After a Sexual Assault

It's hard to know what to do, how to feel, or what your options are after a sexual assault. Please know that you're not alone. Below are some things to keep in mind. If you are in immediate danger or seriously injured, call 911.

1. **Your safety is important.** Are you in a safe place? If you're not feeling safe, consider reaching out to someone you trust for support. You don't have to go through this alone.

2. **What happened was not your fault.** Something happened to you that you didn't want to happen—and that's not OK.

3. **Call the National Sexual Assault Hotline at 800.656.HOPE (4673).** You'll be connected to a trained staff member from a local sexual assault service provider in your area. They will direct you to the appropriate local health facility that can care for survivors of sexual assault. Some service providers may be able to send a trained advocate to accompany you.

When you call the National Sexual Assault Hotline, a staff member will walk you through the process of getting help at your own pace. You can also visit online.rainn.org to chat anonymously. Hotline staffers can also provide information on topics you might have questions about, including:

- **Receiving medical attention**
- **Reporting options**
- **Preserving evidence**
- Continuing anxiety
- Severe mood swings
- Sense of helplessness
- Persistent fear or phobia
- Depression
- Rage
- Difficulty sleeping (nightmares, insomnia, etc.)
- Eating difficulties (nausea, vomiting, compulsive eating, etc.)
- Denial
- Withdrawal from friends, family, activities
- Hypervigilance
- Reluctance to leave house and/or go places that remind the individual of the assault
- Sexual problems
- Difficulty concentrating
- Flashbacks

All of these symptoms and behaviors may make the individual more willing to seek counseling and/or to discuss the assault.

3. The Resolution Phase: During this phase, the assault is no longer the central focus of the victim's life. While he or she may recognize that he or she will never forget the assault, the pain and negative outcomes lessen over time. Often, the individual will begin to accept the rape as part of his or her life, and choose to move on.

*NOTE: This model assumes that individuals will take steps forward and backward in their healing process. While there are common phases, it is not a linear progression and will be different for every person.*
Rape Trauma Syndrome

How Long Does it Take to Recover?

Rape trauma is similar to other types of trauma, such as losing a child or parent. That means that there is no set time for recovery — it may take several months or many years. Surviving a rape or sexual assault is a life-changing event, one that changes how you view the world, how you view your relationships, and how you view yourself. But there is one thing many rape victims have in common: they do recover and are able to move on with their lives.

Rape Trauma Syndrome

There are three phases to Rape Trauma Syndrome:

1. Acute Phase: This phase occurs immediately after the assault, and usually lasts a few days to several weeks. In this phase, individuals can have many reactions, but they typically call into three categories of reactions:

   - Expressed — This is when the survivor is openly emotional. He or she may appear agitated or hysterical; he or she may suffer from crying spells or anxiety attacks.
   - Controlled — This is when the survivor appears to be without emotion, and acts as if "nothing happened" and "everything is fine." This appearance of calm may be shock.
   - Shocked Disbelief — This is when the survivor reacts with a strong sense of disorientation. He or she may have difficulty concentrating, making decisions, or doing everyday tasks. He or she may also have poor recall of the assault.

2. The Outward Adjustment Phase: During this phase, the individual resumes what appears to be his or her "normal" life, but inside is suffering from considerable turmoil. In this phase, there are five primary coping techniques:

   - Minimization — Pretends that "everything is fine" or that "it could have been worse."
   - Dramatization — Cannot stop talking about the assault, and it is what dominates one's life and identity.
   - Suppression — Refuses to discuss, acts as if it did not happen.
   - Explanation — Analyzes what happened: what the victim did, what the rapist was thinking/feeling.
   - Flight — Tries to escape the pain (moving, changing jobs, changing appearance, changing relationships, etc.).

There are many symptoms or behaviors that appear during this phase, including:
• Recognize what would make you feel safer.

Wrap yourself in a blanket, or go into a room by yourself and close the door. Do whatever it takes for you to feel secure.

**How do I prevent flashbacks?**
You may be able to take steps to prevent future flashbacks by identifying warning signs and triggers:

• **Be aware of the warning signs.**
  Flashbacks sometimes feel as though they come out of nowhere, but there are often early physical or emotional warning signs. These signs could include a change in mood, feeling pressure in your chest, or suddenly sweating. Becoming aware of the early signs of flashbacks may help you manage or prevent them.

