



Information for Survivors

UNCW CARE
Collaboration for Assault
Response and Education
962-CARE
www.uncw.edu/care



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Hello! My name is Katie Vance and I am the CARE Victim Advocate at UNC Wilmington. CARE is UNCW's program for the prevention of and response to interpersonal violence and the campus resource for healthy relationships. As a Victim Advocate, I am here to provide information and emotional support and ultimately, I am here to be your ally.

The most important aspect of my job is to offer compassion and empathy to the people with whom I have the honor to work. My goal is to work with you to examine problems and work towards resolutions that are right for you and your life. You are the expert of your life and your situation and while I can help you examine your options, I want to support you in making the decisions that work best for you.

In August of 2012, UNC Wilmington revised our sexual misconduct policy in order to increase the safety of the campus and increase protection of our community from the dangers of perpetrators of sexual assault. This revised policy states that all staff and faculty, including RAs, are mandated to report incidents of sexual misconduct to the Title IX Coordinator. There are three offices that are able to maintain confidentiality and are not mandated to submit Title IX sexual misconduct reports; they are the Abrons Student Health Center, the Counseling Center, and the CARE Office.

As the Victim Advocate, I can explore options with you while maintaining your confidentiality and I can serve as a liaison with any other departments or agencies that may become involved with assisting you. That may include the Title IX meetings, but could also include working with the police department, court systems, Housing and Residence Life, or others on your behalf. My job is to provide information and support before, during, and after meetings with each system and/or department and to be your ally each step along the way.

At the CARE office, we work hard to make sure you are provided with the best support possible. We are able to be reached 24/7 at our Crisis Line (910) 512-4821. Please don't hesitate to utilize our services.

Sincerely,

Katie Vance

Katie Vance

CARE Advocate
DePaolo Hall, 2nd Floor
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Gender Based/Sexual Misconduct Policy

Incidents of sexual misconduct (including attempted sexual assault), relationship abuse, and stalking must be reported by all faculty and staff with three confidential exceptions; CARE, Counseling Center, and Student Health. For more information on the Gender Based/Sexual Misconduct Policy go to <http://uncw.edu/noharm/policies/index.html>



Rape on College Campuses

"1 in 4 women in college today has been the victim of rape, and nearly 90% of them knew their rapist."

– I Never Called It Rape, Robin Warshaw

- **156.5 per 1,000** female students had been stalked during the start of the school year.
- On college campuses **51.8%** of completed rapes took place after midnight.
- Most rapes occur on the weekend.
- Almost **60%** of the completed rapes that occurred on campus took place in the victim's residence, 31% occurred in other living quarters on campus, and 10.3% took place in a fraternity.
- **97,000** students between the ages of 18 and 24 are victims of alcohol-related sexual assault or date rape.
- **100,000** students between the ages of 18 and 24 report having been too intoxicated to know if they consented to having sex.
- Of the college women who are raped, only **25%** describe it as rape.
- Of the college women who are raped, only **10%** report the rape.

Reference:

Fisher, B., Cullen, F., & Turner, M. (2000). The Sexual Victimization of College Women. US Department of Justice. Retrieved from <http://www.ncjrs.gov/pdffiles1/nij/182369.pdf>.



Was I Raped?

I didn't resist physically – does that mean it isn't rape?

People respond to an assault in different ways. Just because you didn't resist physically doesn't mean it wasn't rape — in fact, many victims make the good judgment that physical resistance would cause the attacker to become more violent. Lack of consent can be expressed (saying “no”) or it can be implied from the circumstances (for example, if you were under the statutory age of consent, or if you had a mental disability, or if you were afraid to object because the perpetrator threatened you with serious physical injury).

I used to date the person who assaulted me – does that mean it isn't rape?

Rape can occur when the offender and the victim have a pre-existing relationship (sometimes called “date rape” or “acquaintance rape”), or even when the offender is the victim's spouse. It does not matter whether the other person is an ex-boyfriend or a complete stranger, and it doesn't matter if you've had sex in the past. If it is nonconsensual this time, it is rape.

I don't remember the assault – does that mean it isn't rape?

Just because you don't remember being assaulted doesn't mean it didn't happen and that it wasn't rape. Memory loss can result from the ingestion of “rape drugs” and from excessive alcohol consumption. That said, without clear memories, it may be difficult to pursue legal charges. Staff from the CARE office, University Police, or Coastal Horizons

Rape Crisis Center may be able to offer more guidance on this topic.

I was asleep or unconscious when it happened – does that mean it isn't rape?

Rape can happen when the victim was unconscious or asleep. If you were asleep or unconscious, then you didn't give consent. And if you didn't give consent, then it is rape.

