



May we check in with you?

**SUNY Oswego's Counseling Services Center (315-312-4416)** offers personal, non-judgmental support to help with the difficult emotional reactions to sexual assault. You may or may not wish to speak to a counselor at this time. With your permission, however, we would like to check in with you in a week to see how you are doing and offer support. You are under no obligation to meet with the counselor at any time. By signing this form, you simply give a personal counselor permission to contact you for a brief check-in at the telephone number you provide. We care, and we want to be available during what may be a difficult time for you.

\_\_\_\_\_

Name (please print)

\_\_\_\_\_

Date

\_\_\_\_\_

Phone

Please return completed form:

1. In person to the Counseling Center located in the Walker Health Center  
or
2. Mail to the Counseling Center, Walker Health Center, Bldg. #10, SUNY Oswego, Oswego NY 13126  
or
3. Hand to the person who provided this brochure to you.

Name (please print) \_\_\_\_\_

Date \_\_\_\_\_

Phone \_\_\_\_\_

Please return completed form:

1. In person to the Counseling Center located in the Walker Health Center  
*or*
2. Mail to the Counseling Center, Walker Health Center, Bldg. #10, SUNY Oswego, Oswego NY 13126  
*or*
3. Hand to the person who provided this brochure to you.

You  
per  
you

- Confusion about what really happened
- Fear and anxiety
- Afraid of being alone
- Feeling emotionally numb
- Rage or anger
- Feelings of betrayal
- Shame about the incident
- Guilt
- Denial that you need help

Stomach ache	Fatigue
Panic reaction	Sleeplessness
Headache	

- ◆ I should have known better
- ◆ I must have caused this to happen in some way
- ◆ I don't want to talk about it
- ◆ It wasn't that big of a deal
- ◆ What if others judge me or not believe me
- ◆ I just want to forget about it and get on with my life

... but we had sex before

... but we were in a relationship

... but I thought you were a person I could trust

6. Provide options and referral information regarding your rights and available services for a Title IX investigation. If it happened off campus, University Police will provide you with your options for referral for on-campus services and act as a liaison between you and the police where the assault occurred.

**You will be asked** to make a written acknowledgement describing (1) the college employee or representative who spoke to or worked with you as well as the date; (2) which options you would like to pursue, including the criminal justice system, the student conduct system, both, or none; and (3) that you received information about resources (medical, counseling, academic).

**The college is obligated** to investigate reports of sexual assault and sexual violence under the requirements of Title IX of the Higher Education Amendment of 1972. A college staff member will contact you regarding the incident and the quality of our response to your needs. SUNY Oswego's Title IX Coordinator is Lisa Evaneski, 501 Culkin Hall, [lisa.evaneski@oswego.edu](mailto:lisa.evaneski@oswego.edu), 315-312-5604.

Se  
**Rep**  
Pol  
call  
rec

1. Meet with you in a location in which you feel comfortable.
2. Will treat you and the case with sensitivity, respect, understanding and professionalism.
3. Assist you in arranging for medical care.
4. Assist you in contacting counseling and other resources in the community or on campus.
5. Will arrange to have an advocate to attend you at the emergency room.

**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 immediately file criminal charges, your feelings may change. Seeking care and evidence collection will allow you quick access for HIV prevention medication, STD treatment, emergency contraception and the ability to retain evidence. An exam is recommended at the Oswego Hospital Emergency Room or a specialized forensic clinic that provides medical care for sexual assault victims. The Oswego Emergency Room staff will offer to call a sexual assault advocate who is trained and can guide you through the exam and process. Even if you think that you do not have any physical injuries, you should still have a medical examination and discuss with a health care provider the risk of exposure to sexually transmitted diseases and the possibility of pregnancy resulting from the sexual assault. Walker Health Center has emergency contraception available—best taken within 72 hours of contact but may be taken within 5 days of contact.

**Support from the Oswego Community Services to Aid Families (SAF)** has a sexual assault program which allows you access to an advocate to meet you at the emergency room and stay with you during your exam. The advocate is knowledgeable regarding sexual assault issues and can provide emotional and practical support during this difficult time. Please call the Abuse and Assault Hotline: 315-342-1600 or on campus, extension 7777, available 24/7. By calling this number before you go to the emergency room, a supportive advocate will meet you there. Financial assistance may also be obtained through SAF.

**Support from the College** As a result of your complaint of sexual discrimination, exploitation, harassment, or sexual violence, the college can address conditions in your living, learning or working environment to reduce the level of hostility in your environment, such as room assignment changes, class changes, work location changes, or limits on access for the accused. Your report will be forwarded to the college's Title IX Coordinator who will ask you if changes in your residence, classes or other activities can help you while you address your other needs. If you or your witnesses are subjected to pressure, intimidation, or coercion by the accuser or his/her associates, with or without the accuser's knowledge, you should immediately report the incident to the Title IX Coordinator so the college can investigate and take action.

**Support from Oswego Hospital** Although you may not know if you want to immediately file criminal charges, your feelings may change. Seeking care and evidence collection will allow you quick access for HIV prevention medication, STD treatment, emergency contraception and the ability to retain evidence. An exam is recommended at the Oswego Hospital Emergency Room or a specialized forensic clinic that provides medical care for sexual assault victims. The Oswego Emergency Room staff will offer to call a sexual assault advocate who is trained and can guide you through the exam and process. Even if you think that you do not have any physical injuries, you should still have a medical examination and discuss with a health care provider the risk of exposure to sexually transmitted diseases and the possibility of pregnancy resulting from the sexual assault. Walker Health Center has emergency contraception available—best taken within 72 hours of contact but may be taken within 5 days of contact.

**Support from the College** As a result of your complaint of sexual discrimination, exploitation, harassment, or sexual violence, the college can address conditions in your living, learning or working environment to reduce the level of hostility in your environment, such as room assignment changes, class changes, work location changes, or limits on access for the accused. Your report will be forwarded to the college's Title IX Coordinator who will ask you if changes in your residence, classes or other activities can help you while you address your other needs. If you or your witnesses are subjected to pressure, intimidation, or coercion by the accuser or his/her associates, with or without the accuser's knowledge, you should immediately report the incident to the Title IX Coordinator so the college can investigate and take action.

# 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.**

### **Title IX: Helpful Information for Students, Employees and Visitors**

<http://www.oswego.edu/about/titleix.html>

This publication 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](mailto:lisa.evaneski@oswego.edu)

Reprinted February 2014

### 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.

## 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.

# SUPPORT

## IN CASE OF SEXUAL ASSAULT



State University of New York  
at Oswego