



PACT Program

Promoting Awareness
of the College Transition



**West Virginia Foundation for
Rape Information and Services, Inc.**

304-366-9500 FAX 304-366-9501
www.fris.org

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The PACT Program

The PACT Program was developed to assist students who are transitioning from high school to college. This transition can be exciting and overwhelming as students meet new people and find themselves in new surroundings.

The first three months of college for incoming first-year students are known as the “Red Zone”. The term “The Red Zone” was coined by Robin Warshaw in her book *I Never Called It Rape*. This term is used to bring attention to the increased risk of sexual assault and dating violence that women (and sometimes men) face when they first arrive on college campuses. The PACT program serves as an opportunity for college students and high school seniors to talk about the potential risks and dangers of sexual assault and relationship violence, what students can do to reduce those risks, and how to get help if they—or someone they know—has been victimized. This guide includes definitions, information and resources that show sexual violence crosses all boundaries, including economic status, age, race, gender, religion, sexual orientation, mental and physical ability.

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The Red Zone

What is the Red Zone?

The Red Zone is the time between freshmen move-in and fall break when there is a particularly high incidence of sexual assaults on college campuses. During this time, first-year students are at a higher risk of experiencing sexual violence. While sexual violence can happen to anyone at any time, college students experience a higher risk during the Red Zone period—and throughout their college years.



Did You Know?

- 1 in 4 college women will experience rape or attempted rape at least once during her four years at college.
- 90 percent of all acquaintance rapes involves alcohol.
- According to Fisher, Cullen and Turner (2000), 90 percent of college women who are victims of rape or attempted rape know their assailant. The attacker is usually a(n):
 - Classmate
 - Friend
 - Boyfriend
 - Ex-boyfriend
 - Other acquaintance
- Women within the typical age bracket of college students, ages 16 to 24, also experience the largest per capita rate of intimate partner violence¹ and the highest rate of stalking.²
- In West Virginia, one in six women and one in twenty-one men will experience an attempted or completed sexual assault during their lifetime.³

Why?

New students are more vulnerable and are targeted because they are unfamiliar with campus routines.

- They may feel insecure and alone.
- With their “new-found freedom” they may be eager to test limits and experiment in the areas of sexuality, drinking/drugs, etc.
- They may be unaware of the risks they face on campus and the ways to reduce such risks (via support systems, campus resources, etc.).
- Their desire for social acceptability and status may outweigh their safety needs, causing them to succumb to peer pressure.

SEXUAL VIOLENCE IS NEVER YOUR FAULT!

Find out if there is a campus safety program that you can call for accompaniment.

If so, keep that contact information with you.

Sexual Assault: What Is It?

Sexual violence occurs anytime a person is forced, coerced, and/or manipulated into unwanted sexual activity. Sexual violence is not limited to intercourse. Sexual violence includes a wide range of victimization. These crimes include completed or attempted attacks generally involving unwanted sexual touching or penetration without consent. Sexual violence may or may not involve force and include such behaviors as grabbing or fondling. Sexual violence also includes verbal threats. The term “sexual violence” applies to *any* unwanted sexual activity or contact. Sexual assault is a crime. It is motivated by a need to control, humiliate, and harm. It is *not* motivated by sexual desire. Offenders use sex as a weapon to dominate others.⁴

Sexual assault is a crime. It is forced or nonconsensual sexual intercourse. Sexual assault, or rape may be accomplished by intimidation, threats of harm, and/or actual physical force. Forced sexual intercourse means forced vaginal, anal, or oral penetration by an object or the offender(s). Rape may also include situations in which penetration is accomplished when the victim is unable to give consent or is prevented from resisting due to being intoxicated, drugged, unconscious, or asleep. Rape can happen to anyone—male or female, regardless of age or sexual orientation.

Sexual assault is never the victim’s fault.

Even if a victim does everything she or he can to reduce the risk of rape, it can still happen. It does not matter if you were:

- drinking (even underage).
- flirting.
- wearing sexy clothes.
- initiating sexual contact.
- taking drugs.
- sexually involved or intimate with that person before.
- frozen with fear.
- saying “yes” then “no.”
- choosing not to report the assault.