I was drunk or he was drunk – does that mean it isn't rape?

Alcohol and drugs are not an excuse – or an alibi. The key question is still: did you consent or not? Regardless of whether you were drunk or sober, if the sex is nonconsensual, it is rape. However, because each state has different definitions of “nonconsensual,” please contact your local center or local police if you have questions about this. (If you were so drunk or drugged that you passed out and were unable to consent, it was rape. Both people must be conscious and willing participants.)

I thought “no,” but didn't say it. Is it still rape?

Rape laws would require more information to answer this question. If you didn't say no because you were scared for your life or safety, then it may be rape. Sometimes it isn't safe to resist, physically or verbally — for example, when someone has a knife or gun to your head, or threatens you or your family if you say anything. People can absolutely feel raped even if when the situation has not met the legal definition of rape, however.

Reference:

<http://www.rainn.org/get-information/types-of-sexual-assault/was-it-rape>

she was so drunk. her dress was way too short. she was showing a lot of skin. she was dancing with him like that. she was making out with him all night. she texts him all the time. she went off alone with him. they've hooked up before. she's not a virgin. she was giving him mixed signals.

She still said NO.

No one asks to be sexually assaulted. Rape is the responsibility of the rapist alone. It's a serious crime, and it's not her fault. Be a friend and listen.



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Common Myths Concerning Sexual Assault

MYTHS

TRUTHS

<p>Most victims are raped by strangers, in unfamiliar places or on dark nights.</p>	<p>It is estimated that 80-85% of rapists are known to the adult they attack. "Acquaintance rape" by a friend, new acquaintance, or coworker is frequent, particularly among young, single women. Statistics show that 50% of sexual assaults occur in or around a woman's home, 50% occur during the day.</p>
<p>If the victim didn't fight or try to run away, or there was no weapon or injuries sustained, rape did not occur.</p>	<p>Threats of violence can be a weapon, and a woman may not resist vigorously for fear of injury or death. Also, people often don't fight because they are in shock and confused about what is happening.</p>
<p>Someone who was drinking or drunk when sexually assaulted is at least partially to blame.</p>	<p>Sexual assault survivors are never responsible for the attack, no matter what, no matter how much alcohol was consumed. Responsibility lies with the perpetrator; the survivor is never responsible for the assailant's behavior. Alcohol may increase the risk of sexual assault, and may make someone incapable of giving consent or protecting themselves, but it is not the cause of the assault.</p>
<p>Perpetrators of sexual assault come largely from certain races or backgrounds.</p>	<p>88% of offenders are the same race and have the same background as the victims.</p>
<p>Rape has to do with sex and passion.</p>	<p>Rape has to do with power and control.</p>
<p>Rapists have psychological problems.</p>	<p>Most assailants are males with no history of mental illness.</p>
<p>Women often falsely accuse men of sexual assault or rape (for example, to get back at them, or because they regret or feel guilty about having sex).</p>	<p>The rates of false reporting of sexual assaults are the same rates for false reporting of other crimes. In fact, sexual assault is vastly underreported.</p>
<p>Rape and sexual assault can only be perpetrated by men against women.</p>	<p>Although 90% of victims are female and 95% of rapists are male, men can also be assaulted by women. In addition, same-sex sexual assaults occur as well, regardless of sexual orientation.</p>



WERE YOU DRINKING? I SAW YOU KISS HIM
YOU DESERVE IT YOU MUST HAVE
LED HIM ON. WHAT WERE YOU WEARING?
YOUR DRESS TOO SHORT.
WHY DIDN'T YOU JUST LEAVE?
YOU COULD HAVE STOPPED IT.
I ALWAYS SEEN YOU TEXTING HIM.
I THOUGHT YOU WERE DATING.
AREN'T YOU WITH HIM?
WHY DIDN'T YOU JUST SAY
NO? WHAT.

**it's not
your
fault.**



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If she finds the courage to tell you,
just listen.



