You have recently experienced a traumatic event that may be a violation of trust, a very personal attack, a non-consensual sexual contact that occurred against your will or an event that occurred while you were unaware of your surroundings or unable to escape the incident.

Sexual violence in any form may create emotional reactions in you that are beyond the scope of your prior experience. These emotions are normal human reactions.

Your initial emotional reactions may include:
- Confusion about what really happened
- Fear and anxiety
- Avoiding being alone
- Feeling emotionally numb
- Rage or anger
- Feelings of betrayal
- Blame about the incident
- Guilt
- Denial that you need help

Typical physical reactions may include:
- Bruises, scratches, cuts
- Fatigue
- Headache
- Panic reaction
- Sleeplessness
- Stomach ache

You should know that:
- You should not blame yourself
- You may have been drinking or using drugs when the assault occurred.
- You have not done anything to cause the sexual assault.
- You may wear whatever clothing or underwear you want at the time of the assault.
- You may not have been aware of your surroundings or unable to escape the incident.

Sexual violence is a crime and a violation of college policy and the code of conduct.

Support from Walker Health Center
All of your medical needs will be met in a confidential, supportive, and caring manner. If you would like to speak with someone concerning possible health risks and available testing, please call the center at 315-312-4100 and ask for a "personal conversation" with a nurse practitioner.

Preserve evidence from the incident
Do not shower, bathe, douche, or brush your teeth. Save all of the clothing worn at the time of the assault and do not wash it. Place each item of clothing in a separate paper bag. Do not use plastic bags. Do not disturb anything in the area where the assault occurred. Also see Student Handbook 2013-14, pages 107-111.

Support from Oswego Hospital
Although you may not know if you want to make a written acknowledgement of the incident, your permission to contact a counselor at this time. You are under no obligation to the University Police to help you connect with appropriate municipal authorities. The University Police will help you connect with appropriate municipal authorities.

Support from the Oswego Community Services to Aid Families (SAF) has a sexual assault program which allows you access to a advocate to attend you at the emergency room, both emotional and physical, may change over time.

Support from Walker Health Center
The Counseling Services Center is available to you at 315-312-4416.

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SUPPORT IN CASE OF SEXUAL ASSAULT

Remember —

♫ if you or someone you know has been sexually harassed, coerced, or assaulted:

♫ Help is available, no matter how long ago the incident took place.

♫ It’s not your fault!

♫ You are not alone.

♫ Sexual assault can happen in same sex relationships.

♫ Sexual assault can happen in intimate relationships.

Privacy

SUNY Oswego will protect the privacy of all parties to a complaint or other report of sexual harassment and sexual violence to the extent possible. Certain staffs are obligated by law to maintain confidentiality, including the Counseling Center staff, located in Walker Health Center, 315-312-4416, and the local Abuse and Assault Hotline at 315-342-1600 or on campus, 315-312-7777.

When the college receives complaints of sexual assault, harassment or sexual violence, the college has an obligation to respond in a way that limits the effects of the sexual harassment and sexual violence and prevent its recurrence. Information will be shared as necessary in the course of an investigation with people who need to know, such as investigators, witnesses, and the accused. If you are unsure of someone’s duties and ability to maintain your privacy, ask them before you talk to them.

SUPPORT IN CASE OF SEXUAL ASSAULT

Title IX: Helpful Information for Students, Employees and Visitors
http://www.oswego.edu/about/titleix.html

This publications is produced by the Office of Student Conduct & Compliance State University of New York at Oswego.
Questions may be addressed to lisa.evaneski@oswego.edu
Reprinted February 2014

SUPPORT IN CASE OF SEXUAL ASSAULT

Resources
Important phone numbers and contacts for assistance:

University Police — 315-312-5555
109 Pathfinder Hall
For reporting and any concerns about safety or other problems. You do not have to file an official police report if you meet with the police. They will inform you of your options and help you decide what is best for you.

Services to Aid Families (SAF) Abuse and assault hotline — 315-342-1600
On campus number — 315-312-7777

Title IX Coordinator — 315-312-5604
501 Culkin Hall
Will help with any concerns you may have and assist you in obtaining appropriate resources.

Student Conduct — 315-312-5486
501 Culkin Hall
Will provide information to help you decide if you would like to initiate or participate in college disciplinary action.

Counseling Services Center — 315-312-4416
113 Walker Health Center
Provides confidential, understanding emotional support and helps you through your reactions to the event.

Walker Health Center — 315-312-4100
Front Desk
Offers nurse practitioners to provide information and medical care. You may be at risk for pregnancy and/or sexually transmitted diseases.

Residence Life and Housing — 315-312-2246
303 Culkin Hall
May assist with your living situation if you would like to move to a different location.

Academic Concerns — 315-312-2240
145 Campus Center (Compass)
Make class schedule changes and out-of-class notice if necessary.