



Standard Healthcare Services College of Nursing Primary Prevention and Awareness Program

Standard College's primary prevention and awareness program (PPAP) is an online program, designed to promote awareness and educate people about preventing dating violence, domestic violence, sexual assault and stalking. The program defines, addresses, and informs the community about dating violence, domestic violence, sexual assault and stalking. The program is designed to be culturally relevant, inclusive, and responsive to Standard College's students and employees. By incorporating information from national organizations, such as RAINN, (Rape, Abuse & Incest National Network), a national anti-sexual violence organization, the program is also informed by research from the larger, national community.

The primary prevention and awareness program is intended to stop dating violence, domestic violence, sexual assault and stalking before they occur through the promotion of positive and healthy behaviors that foster healthy, mutually respectful relationships and sexuality. The program also encourages safe bystander intervention and seeks to change behavior and social norms in healthy and safe directions. This program is provided to incoming students and staff upon entering Standard College. The following topics are addressed in the PPAP:

- The definition of dating violence, domestic violence, sexual assault and stalking.
- Standard College's PROHIBITION of dating violence, domestic violence, sexual assault and stalking.
- The definition of "consent" in Virginia.
- Safe and positive options for bystander intervention, and information on risk reduction.
- The procedures victims should follow if a crime of dating violence, domestic violence, sexual assault or stalk has occurred.
- The importance of preserving evidence that may assist in proving that the alleged criminal offense occurred or in obtaining a protection order
- How and to whom the alleged offense should be reported
- Options about the involvement of law enforcement and campus authorities, notification of the victim's option to:

- Notify proper law enforcement authorities, including on-campus and local police;
- Be assisted by campus authorities in notifying law enforcement authorities if the victim so chooses; and
- Decline to notify such authorities
- Rights of victims and institutional responsibilities for orders of protections or similar lawful orders

Standard College has the obligation to assist you in the event that dating violence, domestic violence, sexual assault and stalking occurs on campus or on public property adjacent to campus.

The PPAP identifies services available at the school, in Virginia, as well as nationally, to assist you if a crime had occurred.

Definition of Dating Violence, Domestic Violence, Sexual Assault, and Stalking

The Virginia Code definitions of domestic violence, dating violence, sexual assault, stalking and consent are:

Rape (Section 18.2-61(A)): "If any person has sexual intercourse with a complaining witness, whether or not his or her spouse, or causes a complaining witness, whether or not his or her spouse, to engage in sexual intercourse with any other person and such act is accomplished (i) against the complaining witness's will, by force, threat or intimidation of or against the complaining witness or another person; or (ii) through the use of the complaining witness's mental incapacity or physical helplessness; or (iii) with a child under age 13 as the victim, he or she shall be guilty of rape."

Stalking (Section 18.2-60.3): "Any person, ... who on more than one occasion engages in conduct directed at another person with the intent to place, or when he knows or reasonably should know that the conduct places that other person in reasonable fear of death, criminal sexual assault, or bodily injury to that other person or to that other person's family or household member is guilty of a Class 1 misdemeanor."

Dating Violence and Domestic Violence are not terms used in Virginia criminal code; **Section 18.2-57.2** prohibits **Assault and Battery Against a Family or Household Member:**

A. Any person who commits an assault and battery against a family or household member

is guilty of a Class 1 misdemeanor.

- a. Upon a conviction for assault and battery against a family or household member, where it is alleged in the warrant, petition, information, or indictment on which a person is convicted, that such person has been previously convicted of two offenses against a family or household member of (i) assault and battery against a family or household member in violation of this section, (ii) malicious wounding or unlawful wounding in violation of § 18.2-51, (iii) aggravated malicious wounding in violation of § 18.2-51.2, (iv) malicious bodily injury by means of a substance in violation of § 18.2-52, (v) strangulation in violation of § 18.2-51.6, or (vi) an offense under the law of any other jurisdiction which has the same elements of any of the above offenses, in any combination, all of which occurred within a period of 20 years, and each of which occurred on a different date, such person is guilty of a Class 6 felony.
- b. Whenever a warrant for a violation of this section is issued, the magistrate shall issue an emergency protective order as authorized by § 16.1-253.4, except if the defendant is a minor, an emergency protective order shall not be required."
- c. Other potentially relevant laws include:

