

## HOW TO HELP A FRIEND

### WHAT TO DO:

- Be there for your friend and listen without being judgmental.
- Encourage your friend to get help.
- Allow friends to make their own decisions.
- Spend time with your friend.
- Talk to someone about the best way to help out.
- Connect them to services.

You can call the Social Worker for support.  
973-720-2578

### WHAT NOT TO DO:

- Do not victim-blame!
- Do not make blaming statements like "You shouldn't have drunk so much."
- Do not tell your friend to "Just get over it already."
- Do not tell your friend how they *should* be feeling.
- Do not assume you know how your friend is feeling.

## HOW A SURVIVOR MIGHT FEEL

Scared	Helpless
Fearful	Vulnerable
Shameful	Numb
Guilty	Isolated
Depressed	Sad
Anxious	Hyper-alert
Angry	Confused
Like their life has changed forever	

You  
are  
not  
alone.

## CAMPUS VICTIM SERVICES

The Social Worker for Student Support & Resources is a confidential victim advocate available to identify, advocate for, coordinate, and follow up on services for victims/survivors of domestic/dating violence, stalking and sexual violence. Advocacy is a supportive service intended to help students who are impacted by violence.

### Campus Victim Services can provide:

- Emotional support
- Referrals to campus and community resources
- Administrative support throughout the reporting, investigation, and hearing process
- Psychoeducation on the impact of trauma and cycle of violence

### Advocacy is:

- Trauma-informed
- Survivor-centered
- Empowerment-based
- Confidential
- Available to any student in the campus community, regardless of where and when an incident took place

### Advocacy is not:

- An official report to the school
- Counseling or therapy
- Legal advice
- Medical advice

### Confidentiality may be breached under the following circumstances:

- When it is necessary to prevent you from injuring yourself or someone else
- To comply with laws regarding the reporting of abuse or neglect of minors
- For the purposes of confidential consultation

### Social Worker for Student Support & Resources

**Theresa A. Bivaletz**

Office of Student Development

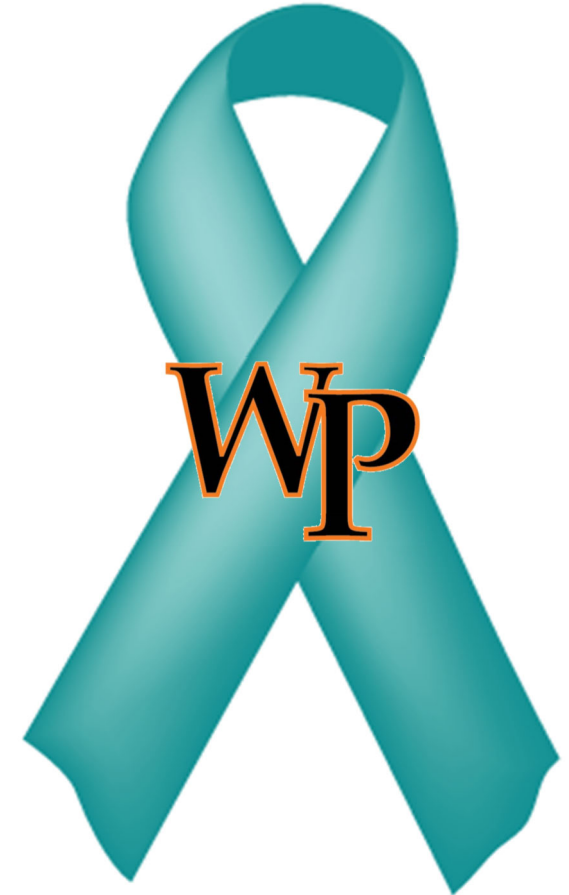
Student Center Suite 117

Telephone: 973.720.2578

E-mail: [bivaletzt@wpunj.edu](mailto:bivaletzt@wpunj.edu)

Website: <https://www.wpunj.edu/enrolled/student-development/dean-of-students/social-worker>

# Prevention, Education & Resources for Sexual Assault



**William Paterson University**

## SEXUAL ASSAULT

Any sexual act directed against another person, without consent of the victim, including instances where the victim is incapable of giving consent.

