



A Guide *for* Survivors *and* Supporters

*If you or someone you know has experienced
sexual violence, relationship abuse, or stalking...*



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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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As a member of our campus community, you have many options and resources available to you, whether the incident happened recently or a while ago.

If you or someone you know has experienced sexual assault, intimate partner violence, or stalking, know that it's not your fault.

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What to Know

The detailed definitions of these and other key terms are set forth in Rivier University's Sexual Misconduct and Harassment Policy.

Sexual Assault

Sexual assault is defined as having or attempting to have sexual intercourse with another individual:

- By the use of force or threat of force;
- Without consent; or
- When the individual is incapacitated (such as intoxication), or physically and/or mentally unable to make informed and reasonable judgments.

Non-Consensual Sexual Contact

Non-consensual sexual contact is defined as having intentional physical contact of a sexual nature with another individual:

- By the use of force or threat of force;
- Without consent; or
- When the individual is incapacitated (such as intoxication), or physically and/or mentally unable to make informed and reasonable judgments.

Non-consensual sexual contact includes:

- Touching the intimate parts of another;
- Touching a person with one's own intimate parts;
- Forcing a person to touch another's intimate parts;
- Forcing a person to touch one's own intimate parts; or
- Disrobing or exposure of another without permission.

Consent

Consent consists of an active, conscious, and voluntary decision by each participant to engage in mutually agreed-upon sexual activity. Consent must exist from the beginning to the end of each sexual activity or each form of sexual contact.

An individual who is physically incapacitated/intoxicated by alcohol or other drug consumption (voluntary or involuntary) or is asleep, unconscious, unaware, or otherwise physically helpless is considered unable to give consent.

Intimate Partner Violence

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, domestic, or other intimate relationship with the perpetrating individual. Intimate partner violence can encompass a broad range of behavior including, but not limited to, physical violence, sexual violence, emotional abuse, and economic abuse. It may involve one act or an ongoing pattern of behavior. Intimate partner violence may take the form of threats, assault, property damage, violence, or threat of violence to one's self, one's sexual or romantic partner or to the family members or friends of the sexual or romantic partner. Intimate partner violence affects individuals of all genders, gender identities, gender expressions, and sexual orientation and does not discriminate by racial, social, or economic background.

Examples of intimate partner violence include, but are not limited to:

- Striking, grabbing, punching, choking, or pushing one's partner, or threatening to do any of the foregoing;
- Throwing, smashing, or breaking objects;
- Restricting one's partner's physical movements;
- Constantly texting or calling when not together;
- Threatening to "out" or disclose personal information of one's partner;
- Hiding or destroying one's passport, visa, immigration paperwork, or other important legal documents.

Under the Clery Act and the Violence Against Women Act, the University will record and report all relevant incidents of sexual assault, intimate partner violence and stalking.

Stalking

Stalking occurs when a person engages in a course of conduct or repeatedly commits acts toward another person, under circumstances that would:

- Place the person in reasonable fear for safety, or of harm or bodily injury to self or others;
- Reasonably cause substantial emotional distress to the person.

Stalking may involve individuals who are known to one another, including those who have an intimate or sexual relationship, or may involve individuals who are not known to one another. The feared harm or injury may be physical, emotional, or psychological, or related to the personal safety, property, education, or employment of that individual.

Examples of stalking include, but are not limited to:

- Non-consensual communication including telephone calls, text messages, email messages, social network site postings, letters, gifts, or any other communications that are unwanted and/or place another person in fear;
- Following, pursuing, waiting or showing up uninvited at a classroom, workplace, residence, or other locations frequented by the person;
- Vandalizing a person's property;
- Accessing email and social media accounts;
- Spreading lies or rumors about a person, for example, filing false reports, posting or distributing personal or false information;
- Manipulative or controlling behaviors, such as threats to harm oneself in order to force contact;
- Threatening physical contact against a person or their friends and family; or
- Any combination of these behaviors directed toward an individual person.



What to do

Get to a Safe Place

Your safety and well-being is important. If you are not feeling safe, consider reaching out to someone you trust for support – a family member, close friend, roommate, campus safety, community advocate, etc.

Remember:

You don't have to go through this alone.

