

Your friend was sexually assaulted. What do you say? "I'm so sorry, it's not your fault. What do you need, how can I help?"

What should you do? Listen. Be there. Don't judge. Call the hotline on this card to help you know what to do.

What should you know? Rape and sexual violence are crimes that take away an individual's power. It is important not to compound this experience by pressuring your friend to take steps they aren't ready for or don't want to do.

Health Details

When sexual assault happens there are things that you should know:

- ✓ You can take emergency contraception (EC) or Plan B to prevent pregnancy and get medicine right away to treat STD exposure. Contact your local family planning clinic or student health center.
- ✓ Often it is helpful to talk to a sexual assault advocate, trusted adult or friend. If your school has a student health center, they can help.
- ✓ Sexual assault advocates will help you whether you want to pursue legal action or not.

Your college can help you make a formal complaint against another student, protect and support your confidentiality and safety.



FuturesWithoutViolence.org

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If you know someone who has been sexually hurt or assaulted, it wasn't their fault no matter what. You can call these numbers for confidential information and most campuses have people who can support you too.

National Sexual Assault Hotline

1-800-656-HOPE (1-800-656-4673)
www.rainn.org

National Emergency Contraception (EC) Information

To find out where you can get EC near you, follow this link:
<http://ec.princeton.edu/get-ec-now.html>

National Planned Parenthood
1-800-230-PLAN (7526)

My Safe Number:



Who's Got Your Back?

College Truths

At some point you may be asked, “Do you want to hook up?” but the reality is you may not have that choice.

- ✓ In fact, 1 in 4 women will be sexually assaulted in college
- ✓ 2/3 of rapes happen by someone you know, trust, or consider a friend or boyfriend
- ✓ 70,000 students per year are victims of alcohol-related sexual assault

Sex when you can't give consent is criminal and not consensual. This can happen with someone you know and even with someone you've slept with before. This card has information for you and your friends.

Partying and Consent

Consent Defined: *A voluntary, active agreement with any person to do something sexual or have something sexual done to you.*

Here's the deal:

- ✓ We live in a world where women often get blamed or judged for being sexually assaulted
- ✓ Sometimes women think, because they were wasted, what happened was their fault

Let's clear up a grey area: You can't give consent if you are drunk, high, asleep or too afraid to say no. If you can't give consent and someone has sex with you, it's a crime.

Good Men Needed

Do yourself a favor and google this cool video from Emory University. It's called Project Unspoken. They interview men and women about what they do every day to avoid sexual assault. Basically men say they don't really ever think about it. But women? They think about how to prevent it all the time.

So What Does this Say About Men? We need your help, voices and strength to help stop violence against women on your campus. Where do you stand when you see something going down that you know isn't right? Do you say anything? Simple, powerful words make a difference. To get involved go to: www.mencanstoprape.org.

Circle of 6

Ok, this free app is awesome. Circle of 6 is a safety app where you can program in the contact info of six friends who have your back if you get in trouble. With just two taps of your finger, a preprogrammed text goes out letting your friends know you need help.

- 📞 “Call and pretend you need me. I need an interruption.”
- 📍 “Come and get me. I need help getting home safely.” It will send a map using GPS to show your circle exactly where you are. The hope is that one of them will get the message in time and help you out.

Scan this code to get the app.

