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Dear Survivor,

You are not alone. This may be a time filled with questions, fears, anger, or confusion. Safer staff are here to offer support, discuss options, answer questions, and help you make choices that are right for you. Healing is a journey; your journey, and we can help.

Enclosed in this packet are materials that provide information about advocacy services, your rights and options, common survivor experiences, and campus, state, and national resources. Throughout the document, you will find links to additional resources and find options for on-campus and off-campus advocacy and resources. This packet is designed to give you some information but is not inclusive of all options and/or information.

If you are uncertain what your next steps are, Safer can walk the path with you. Thank you for your courage, for stepping forward, and for seeking help!

- Safer

To learn more or talk to a confidential resource, [make an appointment](#) with a confidential Campus Advocate.



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[Click here](#) to view the complete policy detailing the rights & resources for survivors the CSU Nondiscrimination Policy.



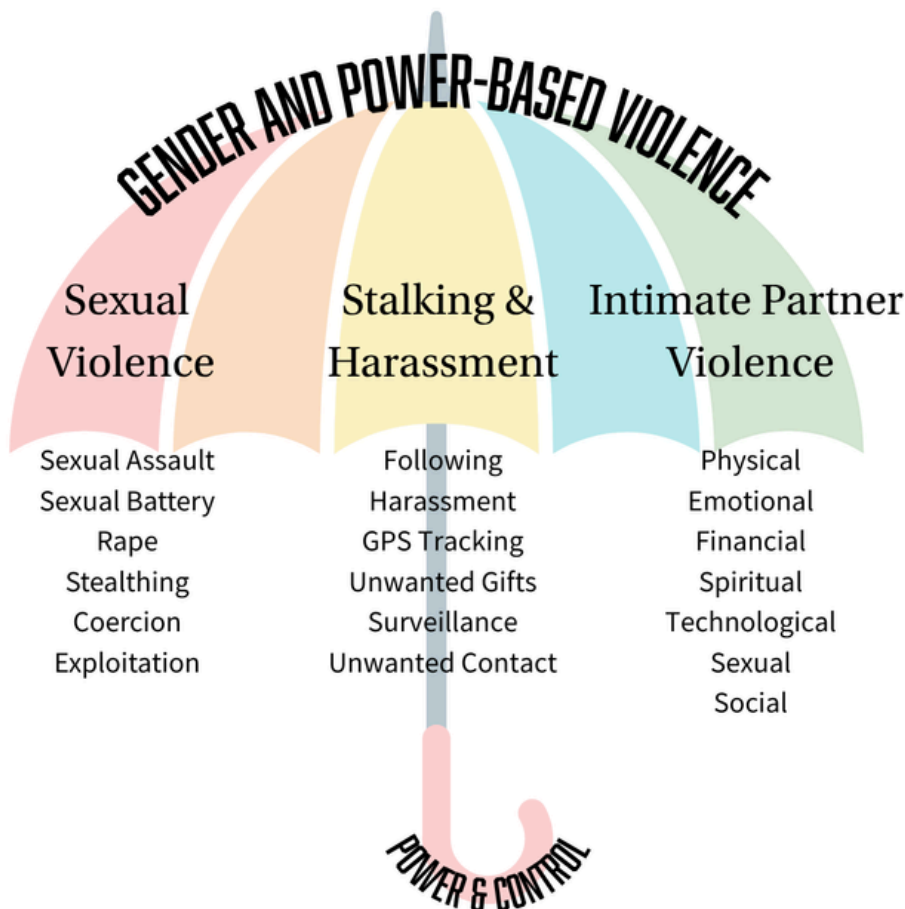
NAMING WHAT HAPPENED

Gender and Power-Based Violence is an umbrella term that references many types of abuse. No one of these types is less serious than the others. All represent a removal of bodily autonomy and an exercise in power and control by the person who caused harm. Below is a brief overview and examples of the types of abuse found under the umbrella. This is not an exhaustive list, but a snapshot to help you build understanding.

GENDER BASED VIOLENCE

There are different types of gender- and power- based violence that are typically broken down into 3 categories: sexual violence, stalking & harassment, and intimate partner/dating violence.

To better understand your experience and the impact it has had, it may be helpful to first name what happened.



Some survivors experience one instance of gender- and power-based violence from one category, while others may experience multiple instances simultaneously and/or at separate times from the same or different categories.

The language we use in this packet is representative of the survivors' experience and may not rise to the level of a prosecutable crime. This does not mean harm has not been caused and does not absolve those who have caused harm of responsibility.

If you find psychoeducation empowering and want to learn more about the neurobiology of trauma, check out [this short video](#) about trauma responses and the brain!