Acquaintance Rape

Acquaintance rape, which has also been called “date rape,” has been increasingly recognized as a real and relatively common problem within society.⁵ It is a common misconception that strangers commit most sexual assaults. Actually, you are more likely to be sexually assaulted by someone you know—a boyfriend or partner, friend, date, neighbor, classmate—than by a stranger in a dark alley. Acquaintance rape occurs when someone you know uses physical strength, emotional bargaining, intimidation, blackmail, authority, or mind games to force you to have sexual intercourse. If you do not consent to sex and someone has intercourse with you anyway, it is a crime.⁶

Consent

Determining whether consent has been given is a critical factor in any sex offense case.



What does it mean to give consent? Consent is when someone gives clear permission to participate in sexual activity. Ultimately, consent must be given verbally. Expressive, non-verbal indicators such as body language should not be relied upon when seeking consent. Individuals should always ask for clarity when consent is in question. Consent can be given only when there is equal power between the two parties. If you cannot comfortably say “no” due to coercion, pressure, force, or threats, then you cannot give your consent.

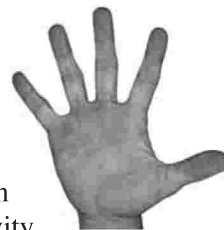
*Consent cannot be given if the person is intoxicated, under the influence of drugs, physically or mentally incapacitated, unconscious, underage or asleep.*⁷

There are several components to consent, and all must be present before partners can participate mutually and equally in a sexual relationship:

1. They must understand what they have agreed to do.
2. They must be aware of the consequences of and alternatives to their actions.
3. They must know that their decision not to participate will be respected as much as their decision to participate.
4. They must voluntarily agree.
5. They must be mentally competent (e.g., not incapacitated due to an intellectual disability; not drunk or high).
6. Consent is an ongoing process. Consent can be given or taken away at any time.

Signs of Non-Consent

The following are examples of signs to be aware of when engaging in sex/sexual activity. (This list is not exhaustive.)



Verbal Refusal: When someone says “No” or “Don’t do that” or “Please stop” or “I don’t want to do this.”

Implied Verbal Refusal: When someone says “I don’t think I want to go this fast” or “I’m not sure I want to do this.”

Physical Resistance: Trying to get away, freezing up, trying to leave, rolling over or away, pushing you off, moving your hands away, trying to put their clothes back on, etc. are signs of not giving consent.⁸

If verbal consent is missing, there is no consent. If sexual activity continues after any of these indicators, a crime has been committed.

Warning Signs

You can’t tell if someone is a perpetrator of sexual violence by looking at him/her. Many persons who commit sexual assault:

- don’t respect people. They make comments that are degrading—especially toward women—or refer to women only as body parts.
- see people—especially women—as sex objects.
- continue to touch a person even when asked to stop.
- think violent behavior is normal and acceptable.
- abuse alcohol and drugs.
- don’t listen to you.
- ignore personal space boundaries.
- make you feel guilty or accuse you of being uptight for resisting sexual advances.
- encourage others to drink and use drugs.⁹

Drug-facilitated Sexual Assault

The use of drugs to facilitate sexual assault is on the rise. Drugs can be slipped into a drink, put in place of other drugs a person may be using, or put into food. The most common drug used in drug facilitated sexual assault is alcohol. Ninety percent of acquaintance rapes involve alcohol. Many additional drugs used are found at dance clubs, raves and bars, but they are increasingly being sold in schools, on college campuses, and at private parties.



Alcohol depresses nerves that control involuntary actions such as breathing and the gag reflex (which prevents choking). A large consumption of alcohol will eventually stop these functions. You will find alcohol in drinks such as beer, lager, alcopops, cider, wine and spirits. Alcoholic drinks have different strengths which are measured as a percentage by volume (the higher the percentage, the stronger the drink). Alcohol often forms the basis for social interactions on a campus. There is a correlation between the amount of alcohol consumed on a campus and the incidences of sexual assault. The more alcohol there is, the more incidences of sexual assault there are. **Alcohol does not cause sexual violence.** This is a common myth and is often an excuse used by those who commit acts of sexual violence to justify their behavior.