• **Identify what experiences trigger your flashbacks.**
  Flashbacks can be triggered by a sensory feeling, an emotional memory, a reminder of the event, or even an unrelated stressful experience. Identify the experiences that trigger your flashbacks. If possible, make a plan on how to avoid these triggers or how to cope if you encounter the trigger.

**Where can I get help?**
There is a relief that comes with the end of a flashback, but that doesn’t mean it’s a one-time occurrence. Flashbacks can worsen over time if you don’t address them. They can also be an indicator of PTSD.

Managing flashbacks isn’t easy work for anyone. Many survivors have found success working with a professional to identify triggers and develop tools to help them through flashbacks when they do occur.

To speak with someone who is trained to help, call the National Sexual Assault Hotline at 800.656.HOPE (4673) or chat online at online.rainn.org.

*Please note that content on this site does not constitute medical advice and RAINN is not a medical expert. If after reading this information you have further questions, please contact a local healthcare professional or hospital.*
Flashbacks

What is a flashback?
A flashback is when memories of a past trauma feel as if they are taking place in the current moment. That means it’s possible to feel like the experience of sexual violence is happening all over again. During a flashback it can be difficult to connect with reality. It may even feel like the perpetrator is physically present.

Flashbacks may seem random at first. They can be triggered by fairly ordinary experiences connected with the senses, like the smell of someone’s odor or a particular tone of voice. It’s a normal response to this kind of trauma, and there are steps you can take to help manage the stress of a flashback.

What helps during a flashback?
If you realize that you are in the middle of a flashback, consider the following tips:

- Tell yourself that you are having a flashback. Remind yourself that the actual event is over and that you survived.
- Breathe.
  - Take slow, deep breaths by placing your hand on your stomach and taking deep breaths. You should see your hand move out with the inhalations, and watch it fall in with the exhalations.
  - When we panic, our body begins to take short, shallow breaths, and the decrease in oxygen can make you feel more panicked. Deep breathing is important because it increases the oxygen in your system and helps you move out of anxious state faster.
- Return to the present by using the five senses.
  - **Sight:** Look around you. Make a list of the items in the room; count the colors or pieces of furniture around you. What do you see?
  - **Smell:** Breathe in a comforting scent, or focus on the smells around you. What do you smell?
  - **Hearing:** Listen to the noises around you, or turn on music. What do you hear?
  - **Taste:** Eat or drink something you enjoy. Focus on the flavor. What do you taste?
  - **Touch:** Hold something cold, like a piece of ice, or hot, like a mug of tea. What does it feel like?
Self-Care After Trauma

Self-care is about taking steps to feel healthy and comfortable. Whether it happened recently or years ago, self-care can help you cope with the short- and long-term effects of a trauma like sexual assault.

Physical self-care
After a trauma, it's important to keep your body healthy and strong. You may be healing from injuries or feeling emotionally drained. Good physical health can support you through this time. Think about a time when you felt physically healthy, and consider asking yourself the following questions:

- How were you sleeping? Did you have a sleep ritual or nap pattern that made you feel more rested?
- What types of food were you eating? What meals made you feel healthy and strong?
- What types of exercise did you enjoy? Were there any particular activities that made you feel more energized?
- Did you perform certain routines? Were there activities you did to start the day off right or wind down at the end of the day?

Emotional self-care
Emotional self-care means different things to different people. The key to emotional self-care is being in tune with yourself. Think about a time when you felt balanced and grounded, and consider asking yourself the following questions:

- What fun or leisure activities did you enjoy? Were there events or outings that you looked forward to?
- Did you write down your thoughts in a journal or personal notebook?
- Were meditation or relaxation activities a part of your regular schedule?
- What inspirational words were you reading? Did you have a particular author or favorite website, like RAINN’s Pinterest board, to go to for inspiration?
- Who did you spend time with? Was there someone, or a group of people, that you felt safe and supported around?
- Where did you spend your time? Was there a special place, maybe outdoors or at a friend’s house, where you felt comfortable and grounded?

Self-care isn’t always easy to take on by yourself. To speak with someone who is trained to help, call the National Sexual Assault Hotline at 800.656.HOPE(4673) or chat online at online.rainn.org.
Depression

What is depression?
Depression is a mood disorder that occurs when feelings associated with sadness and hopelessness continue for long periods of time and interrupt regular thought patterns. It can affect your behavior and your relationship with other people. Depression doesn’t discriminate—it can affect anyone of any age, gender, race, ethnicity, or religion. In 2012, an estimated 16 million adults experienced depression, according to the NIH.