The first minute may be triggering for some survivors.



WHAT YOU MAY BE FEELING

There is no right or wrong way to feel. The reactions listed below are a small sample, there can be many other responses survivors have to trauma. Responses vary and can change over time.

Remember: healing is not linear. There is no right or wrong way to heal from trauma. We encourage you to talk about these feelings with your Advocate, a mental health professional, and/or a trusted supporter.

UNDERSTANDING RESPONSES TO TRAUMA

As a survivor, you may feel confused, unsettled, and upset after someone has harmed you. Knowing more about trauma responses can help you empathize with how you reacted during the experience, and understand your current experience further.

However you reacted in the moment, **it was not your fault.** These responses are controlled by our nervous system and are engineered for survival. You could not choose how you reacted - it was your brain and body's physiological response to danger. Whatever you may be feeling, you are not alone, and healing is possible.

There are 4 common reactions to fear and danger - fight, flight, freeze, or friend/fawn. All five responses are the bodies' automatic ways of protecting themselves from danger.



FIGHT

Aggressively confronting the threat.



FLIGHT

Run away or hide from the threat.



FREEZE

Numb or unable to move or act against the threat.



FAWN

Appease or comply with the threat to avoid conflict.

COMMON EXPERIENCES POST ASSAULT

Emotional Responses

- Fear, depression, anxiety
- Hopelessness, loneliness
- Betrayal, lack of trust
- Guilt, shame, self blame
- Emotional shock, disbelief
- Difficulty concentrating

Physical Responses

- Shortness of breath, increased heart rate
- Muscle tension, shaking
- Increased/decreased energy
- Changes in sleeping and eating patterns
- Increased/decreased libido



SAFER ADVOCACY SERVICES

Safer Campus Advocates are a confidential resource available through Campus Health and Wellbeing. Advocates can help you understand the responses you may be having, explain your rights and resources available to you including: reporting options and processes, resources available on- and off-campus, medical support available, and other survivor support needs. Even if you are not sure about whether or not you need/want an advocate, you can meet with one to plan out next steps.

ADVOCATES PROVIDE:

Crisis counseling

Safer Advocates provide a space for survivors to process and begin to heal. They offer expertise in how trauma can affect survivors, and tools for navigating the process.

Resource referrals

Safer Advocates can help connect the survivor to campus and community resources to meet the survivor's needs.

Accompaniments

Survivors have the right to have a confidential advocate present during any meetings related to reporting or investigating incidents of sexual assault, dating violence, domestic violence, or stalking. This includes meetings with campus officials, law enforcement, or during disciplinary proceedings, ensuring survivors are supported and informed throughout the process.

Accommodations appointments

Safer Advocates can assist survivors in receiving necessary accommodations for their living and learning environment.

Safety Planning

Advocates can help brainstorm ways to stay safe that may also help reduce the risk of future harm. This can include planning for a future crisis, considering options, and making decisions about next steps.

Research shows that survivors who work with an advocate are less likely than others to blame themselves for the sexual assault and less reluctant to seek further support. They also receive more services from community professionals and have better recovery outcomes.



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SEEKING MEDICAL CARE

There are many options for medical care after experiencing violence.

If someone discloses an injury as a result of a violent act, all medical professionals are mandated to report to law enforcement. However, **a survivor can still receive general medical care without disclosing if they want to.** You can simply ask for the care you are seeking without disclosing. It is your choice.

Our Campus Health Center offers: STI testing, pregnancy testing, Plan B, medication abortion, PREP and PEP, and other reproductive health services. Make an appointment through [this link](#).

The ideal time frame to seek medical care for STI testing is 3 weeks after the encounter, but if you are experiencing pain or bleeding go see a provider as soon as possible.

If you have been, or believe that you may have been strangled, it is important to see a doctor as soon as possible.

For Plan B, access as soon as possible through the Health Center or CVS. It is best used within 3-5 days.



Survivors have a right to have an advocate accompany them to medical appointments **if the survivor chooses.** Additionally, advocates can help survivors understand their rights, explain options, and help access services.

CAL POLY HEALTH CENTER

*Mandated to report Police
Department & Title IX*

Building 27
1 Grand Avenue
San Luis Obispo, CA 93407
Phone: 805-756-1211
chw.calpoly.edu

PLANNED PARENTHOOD

*Mandated to report Police
Department*

743 Pismo St
San Luis Obispo, CA 93401
Phone: 888-898-3806
plannedparenthood.org

THE CENTER HEALTH CLINIC

*Mandated to report Police
Department*

705 Grand Avenue
San Luis Obispo, CA 93401
Phone: 805-544-2478
capslo.org

A Campus Advocate can accompany a survivor to a medical appointment M-F between 9am-5pm. On weekends and on weekdays after 5pm, survivors can connect with an Advocate from Lumina Alliance by calling 805-545-8888.






