verbal conduct of a sexual nature, without accompanying physical contact described above, constitutes a conduct code violation other than sexual misconduct.

LEGAL DEFINITIONS FROM THE STATE OF VIRGINIA

The following definitions are used in the State court system. An individual referred through the Roanoke College conduct system can also be charged through the criminal and civil court system of the State of Virginia.
18.2-61 Rape: "If any person has sexual intercourse with a complaining witness who is not his or her spouse or causes a complaining witness, whether or not his or her spouse, to engage in sexual intercourse with any other person and such act accomplished (i) against the complaining witness's will, by force, threat or intimidation of or against the complaining witness or another person, or (ii) through the use of the complaining witness's mental incapacity or physical helplessness, or (iii) with a child under age thirteen as the victim, he or she shall be guilty of rape."

Class 4 felony: Punishment - Upon finding guilt, a sentence of five years to life in a state correctional facility may be imposed.

18.2-67.1 Forcible sodomy: "An accused shall be guilty of forcible sodomy if he or she engages in oral or anal sex with a complaining witness who is not his or her spouse, or causes a complaining witness, whether or not his or her spouse, to engage in such acts with any other person."

“...such act accomplished (i) against the complaining witness’s will, by force, threat or intimidation of or against the complaining witness or another person, or (ii) through the use of the complaining witness’s mental incapacity or physical helplessness, or (iii) with a child under age thirteen as the victim…”

Class 4 felony: Punishment - Forcible sodomy is a felony punishable by confinement in a state correctional facility for life or for any term not less than five years.
**18.2-67.3 Aggravated sexual battery:** “An accused shall be guilty of aggravated sexual battery if he or she sexually abuses the complaining witness, and 1) The complaining witness is less than thirteen years of age, or 2) The act is accomplished against the will of the complaining witness, by force, threat or intimidation, or through the use of the complaining witness’s mental incapacity or physical helplessness, and (a) The complaining witness is at least thirteen but less than fifteen years of age, or (b) The accused causes serious bodily or mental injury to the complaining witness, or (c) The accused uses or threatens to use a dangerous weapon.

“Aggravated sexual battery is a felony punishable by confinement in a state correctional facility for a term of not less than one nor more than twenty years and by a fine of not more than $100,000.” (1981, c.397; 1993, c.590)

**18.2-67.4 Sexual battery:** "An accused shall be guilty of sexual battery if he or she sexually abuses the complaining witness against the will of the complaining witness, by force, threat or intimidation, or through the use of the complaining witness's mental incapacity or physical helplessness."

“Sexual battery is a Class 1 misdemeanor.” (1981, c.397.)

**Class 1 misdemeanor:** Punishment - Confinement in jail for up to 12 months, or a fine up to $2,500, or both penalties.
The following information is taken from a statewide survey of 3,700 students in Virginia's colleges and universities:

* 6% of the women surveyed had experienced sexual assault, i.e., given into sex play because a man physically forced them to do so or when they were unable to resist.

* The man had been drinking in 68 percent of the incidents; the women in 58 percent.

* 2% were victims of attempted rape.

* 3% had experienced rape.

* Many more women students believe that they were sexually coerced or assaulted by male students than can be explained by the reports of male perception.

* 62% of the sexual assault aggressors were reported to be students. Of the men identified as students, 29% were college athletes; 22% were fraternity members.

* 78% of the sexual assault aggressors were a friend, an acquaintance or a boyfriend.

* 83% of the women discussed what happened with others.
AVOIDING SEXUAL ASSAULT -
by a Stranger

• Always be aware of what is going on around you. Stay alert to your surroundings.

• Walk with confidence. Hold your head up and shoulders straight.

• Utilize the campus escort service (call Campus Safety by dialing 375-2310 or 2310 from a college extension or use one of the “red phones” located in various buildings on campus or yellow phones located on the outside of buildings).

• At night, stick to well-lighted, populated areas and walk with another person. Avoid walking alone or in isolated areas.

