

GENEQ sexual assault and rape

What is Sexual Assault?

Sexual assault is non-consensual sexual conduct, including but not limited to oral copulation, penetration by a foreign object, sexual touching/battery of a person's genitalia or other "sexual" areas, and attempted assault with the intent to commit rape. People of all genders, sexualities, abilities, races, ages and marital statuses can be perpetrators and survivors of sexual assault.

What is Rape?

Rape is a non-consensual act of sexual intercourse, including sexual penetration, under any of the following circumstances: 1) by force, violence, duress, menace or fear of immediate and unlawful bodily injury to the survivor or another; 2) when under the influence of any intoxicating and anesthetic substance 3) when a person is unconscious of the nature of the act and the rapist knows it; 4) when a person is incapable of giving legal consent because of a disorder, disability, intoxication, or is underage. People of all genders, sexualities, marital statuses, abilities, races and ages can be perpetrators and survivors of rape.

Things to keep in mind:

Rape and sexual assault are **never** the fault of the survivor. It is the behavior of the perpetrator that is wrong. Sexual assault and rape can happen to people in all contexts, including marriage, dating relationships, friendships, child-parent interactions, employer-attendant relationships and stranger interactions. 80% of sexual assault and rapes are perpetrated by someone known to the survivor, and on college campuses 90% of survivors know their attacker.

Safety Tips

- **Be alert when you're on a date or at a party.** 1) Know your alcohol tolerance level and try not to exceed it; 2) Never let your drink out of your sight; 3) Use the buddy system and watch out for each other; 4) Decide now what your sexual and relationship boundaries are and communicate your feelings and sexual expectations clearly; 5) Decide now how to handle situations when someone is not respecting your boundaries.
- **Be safe while you're on the streets.** 1) Walk in well-lit, public areas; 2) Walk confidently and at a steady, brisk pace; 3) Travel with a friend or call the night escort service; 4) Walk close to the curb, avoid bushes, doorways, and alleys where someone could hide; 5) Carry your keys ready at all times (they can be used as weapons if necessary)
- **Take self defense classes** and know how to respond if you are attacked
- **Make sure your home and vehicle are secure** 1) Lock all doors and windows when you leave and lock the doors when you are inside; 2) Leave lights on in your home if you plan to return after dark; 3) Check inside and around your car for before getting inside and after entering, and immediately lock the doors.
- **See our *Safe Partying Info Sheet* for more safety tips.**

What can I do if I am raped and/or sexually assaulted?

- **Don't blame yourself—it was not your fault**
- Go to a safe place as soon as possible (ie: police station, hospital, public place, etc.)
- Preserve all physical evidence. Don't wash, shower, or brush your teeth. If you have to change, keep the clothes you were wearing in a paper bag.
- Contact someone you trust to help you through it.
- Get medical attention. *You can call UHS's Urgent Care or any hospital's emergency room. Make sure they test you for pregnancy and all STDs.*
- If you want to, ask for a rape crisis counselor to be with you at the hospital or police station (these are licensed counselors who offer support and confidentiality to survivors)
- Find out your options - contact the Resource Specialist Christine Ambrosio at the Gender Equity Resource Center
- Call a counselor. BAWAR has a 24-hour hotline or you can call UHS's Social Services.
- Call the police. If you do not wish to press charges, you can file an anonymous report. This is extremely important: filing a report is not the same as pressing charges, but will allow the police to have the name of the accused on file. This also helps the police to understand how prevalent these crimes are in your area.
- If you were raped or sexually assaulted a long time ago (ie: as a child), find a counselor who can help you decide if you can still report it and can help you work through it.

For information on how to help a friend who has experienced sexual assault or rape, please see our "How to Help a Friend" resource sheet.

Resources:

Gender Equity Resource Center

Resource Specialist: 510/643-5727
202 Cesar Chavez
<http://geneq.berkeley.edu>

University Health Services (UHS)

CARE for faculty & staff: 510/643-7754
Social Services for students: 510/642-6074
Tang Center, 2222 Bancroft Way

UC Berkeley Police Department

Non-Emergency: 510/642-6760
Emergency: 911
Emergency (cell phone): 510/642-3333
1 Sproul Hall

Campus Night Escort Service

Uniformed escorts will walk you to where you need to go- USE THEM!
510/642-WALK (9255)

Bay Area Women Against Rape

Hotline, rape crisis counseling support groups and community education
24 hour Crisis Line: 510/845-7273
510/465-3890

Communities United Against Violence

Legal advice, hotline, counseling, shelter, and medical referrals for LGBT people
24 Hour Crisis Hotline: 415/333-HELP(4357)
415/777-5500

Office of Student Conduct

Investigates and resolves student code violations
(510) 643-9069
<http://sja.berkeley.edu>

Campus Climate and Compliance Office

Responds to complaints of sexual harassment, assault and sex-based discrimination on campus
(510) 643-7985
<http://ccac.berkeley.edu>