

PRECAUTIONS

Even the best self-defense program cannot completely prevent sexual assault.

Be aware that everyone is a potential victim of sexual assault. The most vulnerable target is a woman alone. It is a myth that assault is provoked by a woman's dress or mannerisms. Opportunity and vulnerability are the key factors. Over 80 percent of all sexual assaults are committed by an acquaintance of the victim, but almost half of these victims tell no one about the attack. Many attacks begin with casual conversation. If your gut-level response to a stranger or friend is uneasiness, try to get out of the situation as quickly as possible, even if it means being rude or making a scene. The keys to prevention are awareness, trusting your intuition, and assertive behavior.

The following tips are designed to increase your awareness of personal safety and to encourage you to think ahead about how you would react if assaulted.

- Trust your feelings. If you feel in danger, you probably are.
- Walk confidently. Be aware of the surroundings. Know your route and stay in well-lighted areas.
- Consider carrying a whistle on your key chain and use it if you find yourself in danger.
- Check your car before getting in. Keep doors locked and windows up.
- Do not stop to assist stalled drivers. Drive on and call the police. Do not accept assistance if your car is stalled. Tell anyone who offers help to call the police.
- Do not pick up hitchhikers.
- At home, keep the doors and windows locked. Ask repair, service or delivery persons for identification or have them wait outside while you call to verify their employment.
- Learn to defend yourself.
- Teach children about the potential for sexual assault and what to do if they are ever approached inappropriately. Children should be told that they are never responsible for sexual assault and to tell a trusted adult if an assault should ever occur.

SUBSTANCE ABUSE AND SEXUAL ASSAULT

Some basic facts on the criminal use of sedating substances to facilitate sexual assault:

For centuries alcohol has been used to facilitate sexual assault. Today it remains the substance most frequently associated with date rape, and the most accessible sedating substance. Other sedating drugs are increasingly being misused to commit sexual assault by spiking victims' beverages. These are referred to by a number of street names of which you should be aware. These include *Liquid Ecstasy*, *Liquid X*, *Grievous Bodily Harm* and *Easy Lay* for GHB, and *Special K* for Ketamine. Common street names for Rohypnol include *Roofies*, *Roachies*, *La Rocha* and *The Forget Pill*.

The physical effects of alcohol and sedating drugs are very similar and include impaired judgment and motor coordination, disinhibition, dizziness, confusion and extreme drowsiness. If enough alcohol or sedating substances are consumed, an individual may fall unconscious or may not remember the details of what occurred. *Depending on the substance and the presence of alcohol and other drugs in the person's system, more dangerous and sometimes life-threatening side effects may occur.*

HOW TO REDUCE THE RISK OF BEING DRUGGED AND SEXUALLY ASSAULTED:

- Do not leave beverages unattended.
- Do not take any beverages, including alcohol, from someone you do not know well and trust.
- At a bar or club, accept drinks only from the bartender or server.
- At parties, do not accept open-container drinks from anyone.
- Be alert to the behavior of friends and ask them to watch out for you. Anyone extremely intoxicated after consuming only a small amount of alcohol may be in danger.
- Limit alcohol consumption so you are better able to assess your surroundings and eat substantive food before drinking to help curb its sedating effects.
- When drinking in social settings, make arrangements with a friend so that you can leave together.

Most importantly, remember that whether you follow these tips or not, if someone sexually assaults you, it is not your fault. You are never to blame for someone else's actions. *(DC Rape Crisis Center)*

CAMPUS AND COMMUNITY RESOURCES

The following programs and services are available in Westchester County to provide assistance to you in an emergency situation or for on-going support in dealing with and recovering from a sex offense.

Westchester Community College

Director of Student Support Services.....914-606-6777
Room 223, Student Center

Security Office914-606-6730
Room 118, Student Center

Student Health Services.....914-606-6610
Room 181, Student Center

Counseling & Student Development.....914-606-6778
Room 222, Student Center

Vice President/Dean of
Student Personnel Services.....914-606-6709
Hartford Hall

Community Resources

Domestic Violence &
Special Prosecution Bureau, D.A.914-995-3000

Westchester Medical Center
Main Number914-493-7000

Crisis Intervention Unit914-493-7075

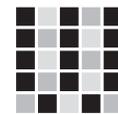
Westchester County Police.....914-747-3200

Westchester Jewish Community Services.....914-761-0600
845 N. Broadway, Suite 2, White Plains

Victims Assistance Services914-345-3113
2269 Saw Mill River Rd., Bldg. #3, Elmsford

24-hour Rape Crisis Hot Line.....914-345-9111

Police Emergency.....911



Westchester
Community College

State University of New York

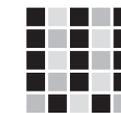
This brochure was prepared in 1990 by the President's Ad Hoc Committee on Women's Educational Opportunity. It was revised in 1996, 2002 and 2006 by the Westchester Community College Campus Rights and Advocacy Committee.

6/14

Sexual Assault Policy and Prevention



What You Need to Know



Westchester
Community College

State University of New York

From the President

Westchester Community College is a commuter college, without dormitories or resident students. The campus generally has been a safe one. However, it is a public access facility and we cannot guarantee who is on the campus and for what purpose.

We are concerned with the safety of our students both on and off campus. The purpose of this pamphlet is to inform you about the nature and consequences of sexual crimes, to give you advice on how to avoid becoming a victim of such a crime, and to provide you with places to which you can and should turn in the event that those measures are unsuccessful.

