If you or someone you know has experienced sexual violence, relationship abuse or stalking...

A Five-Step Guide for Survivors and Supporters
If you or someone you know has experienced sexual violence, relationship abuse or stalking, know that it’s not your fault and support is available at Avila.

As a member of our campus community you have many options and resources available to you, whether the incident happened recently or a while ago.

1. “I think I have experienced some type of sexual or relationship abuse, but I’m not sure.”
2. What To Do If You Have Experienced Sexual Or Relationship abuse.
3. Consider Reporting Options
4. Take Care Of Yourself
5. How To Help
Detailed definitions of these and other key terms are set forth in Avila’s Sexual and Gender-Based Harassment, Sexual Violence, Relationship and Interpersonal Violence and Stalking Policy.

**Relationship abuse**
A term that includes dating violence, domestic violence and/or intimate partner violence. Relationship abuse is a pattern of behavior in an intimate relationship used to establish power and control over another person through fear and intimidation. This can be verbal, emotional, and/or physical. Examples include: slapping, name-calling, damaging property, jealousy, isolation, put-downs, unwanted sexual contact, and threats of abuse or physical harm.

**Sexual Violence**
Sexual violence and rape under Avila’s policy include, but are not limited to, the following behaviors, however slight, when consent is not present:

- Sexual intercourse (anal, oral, or vaginal). Intercourse, however slight, meaning vaginal penetration by a penis, object, tongue, or finger; anal penetration by a penis, object, tongue, or finger; or oral (mouth to genital contact or genital to mouth contact)

- Intentional contact or fondling with the breasts, buttocks, groin, or genitals, or touching another with any of these body parts, or making another touch you or themselves with or on any of these body parts.

- Sexual Exploitation occurs when a student takes non-consensual or abusive sexual advantage of another for his/her own advantage or benefit, or to benefit or advantage anyone other than the one being exploited, and that behavior does not otherwise constitute one of other sexual misconduct offenses. Other examples include voyeurism, exposing portions of one’s body in a offensive manner, non-consensual image sharing, and/or prostituting or trafficking another person.

- Sexual harassment is a form of prohibited harassment. Sexual harassment is defined as unwelcome sexual conduct of any nature that creates an offensive or hostile work or learning environment or unwelcome sexual conduct that is made a condition of working or learning at the University.

**Stalking**
Stalking is defined as engaging in a course of conduct directed at a specific person that would cause a reasonable person to fear for the person’s personal safety or the safety of others or suffer substantial emotional distress. Examples of stalking include non-consensual communication including phone calls, text messages or social media posts, following, pursuing or surveillance of another person.

**Consent**
Consent is a verbal agreement or action that must be active, voluntary, informed, and mutual. Consent or lack of consent may be expressed or implied. Past consent between the participants does not imply future consent. Silence or the absence of resistance does not imply consent. Consent to engage in sexual activity with one person does not imply consent to engage in sexual activity with another. Consent can be withdrawn at any time. Coercion, force, or threat of either invalidates consent. Someone who is incapacitated cannot give consent. Incapacitation may be due to the use of alcohol and/or other drugs, may be if a person is asleep or unconscious, or may be due to an intellectual or other disability that prevents the student from having the capacity to give consent.

**Amnesty**
At times, an individual(s) may be hesitant to report the occurrence of misconduct to Avila officials because they are concerned that they themselves, or a witness to misconduct, may be found responsible for other policy violations, such as alcohol or drug violations. Although violations of University policy are not condoned, the importance of addressing the alleged misconduct takes priority. Therefore, Avila will not refer an individual or a witness who makes a report of misconduct to the student conduct system as a responsible party for any other violations that may have occurred in connection with the reported allegations of misconduct.

“I think I have experienced some type of sexual or relationship abuse, but I’m not sure.”
Go to a safe place and talk to someone you trust.

Your safety and well-being are important to us. If you’re not feeling safe consider reaching out to someone you trust for support—a roommate, friend, RA, campus counselor, Eagles Aware, campus ministry, campus safety, local police department, or a community advocate. You don’t have to go through this alone.

You may speak confidentially regarding your experience or concerns with the following on-campus resources:

**Counseling Services**
Counseling services provides free professional and confidential counseling to all Avila students. To make an appointment call (816) 501-3767 or email counseling@avila.edu

**Eagles Aware**
The Eagles Aware program provides confidential victim services, such as reporting options, referrals and assistance accessing victim advocacy support, safety planning and campus commendations. The Eagles Aware program also provides prevention and education around sexual assault, relationship abuse and stalking. This program serves all members of the Avila community including students, faculty and staff. Contact Eagles Aware at (816) 501-2909 or email EaglesAware@avila.edu

**Office of Ministry, Spirituality and Action (OMSA)**
Ministry staff are available to provide confidential pastoral counseling and assistance. OMSA serves everyone, of all faith backgrounds, to build unity within the Avila community. Contact OMSA at (816) 501-2423 or (816) 501-0427. To speak with Fr. Keith Branson please email padrekb_CPPS@yahoo.com

**CONFIDENTIAL COMMUNITY RESOURCES:**

- **Kansas City Anti-Violence Project (KCAVP)**
  816-561-2755
  www.kcavp.org

- **Hope House Domestic Violence Agency**
  816-461-4673
  www.hopehouse.net

- **Metropolitan Organization to Counter Sexual Assault (MOCSA)**
  816-531-0233
  www.mocsa.org

- **Rape, Abuse & Incest National Network (RAINN)**
  24-hour hotline: 1-(800)656-HOPE
  Online real-time chat: www.rainn.org

**Seek Medical Care**
You may seek medical care at any time following an assault, but we encourage you to seek care as soon as possible.

