

Sexual Assault: You Are Not Alone

**Pace University's Guide to
Options, Resources, and Support**

PACE
UNIVERSITY

What Should I Know as a Pace Student?

Sexual assault, including date/acquaintance rape, is of very serious concern to the University community. Pace University is strongly committed to this issue and strictly enforces the University's prohibition of sexual assault pursuant to its Sex-Based Misconduct Policy and Procedure. This brochure is intended to inform survivors of sexual assault, friends and family of survivors, or other community members about resources available to them at Pace University.

The Pace University Sex-Based Misconduct Policy and Procedure can be found at: **www.pace.edu/sex-based-misconduct-policy**

Important Campus and Community Resources

Confidential resources will not disclose any information you share with them to the University regarding an alleged sexual assault unless you ask them to do so.

All non-confidential resources are required to communicate relevant information regarding an alleged sexual assault to Lisa Miles, Title IX Coordinator/Affirmative Action Officer, so that the University can respond appropriately to help students and protect the University community. Please note: all faculty are non-confidential resources. If a student requests confidentiality after reporting an incident to a non-confidential resource, the Title IX Coordinator/AAO will evaluate the request based upon a variety of factors discussed in greater detail in the Confidentiality Protocol, which can be found at **www.pace.edu/confidentialityreporting**.

Mobile Resources



The Counseling and Personal Development Center on the Westchester Campus (CPDC) has an app to help you while you're on the go. The Just in Case app supplies potentially life-saving mental health information to Pace University students, staff, and faculty. This smart phone app puts vital information and support options at your fingertips. Scan the code for their Just in Case app, just in case you or a friend needs help.



With the Circle of 6 App, you can connect with your friends to stay close, stay safe, and prevent violence before it happens. To learn more, visit **www.circleof6app.com**.

New York City Campus

Confidential Resources

Anti-Violence Project

Resource for LGBTQ + Survivors

(212) 714-1141

www.avp.org

Counseling Center*

156 William Street, 8th Floor

(212) 346-1526

24/7 On-call staff

Office of Sexual Assault Education and Prevention

Jessica Garett, LCSW

Sexual Assault Education and Prevention Specialist

(212) 346-1931

jgarett@pace.edu

Peer Advocates Against Sexual Assault (PAASA)

paasa@pace.edu

University Health Care

One Pace Plaza, 6th Floor

(212) 346-1600

Academic Semesters:

M–F, 8:00 a.m.–6:00 p.m.

Winter/Summer Sessions:

M–F, 9:00 a.m.–5:00 p.m.

New York State Coalition Against Sexual Assault*

1 (800) 942-6906 or www.nyscasa.org

RAINN — Rape Abuse and Incest National Network*

1 (800) 656-HOPE (4673) or

www.rainn.org

Non-Confidential Resources

University Safety and Security*

One Pace Plaza, B Level

(212) 346-1800

Office of the AVP/Dean for Students, Student Affairs

41 Park Row, 9th Floor, Room 907

(212) 346-1306

Title IX/Affirmative Action Office

163 William Street, 10th Floor

(212) 346-1310

Residential Life and Housing*

One Pace Plaza, 6th Floor

(212) 346-1295

24/7 On-call staff

New York Police Department*

9-1-1

Hospitals*

Bellevue Hospital

(212) 562-4141

www.nyc.gov/bellevue

Mount Sinai Medical Center Sexual Assault and Violence Intervention (SAVI) Program

(212) 423-2140

www.mssm.edu/SAVI

New York-Presbyterian/ Lower Manhattan Hospital

(212) 312-5000

www.nyp.org/lowermanhattan

Westchester Campus

Confidential Resources

Anti-Violence Project

Resource for LGBTQ + Survivors

(212) 714-1141

www.avp.org

Counseling Center*

Administrative Center

(914) 773-3710

24/7 On-call staff

Office of Sexual Assault Education and Prevention

Erin Doolin

Sexual Assault Education and Prevention Specialist

(914) 597-8783

edoolin@pace.edu

Fighting Ignorance and Rape with Education (FIRE)

fire@pace.edu

University Health Care

Paton House, Ground Level

(914) 773-3760

Academic Semesters:

M, W, and Th, 9:00 a.m.–6:00 p.m.

