you are not alone

Dating Violence
Stalking
Sexual Misconduct
Sexual Assault

Fresno Pacific University’s Guide to Options, Resources and Support

Important Campus and Community Resources

**Fresno Pacific Main Campus**
Department of Campus Safety: 559-453-2298
Student Life: 559-453-2073
Residence Life: 559-453-2073

**Confidential Counseling**
On-Site Counseling Center Referral Line: 559-453-8050
Campus Nurse: Health Center: 559-453-2097
Campus Pastor: Office of Spiritual Formation: 559-453-3669

**Fresno Area**
Rape Counseling Center: 559-222-7273
Marjaree Mason Center: 559-237-4706

**Visalia Area**
Family Services of Tulare County: 800-448-2044

**Bakersfield Area**
Alliance Against Family Violence & Sexual Assault: 800-273-7713 or 661-327-1091

**Merced Area**
Valley Crisis Center:
24 Hour Hotline 209-722-4357 or Office 209-722-4357

**Law Enforcement**
Fresno County Sheriff’s Office: 559-488-3939
2200 Fresno Street, Fresno, California 93701

Fresno Police Department: 559-621-7000
2550 Mariposa Street, Fresno, California 93701

**National Domestic Violence Hotline**
800-799-7233 or 1-800-787-3224 (TTY)
[thel hotline.org](http://thel hotline.org)

**Stalking Resource Center**
[victimsofcrime.org/our-programs/stalking-resource-center](http://victimsofcrime.org/our-programs/stalking-resource-center)

[NotAlone.gov](http://NotAlone.gov) notalone.gov

**Rape, Abuse and Incest National Network (RAINN)**
[rainn.org/get-help/national-sexual-assault-online-hotline](http://rainn.org/get-help/national-sexual-assault-online-hotline)

**The National Suicide Prevention Hotline**
800-273-8255
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

**Love is Respect: Dating Violence**
[loveisrespect.org](http://loveisrespect.org)
**What is...?**

**Affirmative Consent**
Affirmative, conscious (and/or not under the influence of any substance) and voluntary agreement to engage in sexual activity. Affirmative consent must be ongoing throughout a sexual activity and can be revoked at any time. The existence of a dating relationship between the persons involved, or the fact of past sexual relations between them, should never by itself be assumed to be an indicator of consent.

**Sexual Assault**
An actual or attempted sexual contact with another person without that person's consent. Sexual assault includes, but is not limited to, sexual intercourse without consent, intentional and unwelcome touching of a person's intimate parts (defined as genital area, groin, inner thigh, buttocks or breast) or coercing, forcing or attempting to coerce or force someone to touch another person's intimate parts.

**Amnesty**
FPU encourages the reporting of policy violations, misconduct and crimes. To encourage reporting, the university offers victims, witnesses and reporting parties amnesty from minor policy violations related to the incident (major violations may also be considered).

**Sexual Misconduct**
Any unwelcome behavior of a sexual nature that is committed without consent or by force, intimidation, coercion or manipulation. It includes but is not limited to, sexual harassment, gender harassment, sexual assault, sexual exploitation, domestic violence, dating violence and stalking.

**Dating Violence and Stalking**
Violence committed by a person who is or has been in a social relationship of a romantic or intimate nature. Stalking is defined as any person who willfully, maliciously and repeatedly follows or willfully and maliciously harasses another person and who makes a credible threat with the intent to place that person in reasonable fear for his/her safety, or the safety of others.

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**What to do if it happens to you**
If one of these things has happened to you or you THINK they may have happened to you:

**GO** to a safe place and find someone to be with you who can be emotionally supportive. If needed, **SEEK** medical treatment immediately: It is very important to seek medical attention as soon as possible after a sexual assault to be treated for any physical injuries, be screened for sexually transmitted diseases/pregnancy/date rape drugs and/or to obtain emergency contraception. Seek medical care even if you think you will not report the assault. **REPORT** the incident to Student Life (RD/RA), Campus Safety or any faculty or staff at FPU. All employees of the university are mandated reporters and they will direct you to the appropriate staff member(s) who have been trained to assist you (except campus nurse, campus pastor, and counseling center staff performing their assigned duties).

**Student Life:** 559-453-2073  **Campus Safety:** 559-453-2298

Student Life can:
1. Provide a safe place for you
2. Help you report the incident to the police. The earlier you report it to the police the more likely that evidence can be collected. The police can also help you understand the laws regarding these issues.
3. Help you receive immediate accommodations such as a change in academic, on campus housing or working situations or environments
4. Enact a “no contact directive” (similar to an on campus restraining order)
5. Assist you with writing a report or complaint against the alleged offender
6. Help you understand the disciplinary process and know the possible range of sanctions
7. Help you find existing resources such as counseling, health services, mental health services, victim advocacy, legal
   and other services available both on campus and in the community

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**Completely Confidential Counseling** can only be offered to you on campus through the following locations (meaning they are not mandated to report it to Student Life).

**Campus Pastor** (Office of Spiritual Formation) 559-435-3669
**Campus Nurse** (Health Center) 559-453-2097
**On-Site Counseling Center** (Referral Line) 559-453-8050
Preserving Evidence:
What NOT to do if you are assaulted or sexually assaulted

Take a shower, wash hands or face, comb your hair, douche, change or get rid of your clothes. Evidence of the assault can be found in the fibers of your clothes, strands of your hair or on other parts of your body, so it is important to try your best to preserve as much evidence as possible.
Apply medication or any other substance that can change your appearance. Altering your appearance can hide bruising or lacerations that can be cited as evidence when pressing charges.
Smoke or drink anything.
Urinate or defecate, if possible. Normal everyday behavior, such as going to the bathroom, can destroy or remove evidence of the assault.
Disturb or change the surroundings where the assault occurred.