• Take special precautions in parking structures, stairwells, elevators, bathrooms, and dark areas with shrubbery.

• Do not prop locked doors open. They are locked as a security measure to keep out intruders.

• Get to know a neighbor you can trust in an emergency.

• Follow your gut instincts. If you sense that you may be at risk or in danger, try to get out of the situation. For example, if you see a suspicious looking person or someone who makes you feel uncomfortable, go to a place where there are other people as soon as possible. Report your suspicions to the authorities.

• Yell to attract attention if you need help.
AVOIDING SEXUAL ASSAULT -
with/by an Acquaintance

• **Avoid drinking too much.** Set a limit and keep to it.

• **Listen carefully.** Take the time to hear what the person is saying. If you feel he/she is not being direct or is giving you a "mixed message," ask for clarification.

• **Do not use verbal pressure, physical size or gestures to intimidate.**

• **Don't fall for the common stereotype that when a person says "No" they really mean "Yes."** "No" means "No." If a person says "No" to sexual contact, believe them and stop.

• **Be aware of your own sexuality and desires.**

• **Be aware that having sexual intercourse with someone who is mentally or physically incapable of giving consent is rape.** If you have sex with a person who is drugged, intoxicated, passed out, incapable of saying "No," or unaware of what is happening around them, you may be guilty of sexual misconduct.

• **"Get involved" if you believe someone is at risk.** If you see a person in trouble at a party or a friend using force or pressuring a person, don't be afraid to intervene. You may save the person from the trauma of sexual assault and your friend from the ordeal of criminal prosecution.

• **Remember that date rape is a crime.** It is never acceptable to use force in sexual situations, no matter what the circumstances.
• **Be especially careful in group situations.** Be prepared to resist pressure from friends to participate in violent or criminal acts.

• **Know your sexual intentions and limits.** You have the right to say "No" to any unwanted sexual contact. If you are uncertain about what you want, ask the person to respect your feelings.

• **Communicate your limits firmly and directly.** If you say "No," say it like you mean it. Don't give mixed messages. Back up your words with direct eye contact, a firm tone of voice and clear body language.

• **Remember that some people think that drinking heavily, dressing provocatively, or going to someone’s room indicates a willingness to have sex.** Be especially careful to communicate your limits and intentions clearly in such situations.

• **Don't be afraid to "make waves" if you feel threatened.** If you feel you are being pressured or coerced into sexual activity against your will, don't hesitate to state your feelings and get out of the situation. Better a few minutes of social awkwardness or embarrassment than the trauma of sexual assault.

• **Don’t rely on ESP to get your message across.** Don’t assume that your date will automatically know how you feel, or will eventually “get the message” without your having to tell him/her.
Below are a few facts to keep in mind when participating in social activities:

1) **Use of force** in dating situations is **never** acceptable no matter what the real or imagined "provocation" is.

2) Students should be especially careful in situations that involve **alcohol or drugs**. They should keep in mind that:

- Being drunk makes it harder for someone to be clear stating their limits and to sense when they may be at risk.

- Being intoxicated makes it harder for a person to listen carefully to their partners.

- When a person is drunk, that does not mean he/she is willing to have intercourse.

- If a person is drunk, there is still no excuse to use force, threats, or fear.

- Being drunk oneself is not an excuse for using force - it does not diminish personal responsibility for violent behavior in either a criminal court or a college disciplinary hearing.

- Having sexual activity with a person after deliberately altering their physical or mental state either by forcing, persuading, or otherwise manipulating them into taking drugs or alcohol is considered sexual misconduct.
3) **Clear communication** is one of the most important factors in preventing unwanted sexual contact.

4) **Listen to your gut feelings.** If you feel uncomfortable, or think you may be at risk, leave the situation immediately and go to a safe place.

*Both women and men* should be as clear as possible in stating their expectations, wishes, and limits. They should listen to their "gut feelings" and be prepared to act on what their intuition tells them to do. If the situation feels wrong or uncomfortable, remove yourself from it.