SUSPECTED ABUSE RESPONSE TEAM--SART EXAM

A **SART Exam** is an evidentiary medical forensic exam conducted by Nurse with specialized training. If the survivor decides to file a police report and that agency decides to order a SART, the exam does two things: provides sensitive and thorough medical care and collects evidence that may be helpful to the prosecution of the survivor's case.

A survivor has the option to ask for a **Restricted SART Exam**. This can be requested when a survivor wants to collect forensic evidence but isn't ready to report to the police department. This can be coordinated through an Advocate at Safer during regular business hours, or by contacting Lumina Alliance (24/7 crisis line: 805-545-8888).

To set up a SART exam or talk through your options, contact a Safer Advocate or Lumina Alliance. DO NOT go to the ER to request a SART.

The 3 parts of a SART exam include:

-  An interview
-  General health check
-  Evidence collection and aftercare

Additional services provided:

- Prophylactic antibiotics for potential STI exposure.
- PreP (if the survivor is unsure or suspects they may have been exposed to HIV).
- Emergency contraception
- Referrals for follow-up medical care and counseling.
- Expert testimony in court when requested.

The entire exam may take several hours. The survivor has the right to opt out of any part of the exam, end the exam at any time, take a break, and have a certified Advocate present during the process. **The exam is provided at no cost to the survivor.**

If you are bleeding or in pain, or if you suspect or know that you were strangled, seek out emergency care immediately. See the "Seeking Medical Care" page of this packet for information about mandated reporting for medical professionals.



REPORTING OPTIONS

Campus Advocates are confidential and survivors can share as much or as little as they would like with them. The advocate will listen and offer support, validation, empathy, and space to process. This is not a therapy session but rather is a starting place for your healing journey. They provide options, information, and support that allow survivors to make informed choices about what is best for their circumstances. We never encourage nor discourage survivors to report to law enforcement or Title IX. Someone can report to law enforcement, Title IX, or not at all.

Advocacy is a free resource and right for all students, faculty, and staff members at Cal Poly.

MAKING THE DECISION TO REPORT

There are many reasons why a survivor may or may not want to report their experience of gender- and power- based violence. Many factors influence these decisions, and each decision is personal and valid. Only the survivor can decide if making a police or Title IX report is the right thing for them. If you would like confidential support walking through your options, make an appointment with a [Safer Advocate here](#).

CONSIDERATIONS:

- What is my emotional capacity for this?
- How much time am I willing to dedicate?
- What outcome am I hoping to achieve?
- What areas of my life are most impacted and what resources are available to help with this?
- Am I comfortable with people knowing about my experience or do I want to handle this privately?
- What does my support network look like?
- Do I feel like I have the support of family and/or friends?

REMINDER

Reporting is a personal choice. Not reporting is a personal choice. There is no right or wrong on your healing journey. You are in control of your journey.





REPORTING OPTIONS

TITLE IX OR LAW ENFORCEMENT?

In both instances, the survivor meets with an investigator (with Title IX, the investigator is a civilian), tells their story, and submits evidence. In both cases, a survivor has the right to an Advocate if they want. Both reporting options could result in a hearing that may include cross examination and witness testimony. However, there are several key differences between reporting to Title IX and Law Enforcement to be aware of:

TITLE IX

- Title IX only has **jurisdiction over Cal Poly** students, staff, and faculty so cannot investigate matters involving those not associated with Cal Poly.
- **A Title IX investigation culminates in either a live hearing or an Informal Resolution Agreement (IRA).** A Hearing Officer determines whether the complaint is substantiated or not.
- **Both parties can have a support person and an advisor throughout the investigation process** – this can be anyone they choose, including an attorney. Campus Advocates usually serve in the role of support person.
- **The University can impose sanctions on a student who has been found to have violated the conduct policy or committed a crime.** Sanctions for sexual assault or intimate partner violence vary case to case but may include suspension, withholding or denying a degree, expulsion, and more.

LAW ENFORCEMENT

- **Law enforcement has jurisdiction over a particular city, town, or area.** The law enforcement agency of the city where the crime occurred is the one who will handle the investigation.
- **Survivors have the right to have an Advocate present if they choose.** Advocates can accompany survivors to offer support and options but may not participate directly in the investigation.
- **Once the investigation is complete, the report is sent to the District Attorney's Office.** The DA then decides whether to press charges or drop them based on if they believe there is enough evidence to secure a conviction. If the DA moves forward with the case, a trial may occur.
- If found guilty, someone may have to register as a sex offender, go to jail or prison, pay a fine, or get probation.