How to help a friend
Listen: Do not ask a lot of prying questions. Let your friend take his or her time to share the details.
Believe: People rarely make up stories about being harassed, stalked, assaulted or sexually assaulted. Do not express skepticism. Expect a friend in crisis to be confused. Do not criticize.
Do Not Blame: Reinforce that your friend is not to blame. Remember that whatever your friend did to survive was exactly what she or he needed to do.
Empower: Help your friend to understand and consider her or his medical, legal and psychological options, but let him or her decide what actions to take. Encourage and go with them to tell someone who can help, such as a trusted faculty or staff member, Student Life, Spiritual Formation or Campus Safety.
Encourage: In the event of assault/sexual assault support your friend by encouraging him or her to get medical attention even if she or he is not going to press charges.
Share: Educate your friend about the common reactions to dating violence and sexual assault in order to help normalize their experience.
Be Patient: Recovery from trauma is slow. Let the person proceed at his/her own pace.
Support: Assure your friend that you will be available to provide support throughout the process of recovery.
Know Your Limits: There are times where professional help is best. A trained therapist may be essential to helping your friend work through trauma associated with the incident and to find more effective ways of coping.
Get Support: You may have strong feelings about the trauma your friend has experienced. If needed, seek counseling yourself.

Safety Tips...

Do not think that it cannot happen to you. Just being aware that you could be at risk makes you less vulnerable.
You have the right to set sexual limits in any situation. Make sure you clearly set these limits. Do not trust that your partner just “knows” what you are and are not comfortable doing.
Trust your instincts and be assertive. If you are uncomfortable in a situation, trust your gut reaction and get out as soon as possible. Do not worry about how someone feels especially if they are not worrying about how you feel.
Stay sober. Drinking or using drugs diminishes your ability to make good decisions and makes you more vulnerable.
Use the buddy system. Keep a good friend close by who you know will act in your best interest.
Be prepared and be aware of your surroundings. Know how to get where you are going ahead of time. Keep your doors, windows and vehicle locked at all times. Have your keys accessible and ready before you need them. Never go anywhere that doesn’t feel safe.

One in four women and one in seven men are sexually assaulted while in college.
(Workplace Solutions/Student Empowerment 2015)

Every two minutes somewhere in America someone is sexually assaulted.
(Bureau of Justice Statistics, 2000)

In a survey of students at 171 institutions of higher education, alcohol was involved in 74% of all sexual assaults.
(Clinical Psychologist, Dr. Kathleen Young)
Common reactions following traumatic events

Physical: trouble sleeping, nightmares, headaches, loss of appetite, overeating, stomach problems or muscle tension.

Emotional: denial, fear, sadness, anger, guilt, shame, embarrassment, crying spells, flashbacks, irritability, depression and/or suicidal thoughts.

Social: fear of being in public or in social situations, withdrawing from friends and family, difficulty trusting others and/or trouble with intimacy in relationships.

Academic: lack of concentration, impaired memory, missing classes and/or lack of motivation.

*It’s important to remember that any emotional response is normal. You may feel very upset, very calm or anything between. Everyone reacts differently. You may also experience rapid changes in your mood, which is to be expected.

What to expect after it’s reported to Student Life

- The Title IX Compliance Officer (Dean of Student Life) will assign an investigator and he or she will meet with you to informally discuss your situation. You will be asked to submit a formal written complaint which will activate the disciplinary process. If you do not want FPU to pursue the case you may choose not to submit a report. However, if at any point the investigator believes that you or any other community member is at risk FPU may choose to pursue the case to provide for the safety of everyone. You will be notified if the university decides to continue to pursue the case.

- If needed, you will be given special accommodations for academics, on-campus housing (if applicable) and on-campus work situations.

- The alleged offender(s) will be notified that they are being investigated. They will be reminded that any type of retaliation will not be tolerated, either by them or a third party (friend) and it could result in an immediate suspension pending the outcome of a hearing. The alleged offender will be shown your written complaint, interviewed and asked to submit a rebuttal statement in writing. You will be provided with the rebuttal statement and may address, in writing, any new issues presented.

- You and the alleged offender will be asked to submit any evidence and identify witnesses. The witnesses will be interviewed. A summary of the witness statements and any evidence will be revealed to the opposite party who may submit a rebuttal statement in writing.

- You may request to have the incident handled through a Community Justice Conference (mediation). However, most cases will be handled through the Student Judicial Board or an Administrative Review.

- A hearing date will be set. You, the alleged offender and witnesses will be expected to attend. However, you will never be required to be in the same room or to be directly questioned by the alleged offender.

- The hearing board will determine the outcome of the case based on all submitted statements and the information collected at the hearing.

- You and the alleged offender will be notified of the outcome of the case, in writing, simultaneously.

- You and the alleged offender can appeal the decision of the SJB or Administrative Review. The appeal decision is final.

*This is a summary of the process. To view the entire FPU policy visit fresno.edu/about/disclosure-documents/discrimination-harassment-sexual-misconduct. To view possible hearing outcomes go to the student handbook visit fresno.edu/student-life.