Feelings Most Frequently Experienced Following Sexual Assault

Every survivor will have their own set of physical and emotional reactions, but some of the most common that you may encounter include:

<p>Anger: This is a logical and healthy reaction if the anger is directed at the crime and the rapist and not oneself. Anger can be helpful in regaining strength and control in life again.</p>	<ul style="list-style-type: none"> - at myself for “letting it happen” - at my significant others for not understanding or not protecting me - at society and/or the system - at the assailant (may want to kill, castrate, or humiliate him) - at the total disruption of my life - at women who think it can’t happen to them
<p>Anxiety</p>	<ul style="list-style-type: none"> - “I’m a nervous wreck!” - “I can’t sit still”
<p>Avoidance Reactions</p>	<ul style="list-style-type: none"> - Avoidance of people, places, things, or conversations that are reminders of the assault/assailant.
<p>Betrayal</p>	<ul style="list-style-type: none"> - by the assailant, if it was someone trusted, however briefly - by my body, for the physical reactions my body had during the assault - by reactions of significant others, society and/or the system
<p>Branded Syndrome</p>	<ul style="list-style-type: none"> - “Everyone who looks at me can tell I’ve been raped.”
<p>Denial or Disbelief</p>	<ul style="list-style-type: none"> - Wasn’t it “just” a rape? - “Did it really happen?” - “It couldn’t have happened!” - “I’m fine, I can just go on as if nothing happened” - “I must have wanted that to happen”
<p>Depression: There is a sense of loss that often results from sexual assault, loss of one’s previous self, sense of optimism (hope), self-esteem, and self confidence. With time, you can regain or even strengthen some of your self-esteem, confidence, and hope.</p>	<ul style="list-style-type: none"> - sadness and feelings of hopelessness - crying - feeling guilty or worthless - losing interest in activities that I enjoyed before the assault - thinking about suicide - wanting to drink or use drugs to escape overwhelming feelings - sleeping too little or too much - loss of appetite or weight gain - feeling tired all the time
<p>Disorientation</p>	<ul style="list-style-type: none"> - difficulty with memory and concentrating
<p>Emotional Shock, Detachment, and Numbing: When emotions are too much, the body and the mind sometimes react by shutting down and becoming numb.</p>	<ul style="list-style-type: none"> - feeling numb - “Why am I so calm? Why can’t I cry?” - inability to experience different types/ranges of emotion - less interested in participating in daily activities
<p>Fear</p>	<ul style="list-style-type: none"> - of bodily injury and/or death during or following the assault - of being alone and/ or being in crowds

	<ul style="list-style-type: none"> - of the rapist returning - of places, people, things that remind me of the assault - of others finding out and what they will think of me - of men in general - of having to report of go to court - of my own rage - of going to sleep - of getting pregnant or getting a sexually transmitted disease - of not knowing whether I will ever want to be intimate again
Guilt	<ul style="list-style-type: none"> - feel as if I did something to make this happen - feel as if I should have done something - for not resisting more; for resisting too much - for being “stupid enough” to get into that situation - for all the reactions I’m having - for having “engaged in sex” (cultural/religious implications)
Lack of Trust	<ul style="list-style-type: none"> - of my own ability to make judgments - of the opposite gender, in general
Physical Symptoms	<ul style="list-style-type: none"> - a variety of stress symptoms including muscle tension, headaches, stomach pains, nausea, loss of appetite, sleep disturbances, fatigue, nervousness, skin problems - gynecological symptoms include discharge, itching, burning, cramping and pain, even in the absence of a physical cause
Powerlessness: During the attack, the rapist had complete control over the survivor and this feeling of helplessness may extend into other aspects of life for varying amounts of time.	<ul style="list-style-type: none"> - feel I’ve lost control over my body and my life - feel helpless to effect change or find justice - feel it will never get better - feel totally victimized by the assault - feel totally victimized by being a woman in society - “How am I going to go on?”
Retriggering or Distressing Memories	<ul style="list-style-type: none"> - Nightmares - “Unwanted reminders or thoughts jump in to my mind” - “I keep having flashbacks. I wish they would stop.”
Shame and Embarrassment	<ul style="list-style-type: none"> - feel embarrassed or difficulty in talking about the assault - feel “dirty”, “humiliated”, like there is something wrong with me now - worrying about what people will think or if you can tell your friends/family

***Remember: This is only a guide! Everyone is different!**

Positive and Negative Coping Methods

Positive coping methods are those that help to reduce anxiety, lessen other distressing reactions, and improve the situation in a way that does not harm you further and which improves things not only today, but tomorrow and in the future as well. Positive coping methods can include:

- Muscle relaxing exercises	- Talking to another person for support
- Exercise in moderation, including walking, jogging, or swimming	- Taking a self-defense training or martial arts
- Hot baths	- Positive distracting activities, including recreational or work activities such as: cooking, gardening, taking a walk, playing tennis, going to the park, drinking tea, bowling, watching a movie, writing a letter, calling a friend, listening to music, cleaning, or doing arts and crafts.
- Stretching or yoga	
- Breathing exercises –slow, deep breaths	
- Joining a support group	
- Calling a rape crisis center hotline	
- Meditation	
- Journaling	