It’s normal for survivors to have feelings of sadness, unhappiness, and hopelessness. If these feelings persist for an extended period of time, it may be an indicator of depression. Depression is not a sign of weakness and it’s not something you should be expected to “snap out of.” It’s a serious mental health condition and survivors can often benefit from the help of a professional.

When should I get help?
You might have a difficult time coming forward about the possibility of depression because you think you’re just “feeling down.” If these feelings are interfering with your daily life, know that there is help available.

Where can I find help and learn more?
Learn more about depression from the National Institute of Mental Health or the National Alliance on Mental Illness.

To find a mental health facility or program, you can use the Mental Health Treatment Locator function from the The Substance Abuse and Mental Health Services Administration (SAMHSA). Find the center that is closest to you and best fits your needs.

There are also apps and websites that can help you manage some of these feelings. Finding Optimism is an mobile app and website that can be helpful for people who struggle with depression or anyone who wants to improve their mental health. You can use it to identify what might be causing "bad days" and what coping strategies are most effective for dealing with those scenarios.

To speak with someone who is trained to help, call the National Sexual Assault Hotline at 800.656.HOPE(4673) or chat online at online.rainn.org.

Please note that content on this site does not constitute medical advice and RAINN is not a medical expert. If after reading this information you have further questions, please contact a local healthcare professional or hospital.
Post-Traumatic Stress Disorder (PTSD)

It's normal for survivors of sexual violence to experience feelings of anxiety, stress, or fear. If these feelings become severe, last more than a few weeks, or interrupt your day-to-day life, it might be a condition known as post-traumatic stress disorder (PTSD).

What is PTSD?
Post-traumatic stress disorder is an anxiety disorder that can result from a traumatic event. You may have heard the term used in relation to the military, but it can apply to survivors of any type of trauma, including sexual violence. Survivors might experience uncharacteristic feelings of stress, fear, anxiety, and nervousness—and this is perfectly normal. With PTSD, these feelings are extreme, can cause you to feel constantly in danger, and make it difficult to function in everyday life.

While all survivors react differently, there are three main symptoms of PTSD:

1. **Re-experiencing:** feeling like you are reliving the event through flashbacks, dreams, or intrusive thoughts
2. **Avoidance:** intentionally or subconsciously changing your behavior to avoid scenarios associated with the event or losing interest in activities you used to enjoy
3. **Hyper-arousal:** feeling “on edge” all of the time, having difficulty sleeping, being easily startled, or prone to sudden outbursts

Where can I get help and more information?
Living with PTSD can be challenging, but learning more about the condition can encourage you to ask questions and find the help you need. You can learn more about PTSD at the National Institute of Mental Health (NIMH) or Mayo Clinic.

If you are currently a member of the military or have family members in the military, you can call the DoD Telephone Hotline at 877.995.5247 or visit the DoD Safe Helpline online chat platform.

To speak with someone who is trained to help, call the National Sexual Assault Hotline at 800.656.HOPE(4673) or chat online at online.rainn.org.

Please note that content on this site does not constitute medical advice and RAINN is not a medical expert. If after reading this information you have further questions, please contact a local healthcare professional or hospital.
Survivors' Guide

Student Affairs
The University of Oklahoma

Contacts and Resources

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Evidence obtaining, securing, and preserving cooperation of campus personnel when To receive, when required, the full prompt authorities the crime is reported to campus or civil mental health services whether or not community medical counseling, and To be notified of existing campus and civil and/or campus authorities investigated by the applicable criminal, To have allegations of sexual assault report To be free from pressure to make a criminal To be informed of all reporting options
Common Reactions to Sexual Assault

There is no right or wrong reaction after a sexual assault. People are different and their feelings are going to be just as diverse. Some of the common (but not the only) feelings related to sexual assault can include guilt, shame, shock, loss of trust, anger, feelings of worthlessness, self-doubt, fear, depression, helplessness, loss of sense of self, excessive crying, nightmares, sleeplessness, eating disturbances, lack of concentration, sexual disruptions (avoiding intimacy, etc.), anxiety, emotional numbness, and mood swings.

Post-traumatic Stress Disorder

Just like most events in our lives, there are short-term and long-term effects. Sometimes after a traumatic event, such as sexual assault, an individual may display some or all of the following:

- **Re-experiencing the Trauma**

  When we watch a television show that we like, we remember with fondness the parts we loved. When we see a scary movie, usually parts we did not like follow us.

