Survivors of sexual assault have many OPTIONS:

Sexual Assault Response Team (SART)—Specially trained individuals who respond together to provide victim-centered services.

The members of the SART include:
- Sexual Assault Nurse Examiner (SANE),
- Sexual Assault Support Advocate,
- and, if desired, a law enforcement officer

To activate SART call:
- Womanspace 609-394-9000
- Local Police 911
- Campus Police Services: Campus land line or emergency phone 911
- Cell phone 609-771-2345

Or go to the emergency room at:
- Capital Health - Helene Fuld Campus
- Capital Health - Mercer Medical Campus
- RWJ University Hospital at Hamilton
- Princeton Medical Center

Legal Options—(*Indicates 24-hour coverage)
- Womanspace* 609-394-9000
- For information on options and resources
- Mercer County Prosecutor 609-989-6568
- For information on the legal process
- Campus Police Services* 609-771-2345
- To file a report and seek legal action
- SGA Legal Services Office 609-771-2307
- To obtain a free legal consultation

TCNJ Community Standards—For information about campus judicial options
- Campus Judicial Board 609-771-2201

Friends can make a big difference:

1. BELIEVE your friend is a survivor when she or he says so.
2. If she or he chooses to talk, then take the time to listen. It takes a lot to come forward.
3. Be open with your comfort level. You do not want your discomfort with the situation to be misinterpreted as a lack of concern.
4. Offer to be supportive and do not give advice. If your friend is uncomfortable with your advice, she or he may not follow-up, may worry about disappointing you, and may not get any help at all. It is important that your friend continue to see you as a resource.
5. Encourage your friend to speak with a trained professional—but remember that the final decision needs to be made by your friend.
6. Talk to a trained professional to clarify your own feelings and/or gather insight into what your friend is experiencing.
7. Reinforce the C.A.R.E. philosophy:
   - Choice-Advocacy-
   - Respect-Empowerment

People you can call, People who will listen:

Womanspace
609-394-9000, 24-hour hotline

New Jersey Statewide Hotline
800-601-7200, 24-hour hotline
Operated by NJ Coalition Against Sexual Assault

Office of Anti-Violence Initiatives
609-771-2272
Eickhoff Hall, Room 159
(Counseling, advocacy, and resources)

Counseling and Psychological Services
(formerly known as Psychological Counseling Services)
609-771-2247
Eickhoff Hall, Room 107

Student Health Services
609-771-2889
Eickhoff Hall, Room 107
(Physical exam, STD prophylaxis, pregnancy testing, emergency contraception)

Campus Police Services
911 or 609-771-2345, available 24 hours
To report all crimes.

Office of Anti-Violence Initiatives
SART
Operated by NJ Coalition Against Sexual Assault

Office of Residential Education & Housing
Professional/Student staff (RD, ARD, CC, CA)
Available 24 hours
(Information about campus judicial options)

Hi-TOPS
609-683-5155
(Physical exam, STD prophylaxis, emergency contraception, sexual assault support group)

If you do not want to seek legal action you do not have to. However, evidence can be gathered and held while you make that decision.
A Message from the President:
In 2002, I commissioned the Sexual Assault Task Force to increase our campus community’s awareness of sexual assault and to enhance student safety. The development of this comprehensive guidebook demonstrates the College’s commitment to these goals. I commend the Task Force for their efforts and I encourage all students to make use of these tools and resources in order to have a safe and healthy college experience.

Sincerely,

R. Barbara Gitenstein
President
The College of New Jersey

Sexual Assault is...

In New Jersey, sexual assault includes any form of unwanted or involuntary touching or penetration of intimate body parts, by the same or opposite sex. This can include being spiked with a predatory or “date rape” drug.

“Unwanted or involuntary” means sexual contact without the consent of the victim, including the use of threats, intimidation, coercion, or physical force. It also includes victims who are unable to give consent, because of their age or because they are physically helpless, mentally incapacitated, or intoxicated.

Sexual offenders are often someone known to the victim, such as a friend, acquaintance, date, spouse, or family member. The terms “date rape” or “acquaintance rape” are often used to describe this association, but this does not imply a less serious form of sexual assault.

How to reduce your risk of sexual assault:

1. Look out for friends. Share your class and social schedule with them, and be sure your family has their contact information.
2. Stay in groups. Go to parties together, stay together, and leave together. Don’t be alone with someone you don’t know or trust.
3. Don’t leave your drink unattended or accept a drink from someone you don’t know. Protect your drinks from being spiked with a predatory or “date rape” drug.
4. Know where emergency phones are located, which campus paths are best lit, and where people hang out. Call Campus Police Services for an escort at night and avoid shortcuts.
5. If drinking might have impaired your judgment (or your partner’s), say “No” for now; you can always reconsider tomorrow.
6. Know your sexual desires and limits.
7. Communicate your limits firmly and directly. If you want to stop, say “Stop,” and say it like you mean it. Be clear and be firm, in body language as well as words.
8. If you feel uncomfortable in a situation, trust your feelings and act on them.
9. If you are afraid to say “No,” say you have to go to the bathroom. Then leave and call for help. Your safety is most important!

If you have been sexually assaulted:

- Get to a safe place.
- Call a friend, a family member, or someone else you trust and ask her or him to stay with you.
- Get immediate medical attention for possible injuries, sexually transmitted diseases, and pregnancy.
- If you want to report the crime, notify the police immediately. Reporting the crime can help you regain a sense of personal power and control. It can also help to ensure the safety of other potential victims.
- Preserve all physical evidence. Do not bathe, shower, douche, eat, drink, smoke, or urinate, if possible. Save all of the clothing you were wearing at the time of the assault. Place each item of clothing in a separate paper bag. Do not use plastic bags. Do not disturb anything in the area where the assault occurred.
- Write down as much as you can remember about the circumstances of the assault, including a description of the assailant.

Common reactions for sexual assault survivors:

Psychological:
- Disbelief, numbness, or shock
- Shame, guilt, or self-blame
- Anxiety, depression, anger
- Confusion, helplessness
- Fear, lack of safety
- Difficulty concentrating

Physical:
- Appetite changes
- Sleeping pattern changes
- Aches and pains in the body

As a friend, you may notice:
- Moodiness
- Acting secretly
- Isolating her/himself
- Missing classes, appointments
- Using alcohol or drugs to cope

Survivors of sexual assault have many RIGHTS:

- To be treated with respect and dignity.
- To be assured of confidentiality.
- To be allowed freedom of choice regarding decisions that affect your life.
- To be made aware of all the medical, legal, and social service options available.
- To be made aware of and to receive medical and counseling services whether or not the crime is reported to the police.
- To be safe from further harm.
- To be treated without prejudice regarding race, class, life-style, ability, or age.

About NJCASA:
- The New Jersey Coalition Against Sexual Assault provides support and resources to survivors, advocates, and service providers.
- They offer a statewide hotline at 800-601-7200.
- To obtain information and referrals from a person who knows how to help contact Womanspace at 609-394-9000 to speak with a victim/sexual assault advocate or the NJ Coalition Against Sexual Assault (NJCASA) statewide hotline at 800-601-7200.