Negative coping methods can make problems worse. They may reduce your anxiety immediately, but “short-circuit” more permanent change and cause additional problems. Negative coping methods can include:

- Continuing to avoid thinking about the assault	- Social isolation (keeping to yourself)
- Use of alcohol or drugs	- Binge eating (overeating)
- Avoiding counseling	- Cutting or hurting oneself
- Aggressive or violent actions	- Workaholism (working too much)

Ideas for Controlling Memories of Sexual Assault

Here are some steps to help you actively stay in the present or “here and now”:

- Keep your eyes open and actively look around you. Look around the room or area where you are. Turn the light on if it is off.	- Say a safety statement: “My name is (name). I am safe right now. I am in the present, not the past. I am at (location) and the date is (date).”
- Touch objects around you (a pen, your purse, a book, your clothing, your chair) and notice how they feel.	- Carry something in your pocket or purse (ring, a rock, any safe object) that you can touch whenever you have thoughts of the assault.
- Saying a coping statement: “I can cope right now. This feeling will pass.”	- Think of people you care about (look at photographs of your best friend).
- Run cold water over your hands.	- Jump up and down.
- Stretch.	- Eat something and notice how it tastes.



Reporting a Sexual Assault

Reporting Options:

If you wish, you can call a friend, family member, the CARE Advocate at 910-962-CARE, or another trusted person to be with you for any of the following options.

- **Gender Based/ Sexual Misconduct Policy**
Incidents of sexual misconduct (including attempted sexual assault), relationship abuse, and stalking must be reported by all faculty and staff with three confidential exceptions; CARE, Counseling Center, and Student Health. For more information on the Gender Based/Sexual Misconduct Policy go to <http://uncw.edu/noharm/policies/index.html>
- **Reporting to Law Enforcement**
If you would like to pursue criminal charges, you may want to contact the police from the area where the crime occurred (which will be the office that will ultimately investigate the crime) or call the UNCW Police at 962-2222 (ext. 2-2222, on-campus). Cases are stronger when people report closer to the time of the assault. If a report is being made within five days of the assault occurring, the police may request that you undergo a forensic exam at the hospital. This exam can be helpful to the legal case and can yield more evidence if the person does not shower, bathe, or douche before-hand. The New Hanover County District Attorney's Office will determine if there is sufficient evidence to pursue charges. Be aware that your past sexual history cannot be discussed except for past relations with the assailant.
- **Anonymous Reporting**
By using this reporting option, you can provide the university or law enforcement agencies with important information that may prevent other assaults or may alert police and others to specific high risk areas while maintaining your anonymity.

If you do not want to pursue on- or off-campus charges:

- You may still want to seek immediate medical attention. Injuries may not be obvious at first. If you do not wish to report the sexual assault, ask that you be checked for injuries and Sexually Transmitted Diseases/ Infections (STD/STIs) and request preventative medications for STD/STIs and pregnancy. **Please know that hospital/medical staff are required to automatically contact law enforcement if made aware of a sexual assault.** The UNCW Student Health Center can offer an exam and preventative medications and while Student Health staff do not need to make a legal report, they may be required to complete a Confidential Notification, in compliance with the federal Clery Act, which advises UPD of an assault impacting a student on campus.



Reporting On Campus

UNCW's Code of Student Conduct: Gender-Based/Sexual Misconduct Policy

UNCW takes issues of sexual misconduct, relationship abuse, and stalking very seriously. If a student wishes to make a report of a violation, they can submit a complaint to the Office of the Dean of Students (ODOS) or to the Title IX Coordinator/Deputy Coordinator. All non-confidential university employees (staff, faculty and RAs) who receive notice of alleged sexual misconduct, physical or sexual relationship abuse or the threat of such abuse, or stalking behavior must notify the Title IX Coordinator. There are three resources that can remain confidential: the CARE Office, the Counseling Center, and the Student Health Center.

- Title IX ensures gender equity on campus and protects students from hostile environments that can result from experiences of gender-based interpersonal violence.
- The Title IX Coordinator/Deputy Coordinator will reach out (generally via email) to the student who has experienced the interpersonal violence to suggest a meeting. A CARE Advocate and/or other support person can attend that meeting, and subsequent meetings, if the student chooses to participate.
- Victims have the right to access resources, options and appropriate remedies, as available. The Title IX Coordinator/Deputy Coordinator is responsible for ensuring the university's compliance with all Title IX requirements as well as promoting safety on campus related to these issues. If the situation entails a risk to campus safety and security, the university may need to investigate situations and adjudicate the accused student(s) while acting in the role of the complainant.
- Victims can request a no contact order. This is issued through the university and both parties must be students at the university. If the no contact order is violated, the student may face sanctions for a violation of the Code of Student Conduct.
- All students are entitled to a prompt, fair and impartial investigation and resolution of complaints.
- Possible sanctions for violating the policy include a range from written reprimand up to and including suspension or expulsion. UNCW considers these violations to be serious, thus typically the most severe sanctions are imposed.
- For further information about the policy and the procedures, or to file a Title IX report, refer to: <http://uncw.edu/noharm/policies/index.html>