T and F, 9:00 a.m.–5:00 p.m.

Winter/Summer Sessions:

M–F, 9:00 a.m.–5:00 p.m.

Center for Spiritual Development

(914) 773-3767

pacechaplain@pace.edu

Victim's Assistance*

Westchester Community Opportunity Program, Inc.

1 (855) 827-2255 or

www.westcop.org/victims-assistance

Putnam/Northern Westchester Women's Resource Center*

(845) 628-9284

24-Hour Hotline: (845) 628-2166

www.pnwsrc.org

Pace Women's Justice Center

78 North Broadway

Pace Law School

Helpline: (914) 287-0739

New York State Coalition Against Sexual Assault*

1 (800) 942-6906 or www.nyscasa.org

RAINN — Rape Abuse and Incest National Network*

1 (800) 656-HOPE (4673) or

www.rainn.org

Non-Confidential Resources

University Safety and Security*

Pleasantville

Alumni Hall

(914) 773-3400

Office of the AVP/Dean for Students, Student Affairs

Kessel Student Center

(914) 773-3351

Residential Life and Housing*

Elm Hall, Suite 132

(914) 597-8777

24/7 On-call staff

Title IX/Affirmative Action Office

163 William Street, 10th Floor

(914) 923-2610

Safe Rides*

Pace security escort or taxi service

(914) 773-3400, (914) 923-2630

Mt. Pleasant Police Department*

9-1-1

New York State Police

1 (844) 845-7269

Hospitals*

Phelps Memorial Hospital

(914) 366-3590

www.phelpshospital.org

Westchester Medical Center

(914) 493-7307

www.westchestermedicalcenter.com

Westchester Medical Center has a Sexual Assault Nurse Examiner (SANE) on staff, but you can seek care at any local hospital, even if you think you don't want to press charges.

Law School Campus

Confidential Resources

Anti-Violence Project

Resource for LGBTQ + Survivors

(212) 714-1141

www.avp.org

Counseling Center*

Administrative Center, Pleasantville

(914) 773-3710

University Health Care

Paton House, Ground Level, Pleasantville

(914) 773-3760

M–F, 9:00 a.m.–5:00 p.m.

Center for Spiritual Development

(914) 773-3767

pacechaplain@pace.edu

Victim's Assistance*

Westchester Community
Opportunity Program, Inc.

1 (855) 827-2255 or

www.westcop.org/victims-assistance

Putnam/Northern Westchester Women's Resource Center*

(845) 628-9284

24-Hour Hotline: (845) 628-2166

www.pnwwrc.org

Pace Women's Justice Center

78 North Broadway, Pace Law School

Helpline: (914) 287-0739

New York State Coalition Against Sexual Assault*

1 (800) 942-6906 or www.nyscasa.org

RAINN — Rape Abuse and Incest National Network*

1 (800) 656-HOPE (4673) or

www.rainn.org

Non-Confidential Resources

University Safety and Security*

Law School

Preston Hall, White Plains

(914) 422-4111

Title IX/Affirmative Action Office

163 William Street, 10th Floor

(914) 923-2610

Dean for Students, Pace Law School

Aloysia Hall

(914) 422-4136

Residential Life and Housing*

Dannat Hall

(914) 422-4110

24/7 On-call staff

White Plains Police Department*

9-1-1

New York State Police

(844) 845-7269

Hospitals*

White Plains Hospital

(914) 681-0600

www.wphospital.org

Westchester Medical Center

(914) 493-7000

www.westchestermedicalcenter.com

Westchester Medical Center has a Sexual Assault Nurse Examiner (SANE) on staff, but you can seek care at any local hospital, even if you think you don't want to press charges.

What Is Sexual Assault?

