



Sexual Assault Prevention & Survival

Rape is legally defined as sexual intercourse without the partner's full and conscious consent.

Consent cannot be given if the person is asleep, intoxicated, unconscious, mentally disordered, under threat or force, or for any other reason unable to communicate willingness to participate in sexual activity. Intercourse under these conditions constitutes rape.

Rape is violence and victimization, not sex. While you cannot control being a victim of sexual assault, you can lower your risks.

9 ways to avoid rape

Rape is not just an act committed in a dark alley by an assailant the victim has never met before. The truth is that most rapes occur in the victim's home, and about 60% of the victims who report their rape know their assailants. You can be aware without being afraid.

1. Always walk briskly. Look alert and confident. Avoid carrying objects requiring the use of both arms.
2. Stay away from isolated areas, day or night.
3. Never walk alone when it is dark.
4. If you are being followed, get away fast, change directions, and walk/run to a crowded area.
5. Lock all doors to your car and residence at all times.
6. Before you drive home, call your family, friend, or roommate, so they will expect you and be aware if you are excessively late.
7. Encourage group activities in early stages of a relationship.
8. Take a self-defense course.
9. Be aware of legislation that concerns your gender and contact legislators to express your views.

What to do in a risky situation

- Stay calm and think out what your options are and how safe it would be to resist.
 - Say "no" strongly. Do not smile; do not act polite or friendly.
 - Say something like "Stop it. This is rape!"
 - If the rapist is unarmed, fight back physically; shout "Fire!" and run away as soon as possible.
 - If the rapist is armed, try to talk him out of continuing the assault, or try passive resistance, such as pretending to faint, vomit, or urinate.
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What to do in case of a rape

- Get to a safe place.
- Call a friend or family member to be with you.
- Breathe deeply and remind yourself that you are of value, and that what has happened is wrong and in no way your fault.
- Call the police as soon as possible (see below). A crime has been committed.
- Do not bathe, douche, or change clothes. You may be destroying legal evidence, regardless of whether you pursue legal action or not.
- Go to a hospital emergency department for medical care. This can be done without police intervention, if that is your choice.
- Write down as much as you can remember about the assault and your assailant.
- Seek counseling and legal assistance from a rape treatment center. The counselor there can help you deal with the consequences of an assault.

You can call:

On Campus

- **Emergencies: Dial 911**
- **Police Telephone: (916) 558-2221**
 - If busy or no answer, phone (916) 764-7860
- **Emergency phones** are located in free-standing units (look for the blue light) throughout the campus.
- **Counseling: 484-8572**
 - M-Th, 7:30 a.m.-8:00 p.m.
 - Fri, 7:30 a.m.-5:00 p.m.
- **Health Center: 484-8383**
 - M-F, 7:30 a.m.-4:00 p.m. [closed 12:00-12:30 p.m.]

Off Campus

In an emergency, call 911 immediately, or go directly to a hospital emergency room. A list of area hospitals is available in the Health Center, located in the ARC Administration Building.

Reporting the assault is a way of regaining your sense of personal power and control. It enables you to actively protest the violent crime that has been committed against you. Taking legal steps prevents rape and protects other potential victims.

W.E.A.V.E.

(Women Escaping a Violent Environment)

- Shelter and 24-hour crisis line: 920-2952
 - Counseling: 448-2321
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Policy on reporting sexual assault

Procedure

It is the objective of the College, in accord with EC67385, that students, faculty and staff who are victims of sexual assault committed at or upon the grounds of or upon off-campus grounds or facilities maintained by the College shall receive information and referral to treatment. This information shall be provided with sensitivity and in consideration of the personal needs of the victim.

Notification

Any student, faculty or staff member who is a victim of sexual assault at a College facility as defined above should notify the College Police Department. With the consent of the victim, the College Police Department will notify the Dean of Student Services and Campus Health Center.

Legal reporting

Pursuant to legal requirements the College Police Department will notify the appropriate local law enforcement agency of the reported sexual assault.

In accord with the Campus Crime Awareness and Security Act of 1990, the College, on an annual basis, shall notify students and employees of statistics concerning specific types of crime, including sexual assault. This notice shall be made through appropriate publications/mailings.

In case of violent crimes considered to be a threat to other students and employees, the College shall make timely reports, respecting the confidentiality of the victim, to the College community in a manner that will aid in the prevention of similar occurrences.

Campus services and resources

Upon notification of a sexual assault, the College Police Department will make available to the victim a description of campus resources and services available to the victim as well as appropriate off-campus services. This listing of resources and services shall be updated each September 1 or more frequently as required.

The listing of resources and services shall be available through the College Police Department, the Counseling Center and the Health Center.

A victim of sexual assault shall be provided with information about the existence of at least the following options: criminal prosecutions, civil prosecutions, the disciplinary process through the college, the availability of mediation, academic assistance alternatives, and mental health counseling.

Case management

A victim of sexual assault shall be kept informed by the College President/designee of the status of and disposition of any District/College disciplinary proceedings in connection with the sexual assault.

The Counseling Center and Health Center shall assist, upon request, the victim of sexual assault in dealing with academic difficulties that may arise because of the victimization and its impact.

Confidentiality and requests for information

6.1 The identity of a victim of sexual assault shall remain confidential unless otherwise prescribed by law. Requests for information regarding the sexual assault from the press, concerned students and parents will be handled by the College Public Information Office in accord with these regulations, the Family Educational Rights and Privacy Act applicable California Education and Administrative Code sections, and Los Rios Community College District Policy.

Dissemination of procedure

These procedures shall be published in all student, faculty and staff handbooks and shall be given to any student or employee who is the victim of sexual assault.