You are not **alone**

BOSTON COLLEGE | RESOURCES FOR SURVIVORS OF SEXUAL VIOLENCE

BC STUDENT AFFAIRS

bc.edu/sar

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Introduction

The University strives to eliminate sexual violence on campus, prevent its occurrence, and address its effects. *You Are Not Alone* is written for survivors of sexual violence, including sexual assault, stalking, and relationship violence, to provide support as well as important information about prohibited conduct, available resources on and off campus, and ways to file a complaint in order to assist survivors in the recovery process and in their efforts to heal from this unacceptable form of violence. If you have survived sexual misconduct, or know someone who has, please be assured that there are people who care about what you have endured.

You are not alone in what happened to you, or in how you feel, no matter what form your experience took. It is important for you to know that the feelings, reactions, and questions you may be experiencing are similar to those of other people who have been victimized through no fault of their own. You, as others have, can learn to regain a sense of power over your life. You may feel very isolated and alone, but there are resources and support available and people ready and able to help you. Sexual misconduct is never the fault of the victim. You are not to blame for what another person has done to you.

Who Is This Resource For?

Supporting All Students

While the needs and issues of different populations on campus may be unique, the resources, support, policy, and procedures apply to all Boston College students. Whether you are an undergraduate student, a graduate student, identify as lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ) or cisgender or straight, you receive the same dedicated support and services at Boston College. Emotional support, counseling regarding options, medical treatment, and academic assistance are all available.

FOR LGBTQ STUDENTS| In addition to the complex thoughts and feelings common to many survivors of sexual assault, members of LGBTQ communities may have special concerns. The sexual assault may have happened as part of a hate crime if you were targeted because of your sexual orientation or gender identity. If you have experienced intolerance, hate, or other violence at an earlier time in your life, a sexual assault can add to the pain of the past. You may be worried that the assault will "out" you if you talk about it or report it to the police. You may feel like people who are supposed to help you will judge you instead. You may fear that if you reach out for help you will be rejected or misunderstood, which could make the hurt worse.

The Boston College Community understands these concerns and offers many ways to support you on your healing journey. You can call the SANet hotline at 617–552–2211 any time to talk about your concerns and questions as well as explore any of the resources listed in this guide.

FOR MEN| Sexual violence can be devastating to all victims, and reactions are often shared by survivors of all genders. You may feel anger, guilt, fear, distrust, loss of control, and symptoms of physical illness. However, there are special issues that may be different for you, such as questions about your sexuality, shame, stigma related to masculinity, or reluctance to be examined for medical procedures. You may hesitate to report the act of sexual violence to the police for fear that they will not believe you. Please know that at no point and under no circumstances does anyone have the right to violate or control another. Please consider contacting the on- or off-campus resources listed in this publication to address any of the concerns you might have in order to take care of yourself.

Sexual misconduct, including sexual assault and harassment of any kind, is prohibited by Boston College and will be responded to accordingly. Boston College strives at all times to maintain a safe environment that supports its educational mission and is free from exploitation and intimidation and discrimination based upon gender.

After an Assault

The most common form of sexual misconduct perpetrated on college campuses is sexual assault. If you or someone you know has been assaulted in the last five days (120 hours), it is strongly recommended that you:

- Try to get to a safe place.
- Call one of the immediate-response or 24-hour services listed below. Taking care of yourself is the first step in the healing process after an assault.
- Try to preserve all physical evidence.
- Try not to wash your face or hands, bathe, brush your teeth, drink or eat, douche, or change clothes if you can avoid it. If you do change your clothes, put all clothing you were wearing at the time of the assault in individual paper bags (not plastic). It is important to preserve as much evidence as possible should you later decide to pursue criminal charges.
- Seek medical attention. This can include going to an area hospital (for which Boston College can arrange transportation) and meeting a sexual assault nurse examiner (SANE) to both collect forensic evidence and provide medical care and support to you. SANEs are specially trained nurses who provide immediate, compassionate, and comprehensive medical-legal evaluation and treatment.
  - Beth Israel Deaconess Medical Center ER: 617–754–2323
  - Brigham and Women's Hospital ER: 617–732–5636
- Reach out to additional resources listed below for ongoing support when you feel ready.

Immediate and 24-Hour Services

Please note: Boston College will make every effort to protect your privacy. Detailed information about the following resources, including levels of privacy, confidentiality, or anonymity, appear in the section entitled "Getting Long-Term Support" (page 16).

Sexual Assault Network (SANet): 617–552–2211
The Sexual Assault Network hotline is a 24-hour/7-days-a-week confidential and anonymous resource that is staffed by advocates who are trained to listen, provide options, and support the survivor or friend of the survivor as they embark on the healing process.