  After being sexually assaulted, you may have feelings that are hard to shake; constant thoughts that you find you are unable to rid yourself of and/or nightmares of the actual event. These responses are common. If these feelings are debilitating, seek help from a qualified professional.

- **Social Withdrawal**

  Some survivors may feel “emotionally numb” These feelings of joy, anger, pain, happiness or other emotions do just not feel the same anymore. Life might feel less important. Even though this is a common reaction, it does not have to be everlasting.

  **Avoidance Behaviors and Actions**

  It is understandable to be cautious about your surroundings after you have been hurt. After a sexual assault, it may seem easier to avoid any thoughts or feelings regarding what happened. Avoiding places that remind you of the assault is understandable. However, if this avoidance becomes more of a disruption, professional help should be sought.

- **Increased Physiological Arousal Characteristics**

  It may become harder to fall asleep or stay asleep due to being hyper-alert. You might feel jumpy or uneasy. A lot of energy is spent looking around and being aware of the surroundings. It is good to be aware of your environment, but when it starts to interrupt life, do not hesitate to seek help.

  **You do not have to go through this alone.** Counselors are available through the University Counseling Center at (405) 325-2911.

  **After an assault**

  Making decisions and regaining control after an assault are important parts of the healing process. The choice of how to proceed belongs solely to you, but it is helpful to have a friend, family member or other trusted person to assist you. OU Advocates, highly-trained staff members, are available to guide you through campus and community resources. You may reach an OU advocate by calling (405) 615-0013.

  It is important to seek medical attention, regardless of when the incident occurred, to be treated for any injuries and for the prevention of sexually transmitted diseases and/or pregnancy. You may choose to have a Medical Forensic Exam. This exam collects evidence and is an option for up to five days after the assault. It is only available at the Emergency Room or through the Womens Resource Center by a specially trained nurse.

You may request that an advocate stay with you during the exam to provide support, answer questions, and to make sure your rights are respected. A Medical Forensic Exam is important if you decide to pursue prosecution, but it does not mean that you must prosecute.

**Local STD Testing Sites**

OU Goddard Health Center
620 Elm Ave, Norman, OK 73019
(405) 325-4611, ext. 41112

Cleveland County Health Department
250 NE 12th Ave, Norman, OK 73071
(405) 321-4048

**Options for Reporting the Assault**

You have the option to file a police report to press charges against the individual who assaulted you. The police will present the information to the District Attorney's Office to seek criminal charges.

If the perpetrator of the assault is a member of the OU community, you also have the option of filing a complaint with the University. The Sexual Misconduct Office receives reports of any incident, conducts the investigation, and recommends corrective action. The University has an obligation to investigate reports of sexual violence and take prompt and appropriate action. To file a report with the University, the individual can contact the Sexual Misconduct Office at (405) 325-2215.
Information on Johvison from "American Academy of Dermatology"" Information on "Understanding Your Health" 3rd Ed.

Molluscum

- Spontaneous
- Infectious
- Sustained or persistent
- Requires medical treatment
- Persistent or recurrent
- Can be painful
- Can spread to other areas
- Can be transmitted to others

- Neck
- Breast
- Lower abdomen
- Thighs
- Groin

- Commonly found in children
- Can occur at any age
- Can be spread through contact
- Can be transmitted via sexual contact
- Can be spread through sexual activity
- Can be transmitted through skin-to-skin contact
- Can be transmitted through contaminated objects
- Can be transmitted through contaminated needles
- Can be transmitted through contaminated water
- Can be transmitted through contaminated food
- Can be transmitted through contaminated air
- Can be transmitted through contaminated disinfectants
- Can be transmitted through contaminated medical equipment
- Can be transmitted through contaminated medical personnel
- Can be transmitted through contaminated medical supplies
- Can be transmitted through contaminated medical waste
- Can be transmitted through contaminated medical records

- Can be transmitted through contaminated medical procedures
- Can be transmitted through contaminated medical tests
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What are STDs?
Sexually transmitted diseases (STDs), also called sexually transmitted infections (STIs) or venereal diseases (VDs), are infections of the genital tissues that spread by contact with infected skin or body fluids, such as secretions or discharge from the vagina, cervix, penis, and anus, as well as blood, urine, and other fluids.