Sexual battery ([Section 18.2-67.4](#)) and **aggravated sexual battery** ([Section 18.2-67.3](#))
Attempted rape, forcible sodomy, object sexual penetration, sexual battery ([Section 18.2-67.5](#)) **Object sexual penetration** ([Section 18.2-67.2](#))

Policy Statement

Standard College is committed to maintaining an educational and working environment free from all forms of discrimination, including sexual violence. Standard College prohibits acts of dating violence, domestic violence, sexual assault and stalking on campus and in the school's educational programs.

Definition of "Consent" in Virginia

Although Virginia does not provide a definition for consent, the Commonwealth defines rape and sexual battery as physical acts perpetrated against a person's will in the context of sexual violence

Adults are [criminally liable](#) for virtually any sexual contact with an individual under the age of 18 years old, which is known as Statutory Rape. In Virginia, [rape](#) and [sexual battery](#) are defined as "sexual intercourse or abuse, respectively, of a complaining witness against

their will.” The state does not require “freely given consent” or “affirmative consent” in its definition of rape.

Rape includes a sexual intercourse between a minor who is younger than 13 and a defendant of any age. This crime is a [felony](#) that incurs at least five years (and up to life) in prison, a fine, or both. (Va. Code § 18.2-61 (2018).)

Carnal knowledge of a child between 13 and 15 years old includes sexual intercourse, oral sex, anal sex, or penetration with an object, between a minor who is 13 or 14 years old and a defendant of any age. The offense is a Class 4 felony when the defendant is 18 or older, which incurs at least two (and up to ten) years in prison, a fine of up to \$100,000, or both. This offense is a Class 6 felony when the defendant is younger than 18 *and* at least three years older than the victim. This incurs at least one (and up to five) years in prison; or between one month and one year in jail, a fine of up to \$2,500, or both. And the offense is a Class 4 [misdemeanor](#) when the defendant is younger than 18 and *less* than three years older than the victim. Penalties for a Class 4 misdemeanor include a fine of up to \$250. (Va. Code §§ 18.2-10, 18.2-11, 18.2-63 (2018).)

Causing or encouraging juvenile delinquency includes sexual intercourse, oral sex, or anal sex between a minor who is 15, 16, or 17, and a defendant who is at least 18 years old. This offense is a Class 1 misdemeanor, which incurs up to one year in jail, a fine of up to \$2,500, or both. (Va. Code §§ 18.2-11, 18.2-371 (2018).)

Incapacity and Intoxication May Undermine Consent

Virginia law recognizes two kinds of incapacity that can destroy another person’s ability to consent: physical and mental. Physical incapacity exists where victims are unable to realize the sexual activity is occurring, or unable to physically or vocally resist. This state of physical helplessness exists when the alleged victim is asleep, paralyzed, in a coma, or under the effect of sedatives.

Mental incapacity may be either a temporary or permanent state. Victims might be unable to provide consent because a developmental disorder affects their cognitive abilities to the extent that they cannot understand the nature of the consequences of the sexual activity. Alternatively, this inability to understand and consent to the sexual activity may be caused by intoxication—whether it has rendered the victim unconscious or severely uninhibited. Basically, if a person’s disability, injury, or consumption of drugs or alcohol is a significant source of physical or mental impairment, it is unlikely they can provide consent.

Safe and positive options for Bystander Intervention **and Information of Risk Reduction**

Safe and Positive Options for Bystander Intervention

Everyone has a role to play in preventing sexual violence. There are safe and positive options that may be carried to make a difference to prevent harm or intervene when there is a risk of dating violence, domestic violence, sexual assault, sexual exploitation, or stalking. This approach is referred to as “bystander intervention.” Bystander intervention includes recognizing situations of potential harm, identifying safe and effective intervention options, and taking action to intervene.

Bystander Intervention and Risk Reduction

Positive options for bystander intervention and information on risk reduction.

