



Sexual Violence on College Campuses: Awareness, Safer Strategies, & Recovery

This handout is 8 pages in length and contains life-saving and valuable information. Please read through it.

AWARENESS

Sexual violence happens in every community.

Per the National Sexual Violence Resource Center (NSVRC), Sexual violence is any type of unwanted sexual contact. This includes words and actions of a sexual nature against a person's will and without their consent. A person may use force, threats, manipulation, or coercion to commit sexual violence.

Forms of sexual violence include:

- Rape or sexual assault
- Child sexual assault and incest
- Sexual assault by a person's spouse or partner
- Unwanted sexual contact/touching
- Sexual harassment
- Sexual exploitation and trafficking
- Exposing one's genitals or naked body to other(s) without consent
- Masturbating in public
- Watching someone engage in private acts without their knowledge or permission
- Nonconsensual image sharing

While women and members of the LGBTQIA community are more likely to be victimized and men are more likely to be the offenders, **sexual violence can happen to ANYONE at ANY TIME**, regardless of race, ethnicity, age, gender, and sexual orientation.

Unless you are the person committing the crime, sexual violence is **NEVER** the fault of the offended party.

On college campuses, there is increased risk for sexual violence during specific seasons: Start of the school year (August-November), Homecoming Week, Greek pledging and crossing, and Senior Week.

Studies also show that students in their first and second years of college are at higher risks of experiencing sexual violence (Follingstad, Barczak, & Kistler, 2023).

Learn more



Sexual violence statistics <https://www.nsvrc.org/statistics>

Sexual violence on college campuses <https://www.youtube.com/watch?v=LjiQcLbDI7c>

SAFER STRATEGIES

Ways to Reduce the Risk of Sexual Violence

1. Ask for consent before engaging in any sexual activity
 - Consent must be freely given and informed, and a person can change their mind at any time. Consent is more than a yes or no. It is a dialogue about desires, needs, and level of comfort with different sexual interactions. Source: National Sexual Violence Resource Center [About Sexual Assault | National Sexual Violence Resource Center \(NSVRC\)](#)
2. Be our brother's (or sister's) keeper
 - If you hear or see someone engaging in or planning to engage in sexual violence, firmly warn them against it and report it immediately
3. Resist the urge to compete for "body counts"
 - Such unchecked competition can make room for sexual violence
 - Remember, no consent means no sexual acts/activity of any kind
4. Refuse to engage in initiation ceremonies that require sexual violence
 - Beware of any organizations that encourage or turn a blind eye to sexual violence as a prerequisite for membership
 - This is considered hazing and is punishable by law because sexual violence is a crime
5. Practice the Buddy System
 - Travel in pairs (or groups) with trusted people, especially when going to new places, parties, etc.
6. Feel free to lie (Source: [If Someone Is Pressuring or Coercing You - RAINN](#))
 - If we want to exit a situation immediately and are concerned about frightening or upsetting someone, it's okay to lie. We are never obligated to remain in a situation that makes us feel uncomfortable, pressured, or threatened
 - We can also lie to help a friend leave a situation that we think may be dangerous
 - Some excuses we could use are needing to take care of another friend or family member, an urgent phone call, not feeling well, and having to be somewhere else by a certain time
7. Guard and protect our drinks, even if it's water
 - Remember, we're likely to not look at our drinks when they're poured/being made or when dancing or using the restroom
8. Increase our vision, especially at night or in dimly lit places
 - We can invest in mini a flashlight or use the flashlight on our phones
9. When visiting with others, have an open-door policy in dorms (i.e., keep doors open and unlocked), especially when around new people
10. Build friendships, professional, and romantic partnerships slowly.