- **What Will Happen if I Call the SANet Hotline?**
  You will reach a recording that gives you the option to press "1" to speak with a staff advocate or "2" to be connected to the Boston Area Rape Crisis Center (BARCC). All advocates are trained to respond to incidents of sexual violence, stalking, and relationship violence, and to help you understand your options regarding medical attention, legal and judicial procedures, and counseling and support services.

How Can SANet Help?
You always have the right to choose which services to utilize. SANet Hotline advocates are available to assist survivors in a variety of ways including connecting callers with:

- Emergency medical services, including accompanying the survivor to the hospital, the police, etc. as requested.
- Guidance and support throughout the University student conduct process and/or the criminal justice process if the survivor chooses to pursue this course of action.
- Information about internal University Stay Away Orders or criminal restraining orders.
- Assistance with academic concerns.
- Alternative living arrangements if desired.
- Contact with community resources such as rape crisis centers, support groups, etc. if desired.
- General support and assistance as needed.

For more information: www.bc.edu/sanet

Boston College Police Department (BCPD): 617–552–4444
BCPD can assist students in filing a criminal report for an incident that occurred either on or off campus. For an assault that occurred off campus, BCPD can connect students to the appropriate municipal authorities. Please note that if you call the police, a preliminary investigation must be initiated. The BCPD can also be reached by activating the blue light boxes located throughout campus.

University Health Services: 617–552–3225
2150 Commonwealth Avenue (St. Thomas More Road entrance)
Medical personnel are available 24 hours a day for immediate and follow-up medical attention.

University Counseling Services: 617–552–3310 during the day;
617–552–3227 on nights and weekends (please note: after-hour calls are routed through University Health Services)

Administrator On-Call
Available through BCPD (617–552–4444)
The administrator on-call is able to assist with immediate University concerns, such as the issuance of University No Contact Orders and Stay Away Orders.

Boston College Harassment Counselor
Linda Riley, 129 Lake Street, 340A
617–552–0486
linda.riley@bc.edu
University Harassment Counselor Linda Riley is responsible for responding to

complaints of harassment brought against faculty and staff in accordance with the University's Discriminatory Harassment Policy.

You can learn more about long-term supportive resources available to you in the section entitled "Getting Long-Term Support" (page 16).

Ongoing Steps

It can be difficult to reach out for help, no matter when an assault has occurred, but Boston College is committed to serving survivors in all phases of the healing process. Remember that you can always:

- Call the SANet hotline to speak with an advocate who can discuss all services and options available to you at Boston College and throughout the larger Boston community.
- Make an appointment with University Counseling Services. They can provide short-term care and connect you with long-term options for emotional and mental health support.
- Learn more about reporting options and legal support (page 9).
- Learn more about comprehensive Boston College and community resources (page 16).
- Ask about joining HEAL (Hope, Empower, Accept, Listen), a support group on campus for students directly affected by sexual violence. Please contact Rachel DiBella at 617–552–2735.

Resources for Reporting Sexual Misconduct

The decision to report sexual misconduct, including sexual assault, harassment, relationship violence, stalking, and any other violation of the Student Sexual Misconduct Policy, is yours. Deciding whether or not to report can be difficult for many survivors, and simply might not be a step that is possible for you right now. However, please know that members of the University community care about you and there are many resources available to help you in the healing process.

Students affected by sexual violence are strongly encouraged to report these incidents to the Office of the Dean of Students and/or to the Boston College Police. Note that you can report your experience to any of the resources below without being required to file a complaint, which is explained in the following section.

Boston College encourages students who are victims of sexual misconduct to talk to someone about what happened so they can get the support they need, and the University can respond appropriately. The report can be made by:

- A person who experienced sexual misconduct; and/or
- A person who has information that sexual misconduct may have been committed by a Boston College student or a participant in a University-sponsored program.

Confidential Resources

A Note about Privacy

As a student you may have questions or concerns about your privacy and the information you share. All University employees are expected to ensure student privacy to the fullest extent possible. While Boston College employees have differing obligations or duties with respect to maintaining a victim's confidentiality, the

privacy of student information is respected at all times. Even when a victim's complete confidentiality cannot be maintained, information is shared among a small number of University administrators solely to the extent required to help ensure that the University responds appropriately to a report of sexual misconduct. In those limited situations (discussed below) in which the University concludes that it must investigate and take action against an accused student, information may be shared as necessary in connection with the investigation. Boston College encourages victims to talk to someone identified below.

Sexual Assault Network (SANet): 617–552–2211
SANet is the University's primary resource for students and other members of the Boston College community to report incidents of sexual misconduct and/or for the purpose of getting information, resources, and support. SANet is a hotline that is available 24 hours a day, 7 days a week during the academic year for anyone affected by sexual violence.

SANet Care Team: 617–552–8099 | sanet@bc.edu | bc.edu/sar | Mon.–Fri. 10 a.m.–4 p.m.
Located in the Women's Center, Maloney Hall 441, the SANet Care Team provides support for victims of sexual misconduct, and can help students explore all options including follow-up medical care, reporting options, counseling, and working with University offices to address remedies as needed.

