

A Culture of Respect

*A Guide to Understanding
Gender-based Violence
on Campus*



*Campus Awareness for Raiders to End
Issues of Sexual Assault, Domestic
Violence, Dating Violence & Stalking*

MISSION STATEMENT

Established through a Department of Justice Grant, the CARE Program is a multi-disciplinary team of campus and community partners working together to reduce gender-based violence on campus. The CARE Program supports Rivier University's mission of respect for all people by addressing domestic violence, dating violence, sexual assault, and stalking through awareness, education, prevention, and trauma-informed services, as well as holding perpetrators accountable for their actions.

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Words to Know

SEXUAL ASSAULT is defined as having or attempting to have sexual intercourse with another individual by use of force and/or threat of force, without effective consent, and if/when the individual is incapacitated or physically and/or mentally unable to make informed and reasonable judgments.

STALKING occurs when a person engages in a course of conduct or repeatedly commits acts towards another person under circumstances that would place the person in reasonable fear for safety or of harm or bodily injury to self or to others, or reasonably cause substantial emotional distress to the person.

INTIMATE PARTNER VIOLENCE refers to dating violence, domestic violence, or relationship violence. Intimate partner violence includes any act of violence or threatened act of violence against a person who is in or has been involved in a sexual, dating, and/or other intimate relationship with the other person.

CONSENT is an active, conscious, and voluntary decision by each participant to engage in mutually agreed-upon sexual activity.

BYSTANDER INTERVENTION is a violence prevention strategy used by individuals to intervene/ interrupt/distract a potentially harmful situation, including stopping actions and/or comments that promote sexual violence.

What to do if you have experienced sexual *or* relationship violence

Go to a hospital or medical provider ASAP

Especially if a sexual assault took place. This is the best option in order to provide and ensure physical safety, emotional support, and medical care.

Southern NH Medical Center
(1.4 miles away from campus)
(603) 577-2000

St. Joseph's Hospital
(3.0 miles away from campus)
(603) 882-3000

Contact Public Safety

Public Safety (located in the Dion Center) can provide immediate assistance, take a report, ensure immediate safety and well-being, make a referral to the Title IX Coordinator, coordinate transportation to the hospital, and refer support services.

Rivier University Public Safety
(603) 888-1666

Connect with a Confidential Advocate or Speak to a Counselor

Regardless of whether or not an incident is reported, help and support is always available.

**Bridges Crisis Center (24-Hour
Advocate Support Available)**
(603) 883-3044

**Rivier University Counseling &
Wellness Center**
(603) 897-8251

To report anonymously online:

<https://www.rivier.edu/student-life/public-safety/silent-witness/>

Silent Witness is NOT a 911 or Emergency Service:
If you require immediate or emergency assistance, please contact Rivier Public Safety and Security at (603) 888-1666.

What Happens Next...

SPEAK TO A TITLE IX COORDINATOR

The Title IX Coordinator receives information and files the complaint(s) involving sexual misconduct incidents and can help survivors decide which available options are best suited for the individual/incident.

Title IX Coordinator
(603) 897-8210
Titleixcoordinator@rivier.edu

TAKE CARE OF YOURSELF

- Get support from friends & family. Advocates and counselors are also available if friends and family are not.
- Use stress reduction techniques like exercise, yoga, listen to music, and prayer/ meditation.
- Maintain a balanced diet and be sure to get enough sleep.
- Consider keeping a journal as a way to express your thoughts and feelings.

WHAT YOU CAN DO

- Step up and say something if you see something you know is wrong.
- End victim blaming.
- Hold friends and yourself accountable for the actions and inactions regarding gender-based violence.