*You* should listen carefully to what the other person communicates. If there is confusion between a person’s verbal and nonverbal messages, you should ask for clarification. You need to know, however, that even if you are unable to obtain clarification, it is never okay to use force, threat of force, or intimidation in sexual situations.

**Acquaintance Rape: What Happens**
Diane, a first year student, went to a party on the first Saturday of the fall semester. She had a lot to drink as the evening progressed. She met a nice looking upperclassman who she immediately liked. They both continued to drink and to party hop. They danced and kissed and were really enjoying each other's company, laughing and joking. It became late and she asked him to take her home. At the door of her room, they exchanged a long passionate kiss. He held her close and touched her breasts. He asked if he could come into her room so he could tuck her into bed. She allowed him into her room, where they sat on her bed. He casually pushed her on the bed and started rubbing her breasts. She pushed his hands away, but he kept kissing her. She become frightened as he laid on top of her. She stopped responding to him and attempted to push his hands away from her. He undressed her. She kept saying no, but he would say, "I just want to be close to you. You are so special." She
verbally protested but he ignored her pleas. He continued until he completed sexual intercourse. She was sexually assaulted.
EMOTIONAL ISSUES

Should I talk about the assault?

You will most likely find that you have changing emotional needs in the hours to months following the incident. At first you may feel numbness and shock; eventually strong feelings will surface, and you will have to deal with them in order for you to work through the experience.

Should I talk with a professional?

What is most important is that you find someone you feel you can trust and who respects all your needs. Family and friends often have their own personal reactions; as much as they want to help you, they may not know how. Trained individuals, on the other hand, can be both understanding and objective. They can accept that you are likely to experience different emotional stages over time. On campus services are available through the counseling center, health services and the sexual assault awareness recovery team. Off campus services are available through SARA (Sexual Assault Response and Awareness)and individual professional counselors.

What are these "emotional stages?"

Following a sexual assault, you will probably wish to regain control in order to feel that your life is "back to normal." At the same time, you may feel very afraid of another assault and worry about your personal safety. Each victim responds differently.

Commonly your initial feelings subside, and you may think you have put it all behind you. Then months to years later, upsetting memories return, arousing such feelings as depression, guilt, loss, and hopelessness. Your anger and wishes for revenge may surface.
You may be most aware that you are unable to relate intimately or feel that you can trust others. Hopefully, as you work through the meanings of the assault, a new understanding of yourself and others will emerge. This can bring about new hopefulness and energy in your life.

**Will I ever have a healthy sex life again?**

Yes, but at first you may not feel comfortable with any sexual activity. You may not trust your partner or feel personally dirty or "spoiled." Your sexual desires may diminish. You will find that, as the impact of the sexual assault is worked through, your sexual feelings and functioning will be less strained.

**If I have been a victim of acquaintance or "date rape," will my experience be different from what you described?**

You may have more problems with feeling guilty and blaming yourself, thinking that "It's all my fault" or "I asked for it." Others around you may also imply that you were "bad," making it hard for you to trust your own judgment in the future. Feeling betrayed by someone you know - if only casually - may prompt you to distrust other relationships. Again, this is a good reason for seeking help to deal with your feelings.
MEDICAL ISSUES

Why do I need medical help if I'm not hurt?

You may be in shock and not be aware of any physical injuries. Internal injuries may not be apparent. Sexual misconduct may expose you to risk of pregnancy or sexually transmitted diseases. Medical assistance will ensure that you are tested and treated for these conditions.

Should I shower before going to the emergency room?

As uncomfortable as you may feel, don't wash yourself or your clothes. Valuable evidence would be destroyed. Do not douche, wipe yourself after urinating, comb your hair or put on make-up. Take an extra change of clothes with you to the hospital to wear home. The clothing you wore at the time of the sexual incident will be kept.

I don't want to report the assault. Why should I bother with evidence collecting?