Simple steps to becoming an active bystander:

- Notice the situation. Be aware of your surroundings.
- Interpret it as a problem. Do I recognize that someone needs help?
- Feel responsible to act. See yourself as being part of the solution to help.
- Know what to do. Educate yourself on what to do.
- Intervene safely. Take action but be sure to keep yourself safe.

How to intervene safely

- Tell another person. Being with others is a good idea when a situation looks dangerous.
- Ask a person you are worried about if they are okay. Provide options and a listening ear.
- Distract or redirect individuals in unsafe situations.
- Ask the person if they want to leave. Make sure that they get home safely.
- Call the police (911) or someone else in authority or yell for help.

What can my friends and I do to be safe?

Take care of each other. Remember these tips when you are out:

- Have a plan.
- Talk with your friends about your plans before you go out.
- Having a clear plan ahead of time helps friends look after one another.
- Go out together.
- Go out as a group and come home as a group; never separate and never leave your friend(s) behind.
- Watch out for others.
- If you are walking at night with friends and notice a woman walking by herself in the same direction, ask her to join you so she doesn't have to walk alone.
- Diffuse situations. If you see a friend coming on too strong to someone who may be too drunk to make a consensual decision, interrupt, distract, or redirect the situation. If you are too embarrassed or shy to speak out, get someone else to step in.

- Trust your instincts. If a situation or person doesn't seem "right" to you, trust your gut and remove yourself, if possible, from the situation.

What else can my friends and I do to be safe?

Watch your beverage. When you are out keep an eye on your drink. An unattended drink or accepting a drink from a stranger could be dangerous. Many rapes occur with the help of drugs being slipped into a victim's drink and most of these drugs you cannot taste or smell.

When you go to the bathroom or on the dance floor keep your drink with you.

Be careful drinking from a punch bowl at a party.

If someone you know has been assaulted

- Listen. Be there.
- Don't be judgmental.
- Be patient. Remember, it will take some time to deal with the crime.
- Help to empower them.

Sexual assault is a crime that takes away an individual's power. It is important not to compound this experience by putting pressure to do things that they are not ready to do yet.

- Let them know how they choose to proceed is entirely up to them.

Procedures to follow if a crime of dating violence, domestic violence, sexual assault, or stalking has occurred

REPORTING OPTIONS

At Standard College, a victim of sexual assault, dating violence, domestic violence, or stalking has a number of options:

1. Choose to not report the crime to police or any campus authority.
2. Report the crime to local police with the intent of pressing criminal charges.
3. Choose to be assisted by a campus security authority in notifying law enforcement authorities.
4. Report the crime to a Standard College faculty member, staff employee, campus security authority, including the Title IX Coordinator, in person, by email, or by telephone, with the intent of using Standard College's disciplinary proceedings to hold the offender

responsible. Heather Ettus is the Title IX Coordinator. Ms. Ettus can be reached by email at hettus@standardcollege.edu or by phone at 703-992-0704.

Only the victim can make this decision. It may be difficult to make complex decisions immediately after the assault. Talking with someone who can give immediate support and information, such as a sexual assault crisis counselor, a victim/witness advocate, or a family member or friend, may help you make a decision.

The box lists the names of school officials to contact if you wish to report a crime.

Name	Title	Phone Number	Email
Dr Joy Nosegbe	President	703-891-1787, ext, 108	ijnosegbe@standardcollege.edu
Heather Ettus	Deputy Executive Director & Title IX Coordinator	703-891-1787, ext, 108	hettus@standardcollege.edu
Dr. Sakpa Amara	Director of Education	703-891-1787, ext, 107	samara@standardcollege.edu
Lisley Anco	Compliance and Registrar Office	703-891-1787, ext, 111	lanco@standardcollege.edu
Rufus Nosegbe	Operation Manager	703-891-1787, ext, 110	rnosegbe@standardcollege.edu

You should not hesitate to contact one of the members listed above. In addition to wanting to assist you in this difficult moment, Standard College will comply with a request for assistance in notifying authorities.