Statement of the Rights of Victims of Sexual Violence at UNCW

1. To an investigation and appropriate resolution of all credible complaints of gender based/sexual misconduct made in good faith to university administrators.
2. If a determination is made that a hearing will occur:
 - a. To a pre-hearing meeting with a university administrator where rights, responsibilities and procedures are explained.
 - b. To review all available information, documents, and a list of witnesses that may testify against him/her.
 - c. To appear in person, hear all testimony and present any relevant information on their behalf, call witnesses and ask questions of any witnesses at the hearing.
 - d. During an administrative, Campus Conduct Board or Committee on Extraordinary Disciplinary Emergencies hearing or external adjudicator hearing, both the complainant and the respondent will be permitted to question the testimony of the other. All questions will be posed to the administrator or chair of the board and if the question is relevant and proper the chair will repeat, on behalf of the questioner, the question to be answered.
 - e. To elect not to appear at the hearing. A complainant who elects not to appear at a hearing may not be represented by a university advisor, licensed attorney or non-attorney advocate at the hearing.
 - f. To elect to participate remotely (via video or audio conference).
 - g. To a closed hearing. A closed hearing is closed to the general public.
 - h. To a university advisor, licensed attorney or non-attorney advocate (see Section H and Section I).
 - i. To an advocate or advisor as well as a support person during the hearing. The support person(s) may not participate in the hearing. Professional victim advocates are available to students through UNCW CARE and the Rape Crisis Center.
 - j. To remain present during the entire proceeding, excluding deliberation.
 - k. To not have prior sexual history with anyone other than the respondent admitted as evidence.
 - l. To refuse to answer any questions or make a statement; however, the hearing body shall make its decision solely on the basis of information introduced at the hearing.
 - m. To make a “victim impact statement” if the respondent is found in violation of the Code of Student Life.
 - n. To have all statements, information or comments given during the hearing held in the strictest of confidence by the hearing body before, during and after deliberation.
 - o. To have the hearing conducted as outlined in the UNCW Code of Student Life.
 - p. To be informed in writing of the outcome and any sanction(s) of the conduct hearing, usually within twenty-four (24) hours of the end of the hearing.
 - q. To have one level of institutional appeal as outlined in the UNC Policy Manual 700.4.1.



Reporting to Law Enforcement

North Carolina State Laws for Rape and Sexual Assault

First Degree Rape [NCGS 14-27.2(2), Class B1 felony] (SOR):

Vaginal intercourse by force and without consent, and proof of at least one of the following: (a) use or display of a dangerous or deadly weapon or an article which the other person reasonably believes to be a dangerous or deadly weapon, (b) infliction of serious personal injury on the victim or another; or (c) commission of the rape aided and abetted by others.

Second Degree Rape [NCGS 14-27.3(a), Class C felony] (SOR):

Vaginal intercourse by force and without consent [note: no injury required].

First Degree Sexual Offense [NCGS 14-27.4(a)(2), Class B1 felony] (SOR):

Sexual acts (not vaginal intercourse) by force and without consent and proof of at least one of the following: (a) use or display of a weapon or an article which the other person reasonably believes to be a dangerous or deadly weapon, (b) infliction of serious injury, or (c) commission of the sexual offense aided or abetted by others.

Second Degree Sexual Offense [NCGS 14-27.5, Class C felony] (SOR):

Sexual acts (not vaginal intercourse) by force and without consent [note: no injury required].

Sexual Battery [NCGS 14-27.5(A)(a)(1), Class A1 misdemeanor] (i.e., “forced fondling”) (SOR):

Sexual contact (a) by force and without consent [note: no injury required].

Indecent Exposure²⁴ [NCGS 14-190.9]:

Willfully exposing one’s private parts in a public place in the presence of another or procures or permits another to perform such acts [Class 2 misdemeanor]; by a person 18 or older in the presence of a person under 16 years of age for the purpose of arousing or gratifying sexual desire [Class H felony(SOR)].

Statutory Rape by 13, 14 or 15 year old [NCGS 14-27.7A]²⁰

Vaginal intercourse or sexual act with 13, 14 or 15 year old by defendant 5 years older than the victim (Class C felony); or with 13, 14 or 15 year old by defendant at least 6 years older than the victim (Class B1 felony) (SOR).