Consider that:

- Drinking is a socially acceptable activity often used as an excuse for a socially unacceptable behavior.
- Alcohol consumption can result in impaired judgment.
- Alcohol is often used as an excuse for aggressive sexual behavior.



Drugs Frequently Used In Sexual Assaults

Alcohol

Marijuana

Benzodiazepines

GHB

Ecstasy

Amphetamines

Rohypnol

Ketamine

Some of these drugs are depressants, which cause initial feelings of disorientation, sluggishness, drowsiness, drunk-like behavior, thick/slurred speech, fumbling and a lack of coordination. Later, breathing can decrease, the skin can become cold and clammy, the heart rate may increase then fall, and a coma may result.

Other drugs, that are stimulants, can initially cause increased alertness, talkativeness, loss of appetite, exaggerated reflexes, restlessness and euphoria. Then nasal redness, runny nose, anxiety, insomnia, dry mouth and irritability can occur. Later fatigue and paranoia may develop. Still other drugs, like hallucinogenics,⁵ can cause changes in perception, thought and mood; elevated heart rate; increased blood pressure; dilated pupils; thought and perception disorders and impaired judgment that can lead to injury.

Some of these drugs can take effect within 20 minutes and can last up to 12 hours. Many victims report having consumed their normal amount of alcohol, but having passed out with no memory of the assault. It is this temporary ‘amnesia’ that often causes victims to blame themselves for the assault. Going to the emergency department and getting a forensic medical exam (that includes the collection of the first urine after the assault for toxicology testing purposes) can help determine if you were drugged.

The Effects of Drugs Used to Commit Sexual Assault

These drugs may:

- lower your inhibitions and impair judgment.
- blur your vision and make you see things that aren't there.
- create drowsiness, dizziness and confusion.
- make you feel nauseated.
- make you feel numb and unable to speak or move.
- cause shaking, muscle spasms and seizures.
- cause a loss of consciousness.
- cause memory loss.
- lower your blood pressure, heart rate, breathing and the amount of oxygen in your blood.¹⁰

After a Sexual Assault

After a sexual assault, a victim might not understand her/his feelings and reactions and not know where to turn or what to do. Ultimately, each victim should choose whatever course of action they feel is best. A victim may choose to do nothing immediately following a sexual assault or may choose to report the sexual assault. In order to ensure personal health and safety, there are actions a victim can take after a sexual assault. The following list provides options to consider in the short- and long-term after a sexual assault.

- Go somewhere safe to make sure you are out of immediate danger.
- As a student, you typically have four reporting options: (1) not reporting, (2) reporting only to the college campus security, (3) reporting only to local law enforcement or (4) reporting to both campus security and local law enforcement.
- Despite your desire to wash, do not change clothes, shower, rinse your mouth, douche or use the bathroom. There might be evidence on you or your clothes. If you do change clothes, put each item in a separate, clean paper—not plastic—bag to preserve evidence.
- Don't eat, drink or smoke.
- Do not wash or destroy clothing.
- Consider reporting the assault to the local police or campus police.
- Tell or talk with a trusted friend or family member.
- Go to the hospital for a forensic medical exam. If the assault was within 96 hours, request a forensic medical exam. A sex crime evidence collection kit should be used to collect evidence. You may or may not have external injuries or bruises, but you could have internal injuries, such as trauma to the genitals and bleeding that may not be noticeable to you. You may also have concerns about pregnancy. Emergency contraception, which is medication for preventing pregnancy, can be provided. Be sure to ask. Treatment for sexually transmitted diseases should be provided. You should be informed of prophylaxis and testing for HIV. Usually HIV testing is not offered at the hospital emergency department. Ask for a list of testing sites.
- At the hospital you have a right to have an advocate from the local rape crisis center with you. If the medical facility does not inform you of this opportunity, ask! An advocate can talk with you, listen to your concerns, and provide information on crime victims compensation and counseling. They can also provide support and information to friends or family who may have come to the hospital with you.

Please see the back cover of this booklet for resources in your area.

What Men Can Do To Prevent Sexual Assault

The majority of men don't commit sexual assault, but most of the persons who commit sexual assault are men. Historically, women have disproportionately experienced sexual assault, but men can also be victims. Ending sexual violence means raising awareness and actively challenging others to examine what it means to be masculine or feminine. Men can help to prevent sexual assault and create a safer place for their mothers, sisters, daughters, friends and lovers. Masculinity is about responsibility, not control. Men don't have to force women to have sex or degrade women in order to be masculine. Men can help create change and can be influential when united against sexual violence.