To receive confidential help, you are encouraged to contact one of these off-campus resources:

Fairfax County Office for Women and Domestic and Sexual Violence Services 703-360-7273

Virginia Family Violence and Sexual Assault Hotline 1-800-838-8238

LGBTQ Partner Abuse and Sexual Assault Helpline 1-866-356-6998

Rape, Abuse, and Incest National Network (RAINN) 1-800-656-4673

National Domestic Violence Hotline 1-800-799-7233

Reporting With Intent To Press Criminal Charges

When a victim decides to report the crime to police and to file criminal charges, there are a number of steps involved. These include:

- Initial law enforcement officer's interview
- Medical examination
- Investigator's interview
- Prosecutor's interview
- Court procedures

In Virginia, the law enforcement agencies investigating a crime will give victims written information about their rights, including the telephone numbers of the Commonwealth's Attorney and other numbers to call for additional information or to receive services. A victim may also call the statewide toll-free Virginia Crime Victim Assistance INFO-LINE at 1-888-887-3418.

Victim/witness programs are available to provide information and assistance. It is important that victims and witnesses contact the program to learn about the different types of assistance available to them. For example, a victim who wants to receive notice of court dates or notice when an offender is released from jail must make sure the Commonwealth's Attorney and other agencies have accurate contact information.

Option Not To Report

Not all victims want to report crimes to a law enforcement agency. This is an individual decision. Without an official report, however, the law enforcement agency will not know that a sexual assault has occurred. Law enforcement agencies can only help the community when they are aware of crimes being committed. If the assailant was a stranger, the prospect of identifying the suspect greatly decreases over time, and crucial physical evidence will be lost as well. Even if you choose not to report, it is important for your own well-being that you receive medical attention immediately after the assault.

Your Rights As A Crime Victim

Virginia law contains a Crime Victim and Witness Rights Act, usually referred to as the Victims Bill of Rights. (Code of Virginia, section 19.2-1101)

The Victim Bill of Rights is intended to ensure that crime victims:

- are treated with dignity, respect, and sensitivity, and that their privacy is protected where the law allows
- are informed of their rights
- have the opportunity to make the courts aware of the full impact of the crime
- receive authorized services
- have the opportunity to be heard at all stages of the criminal justice process

Compensation For Victims Of Crime

If you are the victim of a crime in Virginia, physically/emotionally injured during the crime, injured trying to stop a crime, injured trying to catch a person who committed a crime, or are the surviving spouse, parent, grandparent, sibling, or child of a victim who was killed, you may be awarded benefits up to a maximum award of \$15,000 for certain unreimbursed losses, such as wages, medical expenses, mental health counseling expenses, funeral/burial expenses up to \$3,500, moving expenses up to \$1,000, crime scene clean-up expenses, pregnancy expenses resulting from rape, and other reasonable/necessary expenses incurred as a result of the crime (e.g., prescriptions).

In order to be eligible to apply you must:

- Report the crime to law enforcement within 120 hours (5 days) after the crime (or show good cause for not doing so), cooperate with law enforcement agencies, be willing to press criminal charges, and file a compensation claim within 1 year from the date of the crime (or show good cause for not doing so). A victim of child sexual assault has 10 years past the date of their 18th birthday to file a claim.

For more information or an application, contact the Criminal Injuries Compensation Fund: Toll-free statewide 800-552-4007 or SSAC at 703-993-3686.

Orders of Protection

Standard College does not issue orders of protection. However, Standard College informs students that the school fully supports a student's wish to obtain a protective order from the Commonwealth of Virginia. The school will honor and comply with such an orders. The School provides information to students about the available options to obtain a protective order issued by a Virginia Court.

Protective Orders Issued by a Virginia Court

Protective Orders are legal documents issued by a judge or magistrate to protect the health and safety of a person who is alleged to be a victim of any act involving violence, force or threat that results in bodily injury or places that person in fear of death, sexual assault or bodily injury.

In Virginia, there are 3 kinds of Protective Orders that can protect you and others in your family or home:

- Emergency Protective Order (up to 3 days)
- Preliminary Protective Order (lasts 15 days or until a full hearing)

- Protective Order (may last up to 2 years)

Where do I go to request a Preliminary Protective Order?