Reference:

NCGS- North Carolina General Statutes (as of May, 2011)

SOR- Sex Offender Registration



Advantages and Disadvantages of Reporting a Sexual Assault

There are many pros and cons to reporting an assault: it is not an easy decision. You are the only one who can decide whether reporting the assault is the right answer for you. In making that decision, keep the following facts in mind:

Advantages of Reporting a Sexual Assault:

- If you report the assault there is an opportunity to hold the assailant accountable.
- It can be helpful for some people's healing process to know that they took a stand and spoke out, regardless of the outcome of the legal case.
- If you report the crime and the suspect is caught and convicted, you may have helped to protect others from falling victim to that person. Also, your report may help substantiate another survivor's report and that may strengthen that other person's legal case against the same assailant.
- If more people reported, authorities could increase their awareness of the frequency of sexual assault and the patterns of assailants.

Disadvantages of Reporting a Sexual Assault:

- The reporting and legal process can prove to be re-traumatizing for some people, sometimes as a result of talking to unsympathetic legal personnel or as a result of having to repeat the story many times to many people.
- There is a chance that the assault could become more public and friends/family may have to be informed or interviewed by the police. People may not respond in the way you expect/want when they find out.
- Fewer than one out of five cases go to trial, and fewer result in conviction. This does not mean your particular case will not be filed, but statistics are discouraging.
- The steps of a legal case can take much longer than survivors want/expect. It can feel like the legal system is keeping the assault alive and present in their mind while they wait for the process.

It's important to think about your own pros and cons and make the decision that feels best for you...you are the one who has to live with the choice, one way or the other.

One survivor's story:

I Didn't Even Know It Was Rape...

It was my second year in college, my second year away from home. My brother lived nearby, but he was my only family member within a 300-mile radius of where I lived. I hung out socially with my brother often and became interested in his friend, Steve. We flirted a lot and I got the feeling that the attraction was mutual. But I had just gotten into the dating scene and was not interested in dating anyone seriously. I was having fun, seeing a few guys, no sex – just casual hanging out.

One night, I was at a club with my brother, Steve, and another friend of theirs (who lived with Steve). We were having a good time. We had some drinks and we were dancing, talking, laughing a lot, and in my mind I was trying to figure out whether this was a date or not. I was having fun and was hoping it was a date and that there would be more like it. Towards the end of the night, my brother announced that he was leaving with a girl that he had met and asked if his friends would drive me home. In hindsight, I have relived that moment thousands of times so that I could insist that he not leave, or that he take me home, or that he get me a cab. But at the time, there was no reason for me to think anything could go wrong. I was actually thinking about whether we would have time for our first kiss when he dropped me off.

On the way home, the guys were telling me how excited they were about their new apartment that was in a really cool part of town. Steve said that the architecture was incredible and that the apartment was really impressive. He asked me if I wanted to stop off and see the place for a few minutes and he apologized that he hadn't begun unpacking yet. I agreed. Hindsight mistake #2.

We got to the apartment and Steve's roommate went directly to where the TV was set up on a box across from a sofa and sat down to watch Saturday Night Live. Steve was giving me the 'grand tour' of the empty apartment and I was "ooh-ing" and "awe-ing" appropriately. The apartment was beautiful and I was really impressed by it, but I was also excited to be alone with him.

We were in his bedroom (where there was no furniture yet) and he was showing me the walk-in closet when he began kissing me. The kiss was alright, but I remember being somewhat disappointed that it didn't send sparks flying for me. It was just alright. But then he became more forceful in his kisses, and I had stepped away from the pressure of his weight against me. I think he believed he was being romantic and passionate, but I felt like he was being invasive and harsh. He continued pursuing me and kissing me with the same force until my back was pushed against the wall of the walk-in. There were hooks coming out of the wall that jabbed my back, so I slid down to the floor, under the weight of his hands on my shoulders.

"I need to get home," I said. "My roommates will wonder where I am," I lied. He told me to "shush" and said, "they think you're with your brother- it's fine." When he pulled my waist down to lay me flat against the floor and started unbuttoning my pants, pushing his weight against the right half of my body and inserting his fingers inside me, I said "I'm not ready for this, I really need to get home." He told me that my body was ready for it and that clearly I wanted him. I felt sick when he said that—his words made me sick and my body, responding to him, made me even sicker. I am not sure if he was

trying to be romantic or trying to quiet me when he stuck the fingers of his other hand in my mouth. In my mind, I have bitten those fingers a thousand times when I relive the memory of that night, but that night, I just lay there—almost gagging—and listened to the muffled noise of the TV that was coming from three rooms over.