Bacterial STDs are curable and are typically treated with antibiotics. Viral STDs are not curable. Although symptoms can be treated the virus will remain for life.

How are STDs Spread?
STDs are typically spread through sexual contact (vaginal, oral, and anal) with an infected partner even without penetrative intercourse. A number of STDs, especially those like Herpes, Molluscum, and Human Papillomavirus (HPV), spread by direct skin-to-skin contact. In some cases, symptoms do not have to be present to spread an STD.

Who’s at Risk?
No person is immune to contracting an STD. STDs do not discriminate! Even an individual who has had only one sexual partner can contract an STD if his/her partner was infected. One encounter is all it takes. Anyone who has “risky contact” is at risk. “Risky Contact” includes the following types of contact.

- Genital to Genital
- Anal to Genital
- Oral to Genital
- Hand to Genital
- Oral to Anal

What are Some Common Symptoms of STDs?
Many STDs are asymptomatic. This means that a person can be infected and show no signs of having an infection. An untreated STD can lead to serious health problems, such as Pelvic Inflammatory Disease (PID). Other symptoms may include:

- Unusual vaginal discharge
- Discharge from the penis
- Burning while urinating
- Pain in genital or lower abdominal area
- Pain during intercourse
- Sores, ulcers, bumps, or rashes
- Itching

Common STDs among college-age students include:
Bacterial: Chlamydia, Gonorrhea
Viral: Human Papillomavirus (HPV, genital warts), Herpes, Molluscum

Although these are the most common STDs among college-age students, there are a number of other STDs that everyone should be aware of including: Syphilis, Human Immunodeficiency Virus (HIV), Hepatitis B, and Hepatitis C.

Think You May Have an Infection?
- Consult a health care provider
- Get tested at OU Health Services; call 325-4611, ext. 41142 for more information
- Refrain from any type of sexual activity until you have been diagnosed and/or treated

Prevention
Abstinence...Total Abstinence...is the only 100% effective way to prevent an STD infection and/or an unplanned pregnancy. Methods that can be used to decrease the risk of contracting an STD include:
- Male Latex or Male/Female Polyurethane Condoms
In order to help decrease the risk of STD transmission, a new condom must be used consistently and correctly during every sexual act.

Local Testing Sites
OU Health Services Laboratory
620 Elm Avenue
Norman, OK 73019
(405) 321-4611, ext. 41112

Cleveland County Health Department
250 NE 12th Ave
Norman, OK 73071
(405) 321-4048

National STD Hotline
1-800-277-8922 (24 hours)

References
www.cdc.gov (Centers for Disease Control)
www.plannedparenthood.org (Planned Parenthood Federation of America, Inc.)
The Women's Resource Center

WRC provides individual and group services to survivors of abuse.

Phone: 452-4942
Fax: 452-4944

WRC Domestic Violence Hotline 701-5540

The day or night, 365 days a year.

Domestic Violence Crisis Line 701-5540

They do so...
Funding

The work of the Women's Resource Center Inc., a private, non-profit agency (501-c-3), is supported by the Oklahoma Office of the Attorney General, Victims of Crime Act, United Way of Norman, Cleveland County, the City of Norman, Social & Voluntary Services Commission and generous contributions and from numerous individuals and groups. Contributions can be made through our webpage.

The Women's Resource Center
PO Box 5089
Norman, Oklahoma 73070
Phone: 405-364-9424
Fax: 405-364-4888
Email: wrc@wrcweb.com
Webpage: wrcnorman.com
Facebook: www.facebook.com/WomensResourceCenterNorman

The WRC provides services without regard to race, religion, age, gender, sexual orientation or sex or economic condition.
The University of Oklahoma is committed to creating an environment in which all persons—students, faculty, staff, and visitors—are treated with dignity and respect.