Rivier Student Health Services (Guild Hall):
(603) 897-8295

Southern New Hampshire Medical Center (SNHMC):
(603) 577-2000

St. Joseph's Hospital and Trauma Center:
(603) 882-3000

Seek Medical Care

You may seek medical care at any time following an incident involving abuse of any kind, but it is best to seek medical care as soon as possible, especially if the incident was a sexual assault.

You can choose to seek medical care at any medical facility of your choice, but the University encourages you to seek initial treatment at Southern New Hampshire Medical Center (SNHMC). SNHMC provides forensic sexual assault examinations by a certified forensic sexual assault nurse examiner and, hence, is the preferred medical center for those seeking forensic sexual assault examinations. You also have the option of having a Rivier Public Safety Officer provide a ride to and from the hospital.

On campus, Rivier Health Services can provide medical care during regular business hours; however, Health Services is not equipped for forensic sexual assault examinations.

At your request, an advocate from Bridges Domestic and Sexual Violence Support is also available (24 hours) to accompany you to access off-campus resources.

Contact Public Safety

Assistance is available from Rivier Public Safety and local law enforcement 24 hours a day, year-round, by calling Rivier Public Safety and/or the Nashua Police Department.

Anyone can request that a member of Rivier Public Safety or the Nashua Police Department respond and take a report. An officer from the Nashua Police Department can meet with you on campus or wherever you are most comfortable. Rivier Public Safety can provide transportation upon request to a medical center or to the local police department.

Rivier Public Safety & Security:

(603) 888-1666

Nashua Police Department:

(603) 594-3500

Connect to Support & Resources

Rivier University encourages all community members to make a prompt report of any incident of sexual violence, stalking, dating/domestic violence, and other forms of gender-based violence to local law enforcement and the University.

If you're not ready to make a report, or unsure about what happened, but are still looking for information and support, there are several confidential resources on campus and in the local community, including counseling and support services.

The emotional responses of survivors will vary from person to person. These types of assaults and incidents can be extremely traumatic and life-changing. It is important to remember that your responses and feelings are not crazy; they are normal reactions to a traumatic situation.

The University has support and resources available that encourage empowerment and healing for all survivors of gender-based violence.

Confidential Resource Advisor (CARE Project Director):

(603) 897-8673

(On-Campus Confidential Support)

Rivier University Counseling & Wellness Center:

(603) 897-8251

(On-Campus Confidential Support)

Bridges Domestic and Sexual Violence Support:

(603) 883-3044

(Off-Campus Confidential Support)

You may want to consult with someone in a confidential manner without making a report to the University or initiating an investigation. The trained professionals listed in this section are designated as confidential and may not share information about a patient/client (including whether or not the individual has received services) without the individual's expressed consent unless there is imminent danger to the patient/client or others or as otherwise required by law.

They may, however, submit non-identifying information about the incident for the purposes of making a statistical report under the Clery Act.

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Your Reporting Options

University Reporting Options

The University encourages all individuals to report sexual misconduct and gender-based violence to the Title IX Coordinator or a member of Public Safety.

All Rivier community members are strongly encouraged to report any information about any incident of sexual violence, dating/domestic violence, and stalking directly to the

Title IX Coordinator. The University cannot take appropriate action unless an incident is reported to the University.

The Title Coordinator and Title IX Deputy Coordinators oversee the University's review and resolution of reports regarding sexual violence, dating/domestic violence, stalking, and other incidents involving gender-based violence.

Rivier University Title IX Coordinator and Deputy Coordinators

	NAME	CONTACT	OFFICE
Title IX Coordinator <i>(for students, faculty, & staff)</i>	Colleen Mills, Director of Human Resources	(603) 897-8211 cmills@rivier.edu	Molloy Hall
Title IX Deputy Coordinator <i>(for students)</i>	Paula Randazza, Assistant Vice President for Student Affairs	603-897-8244 prandazza@rivier.edu	Dion Center

Or contact them at titleixcoordinator@rivier.edu

Public Safety and Security

Dion Center | (603) 888-1666 | Open 24 hours a day, 7 days a week

Anonymous Reporting

Any Rivier community member can make an anonymous report concerning an incident of sexual misconduct and gender-based violence.

This option allows you to report the incident without disclosing your name, identifying the other individual(s) involved, or request any action. Depending on the extent of information available about the incident or the individuals involved, however, the University's ability to respond to an anonymous report may be limited.