Privileged Resources

Pastoral and professional counselors; when acting in their professional capacities as described below, are not required to disclose student reports of sexual misconduct without the student's consent.

A pastoral counselor is an employee of the University who is associated with a religious order or denomination, recognized by that religious order or denomination as someone who provides confidential counseling and who is functioning within the scope of that recognition as a pastoral counselor.

A professional counselor is an employee of the University whose official responsibilities include providing psychological counseling, and who is functioning within the scope of his or her license or certification. Contact University Counseling Services (UCS): 617–552–3310 during the day and 617–552–3227 on nights and weekends.

A student (undergraduate or graduate) reporting to any of the above privileged resources may request complete confidentiality, meaning that the staff in question will not share any reported information with anyone without the student's consent. These counselors will provide support and assistance but will not investigate the complaint.

A Note about the Role and Responsibility of Faculty and Staff

A student may choose to disclose sexual misconduct to a faculty or staff member. Faculty and staff are required to report to the Student Affairs Title IX coordinator when a student discloses sexual misconduct so that the University can respond appropriately. The report would include any information that the student decides to disclose, including the names of the victim and alleged perpetrator(s), any witnesses, and any other relevant facts, including the date, time, and location of the alleged incident.

If a victim wants to tell a faculty or staff member what happened but also wishes to maintain confidentiality, a victim should understand that the University will consider the request but cannot guarantee confidentiality in all cases. In reporting the details of the incident to the Student Affairs Title IX coordinator, the employee will inform the coordinator of the victim's request for confidentiality.

While students should expect that faculty and staff will inform the Title IX coordinator, students who want the University to conduct an investigation or who wish to pursue institutional remedies and/or adjudication are strongly encouraged to contact the Office of the Dean of Students and/or the Title IX coordinator directly to ensure a more immediate response.

For specific information about how the University will weigh a request for confidentiality and respond, see the Student Sexual Misconduct Policy at bc.edu/sar.

Note: While these professional and nonprofessional counselors and advocates may maintain a victim's confidentiality with regard to Boston College, they may have reporting or other obligations under state law such as mandatory reporting to the Department of Youth Services in cases involving minors; threat of imminent harm to self or others; or the requirement to testify if subpoenaed in a criminal case.

University Offices

Office of the Dean of Students. The Office of the Dean of Students, working in conjunction with the Student Affairs Title IX coordinator, can assist students in understanding their options in the conduct system, implement interim measures such as Stay Away Orders or other interim administrative actions, and provide guidance and support regarding remedies including academic and housing concerns.

- Contact: 617–552–3470 during normal business hours or the administrator on-call (outside of normal business hours) through Boston College Police, 617–552–4444 (emergency); 617–552–4440 (nonemergency)
- Contact: Associate Dean Rich DeCapua, 617–552–3470, decapua@bc.edu

Student Affairs Title IX coordinator. The Student Affairs Title IX coordinator oversees the University's efforts related to the prevention, education, and response to incidents of sexual misconduct by Boston College students, and can help an individual student in pursuing a complaint and accessing available resources.

- Contact: Melinda Stoops, 617–552–3482 | melinda.stoops@bc.edu

Boston College Police Department (BCPD). BCPD provides assistance to victims such as addressing immediate safety concerns, investigating incidents of sexual misconduct, filing a criminal complaint both on campus and off campus, and assisting victims with medical attention and care. BCPD will take a report from a student, and a specially trained officer will conduct an investigation that involves asking the student to identify and/or describe the respondent and what happened. An officer may ask questions about the scene of the crime, any witnesses, and what happened before and after the sexual misconduct.

- Contact: 617–552–4444 (emergency); 617–552–4440 (nonemergency)

Confidentiality: How Boston College Will Weigh the Request and Respond

The University respects the privacy interests of victims of sexual violence, and will protect the confidentiality of the individuals involved to the fullest extent possible. In responding to a victim's requests for academic, living, or working adjustments, the University will limit disclosures to the minimum number of staff necessary to make reasonable adjustments. (The University has designated the Student Affairs Title IX coordinator to evaluate student requests for confidentiality in connection with reporting sexual misconduct.) As described more fully in the Student Sexual Misconduct Policy, the coordinator will weigh a student's request for confidentiality against the University's obligation to provide a safe, nondiscriminatory environment for all students, including the victim. The University does not include the names or other identifying information of victims of alleged sexual violence in any publicly available documents, including any publicly available police reports, logs, or safety notices.

If a victim discloses an incident but requests confidentiality or that no investigation into a particular incident be pursued or no action through the conduct system be taken, the Student Affairs Title IX coordinator, in consultation with a small number of key University administrators, who may include representatives of the Office of the Dean of Students, the Boston College Police Department, and the Office of the General Counsel, will weigh the request against the University's obligation to provide a safe, nondiscriminatory environment for all students, including the victim.