If you or someone you know has experienced sexual misconduct, please contact the Sexual Misconduct Office. Additional assistance is available through the following resources:

- Sexual Assault Response Team
- University Counseling Center
- Women's Outreach Center
- Student Affairs
- Academic and Student Affairs
- Student Conduct

For more information, please go to:

http://www.ou.edu/oupolice/policies.html

Sexual Misconduct:

- E-mail: smoc@ou.edu
- Fax: (405) 325-1057
- (405) 325-2216
- Norman, Oklahoma 73019
- Walker Center, Room W220
- 1400 Asp Avenue

The University of Oklahoma

Off-Campus Support:

- (405) 435-7273
- WOCA OKC
- (405) 321-1600
- Norman Police Department
- (405) 701-5540
- Line
- Norman Domestic Violence Crisis
- (405) 701-5660
- Norman Rape Crisis Center

Need To Know About

Sexual Misconduct

What On Students

Sexual Misconduct Office

CAMPUS
OUR
NOT ON

http://www.ou.edu/edu/studentaffairs/htm

Student Affairs

http://www.ou.edu/edu/safety/htm

Scores Safety

http://www.ou.edu/edu/studentaffairs/htm

Student Affairs

http://www.ou.edu/studentaffairs/htm

Sexual Misconduct

please go to:

For more information on any of the
SEXUAL MISCONDUCT offenses include, but are not limited to sexual harassment/discrimination, non-consensual sexual intercourse, actual or attempted, non-consensual sexual contact (or attempts to commit same), sexual coercion, and sexual exploitation.

1. **Sexual Harassment** can be defined as unwanted sexual attention or action based on one’s gender that is so severe, persistent, or pervasive that it unreasonably interferes with the work or educational environment.

2. **Sexual Violence** means physical sexual acts perpetrated against a person’s will or where a person is incapable of giving consent. A number of acts fall into the category of sexual violence, including but not limited to rape, sexual assault, sexual battery, sexual misconduct, and sexual coercion.

3. **Sexual Coercion** is the act of using pressure (including physical pressure, verbal pressure or emotional pressure), alcohol, medications or drugs, or force to have sexual contact against someone’s will or with someone who has already refused.

4. **Sexual Exploitation** taking abusive sexual advantage of another.

5. **Consent** is the act of willingly agreeing to engage in sexual contact or conduct. Individuals who consent to sex must be able to understand what they are doing. “No” always means “No,” and the absence of “No” may not mean “Yes.” In order to give effective consent, one must be of legal age and have the capacity to consent. Incapacity may result from mental disability, intellectual disability, unconsciousness, age, or use of alcohol, drugs, medication, and/or other substances.

6. **Domestic/Dating Violence** means committing any assault and battery against a current or former spouse, a present spouse of a former spouse, a former spousal of a present spouse, parents, a foster parent, a child, a person otherwise related by blood or marriage, or a person with whom the perpetrator is or was in a dating relationship.

7. **Stalking** can be defined as any person who willfully, maliciously, and repeatedly follows or harasses another person in a manner that would cause a reasonable person or a member of the immediate family of that person to feel frightened, intimidated, threatened, harassed, or molested.

8. **Retaliation** any attempt to penalize or take an adverse employment, educational or institutional benefit action because of participation in a complaint.

If you or someone you know has safety concerns or needs medical attention, call 911 or go to a local emergency room immediately. After sexual misconduct, a victim has many choices and decisions to make, and an OU Sexual Assault Response Team (SART) advocate - available 24/7 - can help.

If there are no safety risks or serious injuries, consider obtaining a forensic exam. The Norman Rape Crisis Center (RCC) or the YWCA in OKC offers exams. A University advocate can accompany the victim to the exam; the RCC also has advocates on-call 24/7.

Although taking a shower may be the first thing the assaulted would like to do, it is important that you do not bathe, douche, or wash any involved clothes or bedding. Doing so will wash away evidence of the crime and make it harder to prosecute.

If someone decides not to report sexual misconduct, the individual should consider counseling with a trained professional who can provide significant support and assistance in the healing process.

The University can also assist victims with housing changes and academic challenges. OU SART or OU Student Affairs are great resources for help.

Sexual assault, sexual violence, and sexual battery are crimes. Victims are encouraged to report these crimes to the local police department. The quicker law enforcement learns of the assault, the more likely evidence can be collected and preserved and an investigation can proceed. If victims do not wish to pursue criminal charges, they may submit informational reports to campus or local law enforcement.

When sexual misconduct occurs, students also have the option of filing a complaint with the University. The Institutional Equity Office receives reports of any incident of sexual misconduct for staff, students and faculty. The Sexual Misconduct Officer (SMO) takes reports, conducts the investigation, and recommends corrective action.

The University has an obligation to investigate reports of sexual violence and take prompt and appropriate action. If a victim does not want to come forward, it will limit the University’s ability to take action.

