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Acts of sexual assault, which is a broad term, are not tolerated in the Lackawanna College community. Many of the behaviors associated with and which constitute sexual assault are crimes, and punishable as such. Also, these behaviors are often motivated by a desire for power and control rather than by sexual desire.

At Lackawanna College, Sexual Assault is defined as any sexual activity that occurs against an individual’s will. This sexual activity can be attempted or completed sexual intercourse (oral, anal, or vaginal), and may occur with a body part and/or an object. Sexual assault includes the act of rape, but also includes unwanted kissing and/or touching.

Intimate Partner Sexual Violence is defined as a sexual assault that is committed by a person considered to be a spouse or intimate partner (e.g. husband, wife, domestic partner, fiancé, boyfriend, girlfriend, etc.).

Sexual Harassment is defined as unwanted sexual or gender based behavior that creates an environment that would be reasonably perceived by the recipient as hostile, abusive, and/or threatening.

Sexual assault can occur without the presence of physical force, it is the absence of consent that makes an act a sexual assault violation.

Contributing factors

Navigating a new environment – New school, new area, means new environment, new social circles, new people, and new places. Students may unknowingly make poor decisions such as attending parties or gatherings in unsafe locations in order to create new friendships and social networks.

No supervision - Being at college offers a new experience of being away from home, families, and those that look out for us. This new-found freedom may lower inhibitions and allow students to test their limits in a variety of situations.

Acceptance – As students meet new people, begin new friendships, and build new relationships, students may act against their own values in order to be accepted. A desire for social acceptability may cause students to succumb to peer pressure while ignoring personal values and safety.

Stereotyping – Society still encourages males to be competitive and aggressive, while teaching females to be more passive and non-confrontational.

84% of college women who reported a sexual assault experienced the incident during their first or second year of college

Consent

An integral component of sexual assault is the lack of consent.

Consent, at Lackawanna College, is defined as an active and positive exchange of words or actions that indicate a willingness to participate freely and voluntarily in mutually agreed upon sexual activity.

Consent must be reached without force, coercion, or intimidation, and must be communicated explicitly. Silence does not indicate consent.

When an individual gives consent to engage in some sexual activities, this does not mean they are consenting to engage in ALL sexual activities.

Consent cannot be given if a person is:

- Physically or mentally incapacitated due to alcohol or other drugs – this means if a person is drunk or high, they cannot give consent to engage in sexual activity.
- Unconscious
- Asleep
- Under the age of consent
- Physically or mentally impaired

Five Principles of Consent

1. Privilege – Sex is never a right, it is a privilege.
2. Permission – Since sexual contact is a privilege, you must have permission every time.
3. Justification – There is never a good enough excuse to violate another’s boundaries.
4. Intent – To ensure that sexual boundaries are not crossed, your intent must be to “First, do no harm.”
5. Responsibility – You are entirely responsible for your own actions. Persons who experience sexual assault never bear the responsibility of harm caused by others.

Nearly 1 in 5 women and 1 in 71 men in the United States have been raped. (National Intimate Partner Violence Survey, 2012.)

Signs of Non-Consent

- Verbal Refusal – When someone says “no” or “don’t do that” or “please stop” or “I don’t want to do this.”
- Implied Verbal Refusal – When someone says “I don’t think I want to go this fast” or “I’m not sure I want to do this.”
- Physical Resistance – Trying to get away, freezing up, trying to leave, rolling over or away, pushing away, moving someone’s hands, trying to put clothes back on.

*If sexual activity continues after any of these indicators, a crime has been committed.

Every individual has the right to give or withhold consent at any time and in any situation. Remember, the only way to guarantee consent is to make sure it is offered verbally at each step of sexual activity.
Alcohol consumption among college students is quite prevalent in the United States, according to the National Institute on Alcohol Abuse and Alcoholism (2013), roughly four out of five college students consume alcohol.

Alcohol is a depressant that impairs inhibitions, judgment, and decision-making and is by far the most frequently used drug to facilitate sexual assault. Because alcohol consumption impairs an individual’s judgment, it may increase the likelihood of committing a sexual assault, and also may decrease the ability to withhold or give consent.

Remember:

- Drinking is a socially acceptable activity used as an excuse for a socially unacceptable behavior.
- Alcohol results in cognitive impairments
- Consent must be present in healthy relationships.
- Intoxicated persons cannot give consent

More than 696,000 students between the ages of 18 and 24 were assaulted by another student who was drinking. (HIngson, Zha, and Weitzman, 2009)

About 85-90 percent of sexual assaults reported by college students involve alcohol use by one or both parties and were committed by someone who was known to the survivor. (National Institute of Justice, 2008).

Other drugs commonly used to facilitate sexual assault:

Rohypnol – Also known as roofies, rophies, roche, or forget-me pill. It is a strong sleeping, anti-anxiety pill in the same family of drugs as Valium and Xanax. It is often found as a small, round, white pill that looks like aspirin, and dissolves in liquids. Detection in a liquid is difficult because once dissolved it is odorless and tasteless.