When weighing a victim's request for confidentiality or that no investigation or conduct process be pursued, the Student Affairs Title IX coordinator will consider a range of factors, including whether:

- The alleged perpetrator is likely to commit additional acts of sexual or other violence, such as:

- Whether there have been other sexual violence complaints about the same alleged perpetrator;
- Whether the alleged perpetrator has a history of arrests or records from a prior school indicating a history of violence; and
- Whether the alleged perpetrator threatened further sexual violence or other violence against the victim or others.

- The sexual misconduct was committed by multiple perpetrators.
- The sexual violence was perpetrated with a weapon or with force.
- The victim is a minor.
- Boston College possesses other means to obtain relevant evidence of the sexual violence (such as security cameras or personal, physical evidence).
- The victim's report reveals a pattern of perpetration (such as via illicit use of drugs or alcohol) at a given location or by a particular group.

The presence of one or more of these factors could lead the University to investigate and, if appropriate, pursue conduct action against the respondent. If none of these factors are present, the University will likely respect the victim's request.

If Boston College honors a victim's request for confidentiality or decision not to participate in an investigation, the University's ability to investigate the incident or pursue conduct action against the alleged perpetrator(s) may be limited.

In some cases, usually rare, the University may not be able to honor a victim's confidentiality request in order to adhere to its obligation to provide a safe, nondiscriminatory environment for all students. If the Student Affairs Title IX coordinator determines that the University cannot maintain a victim's confidentiality, the Student Affairs Title IX coordinator will inform the victim prior to starting an investigation and will, to the extent possible, only share information with people responsible for handling the University's response.

How to File a Complaint

There are multiple ways to file a complaint at Boston College. You do not need to make this decision alone. If you are unsure about whether or not to report, there are many people you can speak with in order to get more information about what reporting would mean and entail. You will not be pressured to provide more details than you are willing to offer.

Filing a Complaint within Boston College

Office of the Dean of Students. Students can file a complaint within the Office of the Dean of Students. The office can help students understand their options in the conduct system, implement interim measures including Stay Away Orders or other interim administrative actions, and provide guidance and support regarding remedies including academic and housing concerns. The office provides trained guides/advisors and support services to students who are complainants and respondents in the conduct system. The Office of the Dean of Students, working with the Title IX coordinator, also oversees the investigation and adjudication of sexual misconduct complaints against students.

Filing a Criminal Complaint with Police

If a student (undergraduate or graduate) reports sexual violence to the Boston College Police Department (BCPD), the police will conduct an investigation and assist the victim in filing criminal charges against the alleged offender if he or she chooses. BCPD also helps in obtaining protective restraining orders for domestic and dating violence incidents. If the incident occurred off campus, BCPD can assist the victim in informing the appropriate municipal police department if he or she so desires. The Boston College Police have specially trained officers to respond to sexual assault and intimate partner complaints. The police make every effort to offer female victims/survivors the opportunity to work with a female officer.

Under Massachusetts law, victims of dating or domestic violence may be entitled to obtain an abuse prevention order under Chapter 209A of the Massachusetts General Laws, and victims of stalking or harassment may be entitled to obtain a harassment prevention order under Chapter 258E of the Massachusetts General Laws. These orders require the abuse or harassment to cease and can include No Contact and Stay Away Orders. They may be issued without prior notice to the abuser or harasser if there is a substantial likelihood of immediate danger of abuse or harassment. The Boston College Police will assist victims in pursuing these orders.

The University Response

The Office of the Dean of Students, in conjunction with the Student Affairs Title IX coordinator, provides assistance and support to students. For students who report sexual misconduct, the Office of the Dean of Students can connect a student with support and counseling, and will focus on the response and interim remedies needed to help the student. Students who report sexual misconduct violations in situations where they may also be responsible for Code of Student Conduct violations (such as possession of alcohol) will generally not be charged for these

ancillary violations. The Office of the Dean of Students can also provide the complainant and respondent with support and counseling as well as a trained guide/adviser (see full Student Sexual Misconduct Policy).

Note: Victims do not need to participate in the conduct process to receive resources and support.

The Student Affairs Title IX coordinator coordinates the University's efforts to:

- Assist the victim in accessing other available victim advocacy; academic support; financial aid; counseling; disability; health or mental health services and legal assistance both on and off campus (pages 17–19).
- Assist international students with immigration and/or visa-related issues.
- Provide other security and support, which could include issuing a No Contact or Stay Away Order, helping arrange for a change in living or working arrangements, and adjusting courses and providing other academic support.
- Inform the victim of the right to report a crime to campus or local law enforcement, and provide the victim with assistance if the victim wishes to do so.

