

## Options for Survivors of Sexual Assault

A survivor has many options if he or she wishes to notify someone about the assault.

### Contact University Police.

Police can review reporting options, discuss evidence collection and assist in seeking support. For more information, contact University Police at 301.687.4223.

### Contact the Office of Student & Educational Services.

In addition to any criminal or civil penalties under the law, any act of sexual assault is against FSU's Policy on Sexual Assault and is subject to disciplinary proceedings under the institution's judicial system. A survivor may request alternative academic, living or employment situations if such alternatives are available, feasible and appropriate to the facts of the sexual assault reported. For more information, contact Dr. Jesse Kettermann, Dean of Students, at 301.687.4311.

### Contact the Title IX coordinator.

The Title IX coordinator is responsible for overseeing complaints of sex discrimination and identifying and addressing any patterns or systemic problems that arise during the review of such complaints. For more information, contact Beth Hoffman, Director of ADA/EEO and Title IX Compliance, at 301.687.4102.

**Please visit the website for more information:**  
**[www.frostburg.edu/gbv](http://www.frostburg.edu/gbv)**

## Important Contacts

- **Family Crisis Resource Center**  
24-hour helpline: 301.759.9244
- **University Police**  
24-hour emergency line: 301.687.4222
- **Frostburg City Police**  
24-hour assistance: 301.689.3000
- **National Sexual Assault Hotline**  
24-hour hotline: 800.656.4673

- **FSU Office of Student & Educational Services**  
Hours: Mon. - Fri., 8 am - 5 pm, 301.687.4311
- **FSU Brady Health Center**  
Hours: Mon. - Thurs., 8 am - 5 pm; Fri., 9 am - 4 pm  
301.687.4310, [www.frostburg.edu/brady](http://www.frostburg.edu/brady)
- **FSU Counseling & Psychological Services**  
Hours: Mon. - Fri., 8 am - 5 pm, 301.687.4234
- **Maryland Coalition Against Sexual Assault**  
[www.mcasa.org](http://www.mcasa.org)
- **Rape, Abuse and Incest National Network**  
[www.rainn.org](http://www.rainn.org)



FSU is committed to making all of its programs, services and activities accessible to persons with disabilities. To request accommodation through the ADA Compliance Office, call 301.687.4102 or use a Voice Relay Operator at 1.800.735.2258. Frostburg State University is a smoke-free campus.



## What You Need to Know About SEXUAL ASSAULT



Authorized by  
President's Advisory Council Against Gender-Based Violence  
**[www.frostburg.edu/gbv](http://www.frostburg.edu/gbv)**

## Sexual Assault

Sexual assault is a **crime**. It includes various forms of **unwanted sexual touching or penetration without consent**, such as:

- Sexual battery – The unwanted touching of an intimate part of another person
- Forced oral-genital contact
- Rape with a foreign object, including a finger
- Forced genital intercourse
- Forced anal intercourse
- Or the **attempt** of any of the above actions

Sexual assault may be accomplished by fear, threats of harm and/or actual physical force. It is common among both men and women.

**20%** Did You Know?  
20 percent of female students will be victims of attempted or actual sexual assault while at college.

**6%** 6 percent of male students will be victims of attempted or actual sexual assault while at college.

**90%** 90 percent of all sexual assaults are committed by someone known to the victim.

**If you know someone who has experienced a sexual assault, you can help the person by doing the following:**

### Remain calm.

It is common to experience anger and shock if someone you know is a victim, but expressing these emotions may result in additional trauma and stress for the individual.

### Get to a safe place.

### Offer support.

The victim will likely experience shock and possibly disorientation. Lay out options from which the person can choose. **Never try to force someone to make a certain decision.**

### Encourage medical attention.

Even if no injuries are visible, internal injuries could require medical attention.

Western Maryland Regional Medical Center: 240.964.1200

### Let the survivor express his or her feelings.

Your friend will be angry at the assailant, not you. Listen and be supportive.

### Maintain confidentiality.

It is not your place to tell people; let your friend make that decision.

### Encourage counseling.

A trained professional can offer support and guidance.

### Seek counseling for yourself.

Do not ignore your feelings. Sexual assault affects everyone, not just the survivor. Sometimes it may not be appropriate or helpful to share your feelings with the survivor; talking to a professional can help.

**Sexual assault is always the fault of the abuser.**

No one deserves to be sexually assaulted.

No two individuals process a traumatic event in the same manner.

There is no "right" or "wrong" reaction to a traumatic event.

Some typical reactions include:

- Confusion
- Denying the event happened
- Fear
- Depression
- Disorientation
- Feelings of anxiety or panic
- Anger
- Withdrawal from others
- Numbness
- Hurt
- Embarrassment
- Feeling "unclean"

Survivors may blame themselves and wonder what they could have done differently to prevent the assault.

**The victim is never to blame for an assault.**

Know that there are people who can help in a time of need:

- Resident Assistant (RA)
- Victim advocate through the Family Crisis Resource Center
- Counselor
- Nurse or medical professional
- Police officer
- Dean of Students