- Listen carefully to hear what a partner is saying. If you're getting a mixed message, ask for clarification and explicit consent. Talk about sex and intimacy with your partner.
- Don't fall for the common stereotype that when your partner says "no" it really means "yes."
- Don't make assumptions about a person's behavior. Don't automatically assume that consent is implied because someone drinks heavily, dresses in sexy clothing, or agrees to go to your room.
- Don't assume that prior consent implies future consent. Just because a person consents to kissing or touching does not mean they are willing to engage in other forms of sexual activity.
- If you see a male friend using force or pressuring a dating partner, don't be afraid to intervene:
 - Step in or report it. Speak up; act. Silence perpetuates violence.
 - Pay attention to signs; do not be a disinterested bystander or a facilitator of violence.
- Don't mix sexual decisions with drugs and alcohol. Regardless of how smart you are, you can't make sound decisions when you are drunk.
- Realize how other men's behavior or degrading comments ultimately hurt men and women.
- Challenge and interrupt sexist and otherwise inappropriate remarks, jokes, and stories.
- Confront other men's verbal or physical harassment. Recognize and oppose sexual harassment and sexually inappropriate behavior. Boycott magazines, videos, and music that promote any form of sexual or relationship violence.
- Change other men's misconceptions about sexual assault.
- Be supportive of a person's actions to control his or her own life and make his or her own decisions.
- Note your own behavior and attitudes. If you are emotionally, psychologically, physically, or sexually abusive towards others, or have been in the past, seek professional help immediately.^{11, 12}
- Realize that sexual violence is also a men's issue. Respect yourself and others.
- Don't feel like you have to follow gender roles or stereotypes.

Take the pledge at www.menagainstsexualviolence.org.

Risk Reduction: What You Can Do

Here are some suggestions to help you reduce your risk of sexual assault. Unfortunately, even if a person does all of these things, he/she can still be assaulted. Even if a person does not take any safety precautions and experiences sexual assault, he/she is NOT AT FAULT. Blame always lies with the perpetrator/offender. When at risk, put your safety first. This is not the time to be polite.

- Trust your instincts. If you don't feel comfortable in a situation, leave.
- Know what a healthy relationship is and believe you deserve one.
- Be in charge of your own life. When you're on a date, you never "owe" your date anything.
- If you aren't sure about a new date, try to meet in a public place or go out with a group of friends instead of alone.
- Don't ride alone with someone you recently met. Drive with friends and have money for the cab fare or bus if you decide to leave early.
- Be cautious about inviting someone into your room or going to someone else's room. If you live in an adjoining room or quad, make sure that the adjoining door or bathroom door is locked.
- Don't mix sexual decisions with drugs and alcohol. Regardless of how smart you are, you can't make sound decisions when you are drunk.
- Avoid falling for lines such as "If you loved me . . ." If your partner loved you, he/she would respect your feelings and wait until you are ready. Do not do anything you do not want to do just to avoid a scene or unpleasantness.
- Communicate clearly with your partner. You have the right to change your mind about sex/sexual activities. If you think you are getting mixed messages, ask your date what he/she wants.
- Let someone know your plans for the evening. Let your date know that you are expected to call or notify a friend when you get home.
- Don't feel like you have to follow gender roles or stereotypes:

—Many times women think, "I'm supposed to let guys be in charge. Guys like to think they can make the decisions," or "If I don't give in, maybe he won't like me."

—Men might think, "Women expect us to be in charge. They want guys who look like they know what they want and go for it. Girls probably like being pushed a little. They say 'no,' but that's their role. They just don't want you to think they're easy. Women often mean 'yes' when they say 'no.'"¹³

Relationship Violence

Relationship Violence

- Relationship violence is defined as any hurtful or unwanted physical, sexual, verbal or emotional act inflicted by a casual or intimate dating partner.
- Violence is about power and control.
- Violence develops as a pattern of controlling behavior, not just a single event.