A report of sexual violence (including nonidentifying reports) may also prompt the University to consider broader remedial action—such as increased monitoring, supervision, or security at locations where the reported sexual violence occurred; increasing education and prevention efforts, including to targeted population groups; conducting climate assessments/victimization surveys; and/or revisiting policies and practices. If the Student Affairs Title IX coordinator determines that the University can respect a victim's request for confidentiality and not pursue conduct violations against the alleged perpetrator, the University will nonetheless take steps to protect and assist the victim.

Retaliation

It is a violation of University policy to engage in any form of retaliation or intimidation in connection with complaints of sexual misconduct. Any student engaging in such retaliation or intimidation may be found responsible for a conduct violation. Any such acts of retaliation or intimidation by a Boston College student should be promptly reported to the Office of the Dean of Students. This policy and related processes may also apply to any allegation that a student has attempted to prevent an individual from reporting sexual misconduct, has acted in complicity with another individual who has engaged or attempted to engage in sexual misconduct, or has engaged in any acts of intimidation or reprisal with respect to any reported sexual misconduct.

Interim Measures

Upon a victim's request, the University will provide appropriate interim measures designed to prevent further acts of misconduct, harassment, or retaliation and address the victim's safety concerns. These include, but are not limited to, temporary No Contact Orders, University Stay Away Orders, or other administrative action. A detailed description of the range and scope of interim measures can be found in the Student Sexual Misconduct Policy.

Investigation

For sexual misconduct complaints filed through the Office of the Dean of Students or when the University otherwise determines a thorough investigation and/or conduct action is appropriate, the University, under the oversight of the Office of the Dean of Students with consultation from the Student Affairs Title IX coordinator, will conduct an investigation of the complaint. The investigation will be conducted through the use of one or more internal and/or external investigators specifically trained in sexual misconduct investigations. The University will endeavor to complete its investigation within sixty (60) calendar days.

Note: A detailed description of the investigation process can be found in the Student Sexual Misconduct Policy at bc.edu/sar.

Getting Long-Term Support

For most survivors of sexual misconduct, including sexual assault and intimate partner violence, recovering from what happened is a process that takes some time. You deserve to have a strong, supportive network of resources available to you and dedicated to your healing. Please know that Boston College is committed to connecting you with any number of the following on- and off-campus resources, and encourages you to reach out to begin the healing journey when you feel ready.

On-Campus Resources

SANet Care Team
617–552–8099
Maloney Hall 441
sanet@bc.edu | Office Hours: Monday–Friday 10 a.m.–4 p.m.
Provides confidential support for victims of sexual misconduct, and can help students explore all options including follow-up medical care, reporting options, counseling, and working with University offices to address remedies as needed.

The Women's Center
617–552–3489
Maloney Hall 441
Office Hours: Monday–Friday, 10:00 a.m.–4:00 p.m.
The Women's Center provides support, education, and programs that promote empowerment for students of all genders in an inclusive and welcoming space.
Please note: The Women's Center is not a privileged confidential resource; all staff, with the exception of the SANet Care Team have reporting responsibilities under Title IX.

University Counseling Services (UCS)
617–552–3310
Gasson 001
Office Hours: Monday–Friday, 8:45 a.m.–4:45 p.m.
University Counseling Services is available 24 hours a day to assist students affected by sexual harassment, misconduct, or assault. UCS is available during normal business hours at 617–552–3310. During nights, weekends, and holidays, a University clinician is available on call by contacting either University Health Services (617–552–3225) or the Boston College Police (617–552–4444). UCS SANet liaisons: Julie AhnAllen, julie.ahnallen@bc.edu and Johanna Malaga, johanna.malaga@bc.edu, (617–552–3310).

University Health Services (UHS)
617–552–3225
2150 Commonwealth Avenue (St. Thomas More Road entrance)
Medical personnel are available 24 hours a day for immediate and follow-up medical attention. For regular appointments, UHS is open Monday–Friday, 10:00 a.m. –4:00 p.m.

Campus Ministry
McElroy Hall 215
617–552–3475
The staff in the Campus Ministry is available to help students with private (but not confidential) pastoral counseling and spiritual direction. Some members of the staff reside in the residence halls. A resident minister is also available 24 hours a day by contacting BCPD at 617–552–4444.

Campus Ministry Liaisons:
Rick Rossi (617–552–6592, richard.rossi@bc.edu)
Maura Colleary (617–552–3170, maura.colleary@bc.edu)

Office of the Dean of Students
617–552–3470
Maloney Hall 448
Offers outreach, guidance, support, information, and referrals for any student experiencing distress, including students who are healing from incidents of sexual misconduct.

HEAL Survivor Support Group
Dr. Johanna Malaga, staff psychologist, UCS
617–552–3310 | johanna.malaga@bc.edu
HEAL (Hope, Empower, Accept, Listen) is a closed, confidential weekly support group for survivors of sexual assault. The group is run by a trauma specialist and opens to new participants at the beginning of each semester.

