



**BUFFALO STATE**  
The State University of New York

# SUNY Buffalo State College

## IF YOU ARE SEXUALLY ASSAULTED



SEXUAL ASSAULT IS ANY SEXUAL ACT COMMITTED AGAINST A PERSON WITHOUT THEIR CONSENT.

Affirmative consent is defined as a clear, unambiguous and voluntary agreement to engage in specific sexual activity.

Find a Safe Place. Get to a safe place - anywhere away from the attacker. Call someone you trust, such as a friend, relative, or police officer to come meet you. Crisis Services is always available to guide you through the entire process. Their 24-hour hotline number is (716) 834-3131.

There is support at Buffalo State and in the community to help you as you decide what to do. Healing from a sexual assault takes time. Free counseling is available on-campus at The Counseling Center, 2<sup>nd</sup> Floor Weigel Health Center, (716) 878-4436 or off-campus with Crisis Services at (716) 834-3131.

*As you are considering your options, it is vital to remember:*

- It is not your fault.
- Every rape or sexual assault is different.
- It does not matter what you did or did not do during the assault.
- Healing from a sexual assault takes time.
- It is never too late to get help, even if the assault happened years ago.

### Options for Reporting

You have the right to choose whom you tell. You may consider talking to a trusted friend or family member or to any of the college offices listed below. Your parents will not be called without your permission. In the case of a life-threatening emergency, the hospital may call your closest relative, but the nature of your injuries will not be disclosed.

You do not have to decide if you want to prosecute right away, but preserving the evidence helps if you decide to prosecute at a later date. To help preserve evidence:

- Don't bathe or brush your teeth, drink, or smoke before evidence collection.
- If you have already changed your clothes, place them in a paper bag (NOT plastic) to preserve them.
- To collect evidence, ask the hospital to conduct a rape kit exam. If you suspect that you may have been drugged, ask for a urine sample to be collected and try not to urinate before the sample is collected.

If or when you are ready, you can report the assault to University Police 24 hours a day at (716) 878-6333, or anonymously online at <http://police.buffalostate.edu/sexual-assault-prevention>. If the assault occurred off-campus, call 911 to report to your City or Town Police. It is *never* too late to report. You can also get assistance from the Dean of Students Office by calling (716) 878-4618.

You may also report the incident to the Chief Diversity Officer, who is Buffalo State's Title IX Coordinator. The Office of Equity and Diversity investigates reports of discrimination and harassment, and can also assist with coordinating academic, housing or other accommodations. They may be contacted through <http://equity.buffalostate.edu/> or by calling (716) 878-6210.

Under certain circumstances, you can seek an order of protection to keep the person who hurt you away. University Police can assist you in that process. On campus no contact letters (only applies while on campus) can be obtained through the Office of Judicial Affairs <http://deanofstudents.buffalostate.edu/judicial-process> without a police report.

### Medical Care

You may have injuries that are not yet evident. Get medical attention immediately. Even if you have no physical injuries, immediate medical care is important to reduce risks of pregnancy or sexually transmitted infections. You do not have to press charges to seek medical attention.

For Pregnancy, HIV/STD or Injury Concerns: You can go to any local emergency room for testing, emergency medical care, and/or evidence collection. The Erie County Medical Center (ECMC) is a Center of Excellence for victims of sexual assault, and we recommend this hospital for care following a sexual assault. ECMC is located at 462 Grider Street in Buffalo.

You can visit Weigel Health Center for HIV/STD testing. Emergency contraception (EC) is available at Weigel Health Center. EC is a safe and effective way to prevent pregnancy AFTER unprotected sex or the failure of other birth control methods and can be taken up to 5 days after unprotected intercourse.

## Options for Support, Referrals & Education

Getting help does not mean you have to prosecute. Professionals trained in crisis intervention are available free to Buffalo State students, and can help guide you through what services are available to help you choose what happens next:

- Crisis Services, (716) 834-3131 (24 hours), <http://crisisservices.org>
- Buffalo State Counseling Center, (716) 878-4436, 2<sup>nd</sup> Floor Weigel Health Center, <http://counselingcenter.buffalostate.edu/>
- Weigel Health Center, (716) 878-6711, <http://weigel.buffalostate.edu/>
- NY State Office of Victims Assistance, (716) 847-7992 or 1-800-247-8035, <https://ovs.ny.gov/>
- Office of Equity and Diversity (Title IX Office), (716) 878-6210, <http://equity.buffalostate.edu/>

### IF SOMEONE YOU KNOW HAS BEEN SEXUALLY ASSAULTED

Believe them. Listen, be there, support them, and do not be judge the individual or the situation.

Inform them of the options (see information above), but remember it is ultimately their decision.

Be patient. Remember, it takes time to process and time to heal. Let them know that professional help is available. Encourage them to contact a Crisis Services Advocate (716) 834-3131 or the Buffalo State Counseling Center (716) 878-4436.

Get support for yourself; Counseling Services is also available to you.

If a friend has been sexually assaulted it is not uncommon for them to experience:

Shock	Denial	Helplessness
Disbelief	Fear	Embarrassment
Anger	Mood Swings	Inability to concentrate or relax
Irritability	Depression	Disturbances in eating and/or sleeping

The health and safety of every student at the State University of New York and its State-operated community colleges is of utmost importance. Buffalo State recognizes that students who have been drinking and/or using drugs (whether such use is voluntary or involuntary) at the time a sexual violence incident occurs may be hesitant to report such incident due to fear of potential consequences for their own conduct. Buffalo State strongly encourages students to report incidents of sexual violence to campus officials. A bystander reporting in good faith or a victim/survivor reporting sexual violence to Buffalo State officials or law enforcement will not be subject to campus conduct action for violations of alcohol and/or drug use policies occurring at or near the time of the sexual violence.

### IF YOU HAVE INFORMATION REGARDING A SEXUAL ASSAULT

*If you have information regarding a crime that took place in the past, you may still report it to the police.*

- Contact the police, On-campus at (716) 878-6333 or Off-campus at 911.
- Report anonymously at <http://police.buffalostate.edu/sexual-assault-prevention> .
- Refer to the Buffalo State Sexual Violence Response policy at <http://equity.buffalostate.edu/sexual-violence-response-policy> for more information.