**Sexual Misconduct Office/Officer**
1406 Asp Avenue
Walker Center, Room W220
Norman, Oklahoma 73019
Office: (405) 325-2215
Fax: (405) 325-1057
Email: smo@ou.edu
Counseling and Testing Services
University of Oklahoma

Counseling Services

Therapeutic services are provided to you with compassion and respect. We pledge to treat you with dignity.

Student Affairs
University of Oklahoma
Health Services

Counseling and Testing Services is open from Monday through Friday, 8 a.m. to 5 p.m. Additional hours are from 5 p.m. to 8 p.m. on Tuesdays and Thursdays. More information is available at the Counseling and Testing Services office, 201 East Avenue, Norman, OK 73019-0300.

Contact Information:
Charles B. Goddard Health Center
(Near Student Union, just east of Center Street at the corner of 201 East Avenue)

Office Hours:
Monday through Friday, 8 a.m. to 5 p.m.

Telephone: (405) 325-2911

Services Offered:
- Individual counseling
- Group counseling
- Couples counseling
- Faculty and Staff counseling
- Psychological services

Rates:
- Individual Counseling: $75 per session
- Group Counseling: $25 per session
- Couples Counseling: $75 per session
- Faculty and Staff Counseling: $75 per session

Telphy: (405) 325-2911

For more information or to schedule an appointment, please call (405) 325-2911 or visit the Counseling and Testing Services office.

Where Do I Call?

Two free EAP sessions are provided for faculty and staff.

Schedule an appointment or more information on to:
Call (405) 325-2911 For:

Student Affairs
University of Oklahoma

Health Services
Counseling and Testing Services
Individual Counseling

This is a process aimed at promoting personal growth and fulfillment. The goal is to develop and engage desired changes in both understanding and behavior. Clients bring to counseling a willingness to explore the important and sometimes difficult issues that are the source of their concerns. We offer short-term services and individual sessions that last 45 to 50 minutes.

Couple Counseling

This service is available for those who wish to address issues and concerns in an intimate relationship. The couple may be seen by an individual counselor or by two counselors working together.

Group Counseling

Many interpersonal difficulties are best addressed with group counseling because groups provide an opportunity to learn from each other. Groups that focus on a variety of concerns are offered each semester. Call for information about these services.

Career Counseling

Career services are offered to assist individuals in exploring various careers, choosing an academic major, and learning about personal work interests. Career assessments are available at a minimal fee to assist you in this process. Fees are based on tests taken.

Outreach and Consultations

CTS staff members use their expertise in a variety of topics to create and offer outreach presentations designed to prevent or reduce psychological distress and to educate students, faculty, and staff about psychological concerns. Clinicians also are available to consult with students, faculty, and staff who might have questions about mental health, referring someone for counseling, dealing with students or co-workers in distress or other issues. If you wish to schedule an outreach, please call CTS and ask to speak with the outreach coordinator.

Psychiatric Services

Psychiatric services are available for any individual who may benefit from medication in addition to counseling. Appointments for a medication evaluation can only be scheduled after an intake appointment with a counselor.

Emergencies

DURING OFFICE HOURS
(8 a.m. to 5 p.m., Monday through Friday)
Call 325-2911 or come to Room 201, Goddard Health Center.

AFTER-OFFICE HOURS OR ON WEEKENDS
Call Norman Regional Behavioral Health Services at (405) 307-5555 or Griffin Memorial Hospital at (405) 321-4880. If immediate assistance is required, call 911.

No appointment is needed for emergency psychological services.
What is Oklahoma Crime Victims Compensation?

Legislation that provides a method of compensation and assistance to persons who are victims of criminal acts and who suffer physical or psychological injury or death as a result.

Who Can Apply?

Eligible applicants are:
- a victim;
- a dependent of a deceased victim;
- a person authorized to act on behalf of the victim or dependent

How Do I Know if I am Eligible?

- The crime must be reported to a law enforcement agency within 72 hours.
- The claim for compensation must be filed within one (1) year of injury, death or disclosure (if victim is a minor). The one-year deadline can be waived if there is good cause. Under no circumstance may a claim be eligible after two (2) years from the injury or death.
- The claimant must cooperate fully in the investigation and prosecution of the offender.
- Compensation shall not benefit the offender or accomplice.
- Claimant could face a reduction or denial of a claim if there were any actions by the victim that may have contributed to the injury or death.

Where Does the Money Come From?

Funds awarded to victims of crime come from assessments placed on persons pleading guilty or convicted of crimes at the District and Federal Court level.