11. Date in privacy, not secrecy. Members of our community (e.g., trusted friends) should know who we are spending intimate time with.
12. Practice car etiquette (e.g., know everyone in the car, take picture of license plate, have location on, & share location and picture of license plate with a trusted person)
13. Know the locations of the **Blue Light Phones/Emergency Call Boxes** on campus and use them if necessary
 - Below is a list of the Emergency Call Boxes on FMU's campus. They are identified by their name in bold and location in parentheses:
 - 1) **Chapel** (across the street in front of the Chapel/Susie C. Holley Religious Center)
 - 2) **Clock Tower** (on the lawn area next to the Clock Tower in front of the Student Services Building aka "white building")
 - 3) **Robinson Front** (Robinson Circle on the lawn area between Robinson Hall and the Bookstore)
 - 4) **Robinson Back** (behind Robinson Hall on the sidewalk between Robinson Hall and JC Sams Activity Center)
 - 5) **LLC 1** (in front of LLC 1 aka Building 1)
 - 6) **LLC 3** (in front of LLC 3 aka Building 3)
 - 7) **LLC 4** (on the side of LLC 4, aka Building 4, closer to the electric car charging station)
 - 8) **Lehman Back** (behind the William Lehman/Aviation Center building in the parking lot near the James Weldon & J. Rosamond Johnson Fine Arts Building aka Band/Music building)
 - 9) **Performing Arts** (lawn area between Low Rawls Center for Performing Arts and Sarah Blocker Hall; across from the Math and Writing Labs)
 - 10) **Smith Conference** (on sidewalk between the Dining Hall/Smith Conference and FMU/FIU buildings)
 - 11) **Library Front** (in front of Library near FMU sign)
 - 12) **Library Back** (behind Library in between Library and Sarah Blocker Hall)
 - 13) **Wellness Center** (on the side of the A. Chester Robinson Athletic Center, aka the Wellness Center, closest to the baseball field)
 - 14) **Facilities** (between the baseball field and chiller plant)
 - How to Use Them? Press the silver button in the red square (marked with the word "HELP" in white) to be immediately connected to Campus Safety (see sample image below)



14. If possible and if safe to do so, attack back: aim for fingers, nose, eyes, ears, mouth, and crotch.

15. Report all suspected, initiated, and completed instances of sexual violence

- Call 9-1-1
- Campus Safety (305-626-3771 & 305-626-3772)
- Inform FMU's Title IX Coordinator (Student Services Building, Suite 110) ***When crime happens on campus, at FMU-related event (on or off campus), and when the perpetrator is a FMU student, faculty, staff, vendor, etc.***
- When reporting, state what makes us comfortable and what does not
 - a) "I prefer to have a female officer present"
 - b) "There are too many people in my room. I do not feel comfortable. Please step outside."
- When we're ready, speak with a counselor.

Learn More Safer Strategies Here ↓

Social Media <https://rainn.org/strategies-to-reduce-risk-increase-safety/stay-safer-on-social-media/>

Dating Online or In Real Life (IRL) <https://rainn.org/strategies-to-reduce-risk-increase-safety/tips-for-safer-dating-online-and-in-person/>

SAFETY & RESOURCE NUMBERS: SAVE IN OUR PHONES!

1. Campus Safety (24/7)
 - 305-626-3771 & 305-626-3772
 - Student Services Building, Suite 100
 - fmucampussafety@fmu.edu
 - Website [Campus Safety – Florida Memorial University](#)

2. FMU Title IX Office
 - 305-626-3720
 - Open Mondays-Fridays 8AM-5PM
 - Student Services Building, Suite 110
 - titleix@fmu.edu
 - Website [Title IX Compliance – Florida Memorial University](#)

3. National Sexual Assault Hotline (24/7)
 - 1-800-656-4673 (Call)
 - Text HOPE to 64673 (Text Message)
 - TTY: 711 (For individuals who are deaf, hard of hearing, or speech impaired)
 - Follow the prompts to be connected to a trained person who can provide help
 - Website [RAINN | The nation's largest anti-sexual violence organization](#)