Off-Campus Resources

COUNSELING AND SUPPORT

Boston Area Rape Crisis Center 24-Hour Hotline
800–841–8371 | www.barcc.org
"Dedicated to healing. Advocating for change."
The Boston Area Rape Crisis Center (BARCC) is the only rape crisis center in the Greater Boston area.

Domestic Violence/Sexual Assault Program at Newton-Wellesley Hospital
617–243–6521
Provides crisis intervention, safety planning, individual counseling and advocacy, referral to community resources (legal, housing, shelter, immigration, etc.), and compassionate, survivor-focused medical care and evidence collection services.

Fenway Community Health Violence Recovery Program
617–927–6250 | www.fenwayhealth.org
Provides counseling, support groups, advocacy, and referral services to lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ) victims of sexual violence, bias crime, domestic violence, and police misconduct.

Intimate Partner Violence Support and Advocacy
Jane Doe, Inc. | 617–248–0922 | www.janedoe.org
Provides comprehensive list of all sexual assault and partner violence resources in Massachusetts, including those for special populations.

REACH Beyond Domestic Violence 24-Hour Hotline
800–899–4000 | www.reachma.org
Committed to advancing the safety, healing, and empowerment of those who experience domestic or relationship violence.

The Network La Red (partner abuse hotline)
617–742–4911 | www.thenetworklared.org
Provides support regarding partner abuse in LGBTQ relationships.

GLBTQ Domestic Violence Project 24-Hour Hotline
800–832–1901 | www.glbtqdvp.org
Provides crisis intervention, support, and resources to victims and survivors of domestic abuse.

Legal Support and Area Law Enforcement Services

Victim Rights Law Center
617–399–6720 | www.victimrights.org/
Offers free legal representation for sexual assault survivors in criminal, civil, and school-based hearings.

Greater Boston Legal Services
617–371–1234 | www.gbls.org/
Provides free legal services for domestic violence cases.

Boston Police Domestic Violence Unit
617–343–4400 | www.cityofboston.gov/police/divisions/sau

Newton Police Department
617–796–2100 or
Domestic Violence Officer
617–796–2161 | www.newtonpolice.com

Government Resources
Website for the White House Task Force to Protect Students from Sexual Assault: www.notalone.gov.

How to Help a Friend Affected by Sexual Violence

Believe What You Hear
Remember that survivors of sexual violence often worry that sharing what has happened to them will lead others to abandon, reject, or even retaliate against them. Being able to show you care could be the reason that your friend feels safe continuing to utilize support.

Don't Judge
For students who have been sexually assaulted on college campuses, feeling judged and having their privacy violated by trusted peers, friends, and roommates can feel as traumatizing as the assault itself. To best help your friend, discuss your discomfort or concerns later with a trusted confidential resource like SANet, not in the moment.

Remember Your Role
While we might feel an instinct to gather details of the incident first, the best way to support a friend after an assault is often to affirm what they tell you. Ask whether your friend feels safe now, feel would be most helpful now, and whether they are interested in expanding their support system.

Offer to Connect
If and when your friend feels like the time is right to reach out for more support (such as academic, housing accommodations, conduct process), you can offer to connect your friend to SANet or a trusted professional on campus. Remember that there are many trusted resources on and off campus that they and their support system can utilize.

Seek Support
This is a very important part of helping a friend through the healing process. Throughout your conversations with anyone who talks to you about sexual violence, ask yourself whether this is a point to bring in a professional support system in order to take care of yourself. Remember to respect your friend's privacy by avoiding sharing any details or personal information with others.

What Is Sexual Misconduct?

The Boston College Student Sexual Misconduct Policy provides definitions for sexual misconduct and the behaviors that are prohibited under the policy. Massachusetts criminal law definitions may be different, and are outlined in the Clery Campus Sexual Violence Response and Prevention Program. We encourage you to visit

What is Sexual Misconduct? cont.

Boston College's Sexual Misconduct Policy and Resources site online at www.bc.edu/sar for more information on Boston College's policy, resources, and response.

SEXUAL MISCONDUCT is a broad term that encompasses a range of behaviors such as all forms of sexual harassment, including sexual assault as well as other forms of misconduct or violence of a sexual nature, including, without limitation, relationship violence, stalking, and sexual exploitation. Sexual misconduct can occur between individuals who know each other, have an established relationship, have previously engaged in consensual sexual activity, and between individuals who do not know each other. Sexual misconduct can be committed by persons of any gender identity, and it can occur between people of the same or different gender.

SEXUAL HARASSMENT is unwanted or offensive sexual behavior that has the purpose or effect of creating a hostile or stressful living, learning, or working environment, or whenever toleration of such conduct or rejection of it is the basis for a personnel or academic decision affecting an individual. Examples of behavior that may constitute sexual harassment include, but are not limited to, sexual advances, any form of retaliation or threat of retaliation against an individual who rejects such advances, sexual epithets, jokes, or comments, comment or inquiry about an individual's body or sexual experiences, unwelcome leering, whistling, brushing against the body, sexual gestures, and displaying sexually suggestive images. Sexual harassment includes any conduct or incident that is sufficiently serious that it is likely to limit or deny a student's ability to participate in or benefit from the University's educational programs, and may include a single incident of sexual assault or other serious sexual misconduct.

