

Options

following sexual assault

RVAP

Call RVAP. We support all affected by sexual violence. Services are free & confidential.

24/7 CRISIS LINE
800.228.1625

Medical

Go to ER within 5 days of assault to collect evidence &/or receive STI & pregnancy preventative medications. Services are free.

Legal

If you decide to report, contact police in the city where the assault took place &/or call RVAP for more information.

Academic

You can report or potentially receive academic and safety accommodations from the office that handles sexual misconduct.

Reporting to the institution is separate from legal reporting & an investigation may begin without your consent.



24-Hour Crisis Lines
319.335.6000 | 800.228.1625

Local County Business Lines
Cedar, Iowa & Johnson: 319.335.6001
Des Moines: 319.541.9554
Henry: 319.541.9809
Lee: 319.541.0963
Washington & Van Buren: 319.541.2059



The University of Iowa prohibits discrimination in employment, educational programs, & activities on the basis of race, creed, color, religion, national origin, age, sex, pregnancy, disability, genetic information, status as a U.S. veteran, service in the U.S. military, sexual orientation, gender identity, associational preferences, or any other classification that deprives the person of consideration as an individual. The university also affirms its commitment to providing equal opportunities & equal access to university facilities. For additional information on nondiscrimination policies, contact the Director, Office of Equal Opportunity & Diversity, the University of Iowa, 202 Jessup Hall, Iowa City, IA, 52242, 319-335-0705 (voice), 319-335-0697 (TDD), diversity@uiowa.edu



Consent is Sexy.



Whether you are in a relationship or hooking up, communicating & respecting sexual boundaries is essential. This means you must ask for consent before any sexual activity occurs to avoid committing sexual assault. How do you ask for consent?

First, consent should be given freely and enthusiastically. Consent cannot be assumed or obtained through manipulation, force, coercion or while under the influence of drug(s), including alcohol.

Use your own language—ask in a way that you would want to be asked. Still stumped?

Try these:

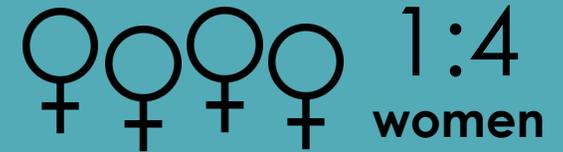
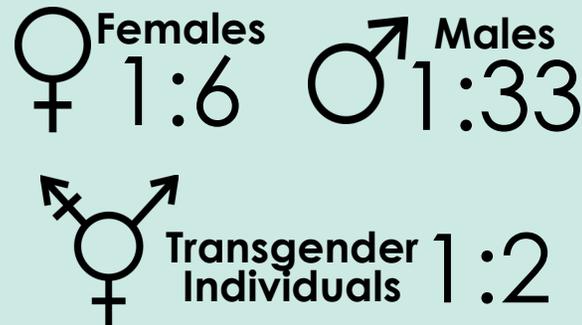
- Are you into this?
- What are you into?
- I think it's hot when...
- Can I touch you here?
- What would you like me to do?
- You can touch me here...
- Can I kiss you?

Statistics

Lifetime

College

Rates of completed or attempted rape (i.e., vaginal, oral, anal)



Majority of sexual assaults involve alcohol. Specifically **70%** of repeat perpetrators **intentionally use alcohol as a weapon.**

In **85%** of sexual assaults, the perpetrator and victim **know each other.**



What you can do

Be an active bystander

You can help interrupt a situation that could lead to an assault by being an active bystander. **If you see something, SAY SOMETHING!**

Strategies:

- Distraction
- Provide information, education
- Find help

Support survivors

- If someone discloses they've been assaulted, **start by believing them.**
- **Never blame. Say, "It was not your fault."**
- **Maintain confidentiality.**
- **Let them choose.** Avoid pressuring the survivor into doing what you think is best. Instead, help them explore options & resources.