Collecting evidence gives you the option of pressing charges later. Reporting the crime may be the last thing on your mind right now but an avenue you may wish to pursue later. The physical evidence improves the possibility of conviction. Evidence is lost with time. Collecting evidence is best done within 12 to 18 hours, but is still possible within 72 hours.

What type of off campus medical attention is available?

Medical care can be received in the Emergency Departments of either Lewis Gale Hospital or Carilion Roanoke Memorial Hospital. Evidence will be gathered by a Forensic Nurse and turned over to the Police Department of the jurisdiction in which the assault occurred. Blind reporting is an option if the
assault occurred within the last 72 hours and the victim is unsure about whether or not she wants to press charges. The evidence is turned over to the police and given a case number, but no name. This evidence will be kept for 6 months.

**What kind of evidence is collected, and how is it done?**

A PERK (Physical Evidence Recovery Kit) is used to preserve evidence in the proper way. Swabs will be taken from the vaginal and/or rectal areas and from your mouth. Samples of hair from your head and pubic area will be collected as well as material from under your fingernails. Procedures will be explained to you, step by step.

**What about sexually transmitted diseases?**

Tests for gonorrhea, syphilis, and chlamydia are routinely done. HIV testing is done free and anonymously at the Health Departments. Medication will be offered to you to protect against the risk of these diseases. It is very important to have medical follow-up through Student Health or another health care provider in order to have these tests repeated.

**I'm afraid I may be pregnant. How can I find out?**

If you are at risk for pregnancy, options will be discussed with you. You may choose medication to prevent possible pregnancy, or you can have a pregnancy test done at the appropriate time interval.

**How can I pay for the hospital exam and other related expenses?**

In most cases insurance plans will cover at least some of the expenses. Follow-up visits to the Health Center are done at no charge if you are a full-time student, with the exception of certain tests. The State of Virginia also has funds to help pay these expenses.
LEGAL ISSUES

Do I have to report a sexual assault?

All crimes are worth reporting; however, the final decision is yours.

Where do I report a sexual assault?

It's best to first call Campus Safety. They will have a trained investigator speak with you. You can also call the Salem Police (911), Rape Crisis Hotline (SARA) or the Commonwealth's Attorney's Office. Trained personnel in these offices are sensitive to the needs of sexual assault victims. On campus reports can also be made through Student Health Services and the Counseling Center.

What if I want to remain anonymous?

Victims wishing to confidentially report an offense should contact Student Health Services.

Is there a time limit for reporting a sexual assault?

No, there is no time limit for reporting or prosecuting for a sexual assault; however, the sooner the report is made, the stronger the case.

What if I am not sure I want to press charges?

The office of Campus Safety will provide you with the information you need to decide whether to press charges on campus and if so, what to expect. The Salem Police Department will also give you the information you need to decide whether you want to press charges off campus and if so, what to expect. If you decide to report, they will contact someone from the Commonwealth's Attorney's Office.
**What happens if I choose to press charges?**

**On-Campus:** If you decide to press charges on-campus the procedure will be explained to you in full by a student affairs administrator. The student conduct manual also provides information that will help you understand campus procedures.

**Off-Campus:** If you decide to press charges, the case will be handled by the Salem Police Department and the Commonwealth Attorney’s Office. The Victim Witness Coordinator can be contacted at 375-3041 to explain the procedure and to provide support.

**Will they ask me about my prior sexual experience in court?**

No. Under the provisions of Virginia's "Rape Shield Law" your sexual history can not be brought up in court. There are a few exceptions to the law; the most common is when a victim has had a previous intimate relationship with the accused.
### A Word to Friends . . .

- Encourage them to contact an RA, AC, or Health Services.

- Believe what you are being told.

- Don’t pass judgement, don’t comment on what could have been done differently.

- Be supportive of decisions made by the victim.

- Be prepared to listen.

- Seek counseling or support for yourself.

- Don't ask for a detailed account of what happened.

- Be respectful of confidentiality issues.