If the person from whom you want protection is a family or household member or a juvenile, or if you are a juvenile, you should go to the Juvenile and Domestic Relations District Court. Otherwise, you should go to the General District Court.

The Juvenile and Domestic Relations District Court

4110 Chain Bridge Road, 3rd floor
Fairfax, VA 22030
Phone: 703-246-3367

Arlington General District Court

1425 North Courthouse Road, Suite 2400
Second Floor
Arlington, VA 22201
Phone: 703-228-7900

How do I get a Preliminary Protective Order?

You must fill out court forms. If this matter will be in the juvenile and domestic relations district court, you file the forms with the Court Services Unit. If it will be in the general district court, you file the forms in the general district court clerk's office. You then may go into a courtroom where a judge may ask you questions to decide whether to give you a Preliminary Protective Order.

Virginia Department of Juvenile Justice

Court Services Unit
Main Street Centre, 20th Floor
600 East Main Street
Richmond, Virginia 23219
Phone: 804-371-0700
Fax: 804-371-6497
Toll Free: 1-866-603-7143

Virginia Department of Criminal Justice Services, Crime Victim Assistance INFO-LINE 1-888-887-3418

How much does it cost to file for a Protective Order?

There is no cost.

To make a safety plan, call:

Virginia Family Violence and Sexual Assault Hotline 1-800-838-8238

Confidentiality Issues

Students or staff may wish to maintain their confidentiality when bringing forward a complaint of a Clery Act crime. In the event a community member wishes to report a Clery Act crime on a voluntary, confidential basis, he/she should reach out to the Title IX Coordinator. Heather Ettus serves as the Title IX Coordinator and may be reached by email at hettus@standardcollege.edu or by phone at 703-992-0704.

Here is information about Standard College's policy regarding confidential requests:

Standard College will make every effort to respect a student or staff member's request for confidentiality. When an incident concerns sexual violence, only in limited instances will the school override the student's request for confidentiality. The Title IX Coordinator will be responsible for making this decision. The confidentiality request is evaluated in context of the school's responsibility to provide a safe and nondiscriminatory environment for all students. In all cases, however, the school will ensure that the information is maintained in a secure manner and will be handled professionally and discreetly.

If any information cannot be kept confidential, the Title IX Coordinator will determine which information and to whom it will be disclosed. The decision will be made after carefully balancing the confidentiality request with maintaining a safe community environment. The Title IX Coordinator will carefully consider who may have access to this information to minimize the risk to a victim's confidentiality.

The Title IX coordinator will also notify the student or staff member before sharing personally identifying information, will inform him/her which information will be shared, with whom it will be shared, and why.

Even when requesting confidentiality, it is important to report a Clery Act crime. Bringing the claim allows the school to protect you by increased monitoring of the situation, supervision, or security at locations or activities where the misconduct occurred. In addition, if appropriate, course schedules or tests may be changed to increase your protection and create a safe learning environment for you.

In no situations, however, will Standard College release the names or personally identifying information of victims in its publicly available recordkeeping, including Clery Act reporting and disclosures, such as Timely Warning notices, Campus Alerts or Emergency Notifications. Personally identifying information is defined in Section 40002(a)

of the Violence Against Women Act of 1994 as individually identifying information for or about an individual, including information likely to disclose the location of a victim of domestic violence, dating violence, sexual assault or stalking, regardless of whether the information is encoded, encrypted, hashed or otherwise protected, including:

- a first and last name;
- a home or other physical address;
- contact information (including a postal, e-mail or Internet protocol address, or telephone or facsimile number);
- a social security number, driver's license number, passport number or student identification number; and
- any other information, including date of birth, racial or ethnic background, or religious affiliation that would serve to identify any individual.

