

24-HR Helpline:
 612-626-9111

RESOURCES

The Aurora Center
 117 Appleby Hall
 Office: 612-626-2929
 24-Hour Helpline:
 612-626-9111
 Text: "TALK"
 to 612-615-8911
 aurora@umn.edu
 www.umn.edu/aurora

U of M Police
 Emergency: 911
 Non-Emergency:
 612-624-2677
 www.umn.edu/police

**University Counseling
 & Consulting Services
 (UCCS)**
 612-624-3323
 www.uccs.umn.edu

Sexual Assault

Sexual Assault is actual, attempted, or threatened sexual contact with another person *without that person's consent*. Consent must be informed, freely and actively given, and mutually understood. If physical force, coercion, intimidation, and/or threats are used, there is no consent. If the victim/survivor is mentally or physically incapacitated or impaired so that the victim/survivor cannot understand the fact, nature or extent of the sexual situation, and the condition was or would be known to a reasonable person, there is no consent. This includes conditions due to alcohol or drug consumption, or being asleep or unconscious.

**University of Minnesota Administrative Policy 2.6.3*

COMMON FEELINGS OF SURVIVORS

- Shock & Numbness
- Loss of Control
- Disruption of Daily Life
- Fear
- Guilt, Shame & Self-Blame
- Anger
- Isolation
- Anxiety, Shaking & Nightmares
- Talking About the Assault
- Keeping the Assault a Secret
- Concern for the Assailant
- Sexual Concerns
- Post-Traumatic Stress Disorder

1 in 5

Women will experience sexual assault in their lifetime¹

Percentage of sexual assaults committed by someone known to the victim/survivor¹

87-92%

1 in 6

Men have experienced abusive sexual experiences before age 18³

22%

of female students & **5%** of male University of Minnesota students have reported experiencing sexual assault²

<5%

of college women who have been sexually assaulted reported it to law enforcement³

44% of lesbian & **61%** of bisexual women have reported experiencing sexual violence⁵

26%

of gay & **37%** of bisexual men have reported experiencing sexual violence⁶

Use of alcohol is associated with **50-72%** of all campus sexual assaults.⁵ Sexual assault is **NEVER** the fault of the victim/survivor. The Aurora Center can help you understand a sexual assault involving alcohol or other drugs.

Get Help. Get Educated. Get Involved.

What Can I Do?

ACADEMICS

My grades are suffering because of the assault. What can I do?

It is very common to have difficulty concentrating on studying or focusing on coursework. The Aurora Center offers academic advocacy and can contact your instructors on your behalf. Without disclosing details, an advocate can explain the stress you may be experiencing and the need for flexibility in meeting deadlines.

What if my perpetrator is in the same class as me?

It can be scary and distracting for many survivors to attend class with a perpetrator. The Aurora Center can help you work with instructors, advisors, and departments to ensure your academic success.

What if my perpetrator lives in the same Residence Hall as I do?

You have the right to be safe in your home. The Aurora Center will work with Housing and Residential Life to arrange for safe housing within 24 hours. The Aurora Center can also find temporary shelter if you live off-campus.

HOUSING

I see my perpetrator on campus and feel uncomfortable. What should I do?

It can be distressing to see your perpetrator on campus. If you feel unsafe, please contact the Aurora Center and we can help you develop a safety plan, apply for a restraining order, or seek recourse through the University's judicial system.

REPORTING

Should I file a police report?

Making a police report after a sexual assault can be a very difficult decision for survivors. Uncertainty about reporting the assault is common, especially if you know the perpetrator. An Aurora Center advocate can describe to you what filing a police report entails and be with you as you file a report with the police officer.

What should I tell my parents about what happened?

Ultimately it will be your choice whether or not you disclose to your parents about the incident. Some people find their parents to be supportive and part of the healing process. Others express concern about hurting their parents or fearing blame for the attack. Advocates can help you with the decision to disclose to your parents.

PERSONAL CONCERNS

My assailant and I have mutual friends, or my assailant is in my group of friends.

This situation is common, since most assaults occur between acquaintances. Friends may take sides and you may be unsure whom to turn to. Surround yourself with people who support, respect, and believe you.

Do you worry about dating again?

For many survivors, it can be difficult to regain trust after an assault. Healing will occur at your own pace. Start in social situations or by going on double dates where you can feel in control and safe. When you are ready to date, don't hesitate to be clear about your limits and boundaries.

Facts and Data:

¹National Intimate Partner and Sexual Violence Survey (NSVIVS) by the CDC (2010) www.cdc.gov

²Boynton College Student Health Survey (2013) www.bhs.umn.edu/surveys/

³1in6 - Info, Options Hope (2005) 1in6.org

⁴One In Four USA Statistics www.oneinfourusa.org

⁵Abbey, "Alcohol-Related Sexual Assault" (2001)

⁶GLBT Violence: National Intimate Partner and Sexual Violence Survey, 2010: www.cdc.gov/violenceprevention/pdf/nisvs_factsheet_lbg-a.pdf