A violent relationship is more than being hit by the person who claims to love or care about you. When someone uses abuse and violence against you, it is always part of a larger pattern to try to control you.

Even though most people think that violence occurs only between persons in a committed relationship, the same kind of violence also happens between people who are dating. Even if you are not being hurt physically or sexually, verbal and emotional abuse can be just as painful. Verbal and emotional abuse can often lead to physical violence.¹⁴



Warning Signs of a Battering Personality

Has your partner hurt your feelings, humiliated you, or caused you to question yourself by:

- ignoring you?
- cursing at you?
- insulting your family and friends?
- withholding affection?
- making fun of you?
- continually criticizing you?
- lying to you?
- shouting or yelling?
- playing mind games?
- criticizing your opinions?
- calling you names?
- ridiculing your values?
- embarrassing you in public?
- harassing or stalking you either physically or through the use of technology?

Has your partner intimidated or frightened you by:

- isolating you from friends and family?
- being extremely jealous?
- locking you out of the house or car?
- driving recklessly?
- threatening to hurt you?
- leaving you in a dangerous or isolated place?
- threatening to commit suicide?
- threatening to out you to family, friends and coworkers?

Does your partner hurt you by:

- telling jokes that make you uncomfortable?
- touching you in uncomfortable ways?
- being unfaithful?
- questioning your faithfulness?
- making you dress more sexy?
- saying your clothes are too sexy?
- making fun of your sexual boundaries?
- calling you sexually derogatory names?
- forcing unwanted sexual actions?
- refusing to practice safe sex?
- destroying things that are important to you?

These indicators and behaviors can indicate the onset of a pattern of domestic and/or sexual violence.

If a Friend Is a Victim

Are you worried about a friend? Do they:

- act withdrawn, worried, or depressed?
- have difficulty admitting there's a problem?
- make excuses for an abusive partner's behavior?
- blame themselves?
- believe the partner's actions are signs of love?
- spend less time with you or avoid you?
- change how they act to avoid making their partner angry?
- apologize for their partner's behavior?¹⁵

What should you do?

- Believe them.
- Tell them you're sorry and it wasn't their fault.
- Really listen; don't jump to solutions.
- Do not distract yourself with heroic fantasies to beat up the perpetrator.
- Offer to make an appointment with them to see a counselor, clergy, police, etc.
- Do not say that you know/understand how they feel.
- Suggest counseling in addition to talking to you. Professional counselors are very helpful.
- There is no limit to how long the healing process takes. Saying things like, "You've got to forget about this" won't help and may harm their recovery.
- Be aware of school/local support resources and share those.
- Sometimes you can't "do" what seems like very much, but the "little" that you do may be sufficient. Don't assume for them what they need.
- Give them time and space.
- Do not attempt to offer advice regardless of your own personal experiences.
- Respect their need for absolute confidentiality. Not making their secret public may be a safety concern. Even if you get support for yourself as an affected "significant other," do not disclose details of the abuse to anyone.¹⁶

Healthy Relationships: Five Important Principles

It might seem a bit overwhelming looking through this information and seeing only the bad possibilities in a relationship. So, we thought we'd remind you what a healthy relationship looks like.

Respect

When two people are in a relationship, there should be mutual respect for each person as an individual. Joy is created when they come together.

A healthy partnership means learning about the other person and valuing what is important to him or her. Respect in a sexual relationship requires that each partner feels valued enough to talk openly about his/her desires and fears on a sexual level. Each partner should have respect for his or her own body. Each should feel comfortable choosing whether to be sexually active and, if so, at what pace and level.

Honesty

Most people would agree that honesty is crucial to any relationship. At the same time, sharing truly honest thoughts and feelings about what we want to happen in the relationship is a challenge to accomplish. Certainly in any type of relationship, especially a sexual one, honesty is very powerful, and for some people, downright scary. Men and women hide in a number of ways; from trying to portray themselves as someone they are not to not listening to their own thoughts or the other person's. A person may not be ready to have sex with their partner but fear honesty due to a lack of trust in the relationship. This brings us to our next building block.

Trust

Trust means you can count on each other and that the other person will be there for you. Trust doesn't come easily and, for most people, needs to be earned over time. There is nothing worse than a broken promise to take away trust. Promises should not be taken lightly.