Standard College crime reports, however, will include sufficient detail such as dates and locations and, only where appropriate, personally identifying information, including name and contact information if available. This may be important for law enforcement purposes to ensure that all crimes are counted and to avoid double counting crimes. The report is by completed by the Title IX Coordinator for the purpose of compiling statistics for Clery Act reporting and to help determine if there is a serious or continuing threat to the safety of the campus community that would require an alert (i.e., a timely warning or emergency notification). However, those responsibilities can usually be met without disclosing personally identifying information. A report does not need to automatically result in the initiation of a police or disciplinary investigation if the victim does not want to pursue this action.

Standard College will maintain as confidential any accommodations or protective measures provided to the victim, to the extent that maintaining such confidentiality would not impair the ability of the institution to provide the accommodations or protective measures. In some cases, Standard College may need to disclose some information about a victim to a third party to provide necessary accommodations or protective measures. Again, this decision will be made based on consideration of all factors, and if the Title IX Coordinator determines that the disclosure of the information, including personally identifiable information, is necessary to protect the health or safety of the student or other individuals, the Title IX Coordinator shall immediately disclose such information to the law-enforcement agency that would be responsible for investigating the alleged act of sexual violence. Such disclosure shall be for the purposes of investigation and other actions by law enforcement. Standard College will also report information about certain allegations which would constitute a felony to the law enforcement agencies and the prosecuting authorities who would be responsible, respectively, for investigating and prosecuting such allegations.

In addition, with regards to an incident of sexual discrimination or violence, all staff and faculty members are considered a Responsible Employee. Accordingly, they are required to report to Standard College's Title IX Coordinator all relevant details (obtained directly or indirectly) about an incident of sexual discrimination or violence brought to their attention that involves any student and/or witness, including dates, times, locations, and names of parties and witnesses. Although the staff and faculty member are required to inform the Title IX Coordinator, the Title IX Coordinator will then make the determination whether the school can honor the confidentiality request.

Requests for Academic Schedule Changes

Standard College will comply with a student's reasonable request for an academic situation change following an alleged sex offense, regardless of whether the victim chooses to report the crime to local law enforcement. Factors that will be considered during this process include, but are not limited to the following: the specific need expressed by the complainant; the age of the students involved, the severity or pervasiveness of the allegations, any continuing effects on the complainant, whether the complainant and alleged perpetrator share the same transportation or job location, and whether other judicial measures have been taken to protect the complainant (e.g., civil protection orders). The Title IX Coordinator will be responsible for making this request determination.

Standard College will also provide written notification to victims about options for, as well as the available assistance in, and how to request changes to, an academic scheduling change.

Standard College will provide written notification to students and employees about off-campus counseling, health, mental health, victim advocacy, legal assistance, visa and immigration assistance, student financial aid in the community.

Standard College does offer assistance with financial aid services for students. There are no other on-campus Standard College services available with regards to the topics listed above.

PRESERVING PHYSICAL EVIDENCE

If a crime of dating violence, domestic violence, sexual assault, or stalking has occurred, preserving evidence, when possible, should be considered. Saving or preserving evidence can aid in the possibility in proving that the alleged criminal offense occurred or it may be helpful in obtaining a protection order. If you are a victim of a sexual assault, you should not wash, douche, use the toilet, or change clothing prior to a medical exam. Any

clothing removed should be placed in a paper bag. Evidence of violence, such as bruising or other visible injuries following an incident of domestic or dating violence should be documented including through the preservation of photographic evidence. Evidence of stalking, including any communication, such as written notes, voicemail, or other electronic communications should be saved and not altered in any way.

Having a forensic examination will help preserve evidence in case you decide at a later date to file a police report to prove that the alleged criminal offense occurred or that may be helpful in obtaining a protection order.

Medical Exam Following Sexual Assault

If you go to a hospital as a result of a sexual assault, you are entitled to a free evidence collection examination performed by a sexual assault nurse examiner. In Northern Virginia, one hospital for such an exam is Inova Fairfax Hospital where they have specially trained nurses on call 24 hours a day for such purposes. Inova Fairfax Hospital provides care to sexual assault victims no matter where in Northern Virginia the crime occurred. The nurse will collect the evidence and ask the police in the jurisdiction where the crime occurred to pick it up and store it for at least six months. The evidence will be in a box marked only with a number, not your name. You are not required to make an official police report for this evidence to be collected. If you later decide to make such a report, the hospital will give your name to the police and the evidence kit will be tested for possible use in a court case.