- Effects: Physical effects may be noticeable within 20 minutes and may last up to 24 hours. Causes drowsiness, confusion, nausea, impaired motor skills, dizziness, disorientation, impaired judgment, and reduced levels of consciousness. A person under the influence of Rohypnol may appear drunk, with slurred speech and difficulty walking/standing. Rohypnol can also cause memory loss of the events that occurred after ingestion.

GHB – Also known as G, liquid ecstasy, grievous bodily harm, scoop, and Georgia homeboy. It is a powerful synthetic sedative, and is often found as a liquid with a salty taste, however, it can also be found in powder form. Effects may be felt within 20 minutes, and last from 2 to 6 hours

- Effects: Lowers blood pressure, heart rate, and breathing. Causes dizziness, blurred vision, nausea, vomiting, confusion, excessive perspiration, intense drowsiness, and seizures. May cause unconsciousness or a coma, as a result, an individual under the influence of GHB may not be able to recall what happened after ingestion.

OneStudent.org (2013). Drugs most commonly used to facilitate sexual assault.
Other Drugs Continued...

**Ketamine** – Also known as K, Special K, ket, vitamin K, and cat valium. It is labeled as a general anesthetic, and used as an animal tranquilizer. It has sedative, hypnotic, stimulant, and hallucinogenic properties. It can be found as a powder or a pill. Its effects can begin within minutes, and last up to 5 hours.

- **Effects:** It can cause dizziness, confusion, disorientation, memory loss, hallucination, agitation, impaired motor skills, slurred speech, numbness, aggressive or violent behavior, high blood pressure, and potentially fatal respiratory failure. Often times individuals may feel detached from their bodies and surroundings, and may cause a sensation of wanting to move but being unable to do so (“K-Hole”). Can also cause depression and amnesia.

**Scopolamine** – It is a depressant, which acts on the central nervous system. Often times it is prescribed as a transdermal patch for travel sickness. It is highly toxic, and can be used in tiny doses. It is often found in tablet form or as a patch. The drug may take effect within 30 minutes, and effects can last 2-3 days.

- **Effects:** Decreases secretion of fluids, slowing the stomach and intestines, and dilation of pupils. Causes drowsiness, dizziness, restlessness, blurred vision, difficulty urinating, dry or itchy eyes, and accelerated heartbeat. Overdose can cause delirium, delusions, paralysis, stupor, and death. An individual who has been drugged with Scopolamine may appear to be in the midst of a psychotic episode, and often end up in police custody or admitted to a hospital.

How can you determine if drugs may have facilitated a sexual assault?

- **Possible scenarios:**
  - You remember taking a drink but cannot recall what happened for a period of time after consuming it.
  - You feel much more intoxicated compared to the amount of alcohol you consumed, or you feel intoxicated after consuming a non-alcoholic drink.
  - You wake up feeling “hung over” or “fuzzy,” experience memory loss, or are unable to remember a period of time.
  - You feel as though you have had sexual intercourse, but cannot remember it occurring.
  - You wake up in strange location, with no knowledge of how you got there.
  - Your clothes are gone, inside out, disheveled, or not yours.

On average, 50% of all reported sexual assaults involve alcohol. (Sarah Lawrence College, 2013)
Protective Factors and how we can support one another…

**Protective Factors** are steps that we all can take to reduce the risk and occurrence of sexual assault, while increasing the safety for all of us. This is done through empowerment, awareness, and willingness to act to ensure your own safety. These factors do not guarantee the prevention of sexual assault, but they can assist in reducing risk, and put all of us in a better position to protect ourselves.

- Trust your gut and intuition. If you feel threatened, yell or leave the situation if you can do so safely.
- Avoid people who do not listen to you or ignore personal space/boundaries.
- Define your personal standards and commit to them.
- Know your sexual intentions and limits, and communicate these firmly and directly.
- Make sexual healthy a priority.
- Avoid mixing sexual activity with alcohol and other drugs. Engage in sober encounters.
- Attend parties with friends you trust
- Respect yourself and others.

*OneStudent.org (2013). Sexual empowerment 101.*

**Supporting each other**

In our society too often individuals who experience a sexual assault may be the recipients of *Victim Blaming*, which is often the result of faulty rape myths that people believe and help to perpetuate and justify sexual violence and aggression.

It is important to remember that individuals who experience a sexual assault are NOT at fault. The only person responsible for the sexual assault is the person who committed the assault.

As a result, it is important for us to support each other when a sexual assault may have occurred.