- Rape is the penetration, no matter how slight, of the vagina or anus, with any body part or object, or oral penetration by a sex organ of another person, without the consent of the victim.
- Fondling is the touching of the private body parts of another person for the purpose of sexual gratification, without the consent of the victim, including instances where the victim is incapable of giving consent because of their age or because of their temporary or permanent mental incapacity.
- Incest is sexual intercourse between persons who are related to each other within the degrees wherein marriage is prohibited by law.
- Statutory rape is sexual intercourse with a person who is under the statutory age of consent. Generally, the age of consent in New Jersey is 16. Please refer to NJ State Law for full consent and statutory rape laws.

Sexual assault can be committed by a stranger, an acquaintance, a friend, a dating partner, a spouse, etc. No matter who commits the assault, it can impact the survivor in many ways.

## AFTER A SEXUAL ASSAULT

**First, remember that it was not your fault! Then, contact a trusted friend or other adult.** You may contact University Police or the local police by calling 911.

### Preserve all physical evidence.

If possible, do not eat, drink, shower, bathe, use the toilet or change clothing. If clothes are changed, put all clothing worn at the time of the assault in a paper bag, not plastic.

### Get medical attention as soon as possible.

A medical examination by a trained forensic nurse will provide any necessary treatment and collect important evidence. Injuries may not be immediately apparent.

### Get support.

Whatever decision you make, we hope you get the support you need at this time. Resources for sexual assault victims are readily available on- and off-campus.

## CONSENT

**Consent** is a clear yes. Affirmative consent means conscious, informed, knowing, enthusiastic, and voluntary agreement to engage in sexual activity.

Your body is your own, and no one has the right to force you to do anything that you don't want to do. You have the right to set and to reset sexual limits. Just because you have been sexual with someone before does not mean you cannot say no on another occasion.

If someone starts to engage in a behavior you are not comfortable with, tell them firmly and clearly. You need not apologize for the limits you set. Consent can be revoked and your partner should respect that.

If you are starting to feel uncomfortable, unsafe or pressured to do something you don't want to do, trust your instincts.

Consent cannot be obtained if there is physical force, coercion, or the person is incapacitated. A person may be incapacitated as a result of the consumption of alcohol or drugs. If there is any question whether a person is able to consent due to alcohol or drugs, do not engage in sexual activity.

## PREVENTING SEXUAL ASSAULT

- Challenge sexist attitudes that make rape acceptable
- Be an ACTIVE bystander
- Be DIRECT: Directly intervening, in the moment, to prevent a problem situation from happening
- DELEGATE: If you do not feel comfortable or safe intervening, delegate the intervention to someone else
- DISTRACT: Doing anything that distracts someone enough to discontinue the abusive behavior
- If a person looks incapacitated or in need of help, check on them and look for their friends
- Look out for your friends
- At social gatherings, be aware of actions or behavior that could potentially lead to sexual assault
- EDUCATE yourself on sexual assault

## REPORTING OPTIONS

Survivors have the option of reporting a sexual assault to campus officials including the Title IX Office or University Police. These types of reports may lead to an investigation.

### Title IX Office

*Responsible for ensuring the University's compliance with Title IX and overseeing and/or investigating complaints of sexual violence, dating/domestic violence, stalking, harassment, discrimination, and other sex-based complaints involving students and University employees.*

College Hall, Room 120  
973-720-2389

### William Paterson University Police Department

*A report to law enforcement may instigate criminal investigation and adjudication within the criminal justice system. A report to University Police will result in a report to Title IX.*

Emergencies: 911, Non-emergencies: 973-720-2300

## CONFIDENTIAL RESOURCES

Survivors have the option of talking to a confidential resource on-campus or off-campus to discuss options and to get emotional support. These resources are not required to report to school officials or to the police, unless directed to by the survivor.

### Social Worker for Student Support & Resources

Student Center, Room 117  
973-720-2578

### Counseling, Health, and Wellness Center

Overlook South, 1st Floor  
973-720-2257 or 973-720-2360

### Passaic County Women's Center Hotline

973-881-1450

### NJ Domestic Violence Hotline

1-800-572-7233

### NJ Sexual Assault Hotline

1-800-601-7200

Voices Against Violence