4. National Domestic Violence Hotline (24/7)
 - 1-800-799-7233 (Call)
 - Text START to 88788 (Text Message)
 - 855-812-1001 (Video call for individuals who are deaf or hard of hearing)
 - Follow the prompts to be connected to a trained person who can provide help
 - Website [Domestic Violence Support | National Domestic Violence Hotline](#)

5. Florida Domestic Violence Hotline (24/7)
 - 1-800-500-1119 (Call)
 - TTY: 711 (For individuals who are deaf, hard of hearing, or speech impaired)
 - Follow the prompts to be connected to a trained person who can provide help
 - Website [FPEDV - Florida Free From DV](#)

6. National Human Trafficking Hotline (24/7)
 - 1-888-373-7888 (Call)
 - TTY: 711 (For individuals who are deaf, hard of hearing, or speech impaired)
 - Text HELP, BEFREE, or INFO to 233733/BEFREE (Text Message)
 - Follow the prompts to be connected to a trained person who can provide help
 - Website [Home | National Human Trafficking Hotline](#)

7. Roxcy Bolton Rape Treatment Center (24/7)

- 305-585-7273 (Call)
- Address 1611 N.W. 12th Avenue Miami, FL 33136 (First floor, room 116A)
- Services include rape kit, medical treatment, and short-term counseling
- Website [Roxcy Bolton Rape Treatment Center | Jackson Health System](#)

8. Crisis & Suicide Prevention Lifeline (24/7)

- 988 (Call & Text)
- TTY: 711 (For individuals who are deaf, hard of hearing, or speech impaired)
- Follow the prompts to be connected to a trained person who can provide help
- Website <https://988lifeline.org/>

RECOVERY

Our Unique Recovery Journey

- Takes time
- Embark on the recovery journey willingly. Don't let anyone force us
- In counseling, at our own pace, we share details about the sexual violence crime (what, where, how, thoughts, feelings, etc.)
- In counseling, we allow ourselves to be numb, yell, cry, be angry, doubt, etc.
- In counseling, we learn to identify, challenge, and progressively change any unhealthy thoughts about the sexual violence crime, such as:
 - o *It's my fault*
 - o *I'm so stupid*
 - o *I should've known better*
 - o *That's what I get*
 - o *I waited too long to say something*
- In counseling, we learn healthy and safe ways to cope with the pain of the sexual violence crime
- While there are many benefits to counseling, it can be tough. Opening up to a stranger requires so much vulnerability and courage. Yet, this tough journey is often healing.
- In addition to a trusted counselor, friends, family, and mentors can be part of our recovery journey as well

Rape, Abuse, & Incest National Network (RAINN) RAINN app gives survivors of sexual violence access to support, self-care tools, and information to help manage the short-and-long-term effects of sexual violence.



The RAINN app is free & available in the App Store and on Google Play. Download it today.

Find Support

The app's "Hotline" feature can connect you directly with one-on-one support from a trained support specialist on RAINN's National Sexual Assault Hotline via phone or online chat. It's free, confidential and available 24/7. You can also chat with other survivors in our peer-to-peer HelpRoom

Practice Self-Care

The app's "Self-Care" section contains exercises to help you take a moment for yourself as you heal. They include a Mood Tracker to help you reflect on how you're feeling and figure out the best ways to care for yourself; relaxing visuals from The Monday Campaign to help you distress; and audio exercises from Headspace for calming meditation.

Learn More

The app's "Learn" section includes helpful information on sexual violence topics, finding and giving support, and healing. You can also hear from survivors offering their own real-life stories of hope and healing.

Meet Your FMU Counselors

Dr. Sandra Garcon Degerville
Licensed Clinical Social Worker
Director of University Counseling Services
sandra.garcon@fmu.edu
Office: 305.626.3661
JC Sams Suite 100A



Ms. Sashay Goodletty
Licensed Mental Health Counselor
Sashay.goodletty@fmu.edu
Office: 305.626.3139
JC Sams Suite 100C



Support is also here at the University Counseling Services <https://forms.office.com/r/gVSUwG1Yzw>