To File a Claim:
Contact your nearest District Attorney’s Office or the Oklahoma Crime Victims Compensation Program.
Victims Compensation Program
of the Oklahoma Crime
District Attorney's Office
Contact your nearest

TO FILE A CLAIM:

Oklahoma Office
District Attorney's
FOR YOUR LOCAL

Fax: (405) 264-5097
Toll Free: (800) 745-6098
Phone: (405) 264-5066
Oklahoma City, OK 73106
421 NW 13th St, Suite 290
Oklahoma District Attorney's Council
Crime Victims Compensation Board

$20,000.00
The maximum award is
required.
No arrest or conviction is
claim.
No attorney is needed to file a
sufficiency are not covered.
Property loss and pain and

Some Extra Info...

Funeral and burial expenses:
/non-
Homicide crime scene
Caregiver work loss:
Work loss or loss of support:
Cost of counseling and rehabilitation:
Prescriptions:
Medicare and dental care:
Our of pocket expenses allowable

Who Should I Contact
For More Information?

What Type Of Assistance Is Available?
the defendant; therefore, the court will instruct the jury on the law as it applies to the facts of the case. The jury will then deliberate and reach a verdict. If the jury finds the defendant guilty, they will impose a sentence. If the jury finds the defendant not guilty, they will discharge them. In either case, the court will then address the protective order issue. The court will then adjourn the proceedings. You may leave the courtroom.

THE TRIAL

You must show up for court at the date and time of your trial.

HOW TO DRESS

You must dress in business attire. You must be neat and presentable. You must dress in a manner that is appropriate for court. You must not wear any apparel that is likely to create a disturbance or cause offense to the court or the other parties in the case.

COURT ROOM BEHAVIOR

You must not have any attorneys to appear in court. You will have no opportunity to cross-examine or address your witness. You will not be allowed to make any oral statements at the trial. You will not be allowed to introduce any evidence, including photographs, videos, or other exhibits. You will not be allowed to ask any questions of your witness.

If you have evidence that you wish to present, you may do so through a written declaration. You must submit your declaration in a sealed envelope, marked "Confidential," and attach it to your witness's declaration.

PROTECTIVE ORDERS

Your Guide to Protective Orders

For more information on protective orders, please refer to the guide that is provided to you.
THE RULING

THE DEFENDANTS SIDE

sand what was recorded.

mix up or is found that the person who has been accused is under-

run if the evidence of guilt is substantial and clear, and there is no dan-

the accused person. The judge makes the decision and the decision is final.

THE DEFENDANTS SIDE

YOUR GUIDE TO PROTECTIVE ORDERS

Proteactive Orders

Proteactive Orders

Proteactive Orders

Proteactive Orders
RECOGNIZE ORDER

whether or not to issue a protective order
the defendant appears before judge. What is your evidence and do you have
a protective order in place? If you do not agree with the judge's decision, you may appeal the order.

FINAL PROTECTIVE ORDERS

You must pursue the order that you desire to enforce. This includes enforcing
your rights to safety and protection. You will need to check
whether an ex parte order is granted or not. If not, you can still

how to file

your home or workplace, or calling someone...

EX PARTE PROTECTIVE ORDERS

If you are feeling threatened or are in imminent danger,

EMERGENCY TEMPORARY ORDERS

For a regular court hearing.

Who is eligible

may also order the abuser to move out of his home. This is

YOUR GUIDE TO PROTECTIVE ORDERS
LEGAL DEFINITIONS

PRO BONO: Pro bono stands for pro bono publico latin for "for the public" meaning free legal services provided by lawyers to help people with legal problems and limited or no funds.

AFFIDAVIT: A written statement by a party in a pleading describing the party's position and what that party means to prove.

PROCEDINGS: The process by the opposing party that has not responded, notice is present.

EX PARTE: Ex parte refers to a motion or petition by or for more than one party. An ex parte judicial

MISDEMEANOR: A crime less serious than a felony; punishable by no more than one year in jail. Penalty

REASONABLE: A section of time (considered with misdemeanors and infractions, less serious crimes) usually

DEFENDANT: The person, against whom a lawsuit is filed, in certain states, and in certain types of

PETITIONER: Someone who initiates an action requesting something. For example, someone who files a

PROTECTIVE ORDER: Prevents orders may be issued to prevent a disclosure in a legal procedure.