As he rammed himself into me, I thought about how I could possibly get home if I left. It was too late to catch a cab and none of my friends had cars and I could get arrested for underage drinking, if I was out in public. There wasn't even a phone hooked up in his new apartment! I considered calling out to his roommate-but I couldn't figure out what I would say, I didn't even think that he'd hear me, and I would look like a lunatic if I screamed, anyway. I tried to convince myself that I wanted this- that he was a nice guy and that we had had a good time out that night. Maybe I wanted to break my internal rule about not having sex for a while. I thought about all the signals I had sent him that must have indicated that I wanted this. The way I dressed up for him that night. The way I put my hand on his arm and threw back my hair when I laughed at his jokes. The way I happily agreed to come to his apartment with him in the middle of night after hours of drinking. This must be my punishment. I lay there, while he was thrusting into me, like I was a slab of meat, and I felt glad for having carpet underneath me and I studied the underside of the slats that made up his closet shelves. I even disgusted myself further by moaning, a bit, in hopes that he would finish faster so I could go home.

When he did finish, I told him I needed to get home. I made up a story about volunteering early the next morning. He tried to kiss me when he dropped me off. I turned away, so he kissed my cheek, I told him I would call him and ran to my room as fast as I could. I curled up in my bed without waking anyone up. I didn't sleep but I also didn't get out of my bed again for over 12 hours.

I was a die-hard breakfast eater and my roommate must have known that something was wrong when she came to get me for breakfast at the dining hall and I declined. I told her I wasn't hungry and I turned away, to face the wall and pretend I was sleeping. She left me alone until she got back from breakfast, after another two hours of me not sleeping. She jumped on top of my and said "someone didn't come home last night... were you at Steve's?" She sang his name, teasing me, digging for dirt. I told her to shut up and she said, "you had sex! You dirty slut! What happened to 'I am not having sex this year?'" (she mocked my voice). I told her it was gross, I told her he took advantage of me, I told her I hadn't wanted to. She just laughed and said again that I was a slut. I believed her and had already been saying the same thing to myself. It really didn't matter what excuse I gave; the truth was that I had no one to blame but myself. I stayed in bed all day.

Steve called later that day and I didn't pick up. He left a message asking me to call him back. Then he called a couple of hours later and I still didn't pick up. Finally, when he called a third time, my roommate said that I was ridiculous and she answered and handed the phone to me. He asked if I wanted to go out again and I said no, I thought it was better that we not see each other again. He responded by asking "should I push for an explanation or should I leave it at that?" I avoided confrontation and told him to leave it at that. In truth, I wasn't even sure why I was feeling the way I did and I certainly didn't know how to explain it to him!

I stopped going out. I went to the dining hall and to classes, but otherwise stayed in my room. I called the guys I'd been dating and told each of them (there were really only two others) that I wasn't dating



anymore. I told them not to call and not to push me on the topic. I told them it was fun and that they hadn't done anything wrong- that this was all about me. I apologized. I felt like I had led them on.

A week after the incident with Steve, my brother stopped by. He hadn't called first, or I would have told him not to, but he just showed up. He was pretty angry. He said that he'd been out to dinner with a bunch of friends and he asked Steve how I was. Since my brother hadn't heard from me, he assumed it meant I was spending time with Steve. Steve said that we weren't seeing each other anymore. My brother picked up from his tone that I had broken it off and started teasing Steve- saying that I dumped him and that he sucked and he was glad I'd come to my senses. My brother told me that Steve responded by saying in front of the entire table of my brother's friends, that at least he 'got a piece of ass' before he got dumped and he began making crude comments about how I performed sexually. My brother had to be held back by three of their friends. He left dinner and came directly to my place.

"You slept with him?!?! Didn't you only go out that once? What were you thinking?! Didn't you think about how my friends would look at you now?... how they would look at me? I can't believe you're like that!" He was yelling at me and saying out loud all the things I was saying in my head. "I'm sorry" I told him "It's not exactly like I wanted it." That's all I said. He stopped yelling then, he became quiet, he asked about my roommates, and he left. We never talk about it and we never talk about Steve. My brother didn't allow me to talk about dating any of his friends again either. I was OK with that, though I felt badly that I had ruined their friendship.

