

Options Following an Unwanted Sexual Experience

An Unwanted Sexual Experience or sexual assault is any sexual act committed against a person without their consent. Consent is a voluntary, verbal agreement between equal and unimpaired partners, without coercion. For our full consent definition, and more information, please visit our Sexual Violence Prevention page at www.buffalo.edu/svp.

There is support at UB and in the community to help you as you decide what to do. Healing from a sexual assault takes time. Free counseling is available on-campus through Counseling Services, located at 120 Richmond Hall. Call 716-645-2720 to schedule an initial appointment. Off-campus counseling can be accessed at Crisis Services by calling 716-834-3131. The hotline is available 24 hours a day, 7 days a week. UB is committed to providing options, support, & assistance to ensure you can move forward as you choose. View the Sexual Violence Victim/Survivor Bill of Rights on the Equity, Diversity and Inclusion webpage at www.buffalo.edu/equity.

As you are considering your options, it is vital to remember:

- It is not your fault
- Every rape or sexual assault is different
- It doesn't matter what you did or did not do during the assault
- Healing from a sexual assault takes time
- It is never too late to get help, even if the assault happened years ago

Options for Confidentially Disclosing

You have the right to choose whom you tell. You may consider talking to a trusted friend or family member or to any of the university offices listed below. Your parents will not be called without your permission. In the case of a life-threatening emergency, the hospital may call your closest relative, but the nature of your injuries will not be disclosed.

You don't have to decide if you want to report what happened right away, but preserving the evidence helps if you decide to report at a later date. To help preserve evidence:

- Don't bathe or brush your teeth, drink, or smoke before evidence collection.
- If you have already changed your clothes, place them in a paper bag (NOT plastic) to preserve them.
- To collect evidence, ask the hospital to conduct a rape kit exam. If you suspect that you may have been drugged, ask for a urine sample to be collected and try not to pee before the sample is collected.

If or when you are ready, you can report the assault to University Police 24 hours a day by calling 716-645-2222, or completing the Sexual Assault Anonymous Reporting form at www.buffalo.edu/police/reporting/make-a-report/sexual-assault.html. Call 911 to report to your City or Town Police. It is never too late to report. You can also get assistance from Student Conduct and Advocacy by calling 716-645-6154. You won't need to go to court unless you want to press criminal charges, and you don't have to make that decision right away.

You can also report the incident to the Director of Equity, Diversity and Inclusion (EDI), who is UB's Title IX Coordinator. EDI investigates reports of discrimination and harassment, and can also assist with coordinating academic, housing or other accommodations. EDI may be contacted using the online form at www.buffalo.edu/equity or by calling 716-645-2266.

You can seek an order of protection to keep the person who hurt you away. If you need a legal order of protection, a report needs to be filed with the jurisdiction in which the assault occurred (For information on/assistance with legal orders of protection, contact Crisis Services). On campus orders of protection (only applies to while on campus) can be obtained through the Office of Student Conduct and Advocacy (<https://www.buffalo.edu/studentlife/conduct>) without a police report.

Options for Medical Care

You may have injuries that aren't yet evident. Seek Medical Attention Immediately. Even if you have no physical injuries, immediate medical care is important to reduce risks of pregnancy or sexually transmitted infections. You do not have to report to seek medical attention. If you don't have transportation to the hospital, you can call University Police for assistance.

For pregnancy, HIV/STD or injury concerns: You can go to any local emergency room in Erie County for testing, emergency medical care, and/or evidence collection – a specialized nurse (SANE) and an Advocate will be called to help you. You can speed the process by calling Crisis Services at 716-834-3131 for an Advocate before you leave for the hospital.

You can visit Student Health Services for HIV/STI testing 6-8 weeks post-exposure. Emergency contraception (EC) is available at the SBI Pharmacy, Health Services in Michael Hall on South Campus, or Health Promotion in 114 Student Union on North Campus without a prescription for \$25 (for students age 17 and older w/ photo ID). EC is a safe and effective way to prevent pregnancy AFTER unprotected sex or the failure of other birth control methods that can be taken up to 5 days after unprotected intercourse.

Options for Support, Referrals & Education

Getting help does not mean you have to prosecute. Professionals trained in crisis intervention are available free to UB students, and can help guide you through what services are available to help you choose what happens next:

- Crisis Services 24-hour hotline, 716-834-3131, crisisservices.org (confidential resource)
- Crisis Services On-Campus Advocate, call or text 716-796-4399 or email at campusadv1@crisisservices.org (confidential resource)
- UB Counseling Services, 716-645-2720, www.buffalo.edu/studentlife/counseling (confidential resource)
- UB Counseling Services Counselor-On-Call available outside normal office hours via University Police at 716-645-2222 (confidential resource)
- Student Health Services, 716-829-3316, www.buffalo.edu/studentlife/health (confidential resource)
- Student Conduct and Advocacy, 716-645-6154, www.buffalo.edu/studentlife/conduct
- Health Promotion, 716-645-2837, www.buffalo.edu/svp
- SUNY Sexual Assault & Violence Response Resources, <https://www.suny.edu/violence-response> (local resources and translation services)

IF SOMEONE YOU KNOW HAS BEEN SEXUALLY ASSAULTED

Believe Them. Listen, be there, support them, and don't be judgmental.

Inform them of the options (see information above), but remember it's their decision.

Be patient. Remember, it takes time to process and time to heal. Let them know that professional help is available. Encourage them to contact a Crisis Services Advocate at 716-834-3131 or UB Counseling Services at 716-645-2720.

Get support for yourself, Counseling Services is also available to you.

If a friend has been sexually assaulted it is not uncommon for them to experience:

- Shock
- Disbelief
- Anger
- Irritability
- Denial
- Fear
- Mood swings
- Depression
- Helplessness
- Embarrassment
- Inability to concentrate or relax
- Disturbances in eating/sleeping

Good Samaritan Policy

The health and safety of UB students is always the highest priority. UB recognizes that students who have been drinking and/or using drugs (whether such use is voluntary or involuntary) at the time a sexual violence incident occurs may be hesitant to report such incidents due to fear of potential consequences for their own conduct.

UB strongly encourages students to report incidents of sexual violence to campus officials. A bystander reporting in good faith or a victim/survivor reporting sexual violence to UB officials or law enforcement will not be subject to campus conduct action for violations of alcohol and/or drug use policies occurring at or near the time of the sexual violence. At a minimum, students/student organizations should make an anonymous report by calling University Police at 716-645 2222 that would immediately put the student in need in touch with professional helpers.