**Steps we can take to help the individual:**

- **Believe them** – Believe your friend or peer unconditionally, do not question them in an accusatory manner about whether the sexual assault occurred or not, just offer support.
- **Never blame them** – Clearly tell them, “It is not your fault.”
- **Help them explore their options** – Explore options together; do not pressure them to report the incident. Look into medical options, support options, and legal options.
- **Allow them to react** – Offer support while giving them the space to go through their own process.
- **Listen to them** – Be a friend, an open ear, and a shoulder to cry on.
- **Let them be in control** – Allow them to decide the next step, if they want to report it or seek assistance or support.
- **Encourage them to seek help** – Discuss the available supports, and gently encourage them to seek resources that may assist them through this difficult time.
- **Get help yourself** – You may need your own supportive services regarding feelings that may arise around someone close to you being sexually assaulted.
What to do if a sexual assault occurs…

Lackawanna College encourages the reporting of any incidence of sexual assault or any situation in which an individual believes a sexual assault occurred.

- **Get to a safe place** - Find a safe environment (friends, family) and contact crisis/rape support center and get support.
  - Student Assistance Program (SAP) – SAP is located on campus in Angeli Hall (Suite 102), and offers free, confidential, and supportive services for students.
    - SAP - (570) 955-1466 (Monday – Friday 8:30 am- 4:30 pm, except observed holidays)
    - Marsha Pigga, SAP Director – (570) 677 – 7589
    - Tina Bruno, SAP Coordinator - (570) 955-1478
  - Women’s Resource Center of Lackawanna County (WRC)– Local agency that specializes in free supportive services, counselor advocates are available 24 hours a day 7 days a week for those in need.  **24-hour crisis hotline (570) 346 – 4671**
  - National Sexual Assault Hotline – A 24-hour crisis and support hotline, services are free and confidential.  **24-hour hotline -1-800-656-HOPE or Website - online.rainn.org**

- **Preserve evidence** – This may include but not limited to:
  - Do not bathe, change or dispose of clothing, use the restroom, wash your hands, brush your teeth, eat or smoke.
  - If you are still in the location at which the assault occurred, do not clean anything. Write down all the details you can recall about the assault and the perpetrator

- **Seek Medical Attention** — Seek professional medical attention for treatment of injuries that may be the result of the assault and for prevention of any sexually transmitted diseases that may occur due to the sexual assault. It is best to report incidences within 72 hours of when they occurred.
  - Why is it important to seek medical attention?
    - Besides treatment for observable physical injuries, the possibility of the spread of sexually transmitted diseases (STDs) needs to be addressed following a sexual assault. An individual who has experienced an assault may be unaware of contracting a STD until symptoms appear. Also, it is possible to get pregnant from a sexual assault, and medical attention can help an individual address this concern.

  - Geisinger Community Medical Center
    - 1800 Mulberry St. Scranton, PA 18510  (570) 969-8000
  - The Regional Hospital of Scranton
    - 746 Jefferson Ave. Scranton, PA 18510  (570) 348-7951
  - Moses Taylor Hospital
    - 700 Quincy Ave. Scranton, PA 18510  (570) 340-2900
• **Report it**—Reporting the sexual assault is the choice of the individual, and reports may be filed through campus security, local police, and student affairs. Reports made to campus officials are ensured to remain secure, as the College respects the dignity and worth of the individual and their rights to confidentiality.

  - Emergency call 911
  - Campus Public Safety  
    • (570) 961-7899 or (570) 241-2022 (Cell)
  - Scranton Police  
    • (570) 348-4134 (Non-emergency)
  - Pennsylvania State Police  
    • (570) 963-3156 (Non-emergency)
  - Lackawanna County District Attorney’s Office  
    • (570) 963-6717
  - Women’s Resource Center  
    • (570) 346-4671

Remember, if you experience a sexual assault, **You Are Not To Blame. You did nothing wrong**, even if the perpetrator was a date or friend. **You are not responsible for the sexual assault occurring** even if you were under the influence of drugs and/or alcohol. **You are not at fault** even if you had been sexually intimate with this person before. The perpetrator is responsible for the assault, and bears the burden of blame.

**It wasn’t your fault**

*The Assault Victim’s Bill of Rights*

1. Survivors shall be notified of their options to notify law enforcement.
2. Accuser and Accused must have the same opportunity to have others present.
3. Both parties shall be informed of the outcome of any disciplinary proceeding.
4. Survivors shall be notified of counseling services.
5. Survivors shall be notified of options for changing academic and living situations.

**Confidentiality**

Lackawanna College encourages individuals to report all incidences of sexual assault. Lackawanna College will make every effort to protect the confidentiality of all parties involved when reports of sexual assault are submitted. However, in instances where a criminal act has occurred, the College has an obligation to ensure the safety of all students. In these instances, Lackawanna College will report and pass along information to local law enforcement agencies, but only information deemed necessary to make the individual, the campus at-large, and the community safer will be transmitted to law enforcement. Discretion will be used by the College in any instance were reporting becomes a necessity, information will always be shared and transmitted in a responsible, respectful manner.