

22% of undergraduate college students report experiencing at least one incident of sexual assault, however 72-95% of college students do not report.

Info from US National Library of Medicine (2017) & The Association of American Universities (2015)

## **SEXUAL ASSAULT**

is sexual contact or behavior that occurs without explicit consent of someone.

It impacts people of any age, gender, race, religion, ethnicity, identity, etc.

### **Sexual Assault Includes:**

- Rape or attempted rape
- Unwanted sexual touching
- Forcing someone to perform sexual acts
- Pressuring someone to perform sexual acts

## **HELPING RESOURCES**

**Suffolk University**  
**Counseling, Health & Wellness**  
73 Tremont Street, 5th Floor  
617-573-8226 | [suffolk.edu/chw](http://suffolk.edu/chw)

**Suffolk University Title IX**  
73 Tremont Street, 13th Floor  
617-573-8027 | [suffolk.edu/titleix](http://suffolk.edu/titleix)

**Suffolk University**  
**Police Department**  
Ridgeway Building, 4th Floor  
148 Cambridge Street  
617-573-8111 (Emergency)  
617-573-8333 (Non-Emergency)

**Boston Area**  
**Rape & Crisis Center (BARCC)**  
989 Commonwealth Ave  
Room 133, Boston, MA  
800-841-8371 (24/7 Hotline)  
617-492-8306 (Boston Office)  
[barcc.org](http://barcc.org)

**National Sexual Assault Hotline**  
1-800-656-4673 (24/7) | [rainn.org](http://rainn.org)

# **Sexual Assault: Awareness, Response & Prevention**



**SUFFOLK**  
**UNIVERSITY**  
**BOSTON**

COUNSELING, HEALTH  
& WELLNESS

# Impacts of **SEXUAL ASSAULT**

- **Depression**

- **Hypervigilance (fearfulness)**

- **Sleep Disturbances**

- **Flashbacks**

- **Lack of Focus**

- **Substance Abuse**

- **Dissociation**

- **Sexually Transmitted Infections**

Each experience of sexual assault is unique in terms of impact & the outcomes desired in terms of justice, services, & support.

## **CONSENT?**

Sexual consent is an agreement to participate in sexual activity. Before being sexual with someone, you need to know if they want to be sexual with you too. Consenting & asking for consent is about setting boundaries & respecting those of others & checking in if things aren't clear. Without consent, sexual activity is sexual assault.

### **Consent is... FREELY GIVEN**

Consenting is a choice made without pressure, manipulation, or under the influence of alcohol/other drugs.

### **REVERSIBLE**

Anyone can change their mind about what they feel like doing & can do that at anytime.

Even if they have done it before, even if both people are naked in bed, etc.

### **INFORMED**

Someone can only consent to something if they have the full story. For example, if someone says they will use a condom & then they don't, that's not consent.

### **ENTHUSIASTIC**

When it comes to sex, people should only do what they WANT to do, not anything that they feel is expected.

### **SPECIFIC**

Saying yes to one thing (like going to the bedroom to make out) does not mean it's alright to do other things

## **PREVENTION:**

Sexual violence is a preventable social justice, public health, criminal justice, & human rights issue. Having open & factual conversations, educating about healthy relationships, engaging with & informing bystanders, & other similar strategies contribute to positive & sustainable societal changes.

## **RESPONSE:**

Response to a survivor of sexual assault should be informed by the strengths & needs of survivors & honor their voices, cultures, choices, & priorities. The quality of response to survivors by loved ones, professionals, social systems, the media, & organizations impacts their healing & also signals to other survivors & potential offenders about our societal values & commitment to safety & respect.