

Female or Male Victims of Sexual Assault

If you or someone you know has been a victim of sexual assault or rape, contact the WSU Sexual Assault Response Coordinator, Cassandra Nichols, Ph.D. 335-4511(day) 332-1505 (after hours), or the community sexual assault 24 hour hotline (ATVP) at 332 – 4357 (HELP).

You will receive assistance with

- **Accessing medical, counseling, advocacy and other services,**
- **Filing an anonymous report or reporting to the Police Department or the Office of Student Conduct**
- **Addressing housing or academic concerns.**

*You will be treated with
Dignity
and your choices will be
Respected.*

Resources:

Medical

WSU Health & Wellness Services
335-3575
www.hws.wsu.edu

Pullman Regional Hospital
332-2541

Counseling

WSU Counseling & Testing Services
335-4511 (day) 332-1505 (night)
www.counsel.wsu.edu

Advocacy

Alternatives to Violence
of the Palouse (ATVP)
332-4357 (HELP)

Women's Resource Center
335 – 6849

Gay, Lesbian, Bi-sexual,
and Allies Program
334 – 4168 (daytime)

Police Departments
911 (emergency)
WSU Police 335-8548
Pullman Police 334-0802

Office of Student Conduct
335-4532

Transportation
Women's Transit
335 - 6830

Sexual Misconduct Prevention &
Response Task Force
www.sexualassault.wsu.edu

Women and Sexual Consent



The purpose of this pamphlet is to provide basic information about sexual consent for women. It is a first step to understanding the complex issue of sexual decision making, communication & healthy relationships. As this is not an exhaustive resource, we hope you use this information & the enclosed resource list to continue to explore this topic

**The Sexual Misconduct
Prevention & Response Task
Force**
www.sexualassault.wsu.edu

Important Definitions

Consent is for Everyone: The information in this pamphlet applies to all persons regardless of age, gender, sex, sexual orientation, relationship status, and/or whether you are currently involved in a sexual relationship.

What is consent? It means that at the time of the act, there are actual words or physical conduct indicating freely given agreement to have sexual intercourse or sexual contact. Obtaining consent is an on-going process of mutual communication as sex progresses, regardless who initiates it.

One of the conditions for the occurrence of sexual assault is when the victim is incapable of consent by reason of being physically helpless, or fearful for their own safety, or mentally incapacitated.

Mental incapacity prevents a person from understanding the nature or consequences of the sexual act. That condition can be produced by illness, defect, the **influence of a substance** (Alcohol/Drugs), or another cause.

Sexual Assault is any form of sexual conduct without consent, including rape. Examples may include kissing, touching, oral sex, and intercourse.

Non-Stranger Sexual Assault is committed by someone that the victim knows. The assailant can be someone the victim knows well, such as a friend, boyfriend or girlfriend, or co-worker. The assailant can also be someone with whom the victim is acquainted, such as a classmate, a date, a neighbor, or a friend of a friend. He or she can also be someone the victim just met at a party.

Did you know? Eight of 10 reported sexual assaults occur between two individuals **who know one another** in some way. The great majority of these assaults **involve the use of alcohol or drugs** by one or both parties. Alcohol & drugs impair one's ability to give or get consent.

Guidelines for Consent in Intimate Relationships

(Berkowitz, 2001)

Healthy sexual contact between two people is mutual and is consenting. Use these four guidelines to make sure you've given and received consent.

Guideline #1: Both people are fully conscious. When sex involves alcohol or drugs the issue of consent may be clouded. There is a good chance that at least one person is not fully aware of what is going on and may not be able to give clear consent. *Is she/he interested or intoxicated?* Know the difference!

Guideline #2: Both people are equally free to act. Both parties are equally free to act without the presence of a power differential or environment factors (having to walk home alone, differences in size or weight, position of power/authority, coercion, or hazing).

Guideline #3: Both people have clearly communicated their intent. A lack of "no" or non-resistance does **not** constitute consent ("But she/he didn't say anything... I didn't know it was a problem!").

Guideline #4: Both people are honest and sincere in their desires. Saying things to "get sex" isn't healthy, honest, or sincere. The other person is likely to feel taken advantage of in the end.

Reflect on what kind of experience you want to have. Know your sexual intentions and your limits. Communicate them clearly!

How Women Can Reduce Risk for Miscommunication & Assault

- **E**ducate yourself about issues of consent & sexual decision making.
- **M**ake a personal commitment to treat yourself and others with respect.
- **Q**uestion stereotypes about women regarding emotions, sex, relationships & communication.
- **G**o to parties or clubs with friends you trust and agree to look out for one another.
- **D**rink moderately or not at all. Mixing alcohol and/or drugs with sex (especially with someone you don't know very well) can increase the risk for having your behavior examined. It makes it more difficult to know what happened in a situation. This is true for men and for women. This is true for someone who has been assaulted or for someone who is accused of perpetrating an assault.
- **L**isten and watch the person you are with in sexual situations. Ask and make sure you understand the words and gestures/signals your partner is giving you. Silence or no answer is **not** consent. **Never** pressure anyone for sex.
- **T**rust your gut feeling. If a situation doesn't feel right, leave immediately. Don't be afraid to ask for help or, if needed, to make a scene if you feel threatened.
- **S**peak up or act if you see a situation that is risky for women or men. Pulling a friend aside and checking in with him/her can help reduce everyone's risk.
- **B**elieve someone who tells you about an assault. Listen carefully to her/him and ask how you can help. Use the resources in this pamphlet for referral.