

Tips to help you stay safe:

- Be aware of your surroundings. Knowing where you are and who is around you may help you find a way out of a bad situation.
- Try to avoid isolated areas. It is more difficult to get help if no one is around.
- Walk with purpose. Even if you don't know where you are going, act like you do.
- Trust your instincts. If you feel uncomfortable about a person or situation, try to remove yourself from the situation immediately. Don't be afraid to make a scene if you are confronted.
- Try not to load yourself down with packages or bags as this can make you appear more vulnerable.
- Make sure your cell phone is with you and charged.
- Avoid putting headphones in both ears so that you can be more aware of your surroundings, especially if you are walking alone.

Resources

UWS Campus Safety

211 from any campus phone
503-206-3206 from off-campus phones

UWS TIPS report: TIPS is an online tool that enables students, faculty, staff and community members to confidentially report issues.

www.uws.edu/tips-reporting-tool/

Call to Safety

Support for all survivors of domestic and sexual violence and sex trafficking.

Crisis line: 503-235-5333, or 888-235-5333

www.calltosafety.org

Bradley-Angle

Emergency shelter for survivors of domestic violence seeking safety. Culturally specific services available for LGBTQ and African American community.

503-281-2442

www.bradleyangle.org

RAINN (Rape, Abuse, and Incest National Network)

Free, confidential, 23/7 sexual assault hotline and support services for all.

800-656-HOPE (4673)

www.rainn.org/ (includes 24/7 Live Chat assistance)

The Gateway Center for Domestic Violence

Drop-in center for survivors of intimate partner violence and their children. Services include: counseling and therapeutic services, child care, safety and crisis planning.

503-988-6400

www.portlandoregon.gov/gatewaycenter



Sexual Assault and Interpersonal Violence Resources

University of Western States (UWS) is committed to creating and sustaining an environment in which students, faculty and staff can study and work in an atmosphere that is open, healthy and safe. Consistent with this commitment and in keeping with federal and state law requirements, it is the policy of the college that sexual assault, sexual exploitation and domestic violence WILL NOT be tolerated. Nonconsensual sexual conduct and other forms of sexual violence can be traumatizing and detrimental to a person's learning experience and overall health, and have no place in our community.

What is Sexual Misconduct ?

Sexual misconduct is a type of violence that uses power, control and or intimidation to harm another. It includes sexual harassment, sexual assault, domestic violence, dating violence and stalking. It occurs when there is absence of consent.

Sexual misconduct does not occur solely between specific types of people or in specific places; incidents of sexual misconduct can happen to anyone, regardless of sex, gender, age, ethnicity, class, religion, sexual orientation, clothing, demeanor, relationship status or any other choice or identity. The only person who is ever at fault for sexual misconduct is the perpetrator.

What is Interpersonal Violence?

Interpersonal violence occurs when a person attempts to have power and control over another. The abuse can occur through the use or threat of physical, sexual or emotional violence, economic control, isolation or other kinds of coercive behavior.

What to do if you are sexually assaulted:

Get to a safe place immediately. Call 9-1-1 if you are able and in immediate danger.

Contact someone who can help you. Many crisis lines (like Call to Safety) have trained staff available for help and support 24/7.

Consider seeking medical attention. Even if you do not intend to report or if it has been a while since the assault, you may still benefit from medical attention. Medication to prevent pregnancy and sexually transmitted infections is available.

If you want to report the incident, consider contacting local law enforcement, a medical professional or other survivor resource. You can also contact the National Sexual Assault Hotline at 800-656-HOPE (4673) to be connected to local resources.

How to support survivors of sexual or interpersonal violence:

Listen

Do not ask questions about the details of the experience. Just listen.

Believe

Believe their story. It will help in their recovery. Remember they may have trouble understanding or remembering what happened to them.

Accept

Allow them to make their own decisions about what they want to do. Do NOT make the decisions for them.

Validate

Validate their experience. Communicate that it is not their fault under any circumstances.

Support

Find out what they need from you.

Local hospitals that can collect evidence after a sexual assault:

Portland Adventist
10123 SE Market St.
Portland, OR 97216
503-257-2500
www.adventisthealthnw.com

Kaiser Sunnyside
10180 SE Sunnyside Rd.
Clackamas, OR 97015
503-652-2880
www.kaiserpermanente.org

OHSU
3181 SW Sam Jackson Park Rd.
Portland, OR 97239
503-494-8311
www.ohsu.edu