Contact information for Inova Hospital: 703-776-6666 or AFTER HOURS: 703-776-4001 and ask to page the FACT nurse. You may send an email for information:

<http://www.inova.org/inova-in-the-community/fact>

If the Assault Occurred Sometime Ago

You may just now be realizing that your experience was unwanted, or may finally be ready to call the experience a sexual assault. Even if the incident did not take place recently, you still have options.

- Remember that sexual assault is never your fault. Believe in yourself. Get the support you deserve and give yourself time to heal.
- Consider seeking medical attention. You may still need treatment of physical symptoms.
- Seek counseling. Unresolved experiences of sexual assault can have long-term psychological and social effects.
- Take advantage of resources that are there for you.

If an assault just occurred

- Remember the assault was not your fault.
- Go to a safe place.
- If you do not feel safe and need immediate police or medical assistance, call 9-1-1. Police can also take you to the hospital or meet you there.
- Contact the Fairfax County Police Department at 703-691-2131 (non-emergency).
- Contact Inova Hospital: 703-776-6666 or AFTER HOURS: 703-776-4001 and ask to page the FACT nurse. Email Information: <http://www.inova.org/inova-in-the-community/fact>
- Contact someone who can help you: a friend, police, or the national organization RAINN at 1-800-656-4673.
- Get medical attention at a hospital emergency room right away. You do not have to report the incident to the police to be seen in the emergency room or to have an evidence-gathering exam (e.g., using a physical evidence recovery kit, or PERK).
- Seek medical help whether or not you want to report the incident. You may have injuries you are not aware of, and a doctor can help you do what you can to prevent pregnancy or sexually transmitted infections.
- Do not shower, drink or eat, douche, or change your clothes. These activities destroy important physical evidence in the event that you decide to press criminal charges against the assailant.
- As soon as you have a quiet moment, write down everything that you remember happening, with as much detail as possible. This will help with your own healing process and in any legal action you might decide to take.

IN CASES OF STALKING

Under no circumstances should you agree to meet with the perpetrator face to face to “work it out” or “talk.” Meeting a stalker in person can be very dangerous.

- Tell someone. Resources like a campus security authority are here to help you.
- Send one, clear written warning. This warning should convey that the contact is unwanted, and tell the perpetrator to cease all communications of any kind. Do this only once. Then, no matter the response, under no circumstances have further contact with the stalker.
- Collect and document all evidence. Save all email, postings, or other communications in both electronic and hard-copy form. If possible, save all of the header information from emails and newsgroup postings. Record the dates and times of any contact with the stalker. All evidence of stalking should be preserved to aid in obtaining a protection order against a perpetrator.
- Keep a detailed log of stalking behavior. Start a log detailing each communication (e.g., date, time, type of incident, witnesses, etc.). You may also want to document how the stalking is affecting you and any steps you have taken to stop it (e.g., blocked number, unfriended on Facebook, asked the stalker to stop).

- File a report with Fairfax County Police. Save copies of police reports and record all contact with law enforcement officials and the prosecutor's office. Add these notes to your Stalking Log.
- Call Fairfax County Police at (703) 591-0966
- Change your contact information. You may want to consider changing your email address, Internet Service Provider (ISPs), and/or phone number, and consider using encryption software or privacy protection programs.

IN CASES OF RELATIONSHIP VIOLENCE

Getting Help

- Violence is never the victim's fault.
- Know that you have legal choices. Call Fairfax County Police at (703) 591-0966
- Trust your instincts and do not second-guess your feelings.
- Know that you are not alone. More than two million reports of dating/ domestic violence occur every year.
- Ask a friend, family member, professor, or crisis center for help.
- If you are physically hurt, seek medical attention.
- Getting help is the best thing you can do for yourself and your health.
- Giving Help
- Believe the person. He or she will need you to be supportive and understanding
- Do not ask too much. The person may feel uncomfortable about involving others, and will open up when ready.
- Be supportive by listening or gathering information and resources