Communication

Communication is critical to the previous three components of a healthy relationship. It is how we show our respect, honesty, and trust. Listening to others and really “hearing” them so we respond and follow through on what they are requesting, is a sign of a strong relationship. In a relationship that may be sexual, communication can’t be compromised. Partners need to be able to talk before the fact about whether they are comfortable with the level of sexual activity they are considering.¹⁴

Safety

Safety is an important aspect of a relationship. A healthy relationship is a safe relationship. A safe relationship is one in which each person’s dignity is upheld. Safety in a relationship means we are secure from the threat of danger, harm, or risk. The foregoing principles (respect, honesty, trust, communication) will facilitate safety in a relationship.

In a healthy relationship:

- You can state particular characteristics of this person that you like or admire.
- Your partner is glad you have other friends.
- Your partner is pleased at your accomplishments and supportive of your ambitions.
- Your partner gives consideration to your opinions.
- Your partner talks about her/his feelings.
- Your partner and you have interests other than each other.
- You consider your partner a friend as well as a lover and mate.
- Your partner both talks and listens.
- Your partner has good friends.
- Your partner accepts responsibility for his or her actions and does not blame failures or negative results on others.

Stalking (off-line and on-line)

Anyone can be stalked or engage in stalking behavior. Stalking is a crime that is often ignored and sometimes viewed more as annoying behavior instead of a crime. But if ignored, the behaviors can escalate and lead to violence.

What is Stalking?

Stalking is a complex form of interpersonal violence involving a pattern of behavior directed at or related to a specific person.¹⁸

According to West Virginia Code §61-2-9a, stalking is defined as: “Any person who repeatedly follows another knowing or having reason to know that the conduct causes the person followed to reasonably fear for his or her safety or suffer significant emotional distress.”

Facts on stalking in America:

- 94 percent of female victims were stalked by men.
- 60 percent of male victims were stalked by men.
- Overall, 87 percent of stalkers were men.
- 77 percent of female victims and 64 percent of male victims know their attacker.
- 31 percent of women stalked by a current or former intimate partner are also sexually assaulted by that partner.

Stalking on campus:

- 13 percent of college women were stalked during one six to nine month period.
- 80 percent of campus stalking victims knew their stalkers.
- 3 in 10 college women reported being harmed emotionally or psychologically from being stalked.
- Overall, 83.1 percent of stalking incidents were NOT reported to police or campus law enforcement. BUT 93.4 percent of victims confided in someone, most often a friend, that they were being stalked.

How Do I Know If I'm Being Stalked or Harassed?

There are many behaviors associated with stalking and harassment. The following is a list of common behaviors:

- persistent phone calls, emails, or other communications
- direct verbal or physical threats
- waiting or showing up uninvited at or near a residence, workplace, or classroom
- gathering information about a person from friends, family, and/or co-workers
- unwanted following or surveillance
- manipulative behaviors such as threatening suicide
- sending unwanted gifts, cards, or items
- defamation—lying to others about a person

Cyberstalking

Although there is no universally accepted definition of cyberstalking, the term is used to refer to the use of the Internet, e-mail, or other electronic communication devices to stalk another person. In addition, cellular phone technology inclusive of GPS technology allows stalking to occur undetected.

Online Safety Tips

- Select a gender-neutral username, e-mail address, etc.
- Keep your primary e-mail address private.
- Do not give out information simply because it is requested.
- Block or ignore unwanted users.
- Spend time in a new forum anonymously to learn local customs and dynamics.
- If a place becomes stressful, leave it.
- When you change your username, really change it!
- Know what's in your signature file.
- Never give your password to anyone.
- Be cautious about posting any pictures of yourself or family anywhere.
- Don't post away messages detailing where you will be and when you'll return.

Endnotes

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⁵Perspectives on Acquaintance Rape, David G. Curtis, Ph.D., B.C.E.T.S. Clinical Associate, Long Island Psychological Associates, P.C. PCAR, *Risk Reduction and Rape: Even Among Friends*.

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⁷*Sexual Assault Response Team Training Manual*, the University of Scranton, 2004.

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⁹ETR Associates, *Sexual Violence*, 2003.

¹⁰ETR Associates, *About Date Rape Drugs*, 2004.