SEXUAL ASSAULT is any sexual penetration or sexual contact with another individual without consent.

SEXUAL CONTACT includes intentional contact with the intimate parts of another person, causing another person to touch one's intimate parts, or disrobing or exposure of another person without permission. Intimate parts may include the breasts, genitals, buttocks, groin, mouth, or any other part of the body that is touched in a sexual manner. Sexual contact also includes attempted sexual penetration.

SEXUAL PENETRATION includes vaginal or anal penetration, however slight, with a body part (such as penis, tongue, finger, hand, etc.) or object, or oral penetration involving mouth to genital contact.

COERCION is to force a person to act based on fear of harm to self or others. Means of coercion may include, but are not limited to, pressure, threats, emotional intimidation, or the use of physical force.

SEXUAL EXPLOITATION means taking sexual advantage of another person and includes, without limitation: indecent exposure; causing or attempting to cause the incapacitation of another person in order to gain a sexual advantage over him or her; causing the prostitution of another person; recording, photographing, or transmitting images of private sexual activity and/or the intimate parts of another person without consent; observing or allowing third parties to observe private sexual acts or otherwise violating a person's sexual privacy without consent; and knowingly or recklessly exposing another person to a significant risk of sexually transmitted infection.

INTIMATE PARTNER VIOLENCE (also known as relationship violence, dating violence, or domestic violence). Intimate partner violence is any violent or controlling behavior by a person against a current or former initmate partner. The existence of an intimate partner relationship is determined based on the following factors: the length of the relationship, the type of relationship, and the frequency of interaction between the persons involved in the relationship. Intimate partner violence may include actual or threatened physical violence, sexual violence, psychological or emotional abuse, and/or progressive social isolation.

Please note: Individuals who are victims of domestic abuse in Massachusetts may seek an abuse prevention order, also know as a "restraining order" or "209A order," in addition to pursuing criminal charges and charges through the student conduct system, if the offender is a Boston College student. For more information on Massachusetts law, see https://malegislature.gov/Laws/GeneralLaws/PartII/Chapter 209A.

STALKING is engaging in a course of behavior directed at a specific person that would cause a reasonable person to fear for his or her safety or the safety of others, or suffer substantial emotional distress. Generally, stalking involves a course of conduct that is defined as two or more acts including, but not limited to, acts in which the stalker directly, indirectly, or through third parties, by any action, method, device, or means, follows, monitors, observes, surveils, threatens, or communicates to or about a person, or interferes with a person's property. Examples include but are not limited to: following a person; appearing at a person's home, class, or work; making frequent phone calls, emails, text messages, etc.; continuing to contact a person after receiving requests not to; leaving written messages, objects, or unwanted gifts; vandalizing a person's property; and threatening, intimidating, or intrusive behavior.

What Is Consent?

CONSENT is the clear and voluntary agreement to engage in particular sexual activity, communicated through mutually understandable words or actions. Consent is always freely informed and actively given. Silence or lack of resistance cannot be assumed to imply consent. Consent must be ongoing, and it may be withdrawn at any time. Consent for one sexual act does not imply consent for any subsequent sexual activity. Consent may never be obtained through use of

coercion, intimidation, force, or threats. Consent cannot be obtained from an individual who is incapable of giving consent because the person:

- Is incapacitated, including through the consumption of alcohol or drugs;
- Is asleep, "blacked out," unconscious, or physically helpless;
- Has a mental, intellectual, or physical disability; or
- Is under the legal age to give consent (16 years of age in Massachusetts).

What Is Incapacitation?

INCAPACITATION is the inability to make informed, rational judgments and decisions. If alcohol or drugs are involved, incapacitation may be assessed by evaluating how the substance has affected a person's decision-making capacity, awareness, and ability to make informed judgments. The impact of alcohol and drugs varies from person to person; however, warning signs of possible incapacitation include slurred speech, unsteady gait, impaired coordination, inability to perform personal tasks such as undressing, inability to maintain eye contact, vomiting, and emotional volatility.

Understanding the Impacts of Sexual Misconduct

What Should I Call What Happened to Me?

We understand that healing from an experience of sexual assault can be different for every individual. One of the things that you might have questions about is what to call what happened to you. While some students might have a difficult time naming what they experienced as violence, this does not minimize the impact of what they might be going through.

Some students refer to themselves as survivors after recovering from an incident of sexual assault, while others prefer to be recognized as victims of a crime. There is no wrong way to talk about how you feel following an episode of sexual violence, and your support network at Boston College will do its best to respect the language you choose to talk about it.