**A sexual assault medical and forensic exam ensures:**
- Physical injuries that may have occurred are promptly identified and addressed.
- Victims receive medication for prevention of pregnancy, HIV, or other infections.
- Evidence is collected by a sexual assault nurse examiner and preserved for a criminal investigation or university complaint now or in the future.

**COVERSA at St. Joseph Medical Center**
1000 Carondelet Dr.,
Kansas City, MO, 64114
(816) 942-4400

**St. Luke’s South**
12300 Metcalf Ave.,
Overland Park, KS, 66213
(913) 317-7000

**Seek Support From An On or Off Campus Confidential Resource**
Sexual assault, relationship abuse and stalking can change your feelings about yourself and those around you. You may not feel the way you did before the assault—physically, emotionally, socially, or sexually. Talking to on/off campus support services can help you deal with these issues and aid you in your recovery.
Reporting prohibited conduct to law enforcement and/or the university is a deeply personal choice that only you can make.

The university encourages you to report an incident of sexual assault, relationship abuse and/or stalking. Reporting the incident is the only way that the university and/or law enforcement can take action. Reporting the incident and having a medical/forensic examination performed within seventy-two hours (in sexual assault cases) are critical in preserving evidence and allowing law enforcement or the university to respond effectively. Undergoing a SANE examination does not mean that you have to pursue criminal charges or report to the incident to the University, but it keeps the option open for you. Evidence will be stored according to state or program protocol, ask each program for the specific information on length of storage.

If you don’t feel comfortable reporting right away, that’s okay, there is no time limit on when a report of sexual assault, relationship abuse and/or stalking have to be made. There are several options for you to make a report of misconduct. You may pursue one or all options.

**University Report**
Reporting to the University provides you with the option of addressing the incident under the University’s Sexual and Gender-Based Harassment, Sexual Violence, Relationship and Interpersonal Violence and Stalking Policy. It also allows the University to provide any available interim protective measures such as academic accommodations, changes to housing, and changes to class or work schedules.

**Title IX Co-Coordinators**
Director of HR: 816-501-3618
Assistant Vice President of Student Development and Success: 816-501-3748

**Campus Safety**
816-985-6079

**Director of Residence Life**
816-501-2485

*Additionally, all faculty, staff, coaches, administrators, and residence life staff are required to share knowledge of any sexual violence, relationship abuse and/or stalking

with the Title IX Co-Coordinators. Disclosure of misconduct to any of these individuals will initiate a Title IX response. Individuals can contact Eagles Aware, campus counseling services, campus ministry or a local advocacy service such as MOCSA or Hope House confidentially to explore reporting options.

**Law Enforcement Report**
You may report to the police directly or you may request assistance from any on/off campus resource in reporting to the police. The criminal process is governed by applicable local, state, and/or federal statutes. For emergencies please call 911 from wherever you are, and a law enforcement officer will respond to assist you or call KCPD-Victim Service Unit at 816-234-5111.

**Anonymous Report**
If you do not want to pursue action within the University system or the criminal justice system at this time, you may still want to consider having an anonymous report made. However, the University’s ability to respond to an anonymous report may be limited. With your approval, a member of the Counseling and Career Services staff, Eagles Aware or Campus Ministry can report the details of the incident to the Campus Safety or the Title IX Co-Coordinators without revealing the identity of the reporting party.

**Counseling Services**
(816) 501-3767

**Eagles Aware**
(816) 501-2909

**Office of Ministry, Spirituality and Action**
(816) 501-2423
(816) 501-0427
Fr. Keith Branson padrekb_CPPS@yahoo.com

**Anonymous Reporting**
Campus Conduct Hotline: (866) 943-5787
Sexual assault, relationship abuse and stalking can be extremely traumatic and life-changing events.

Responses of survivors of an assault or attempted assault will vary from individual to individual. Some are very calm, and others are visibly distraught. It’s important to remember that your responses are not crazy; they are normal reactions to an abnormal situation.

Give yourself time to recover.
This is an important time to take care of yourself. If you can, lower stress in other parts of your life. If you need time to yourself, it is okay to say that to your friends and family.

Here are some other suggestions for taking care of yourself:
• Try to eat well
• Spend time with people who support you
• Spend less time with people who make you feel bad
• Plan time for activities that make you feel safe

When someone you care about tells you they’ve been sexually assaulted or abused, it can be a lot to handle.

A supportive reaction can make all the difference, but that doesn’t mean it comes easy. Encouraging words and phrases can avoid judgment and show support for the survivor.

Listen: One of the primary things a survivor of violence needs is for you to just sit and listen sincerely. Listen without judging. Things to say: “I’m sorry this happened,” “This must be really tough for you,” and, “I’m so glad you are sharing this with me,” help to communicate empathy.

Believe Them: Another primary thing a survivor needs is to be believed. Do not question their version of events. Tell them directly: “I believe you.” Be sure your friend knows how much you support her or him and take his or her concerns seriously.

Don’t Blame Them: No one deserves to be sexually assaulted, abused, or stalked for any reason. Survivors often blame themselves and need to know it was not their fault. Tell them directly: “It’s not your fault.”

Let Them Control the Situation: Sometimes we may feel like we know what to do in this situation or may want to immediately seek help for our friend. We must remember that this is not about us and it is more useful to ask “Is there anything you need from me right now?”

Provide Resources: If you know someone that has been a victim of sexual assault, relationship abuse or stalking give them resources. Let them know that there is professional help available.
You can help refer them to on-campus resources such as Eagles Aware, campus counselor, campus ministry or off-campus resources like Hope House, MOCSA, KCAVP or KCPD.
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