



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.

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<p>Mon, April 12 Every 2 Minutes & 1 in 4 Presentation Join us for a discussion on sexual assault, preventing assault, and supporting survivors. Graham Basement, time TBD</p>	<p>April 18-20 Tunnel of Oppression Come see the Tunnel of Oppression, an exhibit of various types of oppression occurring around the world, including sexual assault. Benson Parlors, 12 - 5 pm</p>	<p>Wed, April 21 Walk a Mile in Her Shoes Men especially! Join the local community and help raise awareness for sexual assault. Downtown San Jose, Walk: 5 pm, registration: 4 pm</p>	<p>Wed, April 21 "The Rape Poems" A reading of "The Rape Poems" followed by a discussion led by the author, Frances Driscoll. California Mission Room, 6 pm</p>	<p>Thur, April 22 Writing for Recovery: Writing Trauma, Writing Self A writing workshop led by Frances Driscoll. Sobrato Parlors B & C, 7 pm</p>	<p>Wed, April 28 Take Back the Night & "Survivors Speak" Open Mic Join us for the annual TBTN march and then support survivors as they share their stories and get support for sharing yours. Food and refreshments provided. TBTN: Kennedy Lawn, 6 pm Survivors Speak: Walsh Basement, 6:45 pm</p>	<p>Thur, April 29 "What Now??" After a month full of events, come see what you can do now. Presented by Every 2 Minutes Benson Parlor C, 5 pm</p>
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"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.
"#&!% Off!" 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/We've been Drinking" means NO.
SILENCE means NO.
Date Rape = Not Asking or Not Understanding
"NO."

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 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
March 29th from 10 am - 1:30 pm, March 30th, April 1st from 10 - 11:30 am & April 5th, 6th, 8th from 12 - 2:30 pm
(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 (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.

Potty Talk is brought to you by the Wellness Center.
To learn more, contact:
Alison Bateman, Ph.D., Health Educator ABatemen@scu.edu; 408-554-4409
Sarah Maciel, Assistant Health Educator SMaciel@scu.edu; 408-554-4409

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

HOW TO A FRIEND...

- > **Believe Her/Him.** 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 with her/him is important.
- > **Be clear that the rape or assault was not the survivor's fault.** No one ever asks to be raped or assaulted. Raping someone is a conscious decision made by the perpetrator. Even if the survivor exercises bad judgment, she/he 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. Every person who survives a rape deserves our respect.
- > **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 always scream or fight back. Their survival is evidence that they handled the assault the best way they could.
- > **Express compassion.** If you are feeling outrage, compassion, or pain, share these emotions with the survivor. Be cautious that your responses are not too overwhelming for the survivor.
- > **Let Her/Him Make Her/His Own Decisions.** Being raped means losing all power and control over what happens to her/his body. Restoring decision-making power as quickly as possible will help the healing (beginning with medical care and allowing her/him to decide to report the assault to the police or not).
- > **Let Her/Him 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 Her/Him to the Hospital, Police, or Counseling Sessions.** However, don't pressure her/him to do something she/he doesn'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. Outbursts of anger about the rapist may cause the survivor to fear that you may get hurt or get in trouble with the law, and this may cause her/him to feel responsible. Don't add to the worries. 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 her. Ask her/him if she would like your help in contacting resources. Again, don't take control away. See *Resources and Support* for more information.

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#IW>.

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.

Material adapted from: <http://www.uhs.uga.edu>