- **Sexual Assault** encompasses two categories of misconduct—Nonconsensual Sexual Contact and Nonconsensual Sexual Intercourse.¹
- **Nonconsensual Sexual Contact** is any intentional touching, however slight, for purposes of sexual gratification or with sexual intent, of the private body parts (including genitalia, anus, groin, breast, inner thigh, or buttocks) without Affirmative Consent. This may include non-penetrative acts, touching directly or with an object, and/or touching the private body parts of another over clothing. This may also include forcing or causing another without Affirmative Consent to touch one's own private body part.
- **Nonconsensual Sexual Intercourse** is any sexual intercourse, however slight, with any object or body part by a person against another person that is without Affirmative Consent and/or by force. Sexual assaults of this type can be sub-defined by the following:
 - **Rape:** the penetration, no matter how slight, of the vagina or anus with any body part or object, or oral penetration, by a sex organ of another person, forcibly or without consent or where the victim is incapable of consent due to mental or physical incapacity.
 - **Statutory Rape:** Non-forcible sexual intercourse with a person who is under the statutory age of consent. In New York, the statutory age of consent is 17 years old.
- **Sexual Exploitation** occurs when, without Affirmative Consent, an individual takes sexual advantage of another.
- **Affirmative Consent** is a knowing, voluntary, and mutual decision among all participants to engage in sexual activity. Consent can be given by words or actions, as long as those words or actions create clear permission regarding willingness to engage in the sexual activity. Silence or lack of resistance, in and of itself, does not demonstrate consent. The definition of consent does not vary based upon a participant's sex, sexual orientation, gender, gender identity, or gender expression.

Each person involved in the sexual activity is responsible to ensure that they have the Affirmative Consent of the other or others to engage in the sexual activity. A person who has been drinking alcohol or using drugs is still responsible for ensuring that he/she has the other person's Affirmative Consent to engage in any sexual activity. Affirmative Consent must be ongoing throughout a sexual activity and can be withdrawn at any time, and, if it is, the sexual activity must stop. Consenting to a specific sexual activity does not constitute consent to any other sexual act. Consent is not assumed based on previous consensual encounters or implied by a relationship. Consent to a sexual encounter with one person does not constitute consent to such an encounter with another.

Consent does not exist when there is the presence of threat, coercion, force, or intimidation. Lack of protest or resistance does not mean consent. Consent cannot be given when a person is incapacitated. Incapacitation occurs when an individual lacks the ability to knowingly choose to participate in sexual activity. Depending on the degree of intoxication, someone who is under the influence of alcohol, drugs, or other intoxicants may be incapacitated and therefore unable to consent.

¹ Sex offenses under New York State law are defined in Article 130 of the NYS Penal Code. A summary of New York State Penal Code 130 sex offenses and the penalties for commission of sex offenses is available online at <http://codes.lp.findlaw.com/nycode/PEN/THREE/H/130>.

Further information about sex offenses and resources for victims is available at http://www.svfreenc.org/survivors_legal.html#A.

References to Penal Code sections are provided for information purposes only. The University enforces its Policy and not the Penal Code provisions.

Care After a Sexual Assault

If you have been, or believe you have been, sexually assaulted, here are some steps to consider taking:

- Find a safe place to go to and seek out the support of someone you trust.
- Know that what happened is not your fault and you are not alone.
- Consider seeking medical treatment and if you choose to attain medical treatment, avoid showering, using the restroom, changing your clothes or brushing your teeth if possible.
- Connect to resources on or off campus that can provide you with further support as well as give you information on your rights as a survivor.
- Know that in an emergency Pace University Campus Security and local police are always available to respond:
NYC: (212) 346-1800
PLV: (914) 773-3400
Law School: (914) 422-4111
Local police: (9-1-1)

Reasons to Consider Seeking Medical Treatment:

- i. After a sexual assault, you may wish to seek medical treatment to treat any physical injuries.
- ii. At a medical visit, you are also able to receive STI testing, prophylaxis medication, or emergency contraception to prevent unwanted pregnancy.
- iii. In addition, you may wish to have the option of receiving a medical exam that will allow for the preservation of evidence.

You are able to receive this medical exam, referred to as a **sexual assault forensic exam**, if the assault occurred within the last 72 hours. A Sexual Assault Nurse Examiner (SANE), administers this exam and collects DNA evidence (this is the reason why not showering, using the restroom, changing clothes, or brushing teeth is important) that can help identify the perpetrator **IF** you decide to report the crime now or down the road.

