



Potty Talk

Brought to you by the Wellness Center
TOGETHER WE CAN END VIOLENCE.

APRIL IS SEXUAL ASSAULT AWARENESS MONTH



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.

Sexual Assault Awareness Month Events

- **April 3-6: Tunnel of Oppression** Student groups collaborate to tackle issues related to racism, sexism, homophobia, sexual assault, domestic abuse, body image, etc. **Locatelli Center; Sun 1 – 5 pm; Mon – Wed 11 am – 5 pm**
- **April 4-6 & April 14: Volunteer with Home Safe** Support women and children who are survivors of domestic violence. No background check or TB test required. Please contact Alicia at ahopfner@scu.edu.
- **April 4: ASG Safety Fair** Get information from a collection of groups on campus that focus on the safety of the community. **Library Mall, 2-4 pm**
- **April 7: “Defending our Lives” Documentary** Dr. Regina Davis-Sowers presents on the documentary “Defending Our Lives,” a moving film about women who are imprisoned for defending themselves against domestic violence. **Viewing & Taping Room A, Library, 5 pm**
- **April 13: “SPEAK”** APB is hosting the 2004 Sundance Film “SPEAK.” **Kristen Stewart struggles to overcome sexual assault as she enters high school through this moving film. Kennedy Commons, 8 pm**
- **April 19: “Take Back the Night” Candlelight March** Come out to listen to Professor Nelson speak, learn more, support friends and survivors & march to “take back the night!” **Kennedy Lawn, 8 pm**
- **April 19: “Survivors Speak” Open Mic** Whether a survivor or friend of a survivor, share stories and support each other’s stories of sexual assault. **Benson Parlors, 8:45 pm**
- **April 26: Sexual Assault Panel** Come to ask questions or learn more about a survivor’s options following a sexual assault. Participants will include the District Attorney, SART nurse, YWCA Advocate, and more. **Sobrato Commons, 5 pm**
- **May 8: Vagina Monologues** Uniting the Vagina Enthusiasts, Lovers, Warriors, and Owners of Santa Clara in preparation for this year’s production of the Vagina Monologues. **Locatelli Center, 6 and 9 pm**



The Clothesline Project On Display in Benson from March 30 – April 8

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

Each shirt is decorated to represent a particular man’s/woman’s/transgender individual’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 and/or gender identity.

If you want to decorate a t-shirt, come to:
Benson Center—Campus Ministry
Conference Room
April 4th, 5th, 7th, 8th: 11:30 am – 2 pm

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



HOW TO HELP A FRIEND...

- **Believe your friend.** The psychological consequences of not being believed can be as damaging as the rape itself. Although it may be painful for you to hear about, letting the survivor know you are willing to enter those difficult places is important.
- **Be clear that the rape or assault was not the survivor’s fault.** No one asks to be raped or assaulted. Raping someone is a conscious decision made by the perpetrator. Even if the survivor exercises bad judgment, your friend did not deserve to be raped; no one does.
- **Non-judgmental support.** Looking back at an event with knowledge that a rape occurred is very different from being in the situation not knowing that a rape is about to occur. Don’t blame or judge, even if you would have behaved differently.
- **Do not question or judge what the survivor had to do to survive.** During a rape/sexual assault, victims are forced to make instant life threatening decisions. Survivors may not scream or fight back. Their survival is evidence they handled the assault the best way they could.
- **Let your friend make their own decisions.** Being raped means losing all power and control over what happens to their body. Restoring decision-making power as quickly as possible will help the healing (beginning with medical care and allowing your friend to decide to report the assault to the police or not).
- **Let your friend decide who to tell.** Don’t increase feelings of loss of control by telling anyone without permission. Rape is an invasion of privacy—don’t perpetuate that invasion.
- **Offer to go with your friend to the hospital, police, or counseling sessions.** However, don’t pressure your friend to do something they don’t want to do. This can be re-traumatizing.
- **Acknowledge and deal with your own emotions too.** You will need to take care of yourself in order to be supportive of the survivor. You can call a rape crisis center for help with your feelings, too.
- **Help the survivor find appropriate local resources.** It may be hard to initiate contact with others who can help. Ask your friend if they would like your help in contacting resources. Again, don’t take control away. See **Resources and Support** for more information. Material adapted from: <http://www.ubs.uga.edu>



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.

They were flirting with me all night. They kissed me/dressed provocatively/danced close, etc. all night long! They 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 they hadn’t really wanted it they 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 (408-287-3000) 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.

Resources and Support

Counseling and Psychological Services

Free and confidential counseling is available on campus at Counseling and Psychological Services (CAPS) in the Cowell Health Center building. Call 408-554-4172 to make an appointment.

Campus Safety Services

To file a university report, call Campus Safety Services at 408-554-4444. Campus Safety can also connect you to the appropriate police department to file a report.

The Office of Student Life

The Office of Student Life, located in Benson Center, Room 205, or 408-554-4583, can assist in informing you of your rights, resources, reporting options, and the university judicial process. They can also assist with living accommodations and connect you with campus advocates.

For more information, visit the Santa Clara University Student Handbook at <http://www.scu.edu/studentlife/osl/StudentLifePublications/Student-Handbook.cfm#IIV>.

The Wellness Center

Drop by the Wellness Center in the Pat Malley Fitness Center or call 408-554-4409 for information, support, and resources related to sexual assault.

YWCA

Contact the YWCA Rape Crisis Center for support. The YWCA can be contacted at 408-287-3000. Counselors on the hotline are trained to help rape victims and offer support and information about legal, medical, and mental health resources.

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To learn more, contact:

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