

## CDI Helpful Tips for Interpersonal Violence

SEXUAL ASSAULT  
AFFECTS

**1 in 5** women

SEXUAL ASSAULT  
AFFECTS

**1 IN 6** men  
before age 25

**1**  
OUT OF  
**4**

COLLEGE-AGED WOMEN  
REPORT SURVIVING  
RAPE OR ATTEMPTED  
RAPE SINCE AGE 14

FOR WOMEN, **1/2** OF  
ALL SEXUAL  
ASSAULTS OCCUR  
BEFORE AGE 18

FOR MEN, **75%** OF  
ALL SEXUAL  
ASSAULTS OCCUR  
BEFORE AGE 18

### Consent Policy

The parameters of consent:

- Both people are fully conscious.
- Both are equally free to act.
- If an individual is pinned down or physically restrained, he or she is not free to act.
- Both individuals are positive and sincere in their desires.
- This means there can be no blackmail, coercion, nagging, convincing, etc.
- Both individuals are clear about their intentions.

### What can I do?

- ✓ Speak up if someone's putting down women/men.
- ✓ Offer to drive someone home from a party.
- ✓ Keep track of your friends and what they are drinking, especially if the drink wasn't mixed in front of them.
- ✓ Pair up with your friends at parties to keep an eye on each other.

### How do I protect myself?

- Pay attention to what is going on around you.
- Come up with a plan beforehand.
- Talk to your friends about how they would want you to intervene if they were in an uncomfortable situation.
- Choose an intervention strategy that is best for the situation.

### How do I Help the Person?

Be patient.

Don't suggest retaliation.

Know available resources.

Don't pry.

Tell the survivor it is not THEIR fault.

Encourage them to report.

Believe them.

Listen.

### WHAT YOU CAN SAY

*I BELIEVE YOU*

*THIS IS NOT  
YOUR FAULT*

*YOU ARE NOT  
ALONE*

*LET'S SEEK  
PROFESSIONAL  
ASSISTANCE*

Five **actions** to consider when someone makes a report of sexual assault or interpersonal violence to you:

1. Collect your thoughts.
2. Ensure safety if possible.
3. Listen actively, and if possible secure a quiet place to talk.
4. Respect their wishes.
5. Check your own emotional baggage.

Five **questions** to consider when someone makes a report of sexual assault or interpersonal violence to you:

1. How can I assist you?
2. Can I get you anything? (meeting their basic needs)
3. Is it ok for me to sit, (stand, etc...) near you.
4. Is it ok to touch you?
5. Would you be comfortable speaking with someone other than me about this situation?

### Resources:

- + <https://www.notalone.gov>
- + National Sexual Violence Resource Center 1-877-739-3895
- + <https://rainn.org/>
- + <https://1in6.org>

### Services:

- + 24/7 access to on-call advocates
- + Hospital accompaniment
- + Safety planning
- + Temporary alternative housing and permanent relocation
- + Assistance with criminal justice process, including restraining orders
- + Anonymous Reporting

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