You do not have to agree to a forensic exam to receive medical treatment. You also have the option of agreeing to all, some, or none of the sexual assault forensic exam. Additionally, you do not have to report the assault to law enforcement at the time of this exam. This “kit” is held by the hospital for

30 days. After 30 days, the hospital is required to notify the survivor that the evidence will be discarded if the survivor chooses not to report to law enforcement.

Medical Treatment Options:

NYC Campus

Hospitals that can administer the sexual assault forensic exam are:

- **Mount Sinai Beth Israel**
First Avenue at 16th Street
New York, NY 10003
(212) 420-2000
- **Lenox Hill HealthPlex**
30 7th Avenue
New York, NY 10011
(646) 665-6000

Westchester Campus:

- **Westchester Medical Center**
100 Woods Road
Valhalla, NY 10595
(914) 493-7000

Additional options for receiving medical care:

- Pace University Health Care is fully equipped to assess your injuries, test for and treat STIs, and provide emergency contraception to prevent unwanted pregnancy. **Services are confidential.**
- Your local general practitioner or gynecologist.

How to Help a Friend

- **Listen.** Do not ask a lot of prying questions. Let your friend take her or his time to share the details.
- **Believe.** People rarely make up stories about being sexually assaulted. Don't express skepticism. Expect a friend in crisis to be confused. Don't criticize.
- **DO NOT blame the victim.** Reinforce that your friend is not to blame.
- **Empower.** Help your friend understand and consider her or his medical, legal, and psychological options, but let her or him decide what action to take.
- **Encourage.** Support your friend by encouraging her or him to get medical attention, even if she or he is not going to press charges.
- **Share.** Educate your friend about the common reactions [see next page] to sexual assault in order to help normalize their experience.
- **Be patient.** Recovery from sexual assault trauma is slow. Let the person proceed at their own pace.
- **Support.** Assure your friend that you will be available to provide support throughout the process of recovery.
- **Know your limits.** There are times where professional help is best. A trained therapist may be essential to helping your friend work through trauma associated with the assault and find more effective ways of coping. If your friend is not ready for counseling now, they may be ready later on. In the future, gently remind them about counseling services.
- **Get support.** You may have strong feelings about the trauma. If needed, seek counseling for yourself.

Counseling

The Pace University Counseling Center can provide you with free and confidential individual or group professional counseling services to help you deal with the assault, as well as help you get connected to other resources in the community. Contact your campus' Counseling Center at (212) 346-1526 in New York City or (914) 773-3710 in Westchester. Or, you can get in touch with a local rape crisis center by contacting Victim's Assistance Services at 1 (855) 827-2255.

Counseling can:

- Assist you in understanding and working through your reactions to the assault.
- Enhance your coping skills and ability to deal with the assault.
- Provide support throughout the legal and/or campus judicial decision-making process.
- Minimize the potential long-term effects of sexual assault.

Common Reactions Following Sexual Assault*

Physical: trouble sleeping, nightmares, headaches, loss of appetite, overeating, stomach problems, and/or muscle tension.

Emotional: denial, fear, sadness, anger, guilt, shame, embarrassment, crying spells, flashbacks, irritability, depression, and/or suicidal thoughts.

Social: fear of being in public or in social situations, withdrawing from friends, difficulty trusting others, and/or trouble with physical intimacy in relationships.

Academic: lack of concentration, impaired memory, missing classes, and/or lack of motivation.

*** It is important to remember that ANY emotional response is normal. You may feel very upset, very calm, or anything in between. Everyone reacts differently. You may also experience rapid changes in your mood, which are to be expected.**

Misconceptions About Sexual Assault

Misconception: Most sexual assaults are committed by strangers.

Truth: More than 75 percent of reported sexual assaults are committed by someone known to the survivor.

Misconception: Only women can be sexually assaulted.

Truth: Sexual assault can happen to people of all backgrounds, sexualities, and gender identities.

Misconception: Sexual assault is about sex.

Truth: Sexual assault is an act of violence, not sex. Rapists use sexual assault as a weapon of power and control over a victim.