In addition to this pamphlet, you will find other pertinent information in the following documents

- **Students Rights and Responsibilities**

Document: describes college conduct policies and disciplinary procedures for violations; available in offices of Student Affairs and Dean of Students, Counseling offices, and the Library.

- **Sexual Harassment Brochure:**

describes the nature of sexual harassment incidents; available in the offices of Student Affairs, Counseling offices including Women's Forum, and the Library.

- **Safety Tips:** gives advice on safety procedures, including those for personal safety; also available as above, and generally distributed.

- **Campus Security & Safety Report:**

is available online at www.sunywcc.edu/security

If you have suggestions particularly about campus security, or need further information or assistance, please contact the Associate Dean of Students, 914-606-6733.

Dr. John F.M. Flynn
Interim President

HOW TO AVOID SEXUAL AND OTHER CRIMINAL ASSAULTS, BOTH ON AND OFF CAMPUS

- **Be alert to your surroundings**

Stay in well-lighted areas.

Walk with other people whenever possible.

Know the locations of public and blue light telephones, and keep change handy.

If you are walking alone, don't use headphones; they distract you and prevent you from being alert.

- **If you travel by car**

Always keep your car locked, while you are riding and when it is parked.

When returning to your car, do so with your keys in your hand.

Check the back seat before you get in.

After you get in, re-lock the car immediately.

- **If you travel by bus**

Go to the bus stop with other people whenever possible, particularly at night.

Don't accept rides from strangers.

- **If you feel you are being followed**

Walk to the nearest occupied or well-lighted building, not to your car or a bus stop. If on campus, contact campus security for assistance; if off-campus, call the police.

Note the appearance of the person or persons; note the license plate number of the car. Your personal safety should come before the security of belongings, such as books, bags, etc. When in doubt, leave them behind.

- **If you feel threatened**

Shout "Leave me alone." Others may hear you and/or the potential criminal may be frightened away. Trust your instincts; don't be embarrassed to seek assistance.

- **Blue light phones**

There are numerous, strategically located, emergency blue light phones on campus that connect directly with the County Police without having to dial. These phones are for emergencies requiring immediate police assistance. Directions for proper use are printed on the inside of the call box in English and Spanish.

Report all incidents to Security if on campus, to the police if off campus.

IF YOU HAVE BEEN SEXUALLY ASSAULTED

- Go to a safe place. Call someone you trust for support. Sexual Assault Crisis Line counselors are available 24 hours a day. To be automatically connected with 24-hour rape hotline, please call the Westchester County Office for Women at 914-345-9111
- Help preserve evidence. Don't change anything about the scene where the assault occurred. Don't wash any part of your body, comb your hair or change clothes.
- Get medical attention as soon as possible. A medical examination is important to detect injury and for possible protection against a sexually transmitted disease or pregnancy.
- Think about reporting the assault to the police. Telling the police does not mean that you have to prosecute (go to trial).
- If you do want to prosecute, it is essential to have a rape exam at a hospital emergency room soon after the assault. To increase your options later, this exam is recommended, even if you are unsure about prosecution.
- Following a sexual assault, you may feel shock, embarrassment, shame, guilt, disbelief, anger, anxiety or nothing at all. These are all normal reactions to a violent crime.
- Remember, **IT IS NOT YOUR FAULT.**
- Sometimes months or even years after an assault, survivors re-experience feelings they had immediately following the attack. Counseling or support groups may help at these times.
- You may be eligible for compensation of medical costs or losses incurred as a result of a sexual assault. In order to receive assistance, contact Victims Assistance Services at 914-345-3113.
- Decisions made after a sexual assault are difficult; there are no right answers, only what is right for you. Get the support you deserve.

SEXUAL ASSAULT POLICY

Westchester Community College is committed to creating a community free from violence. Sexual Assault, harassment, dating/domestic violence and stalking as defined by State and Federal law will not be tolerated at Westchester Community College, college supported

events or activities, or at functions of recognized student organizations, on or off campus. Westchester Community College will take action, as needed, to discourage, prevent, correct and if necessary, discipline behavior that violates this standard of conduct. Rape and sexual assault constitute crimes. Federal and New York State Law and College policy prohibit such behavior.

Confidentiality is fundamental to all aspects of cases dealing with sexual assault. The names of sexual assault victims shall not be revealed by persons responsible for implementing and enforcing the provisions of this policy, except with consent of the victim.

The college recognizes the necessity of a community which is open and intellectually stimulating, where diversity of ideas is valued and every person's safety, dignity and autonomy is respected whether they are students, faculty, or staff, and regardless of race, ethnicity, age, religion, class, national origin, gender, sexual orientation, or disability.

GENERAL DEFINITION OF TERMS

Sexual Assault is defined as any sexual contact/intrusion/penetration that is absent or without consent by all parties. Examples include, but are not limited to:

- a) touching breasts or another's genitals without their consent (through clothing or skin to skin contact),
- b) having sexual contact/intrusion/penetration with someone who is incapacitated (one who is incapable of making a rational decision; e.g. from alcohol/drug usage),
- c) continuing sexual activity after either party has made clear, either verbally or by conduct, that they do not wish to have physical contact.

Sexual Harassment. See Westchester Community College Sexual Harassment Brochure which can be found online at www.sunywcc.edu/publications

Dating/Domestic Violence is the intentional use of abusive tactics and physical force in order to obtain and maintain power and control over an intimate partner.

Stalking is defined in general terms as engaging in a course of conduct or repeatedly committing acts towards another person, including following another person without proper authority with either: an intent to place the person in reasonable fear of bodily injury, or an intent to cause substantial emotional distress to the person.