

HOW TO CREATE A CAMPUS COMMUNITY INTOLERANT OF SEXUAL ASSAULT

- Challenge others' comments or behaviors that blame victims and condone sexual assault.
- Be willing to intervene and seek out help if you think someone is in a vulnerable situation.
- Establish mutual consent before engaging in sexual activity. Remember that not saying "no" does not imply "yes."
- Recognize the link between alcohol/drug use and sexual assault. Substance use reduces the possibility of consent.
- Get involved with campus activities and organizations devoted to the prevention of sexual assault, such as Men Against Violence and Healthcats.

PLACES TO SEEK HELP

Counseling Center

512.245.2208

counseling.txstate.edu

Student Health Center

512.245.2161

healthcenter.txstate.edu

Hays-Caldwell Women's Center

512.396.HELP (4357)

hcwc.org

Title IX Coordinator

512.245.2539

txstate.edu/oca/Sexual-Misconduct--Title-IX-

University Police

512.245.8336

police.txstate.edu

RAINN (Rape, Abuse and Incest National Network)

1.800.656.HOPE (4673)

rainn.org

Remember, there is help, and there is hope. While the trauma can never be erased, healing is possible, and many people are able to move on to a happy, hopeful and productive life.

MAKE AN APPOINTMENT

Call

512.245.2208

San Marcos location and hours

LBJ Student Center, Room 5-4.1

8 a.m. – 5 p.m., Monday – Friday

Round Rock location

Nursing Building, Room 116

1555 University Blvd.

Check our website for current hours.

ONLINE RESOURCES

Website

counseling.txstate.edu



facebook.com/txstCC



[@txstCC](https://twitter.com/txstCC)



youtube.com/c/TxStCounselingCenter



[@txstCC](https://instagram.com/txstCC)



pinterest.com/txstCC

TEXAS STATE
COUNSELING CENTER

601 University Drive
5-4.1 LBJ Student Center
San Marcos, TX 78666

512.245.2208 | counselingcenter@txstate.edu

SEXUAL ASSAULT



COUNSELING CENTER

TEXAS
STATE
UNIVERSITY

The rising STAR of Texas



WHAT TO DO IF YOU HAVE BEEN SEXUALLY ASSAULTED

- Make sure you are safe. If you are in danger, call 911 immediately.
- Seek support. You may choose to first tell a trusted friend or family member, or you may feel more comfortable talking with a trained professional.
- Seek medical care. It is important to receive medical help to check for injuries, to prevent or treat STDs and to prevent pregnancy. Medical professionals can also assist you in collecting evidence, should you decide to press legal charges. To preserve evidence, seek medical attention within 72 hours and avoid showering, brushing your teeth or washing your clothes.
- Consider reporting the assault to police or to the university.

We all know someone — a friend, family member, partner, or ourselves — who has been impacted by sexual assault. Sexual assault is defined as any sexual activity involving a person who does not or cannot give full consent. This may include rape, sexual abuse, unwanted sexual touching and using coercion or intimidation to force sexual contact. It is important to understand that healing and recovery are possible and that you are not alone.

POTENTIAL REACTIONS TO A SEXUAL ASSAULT

Every person responds to trauma differently, and there is no right or wrong way to feel after experiencing a sexual assault. Some people experience a surge of emotions all at once, while others take a longer time to process what they are feeling. Typical reactions may include:

- anger/irritability
- anxiety/fear/terror
- confusion
- depression/sadness
- denial/disbelief
- embarrassment/humiliation
- helplessness/hopelessness
- isolation/disconnection
- numbness
- shame/self-blame/guilt



HOW TO HELP THOSE WHO HAVE BEEN SEXUALLY ASSAULTED

- Believe them. Remind them the assault is not their fault and avoid asking questions that may seem blaming or judgmental (e.g., “Why did you have so much to drink?”).
- Listen to as much or as little about what happened as they would like to share.
- Encourage them to seek professional support and medical care.
- Empower them to make their own decisions, including how and when to seek help. If you are concerned about the person’s safety, however, seek help immediately.
- Continue to offer your support throughout the recovery process.
- Take care of yourself. Supporting anyone who has been sexually assaulted can be an emotional experience, and it is important to know your limits. A trained professional may offer you needed support and provide guidance on what to say or do to help.