(BARCC, 2012 University of Virginia, Sexual Assault Education and Resources, 2012)

What about the Way I Feel?

Healing emotionally after a sexual assault can be a complex process. One of the most important things you can do to help yourself is to get as much support as possible. People react and cope differently after being sexually assaulted, so it is important to respect your choices and individual style of coping. At the same time, many sexual assault survivors find it helpful to know that some emotions and reactions tend to be very common. These reactions can be confusing and upsetting, but they are normal in your situation, and can include post-traumatic stress symptoms. Some of the common reactions and emotions people have are

Guilt | Many survivors feel guilty because we live in a culture that tends to blame the victim. No one deserves to be assaulted, even if they drink to excess, dress in revealing clothing, or consented to other sexual activity.

Fear | It is normal to feel afraid after being assaulted. Sexual assault is frightening. Some survivors find it hard to be alone at night or in a setting that is like the one in which they were assaulted.

Avoidance | It is common to avoid or want to avoid anything that has to do with the assault, such as getting assistance, because it reminds you of the assault. Although avoidance can initially assist in coping, most survivors find it is not a long-term solution.

Anger | You might feel angry—at the perpetrator, people you love, yourself, or the world. Feeling angry can be an important part of healing emotionally after an assault.

Mood Swings | Your mood may change rapidly or dramatically. Coping with a sexual assault is overwhelming, and these kinds of intense reactions are normal.

Distrust | It may also take a while to feel like you can trust people again. If you were assaulted by someone you knew, you may feel like you've lost confidence in your sense of judgment about other people. If you were assaulted by a stranger, you may feel like you can't trust people you don't know.

Loss of Control | Survivors often feel out of control or powerless. They have been robbed of control over their bodies. One of the most important facets of emotional healing from this experience is regaining control.

Numbness | Sometimes it takes a while for survivors to feel anything at all. One of the ways people sometimes cope with crisis is to go numb.

A Note on Coping | While the reactions listed above name some of the emotions you might experience after an incident of sexual violence, it is also important to consider how you're coping with these reactions. Some students find that they cope by talking with others, watching more television, or turning to homework. Others find that they are participating in activities that might compromise their long-term health and safety. These can include sleeping several more or fewer hours than usual, eating much more or much less than usual, exercising for extended periods of time, spending less time with loved ones, increased substance use, and risk-taking behaviors that might be concerning to others, such as increased random hookups, radical shifts in social circles, and isolation.

It's important for friends and loved ones to avoid expressing judgment to the student, and to instead focus on care, compassion, and empowerment. Survivors can heal from sexual violence of all kinds, and many survivors find that seeking support from individuals who can form a trusted community is helpful in ensuring a healthy and hopeful recovery process.

Myths and Realities about Sexual Assault

MYTH: It could never happen to me.

REALITY: Any person of any age, gender, race, class, physical ability, occupation, sexual orientation, or physical appearance can be sexually assaulted.

MYTH: Sexual assault is only committed in dark alleys by strangers.

REALITY: 76% of sexual assaults reported by college women are perpetrated by someone known to the survivor. The most common locations are within residence halls on campuses. The perpetrators may range from classmates to neighbors. Students of all genders are primarily assaulted by acquaintances.

MYTH: Women give mixed messages because they do not want to admit that they do not want to have sex.

REALITY: Rape is a crime for which the perpetrator holds responsibility. Rape is rape regardless of the relationship between two people and regardless of the behavior of the survivor prior to or during the assault.

MYTH: Only women are sexually assaulted and only men perpetrate it.

REALITY: While victims who report sexual assaults identify as women in the vast majority of cases, and while it is believed that perpetrators are men in 90% of cases on college campuses, it is important to note that only a small percentage of men (about 6%) ever commit sexual violence, and those who do often commit assaults against an average of six people (Lisak et al., 2007). Concisely, people of all genders are affected by sexual violence.

MYTH: Someone who was drinking or drunk when sexually assaulted is at least partially to blame.

REALITY: Sexual assault survivors are never responsible for the attack, no matter what, no matter how much alcohol they consumed. Based on research conducted on perpetrator behavior, it is believed that many perpetrators of sexual assault on college campuses strategically use alcohol to incapacitate their targets. Responsibility lies with the perpetrator and the survivor is never responsible for the assailant's behavior. Substance use may increase the vulnerability to sexual assault, and may make someone incapable of giving consent or protecting themselves, but it is never the cause of an assault (National Institute of Justice, 2008).

MYTH: It is not sexual violence if the couple is dating.

REALITY: Unwanted sexual activity in any relationship qualifies as sexual violence.

MYTH: If the victim did not fight or try to run away, or there was no weapon or injuries sustained, rape did not occur.

REALITY: Threats of violence are a weapon, and a woman may not resist vigorously for fear of injury or death.

BC STUDENT AFFAIRS

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