

Sexual Assault Information & Guidelines For Prevention

The term “sexual assault” can include several kinds of crimes; rape, incest, sexual harassment, child molestation, marital rape, exposure, and voyeurism.

North Country Community College will not tolerate sexual harassment. The College observes the New York State Policy on sexual harassment which states that discrimination on the basis of gender is a violation of Section 703 of Title VII of the Civil Rights Act of 1964 and will not be tolerated.



Sexual Assault Information & Guidelines For Prevention

Facts:

- Sexual assaults are acts of violence committed primarily out of anger and/or a need to feel powerful by controlling, dominating, or humiliating the victim.
- Victims of sexual assaults are forced coerced or manipulated to participate in unwanted sexual activity.
- Victims of sexual assault do not cause their assaults and are not to blame. Offenders are responsible for the assaults.
- Most perpetrators know their victims and plan their assaults.
- More assaults occur at or in the victim's home than at other locations.
- Sexual assaults are crimes and should be reported to the police.

You Don't Have To Be A Victim But If You Are, You Don't Have To Be Alone.

What Should I Do If I think I've Been Sexually Assaulted?

Note: It's important to read and become familiar with the information now as opposed to after the fact. Don't assume sexual assault can't happen to you or a friend. Be prepared.

- **GET TO A SAFE PLACE** and call a rape crisis center for information or support. North Country Community College students, employees, friends or family living in the area can call:

Sexual Assault Hotline
1-877-212-2323

Franklin County Domestic Violence Intervention
1-800-834-9474

Essex County Stop Domestic Violence
518-962-8949

Or call 911

- Take care of your body. Tell a friend for support and go to the hospital whether you plan to press charges or not.

Online sources for additional information:

National Crime Prevention Council

www.ncpc.org/publications/brochures/sexual-assault

Sexual Assault Prevention:

www.saprevention.org/

Sexual Assault Prevention:

www.4woman.gov/faq/sexual-assault.cfm

Office of Campus and Student Life

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Sexual Assault is a Major Life Crisis.

It interrupts normal life at home, at work, or at school, with friends, family or co-workers. Women of color, lesbians, and gay or straight males must often deal with cultural stereotypes and prejudice as they cope with their victimization.

Some common emotional and physical responses to sexual assault may include:

- Inability to express emotions
- Sleeplessness
- Sexual dysfunction
- Stress-related illnesses
- Nightmares
- Denial
- Drug/alcohol abuse
- Displaced anger
- Lack of concentration
- Appetite loss/overeating
- Loss of self-confidence
- Feeling of grief and despair
- Problems with authority figures, suicide attempts, and offending behaviors
- Anxiety

Recovering from sexual assault is often a slow and confusing process, which can be aided by trained advocates. Contact the Office of Campus and Student Life or call:

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- Determine whether or not you want to report the incident to the police. If there is any chance you do want to report the assault, you should not shower, bathe, douche, change clothes, or straighten up the area until medical and legal evidence is collected because these actions will destroy evidence.
- If you think you've been drugged, tell the nurse at the hospital. Every hour matters. Chances of getting proof are best when the sample is obtained soon after the substance has been ingested.

The Following Prevention Guidelines Are Recommended for the College Community:

- Tell someone where you are going and when you expect to return.
- Examine your own desires and feelings about sex and set sexual limits.
- Be assertive and communicate your limits clearly.
- Do not hitchhike. By doing so you forfeit the ability to change directions to control your movement.
- Alcohol and drugs can compromise your ability to make responsible decisions and are often related to date rape situations.

Campus Safety

- Study or work with a friend in buildings at night. Use stairs in well-lit and populated sections of a building. Keep personal belongings in view while in class, the lab or social areas.
- When in an elevator, position yourself next to the controls.
- Report any concerns to the Office of Campus and Student Life. An Incident Report is available on the campus portal. All incidents will reviewed and addressed per the college Code of Conduct, available in the College Catalog and online at www.nccc.edu. As necessary the college will work closely with local authorities to manage events.
- Upon written request, actions taken against alleged perpetrator (s) of any crime of violence or nonforceable sexual offense will be disclosed to alleged victims.

Dorm Safety

- Lock your doors at all times.
- Keep cash, jewelry and medications secured and out of sight.
- Keep all doors, especially fire doors, closed at all times.
- Clear visitors with an RA, Residence Hall Director or Security before entering the dorm.
- Keep your blinds closed to avoid ensuring privacy.
- Leave a voicemail message that does not include your name or address.
- Make sure key chains do not have personal identification on them.

Apartment/Home Safety

- Lock your doors at all times.
- List only your first initial with your phone number in the phone book.
- List only your initials and last name on the mailbox.
- Open doors only for people you know.
- Keep shrubbery trimmed so as not to provide a cover for a burglar.
- Have a phone in each room so that help is always within reach.
- Turn lights on in several rooms when you are home alone.
- Get to know your neighbors.

Protecting Your Home While Away

- Make sure all doors and windows are secured.
- Tell only good friends you will be out of town.
- Make sure your answering machine message doesn't say you are out of town and/or when you will be back.
- Leave a radio set to a talk show station.
- Set interior lights on a timer.
- Stop mail and newspaper delivery.

ATM & Night Deposit Safety

- Use indoor ATM machines whenever possible.
- Bring a friend when using the ATM, especially at night.
- Be alert and cautious of anyone loitering around the ATM/night deposit.
- Complete your transaction quickly and leave immediately.
- Protect the Personal Identification Number (PIN) for your ATM by covering the screen while you enter the numbers.

Exercise Safety

- Always exercise with a friend when outdoors at night.
- Stay in well lit and populated areas at all times.
- Reserve Public Park and use for daylight hours. Carry a personal safety device, such as a sound siren, mace or red pepper gas.

Stalking Tips

- If you think you are being stalked, seek safety.
- Document the time and dates and contact the Office of Campus and Student Life and/or the Police.

On The Street

- Accept rides only from people you know. Take a friend with you for late night excursions.
- Walk on the part of the sidewalk closest to the street, as far away as possible from shrubs, trees and doorways.
- Stay near people. Whenever possible, appear to be with a group of people. Stay in well-lit areas.
- Avoid short cuts through unpopulated areas.
- Walk in a steady pace, appear confident and purposeful.