Misconception: A person cannot change their mind during a sexual encounter and say “no” midway.

Truth: A person can say “no” (revoke consent) at ANY time for ANY reason.

Misconception: Sexual assault is caused by the victim (e.g., flirting, dressing a certain way, drinking).

Truth: Rapists are the cause of rape. Sexual assault is a crime of violence and control that stems from one person's desire to exercise control over another. A victim is never to blame for unwanted sexual activity.

Misconception: Victims lie about being sexually assaulted or give false reports.

Truth: According to data shared by the FBI, only two to four percent of reported rapes are false—the same percentage of the false reporting of other crimes.

Safety Tips

Trust your instincts. If you feel unsafe, go with your gut. Don't worry about what others think; safety comes first.

Use your cell phone. Make sure it's charged before you leave home and coordinate with a friend if you need to text him or her for a "friend-assist." Also, make a plan in case your phone dies, so you can meet up with your friends at a familiar location at a certain time.

Wait for people to earn your trust. Don't assume people you don't know well will look out for your best interests.

Don't be afraid to hurt someone's feelings. If you find yourself in an unsafe situation, it's okay to lie. It's better to make up a reason to leave than to stay in a possibly dangerous situation.

If you see something, say something! Intervene if you see a situation that seems risky to someone's safety. By stepping up, you can possibly prevent a crime. Also, don't be afraid to call Pace University Safety and Security. Reporting something to the Office of Safety and Security does not mean you have to file a police report.

Stick with your friends. Arrive at events together, check in with one another throughout, 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.

Be responsible and know your limits. If you've decided to drink, don't accept drinks from people who you don't know or trust. Don't leave a 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.

Watch out for your friends. If a friend seems out of it or is too intoxicated, get him or her to a safe place.

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 the campus and neighborhood and learn well-lit walking or driving routes. Think of a safe exit strategy.
Source: www.dosomething.org

Amnesty for Students Who Report Sex-Based Misconduct

The health and safety of every student at Pace is of utmost importance. The University realizes that students who have been drinking and/or using drugs (whether such use is voluntary or involuntary) at the time that violence, including but not limited to domestic violence, dating violence, stalking, or sexual assault occurs may be hesitant to report such incidents due to fear of potential consequences for their own conduct. Pace strongly encourages students to report domestic violence, dating violence, stalking, or sexual assault to University officials. A student bystander or student incident participant acting in good faith, who reports

or discloses any incident of domestic violence, dating violence, stalking, or sexual assault to Pace University officials or law enforcement will not be subject to the University's code of conduct action for violations of alcohol and/or drug use policies occurring at or near the time of the commission of the domestic violence, dating violence, stalking, or sexual assault, in accordance with the [University's Drug and Alcohol Amnesty Policy](#).

Students' Bill of Rights in Cases Involving Sexual Assault, Domestic Dating Violence, and Stalking

All students have the right to:

- Make a report to local law enforcement and/or state police;
- Have disclosures of domestic violence, dating violence, stalking, and sexual assault treated seriously;
- Make a decision about whether or not to disclose a crime or violation and participate in the judicial or conduct process and/or criminal justice process free from pressure by Pace University;
- Participate in a process that is fair, impartial, and provides adequate notice and a meaningful opportunity to be heard;
- Be treated with dignity and to receive from the University courteous, fair, and respectful health care and counseling services, where available;
- Be free from any suggestion that the reporting individual is at fault when these crimes and violations are committed, or should have acted in a different manner to avoid such crimes or violations;
- Describe the incident to as few institution representatives as practicable and not be required to unnecessarily repeat a description of the incident;
- Be protected from retaliation by Pace, any student, the accused, and/or the Respondent, and/or their friends, family, and acquaintances within the jurisdiction of Pace;
- Access to at least one level of appeal of a determination;
- Be accompanied by an adviser of choice who may assist and advise a reporting individual, accused, or Respondent throughout the judicial or conduct process, including during all meetings and hearings related to such process; and
- Exercise civil rights and practice of religion without interference by the investigative, criminal justice, or judicial or conduct process of Pace University.



Office of Student Affairs
www.pace.edu/sexual-assault