The Title IX Coordinator will receive the information contained in the anonymous report and will work with the Director of Public Safety to determine any appropriate response or action, including individual or community remedies, as appropriate.

To report anonymously online:
www.rivier.edu/student-life/public-safety/silent-witness/

Reporting to Law Enforcement

The University encourages individuals to pursue criminal action for incidents of sexual misconduct and gender-based violence since these incident(s) may also be crimes under the New Hampshire Criminal Statutes.

Individuals may also contact the Title IX Coordinator or a member of Public Safety to help with contacting local law enforcement and assist with filing a criminal complaint. Please note that you are not required to file a criminal complaint, but you can consider this option.

The University will also cooperate with law enforcement agencies if a you decide to pursue the criminal process to the extent permitted by law.

Individuals can also choose to file a criminal complaint for incidents of sexual misconduct and gender-based violence that occurred on campus with the Nashua Police Department directly, without the assistance of the University.

Nashua Police Department

(603) 594-3500

28 Officer James Roche Drive,
Nashua NH 03062

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Take Care of Yourself

It is important to remember that there is no right, wrong, or normal way to feel after an incident of sexual and/or gender-based violence. Everyone reacts differently to an abnormal event. Some reactions may be triggered by people, places, or things connected to the incident, while other reactions may seem to come from “out of the blue.”

Remember that no matter how much you’re having to deal with does not mean you’re “going crazy.” The recovery process may disrupt your daily life for a while, but it may also help you develop strengths, insight, and abilities that you never knew you had.

Talking about the incident will help you feel better, but may be difficult to do for some people. It’s common to want to avoid conversations and situations that may remind you of the incident. This is a normal part of the recovery process. In time, you may overcome these fears and feelings in order to heal and regain a sense of control over your life. Talking with someone who can listen in understanding and affirming ways, whether it’s a friend, family member, advocate, or counselor, can be a key part of the healing process.

Self-Care Tips

Taking care of yourself is very important and preventing or avoiding unnecessary stressors must be your top priority. Here are a few things that can be helpful to you:

- *Get support from family and friends. Identify people you can trust to validate your feelings and affirm your strengths.*
- *When you are ready to, talk about the incident and express feelings. Choose when, where, and with who you want to talk to about it.*
- *Try stress reduction and relaxation techniques, like exercising, yoga, listen to music, prayer and/or meditation. Sometimes, simple things, like going out for a walk can be very helpful.*

- *Be sure to maintain a balanced diet and get enough sleep every night. Avoid overusing stimulants like caffeine, sugar, and nicotine. If you find yourself losing sleep and/or eating an unhealthy diet, reach out to the Counseling and Welling Center (Learning Commons, 603-897-8251) to learn and discuss helpful options available to you.*
- *Take “time outs” whenever you need to take a quiet moment to reflect, relax, and rejuvenate, especially during times when you feel stressed, worried, etc.*
- *Consider writing or keeping a journal as a way to express your thoughts and feelings.*
- *Hug those you love – hugging releases the body’s natural pain-killers.*

Things to Consider

Are you in the same class as the individual who assaulted you/was involved in the incident? Are your grades suffering because of the incident?

Your academic career is important and you should feel safe attending class so that you may be successful both academically and in your healing process. If you need to make alternate arrangements in your class schedule, please reach out to the Office of Academic & Career Advising to help you with your academic plan and options.*

Do you live in the same residence hall as the person who assaulted you/was involved in the incident?

If you do not feel safe in your room/residence hall, contact your RA and/or RD immediately to discuss your housing options. If you live off-campus and feel unsafe in your home, contact local law enforcement. Everyone has the right to feel safe in their home.*

**Note: Some employees including faculty, RA's and RD's are considered Responsible Employees and if made aware of any incidents are required to report to the Title IX Coordinator*

Do you have concerns because you were drinking/using drugs at the time of the incident?

First of all, no one deserves to be assaulted/harmed in any way, no matter what the situation.

Public Safety (and local law enforcement) will not issue tickets, charge you etc. for underage drinking or for using drugs if there is a greater crime involved, such as sexual assault.

For many reasons, survivors may hesitate to come forward if they were under the influence of drugs or alcohol at the time of the assault/incident. They may even blame themselves for being intoxicated or not remembering everything. Don’t let this get in the way of reporting sexual and gender-based violence: a person who is physically incapacitated (such as intoxication), CANNOT legally consent to sexual contact. The focus should be on the behavior perpetrating party and not the survivor.

