

# Sexual Assault on Campus

## Volunteer

If you are interested in helping to end sexual violence on campus, please contact the STOP Violence Program. There are many options available to you to volunteer.

You can:

- ▷ Join a student organization to promote awareness and violence prevention
- ▷ Complete Victim Advocate training with the Albany County SAFE Project
- ▷ Become a member of the STOP Violence Coalition on campus
- ▷ Schedule a presentation with the STOP Violence Program
- ▷ Take a training sponsored by the STOP Violence Program

## Get the Facts

Victims of Sexual Assault are:

- ▷ 3x more likely to suffer from depression
- ▷ 6x more likely to suffer from post-traumatic stress disorder
- ▷ 13x more likely to abuse alcohol
- ▷ 26x more likely to abuse drugs
- ▷ 4x more likely to contemplate suicide

College-age women are 4x more likely to be the victim of sexual assault.

Men are victims too. 10% of all victims are men.

Statistics Available from the Rape, Abuse, and Incent National Network, [www.rainn.org/statistics](http://www.rainn.org/statistics)



## STOP Violence Program

Dean of Students Office  
University of Wyoming  
1000 E. University Avenue  
Department 3135  
Knight Hall Room 118  
Laramie, Wyoming 82071  
[www.uwyo.edu/stop](http://www.uwyo.edu/stop)

(307) 766-3296

Office Hours: 8am-5pm

After Hours: (307) 766-STOP (7897)

Resource produced by the STOP Violence Program  
Distributed by the Dean of Students Office



## What is Sexual Violence?

Sexual assault includes sexual intercourse, sexual contact, sodomy, or object penetration of the anus or vagina without the person's sober and enthusiastic consent. A person who is mentally or physically helpless cannot give consent. Intoxication may produce such a state of mental or physical helplessness. In addition, if consent is obtained through coercion or force, the consent is invalid and any action can be considered sexual assault.

## Get Help

There is help available to you. Talk to someone who understands what you're going through and get the help you deserve. Whether it's moments after an attack or years later, the STOP Violence program can provide the help you need. It is never too late to begin to find your ground again.

If you are a UW student, call STOP at 307-766-3296 during business hours, or after hours 307-766-7897 and ask UWPD to call the STOP Violence Victim Advocate.

If you are not a UW student, contact your area rape crisis program, by calling the Rape, Abuse & Incest National Network (RAINN) at 1800-656-HOPE.

If you are a Laramie resident, call the SAFE Project Hotline at 1-800-230-3556.

Call a close friend or relative for support.

## Safety Tips

**Trust your instincts and be yourself.** If you feel unsafe, or even uncomfortable, in any situation, go with your gut. Don't worry about what others think; your own safety comes first.

**Use your cell phone as a tool.** Make sure it's fully charged before you leave home and if you find yourself in an uncomfortable situation, shoot a quick text for a "friend-assist." Make a plan before you go out just in case your phone dies, so you can meet up with your friends at a specific location at a certain time.

**Wait to let your guard down until people earn your trust.** A college campus can foster a false sense of security. Don't assume people you've just met will look out for your best interests; remember that they are essentially strangers.

**Don't be afraid to hurt someone's feelings.** If you find yourself in an unsafe situation it's OK to lie. Make up an excuse as to why you have to go. It's better to make up a reason to leave than to stay in a possibly dangerous situation. Your safety comes before someone else's feelings.

**If you see something, say something!** Intervene if a situation seems questionable or if someone's safety is at risk. By taking action you can prevent a crime from being committed. Remember you can also contact your resident assistant or campus police.

**Stick with your friends and watch out for each other.** Arrive together, check in with one another throughout the night, and leave together. Think twice about going off alone and if, for whatever reason, you have to separate from your friends, let them know where you are going and who you are with.

Resource: [www.rainn.org/news-room/back-to-school-safety](http://www.rainn.org/news-room/back-to-school-safety)

**Drink responsibly and know your limits.** Don't accept drinks from people who you don't know or trust and never leave your drink unattended. If you have left your drink alone, get a new one. Always watch your drink being prepared. At parties, stick to drinks you got or prepared yourself instead of common open containers like punch bowls.

**Be aware of your surroundings.** Whether you're walking home from the library or at a party be mindful of potential risks. Get to know your campus and learn a well-lit route back to your dorm or place of residence. Think of a safe exit strategy. Are there people around who might be able to help you? Is there an emergency phone nearby?

