



Potty Talk



Brought to you by The Wellness Center
APRIL IS SEXUAL ASSAULT AWARENESS MONTH
TOGETHER WE CAN END VIOLENCE

Sexual Assault Awareness Month (SAAM) brings an annual opportunity to focus awareness on sexual violence and its prevention. Be on the lookout this month for events that will focus on sexual assault, rape and stalking. Join us this month in support of education and prevention on campus.

(This is just one of two Potty Talk issues this month! Look out for the "Celebrate Every Body Week" Potty Talk!)

What's going on this month...

Tuesday, April 7th: Every 2 Minutes Presentation

For Women: Join us for a discussion sexual assault, preventing assault, and supporting survivors. 8-9pm, Kenna 109

Tuesday, April 14th: "Healthy Relationships"

Come learn tips and tricks about what it takes to have a healthy relationship. 9pm, Kenna 109, Presented by Peer Health Educators and Every 2 Minutes

Wednesday April 22nd: "Walk A Mile in Her Shoes" (Off-Campus)

Men especially! Join the local community and help raise awareness for sexual assault. E-mail MDuncan@scu.edu. Walk begins at 5pm, Registration begins at 4:15, downtown San Jose

Wednesday, April 29th: "Take Back the Night" & open mic "Survivors Speak"

Join us for the annual TBTN March and then come support survivors as they share their stories and get support for sharing yours. Food and drinks will be served. March at 7pm, Kennedy Lawn; Survivors Speak at Dunne Basement at 8 pm



Thursday, April 30th: "What Now???"

After the month full of events, come see what you can do now. 8pm, Kenna 109, Presented by Every 2 Minutes

TBA: Forum on Sexual Assault Judicial Process

Find out from Office of Student Life staff about how sexual assault cases are addressed.

WHAT IS CONSENT?

"Consent is based on choice. Consent is active, not passive. Consent is possible only when there is equal power. Giving in because of fear is not consent.

Going along with something because of wanting to fit in with the group, being deceived, or feeling bad is not consent. If you cannot say "no" comfortably, then "yes" has no meaning. If you are unwilling to accept a "no," then "yes" has no meaning.

~~source unknown

"NO" MEANS NO!!

"Not Now" means NO.

"Maybe Later" means NO.

"I Have A Boy-/Girlfriend" means NO.

"No Thanks" means NO.

"You're Not My Type" means NO.

"I'd Rather Be Alone Right Now" means NO.

"Don't Touch Me" means NO.

"I Really Like You, But ..." means NO.

"Let's Just Go To Sleep" means NO.

"I'm Not Sure" means NO.

"You've/I've Been Drinking" means NO.

SILENCE means NO.



The Clothesline Project

On Display in Benson from April 6th-17th!

The Clothesline Project is a visual display that bears witness to violence against men & women in all forms and **CELEBRATES** their personal transformation from victim to survivor.

Each shirt is decorated to represent a particular man's or woman's experience of violence.

- **WHITE** shirts are for people who have died in violence
- **YELLOW** or **BEIGE** are for people who have been battered or assaulted
- **RED, PINK, or ORANGE** are for survivors of rape/sexual assault
- **BLUE** or **GREEN** are for survivors of incest or child sexual abuse
- **PURPLE** or **LAVENDER** are for people attacked because of their sexual orientation

If you want to decorate a t-shirt, come to:

Benson Center—Campus Ministry Conference Room

April 6th, 9th, 13th and 16th from 11 am-2 pm & April 8th & 15th from 12:30-3:30pm

(or drop off a decorated t-shirt at the Wellness Center in Malley)

Know the Facts: Was it Rape/Assault?

Men and women can be perpetrators and victims of sexual assault, and assault can occur between opposite-sex and same-sex pairs or groups.

- **S/he was flirting with me all night. S/he kissed me/dressed provocatively/danced close, etc. all night long! S/he wanted it!**
People enjoy flirting. But don't confuse this for an invitation to have sex. If you think you are getting double messages—SPEAK UP, just ask the person what they want. If he or she is too drunk to really think clearly and answer—BACK OFF!! Always make sure you have consent! A person CANNOT legally give consent if intoxicated.
- **If s/he hadn't really wanted it s/he could have stopped me.**
Be aware of someone's level of sobriety and body language. If you have any doubts, ask or back off.
- **We didn't actually have sex (i.e., intercourse).**
Sexual assault does not have to include physical intercourse. It includes any type of unwanted touching, kissing, fondling, etc.
- **I was drunk/high too so it's not my fault.**
Just like if you drive, steal, or vandalize while drunk or high, you are responsible for your actions — regardless of your level of intoxication.



WHAT TO DO IF YOU ARE SEXUALLY ASSAULTED:

- 1) Get to a safe place.
- 2) Tell someone (i.e., roommate, CF, RD, parent). This is NOT a time to be alone! Don't blame yourself!
- 3) If you want to report the crime, call Campus Safety (x4444). They can help connect you to campus advocates trained to help you gain emotional, legal, and medical assistance through this time. They can also help you to file a report with the police department.
- 4) Call the San Jose YWCA Rape Crisis Hotline (287-3000) for support and guidance.
- 5) Do not wash your face, bathe, eat or drink, brush your teeth, douche, or change clothes. If you do change your clothes put them in separate PAPER bags, not plastic. Do not disturb anything in the area that was assaulted.
- 6) Get medical attention.

"Potty Talk" is brought to you by The Wellness Center. To learn more about the topics discussed here, please contact:



On-campus resources for help & information:

Counseling and Psychological Services
554-4172

Office of Student Life
554-4583

Campus Safety
554-4441

Wellness Center
554-4409

Alison Bateman, Ph.D.
ABateman@scu.edu
408-554-4409