[Click here](#) or scan the QR code to view the complete CSU Policy detailing the rights of survivors of sexual assault, misconduct, exploitation, dating or domestic violence, and stalking under the CSU Nondiscrimination Policy.





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WHY HAVE AN ADVOCATE?

PRIOR TO REPORTING:

- Advocates provide a clear outline of what the survivor should expect.
- Help prepare the survivor for interviews and meetings with law enforcement or Title IX by helping structure their story so that re-telling is minimized, and additional re-traumatization is avoided.
- Prepare the survivor for any potential questions that could be triggering so that the survivor is emotionally prepared to discuss details of their experience.

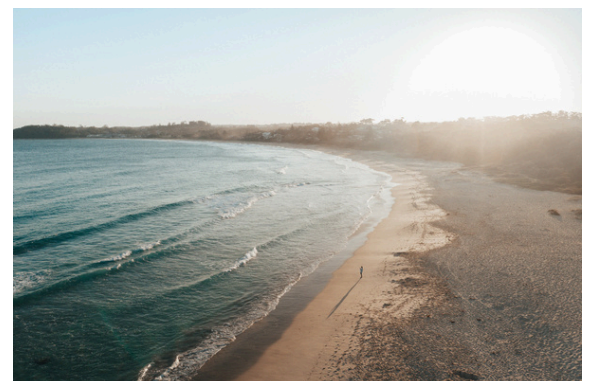


DURING REPORTING PROCESS:

- Advocates can ask clarifying questions to the investigator if they notice the survivor is confused or ask for a break if they notice the survivor needs one.
- Remind the survivor that it is okay if they don't remember or don't know answers to certain questions.
- Provide emotional support at interviews, hearings, appointments, and court briefings.

AFTER REPORTING PROCESS:

- Debrief about their experience.
- Remind the survivor about important deadlines.
- Assist the survivor with developing healing paths post-reporting.



To learn more or talk to a confidential resource, [make an appointment](#) with a confidential Campus Advocate.



TIME CONSIDERATIONS

- *Investigations may take a long time.*
 - With Title IX, there could be several months between the when the initial report is filed and when the hearing takes place, or an Informal Resolution Agreement (IRA) is signed.
 - With law enforcement, there may also be several months between filing a report and further action such as criminal charges being filed or a trial.

OPTING OUT OF CERTAIN SECTIONS OR DROPPING OUT

- *Survivors can drop out of either process at any time.*
 - With Title IX, survivors can stop participating in the process or they can seek an IRA rather than a hearing at any point prior to the final decision.
 - Survivors can also opt out of any involvement with a police investigation, although if law enforcement has enough evidence, they may continue the investigation without the survivor.

EMOTIONAL CAPACITY

- *Elements of reporting can potentially be re-traumatizing for a survivor.*
 - Survivors will need to tell their story several times, participating in an investigation or hearing, can all be emotionally challenging.
 - If the complaint is not substantiated and the respondent isn't found responsible and/or the DA declines to file charges, it doesn't mean that the conduct didn't happen. It most likely means that there wasn't enough evidence for the Hearing Officer to conclude that an assault occurred or for the District Attorney to feel confident that they could prove beyond a reasonable doubt that an assault occurred.
 - Working with an advocate throughout this process gives a space to process emotions and expand support systems.

REMINDER

Reporting is a personal choice. Not reporting is a personal choice. There is no right or wrong on your healing journey. You are in control of your journey.



SEXUAL ASSAULT

Myth: People who are sexually assaulted are partially to blame; they must have done something to cause it.

Fact: Clothing and behavior do not cause gender- and power- based violence. People should be able to wear what they want, or act how they'd like, without experiencing violence as a consequence. This myth takes the accountability away from the person who caused harm, where it belongs.

Myth: It could never happen to me.

Fact: It could happen to anyone. People of any gender, age, race, class, religion, occupation, education, or physical description can experience sexual assault.

Myth: Most rapes involve total strangers.

Fact: About 80% of all rapes are committed by someone the victim knows, like a friend or acquaintance.

Myth: You can tell by someone's personality whether they are the type of person who could assault or abuse someone.

Fact: Someone may be highly regarded by other people, and they can still be capable of harming another person.

Myth: There are more false reports of sexual assault than any other crime.

Fact: A review of research finds that the prevalence of false reporting for sexual assault is between 2-10%, which is no higher than false reporting statistics for other crimes (NSVRC, 2012). In reality, this crime is vastly underreported.