It really wasn't until years later that I realized that Steve had raped me. I figured that because I hadn't screamed, fought, or said 'no' that it couldn't have been rape. The counselor that I spoke with told me that 80% of rape cases are similar to my situation- two acquaintances, no physical violence or weapons, but the use of coercion, and the abuse of one's trust. She told me that I hadn't given consent and that women can communicate "no" in different ways—my communication was submissive, but it was still not a "yes." She told me that I could've been blaming myself for the decisions that I made that night in order to regain a sense of power or control over what happened, when in reality, Steve took that power and control away by ignoring my protests, by using his body to push me down and by not respecting me. She pointed out the way my roommate and brother responded could have increased my self-blame and self-loathing and that I was responding, emotionally, in similar ways to other rape victims. It took me a while to understand and really absorb the things the counselor said, but in time I realized that she made some valid points. I still suffer from some effects; it is hard for me to go into walk-in closets, I still have difficulty having sex without feeling dirty and I occasionally put myself down for what happened that night. I learned through counseling that there was a difference between wishing I had made different decisions and holding myself responsible for the rape. It was so validating to have the counselor tell me that this wasn't me "being taken advantage of" and it wasn't "bad sex." This was **rape** and it was **his** decision and **his** fault - not mine.

How to Help a Friend

DO:

- **LISTEN** – It is a powerful moment when someone chooses to tell you their story. This is your time to let your friend talk. Actively listen; use your body to show you are listening, make eye contact, nodding and smiling/frowning. Be patient and allow them as much time as they need. Do not be afraid of silence; silent moments can actually be helpful.
- **BELIEVE** – It is not your job to investigate a case. It is your job to be a friend and believe what they are telling you. Statistics tell us that in almost every case, a victim is telling the truth. If you choose not to believe them, they may never tell anyone else out of fear of not being believed and therefore, not receive any services they need. Assure your friend that it is not their fault, no matter what happened.
- **INFORM** – Provide your friend with resources and information. Let them know that most staff, faculty and RAs on UNCW's campus are mandated to report sexual misconduct, relationship abuse and stalking. Offer to accompany them to speak with confidential staff at the CARE office, Student Health Center or Counseling Center to discuss options without initiating a report. You can also offer to accompany them to the Police Department or Office of the Dean of Students so that they can start the reporting process, if they want. Accompanying a friend can make a real difference in whether or not your friend seeks out support; sometimes taking that first step alone can be scary.
- **EMPOWER** – At the core of any type of interpersonal violence is power and control. Victims of abuse, stalking, and assault have had their power and control repeatedly taken from them. As a friend, you can help them regain that sense of power by allowing them to make their own decisions about what they want to do. This can be hard since we might want our friend to report to police or tell their RA. However, they might not be ready to do that and it needs to be their decision.
- **RESPECT** – Assure your friend that you understand and respect their decisions and will respect their privacy. In order to help your friend, you need to acknowledge how scary it is to tell someone this information and how dangerous it could be for that person if you were to tell other people. It's normal for you to want to talk about the situation and get support for yourself, but do so in a confidential manner with a CARE Advocate or Counselor from the Counseling Center in order to maintain your friend's privacy.

DON'T:

- Panic or show too much emotion
- Blame them or ask blaming questions (i.e. Why were you there?)
- Assume that you know best for them
- Tell your friend what to do
- Make any promises that you can't keep



Resources for UNCW Students

UNCW Resources

<http://uncw.edu/noharm/>

Care Office: 962-CARE (2273)
Relationship education and supportive services including crisis response and advocacy related to **relationship abuse, sexual assault, stalking and harassment.**

Counseling Center: 962-3746
Individual and support group counseling for issues related to the healing process.

University Police: 962-2222
Response to any campus safety and security issues, self-defense classes and support throughout off-campus investigative and judicial procedures.

Student Health Services: 962-3280
Follow-up medical care, including free STD testing and free preventive medication for STDs, HIV and pregnancy.

Office of the Dean of Students: 962-3119
Support services and information about campus conduct procedures.

Community Resources

Rape Crisis Center: 392-7460

Domestic Violence Shelter and Services, Inc.: 343-0703

Wilmington Police: 343-3600

New Hanover Sheriff's Office: 798-4200

District Attorney's Office: 341-1401

Websites

National Sexual Violence Resource Center
<http://www.nsvrc.org/>

Rape, Abuse, & Incest National Network
<http://www.rainn.org/>

Books

- Rape Recovery Handbook: The Step-by-Step Help for Survivors of Sexual Assault by Aphrodite Matsakis

- I Can't Get Over It: A Handbook for Trauma Survivors by Aphrodite Matsakis

- The Courage to Heal: A Guide for Women Survivors of Sexual Abuse by Ellen Bass and Lauren Davis

- Hurting and Healing: How to Overcome the Trauma of Sexual Abuse and Rape by Gloria Wade

- Date Violence by Elaine Landeau