¹¹Men Against Sexual Violence, “10 Things Men Can Do to Prevent Gender Violence,” <http://www.menagainstviolence.org/top10.html>.

¹²Men Can Stop Rape, “Stopping Rape: What Men Can Do,” http://www.mencanstoprape.org/usr_doc/What_Men_Can_Do.pdf, 1998, 2001.

¹³PCAR, *Risk Reduction and A Guide for Friends and Family of Sexual Violence Survivors*.

¹⁴<http://www.ndvh.org>.

¹⁵ETR Associates, *Emotional Abuse*, 2004.

¹⁶Advocates for Youth (n.d.). Male/Male Sexual Violence. Retrieved 5/11/06 from <http://www.advocatesforyouth.org/youth/health/assault/male.html>.

¹⁷Bacchus & Gamma Peer Education Network, http://www.smartersex.org/healthy_relationships.asp.

¹⁸National Center for Victims of Crime: The National Center for Victims of Crime provides referrals and advocacy services to victims through its toll-free national hotline. Through the hotline, victims are referred to the nearest, appropriate services in their community, including crisis intervention, assistance with the criminal justice process, and counseling and support groups. The National Center publishes bulletins on a number of topics, including domestic violence, sexual assault, and stalking. www.ncvc.org.

West Virginia Rape Crisis Centers

If you have been sexually assaulted, call the National Sexual Assault Hotline at 1-800-656-HOPE or contact a local center:

| Center | Telephone and Fax | Website |
|---|--|---------------------------------------|
| CONTACT HUNTINGTON | | |
| 1046 Sixth Avenue PO Box 2963 Huntington, WV 25728 | <i>Hotline:</i> 1-866-399-7273 <i>Phone:</i> 304-523-3447 <i>Fax:</i> 304-523-0558 | <i>contacthuntington.com</i> |
| FAMILY REFUGE CENTER | | |
| 117 East Washington Street PO Box 249 Lewisburg, WV 24901 | <i>Hotline:</i> 1-800-645-6334 <i>Phone:</i> 304-645-6334 <i>Fax:</i> 304-645-6329 | <i>familyrefugecenter.com</i> |
| HOPE, INC. | | |
| PO Box 626 Fairmont, WV 26555 | <i>Hotline:</i> 304-367-1100 <i>Fax:</i> 304-367-0362 | |
| RAPE & DOMESTIC VIOLENCE INFORMATION CENTER | | |
| PO Box 4228 Morgantown, WV 26504 | <i>Hotline:</i> 304-292-5100 <i>Fax:</i> 304-292-0204 | <i>rdvic.org</i> |
| REACH—FAMILY COUNSELING CONNECTION | | |
| 1021 Quarrier Street, Suite 414 Charleston, WV 25301 | <i>Hotline:</i> 304-340-3676 <i>Fax:</i> 304-340-3688 | <i>familycounselingconnection.org</i> |
| SEXUAL ASSAULT HELP CENTER | | |
| PO Box 6764 Wheeling, WV 26003 | <i>Hotline:</i> 304-234-8519 <i>Phone:</i> 304-234-1783 800-884-7242 <i>Fax:</i> 304-234-8231 | |
| SHENANDOAH WOMEN'S CENTER | | |
| 236 West Martin Street Martinsburg, WV 25401 | <i>Hotline:</i> 304-263-8522 | <i>swcinc.org</i> |
| Berkeley County | 304-263-8292 | |
| Jefferson County | 304-725-7080 | |
| Morgan County | 304-258-1078 | |
| | <i>Fax:</i> 304-263-8559 | |
| WOMEN'S AID IN CRISIS | | |
| PO Box 2062 Elkins, WV 26241 | <i>Hotline:</i> 304-636-8433 800-339-1185 <i>Fax:</i> 304-636-5564 | <i>waicwv.com</i> |
| WOMEN'S RESOURCE CENTER | | |
| PO Box 1476 Beckley, WV 25802 | <i>Hotline:</i> 304-255-2559 888-825-7836 <i>Fax:</i> 304-255-1585 | <i>wrcwv.org</i> |
| NATIONAL SEXUAL VIOLENCE HOTLINE 1-800-656-HOPE | | |