STALKING

Myth: Stalking is creepy, but not dangerous.

Fact: Stalking is creepy and very dangerous. Three out of four women who were murdered by an intimate partner had been previously stalked by them (National Center for Victims of Crime). Stalking can be a precursor to more egregious forms of violence if left unchecked.

Myth: If you ignore stalking, it will go away.

Fact: Stalkers rarely "just stop." In fact, behaviors may escalate and become more violent as time goes on. Survivors should keep a record of all the behaviors and consider seeking help from an Advocate, law enforcement, and the courts for their safety.

DOMESTIC VIOLENCE

Myth: It is easy for a survivor to leave their abuser, so if they don't leave, it means they are ok with the abuse or exaggerating how bad it is.

Fact: There are many reasons why a survivor chooses not to leave their abusive partner or cannot leave their abusive partner. Fear, lack of safe options, threats of harm, mental/financial instability, and many other reasons may keep people trapped in abusive situations.

Myth: Domestic violence is only physical abuse.

Fact: Physical violence is only a part of a larger pattern of abuse. This may also include emotional, sexual, digital, verbal, social, spiritual, and financial abuse. Sometimes there is no physical abuse, but the abuser will use other ways to exert power and control over an intimate partner.



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CAMPUS & LOCAL RESOURCES

TITLE IX

Phone: (805)756-1400

Email: crco@calpoly.edu

The Civil Rights and Compliance Office has been designated to oversee and coordinate implementation of Title IX and campus compliance of sexual harassment, sexual assault, dating violence, domestic violence, and stalking. Students or staff/faculty wishing to file a complaint of sexual harassment or other forms of gender violence can contact CRCO for further information or to make a report.

CAL POLY POLICE DEPARTMENT

Phone: (805)756-2281

Email: police@calpoly.edu

Cal Poly Police Department's mission is "to promote a safe and secure learning environment by working cooperatively with the campus community to enforce the laws, preserve the peace, maintain order and provide exceptional professional services to our guests and our community."

CAPS

Confidential

24/7 Crisis Line: 805-756-2511

Provides therapy free of cost to all Cal Poly students; supports student's personal, social, and emotional growth.

STUDENT OMBUDS SERVICES

Phone: (805)756-1380

Email: ombuds@calpoly.edu

A campus resource for all Cal Poly students, committed to hearing about students' experiences. The office offers a safe place to go for assistance in resolving any university-related issue, concern, conflict, or complaint.

OFFICE OF STUDENT RIGHTS

AND RESPONSIBILITIES

Phone: (805)756-2794

Email: osrr@calpoly.edu

OSRR can initiate a disciplinary investigation of sexual violence based on the Standards for Student Conduct.

LUMINA ALLIANCE

Confidential

24/7 Hotline: 805-545-8888

A local non-profit dedicated to helping survivors of sexual assault and domestic violence; provides confidential counseling and therapy, crisis services, case management, emergency safe housing, transitional housing, legal resources, and prevention education.



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NATIONAL RESOURCES

RAPE, ABUSE, & INCEST

NATIONAL NETWORK (RAINN)

24/7 Hotline: 800.656.HOPE

RAINN is the nation's largest anti-sexual violence organization. They carry out programs to prevent sexual violence, help survivors, and ensure that perpetrators are brought to justice.

1in6

1in6 provides support and resources to male survivors of sexual abuse, serving men who have experienced childhood sexual abuse, and sexual abuse as an adult. They offer anonymous online support groups, 24-hour online help, and other resources for survivors.

POLARIS PROJECT

24/7 Hotline: 1-888-373-7888.

Text "BeFree" to 233733.

Polaris is a leading non-profit that serves victims and survivors through the National Human Trafficking Hotline, builds a dataset that illuminates how human trafficking works in real time, and turns knowledge into targeted systems-level strategies to disrupt and prevent human trafficking.

ADULT SURVIVORS OF CHILD ABUSE

24/7 Hotline: 855-886-7473

ASCA is an international self-help support group program that offers community based self-help support groups, provider-based self-help support groups, web-based self-help support groups, as well as materials and workbooks for survivors of child sexual abuse.

NATIONAL DOMESTIC VIOLENCE

HOTLINE

Phone: 800.799.SAFE

The national DV hotline has advocates that help assist victims, and anyone calling on their behalf, by providing crisis intervention, safety planning and referrals to local service providers.

STALKING PREVENTION,

AWARENESS, & RESOURCE CENTER

[SPARC]

SPARC is a federally funded project providing education and resources about the crime of stalking. SPARC aims to enhance the response to stalking by educating the professionals tasked with keeping stalking victims safe and holding offenders accountable.