Are you concerned about telling your parents about what happened?

This is a very difficult question. Many people find it difficult to disclose to their parents, but ultimately find their parents’ love and support helpful in their healing process. Some people may be concerned about hurting their parents or fear that their family may blame them for what happened. Only you can decide if and when to tell your parents.

Do you have mutual friends or belong to the same groups as the person who assaulted you/was involved in the incident?

This is a common situation since most assaults occur between acquaintances. People will likely take sides and you may find yourself distrusting friends. Be sure to surround yourself with people who support, respect, and believe you. Trust your instincts and take steps to ensure your safety and well-being. If you are experiencing harassment or feel unsafe, contact Public Safety.

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How to Help

Chances are, you know someone who has experienced a form of sexual and/or gender-based violence. According to national statistics, 1 in 5 women and 1 in 16 men are sexually assaulted while in college. 1 in 3 students (regardless of age, race, or gender) is a victim of physical, sexual, emotional, and/or verbal abuse from a dating partner.

When a survivor of sexual and gender-based violence shares their experience with you,

they are taking positive steps in their journey to healing and is also an act of great trust. Every survivor has individual responses to their experiences. What always seems to help is having someone around who will listen, someone who will try to understand how they're feeling, and what they want in the way of support.

What is always essential is being believed.

Believe Them

The most common reason survivors choose not to tell anyone about what happened is the fear of not being believed. People rarely lie or exaggerate about sexual and gender-based violence. It's actually quite the opposite: survivors typically tend to "downplay" the abuse/violence. Keep in mind the courage it takes for someone to speak out.

Don't Blame Them

Another common fear for not speaking out is that the survivor thinks they will be blamed for what happened. Whatever the circumstances, no one deserves to be assaulted/abused in any way. Speak out against victim blaming and put the blame where it belongs: on the abuser.

Validate their Feelings

It's ok to say things like "I am sorry this happened to you", "It's not your fault", and "What can I do to help you?" Remember to be patient, be compassionate, and supportive.

Safety

Another important factor to consider when someone is sharing their experience with you is whether or not they are safe. Sometimes a person may need medical attention or other emergency help or support from other people besides a friend or family member. You can help them find the resources they need in order to feel safe.

Respect their Privacy

Don't share the information you know with anyone who doesn't need to know. Be sure to not gossip about it with mutual friends. It's up to the survivor to decide who to tell and when. It is also important not to speak for them unless they ask you to do so.

Respecting someone's privacy also includes their personal space. Make sure to ask before you approach them for a hug or to touch them. Some people may want to be held and comforted, but others might not. Don't be offended – instead, encourage them to say how they want to be held or touched, and what helps them feel safe and comforted.

Be Respectful of their Choices and Decisions

It is very important to let them make decisions and have those decisions respected, even if you disagree*. It can go a long way in helping them regain a sense of control in their lives.

**Unless they are making unhealthy or dangerous choices – if this is the situation, call 911 and/or Public Safety.*

Keep Promises

Be sure to follow through on any promises you make, no matter how minor it may seem.

Educate Yourself – Be a Resource

In addition to providing comfort and support to a survivor, be sure educate yourself on what is sexual misconduct and gender-based violence. A great place to begin is with the University's Sexual Misconduct Policy, located in your Student Handbook. You can also take time to learn about prevention and take part in national awareness events and activities on campus. Explore volunteering and interning opportunities with a local crisis center. Speak out against inappropriate jokes and comments. The more information you know, the more of a positive impact you can make.

Here are a few resources where you can learn more about gender-based violence, as well as local and statewide support options:

Bridges Domestic & Sexual Violence Support
(603) 889-0858 | Bridgesnh.org
(Offices in Nashua & Milford)

YWCA
(603) 668-2299 | Ywcanh.org
(Manchester, NH Location)

New Hampshire Coalition Against Domestic & Sexual Violence
Sexual Assault Hotline:
1-(866) 644-3574
Domestic/Dating Violence Hotline:
1-(800) 277-5570
Nhcadv.org
(Concord, NH)

What are my options?

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

Confidential Resource Advisor, CARE Project Director

(603) 897-8676

This project was supported by Grant No. 2017-WA-AX-0035 awarded by the Office on Violence Against Women, U.S. Department of Justice. Points of view in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.

