



**SEXUAL ASSAULT
RESOURCE PACKET**

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STATEMENT OF RIGHTS OF THE ALLEGED VICTIM

The right to report the incident to confidential reporting resources rather than to University employees who have mandatory reporting obligations. Examples of confidential resources include:

Norman

ON CAMPUS:

Goddard Health Center: 405.325.4441

University Counseling Center: 405.325.2911

OU Counseling and Psychology Clinic: 405.325.2914

OFF CAMPUS:

Norman Rape Crisis Hotline: 405. 701.5660

Norman Domestic Violence Hotline: 405. 701.5540

HSC

ON CAMPUS:

Student Counseling: 405.271.7336

OFF CAMPUS:

Rape Crisis Hotline: 405.943.7273

Domestic Violence Hotline: 405. 917.9922

TULSA

ON CAMPUS:

Student Counseling Services: 918.660.3109

OFF CAMPUS:

Rape Crisis Hotline: 918.743.5763

Domestic Violence Hotline: 405. 917.9922

THE RIGHT to make an initial Jane/John Doe report to OU Advocates

[Norman/HSC (405) 615-0013 answered 24/7; Tulsa (918) 660-3163, after hours (918) 743-5763]; provided, however, if the report contains specific facts or name of the alleged perpetrator the advocates may be required to make a further report to the Title IX Coordinator, Bobby Mason (405) 325-2215, for campus safety reasons

THE RIGHT to investigation and appropriate resolution of all credible complaints of sexual misconduct made in good faith to University administrators. See notonourcampus.ou.edu and/or please contact the Sexual Misconduct Officer, Kathleen Smith, or the Title IX Coordinator, Bobby Mason (405) 325-2215 for more information about administrative investigations and remedies

THE RIGHT of both accuser and accused to have the same opportunity to have others present (in support or advisory roles) during a campus disciplinary hearing

THE RIGHT not to be discouraged by University officials from reporting an assault to both on-campus and off-campus authorities

THE RIGHT to be informed of the outcome and sanction of any disciplinary hearing involving sexual misconduct

THE RIGHT to be informed by University officials of options to notify proper law enforcement authorities, including on-campus (Norman (405) 325-2864; Health Sciences Center (405) 271-4300;

Tulsa (918) 660-3900), and local police (Norman (405) 321-1600; Oklahoma City (405) 231-2121; Tulsa (918) 596-9222), and the option to be assisted by campus authorities in notifying such authorities, if the student so chooses. This also includes the right not to report, if this is the victim's desire

THE RIGHT to be informed of the availability of orders of protection from the district court and the option to be assisted in seeking such an order by University law enforcement and/or an OU Advocate [Norman/HSC (405) 615.0013 answered 24/7; Tulsa (918) 660.3163, after hours (918) 743.5763.

THE RIGHT to be informed of administrative no contact orders through the University which require the parties to refrain from contacting one another regardless of whether a victim's protective order is sought and/or granted

THE RIGHT to be informed about the preservation of evidence (e.g. not to bathe, shower, douche, eat, drink, smoke, brush teeth, urinate, defecate, or change clothes before examinations, and recommendation that a forensic medical examination be conducted even if bathing has occurred; gather all evidence, bed sheets, linens, unlaundered clothing and secure them in a paper bag or clean sheet; retention of all documentation and text messages relating to incident)

THE RIGHT to be notified of available counseling, mental health or student services for victims of sexual misconduct, both on campus and in the community (OU Advocates Norman and Health Sciences Center (405) 615-0013; OU Advocates Tulsa (918) 660-3163, after hours (918) 743-5763; Norman University Counseling Center (405) 325-2911, Student Counseling (405) 325-2911; Health Sciences Center Student Counseling (405) 271-7336; Tulsa Student Counseling (918) 660-3109; see also: <http://www.ou.edu/content/eoo.html>)

THE RIGHT to engage a private attorney at victim's own expense for any phase of the proceedings, or the right to seek assistance free of charge through the University's student run SGA General Counsel's Office (405-325-5474) or the Legal Aid Clinic of the College of Law (405-325-3702)

THE RIGHT to notification of and options for, and available assistance in, changing academic and living situations after an alleged sexual misconduct incident, if so requested by the victim and if such changes are reasonably available (no formal complaint, or investigation, campus or criminal, need occur before these options may be available).

Accommodations may include:

- change of an on-campus student's housing to a different on-campus location;
- assistance from university support staff in completing the relocation;
- arranging to dissolve a housing contract and pro-rating a refund;
- exam (paper, assignment) rescheduling;
- taking an incomplete in a class;
- transferring class sections;
- temporary withdrawal;
- alternative course completion options;

modification of on-campus employment duties or location.

THE RIGHT not to have irrelevant prior sexual history admitted as evidence in a campus hearing

THE RIGHT not to have any complaint of sexual misconduct mediated (as opposed to adjudicated)

THE RIGHT to seek informal resolutions rather than administrative judicial sanctions where the reporting party is reluctant to move forward with administrative sanctions or the transgression does not rise to the level of a policy violation but is serious enough to warrant some remediation

THE RIGHT to know potential sanctions should a policy violation be found
Sexual Assault or Violent Offenses: where the incident involves violence, e.g. dating/domestic violence, or penetration, e.g. rape, the sanctions typically range from a period of suspension through to expulsion and/or possible immediate removal or termination of employment;

Seriously Threatening Offenses: where the incident involves serious threats of violence such as certain forms of stalking or violations of victim's protective orders, the sanctions ranging from suspension through to expulsion and/or possible immediate removal or termination of employment;

Other offenses or offenses noted above: where the incident does not include violence and or serious threats, sanctions may range from censure, disciplinary probation, counseling, community service, reflection papers, warnings through to suspensions, expulsions, dismissals or terminations.

THE RIGHT to make a victim-impact statement at the campus conduct proceeding and to have that statement considered by the board in determining its sanction

THE RIGHT to a campus no contact order against another student who has engaged in or threatens to engage in stalking, threatening, harassing or other improper behavior that presents a danger to the welfare of the complaining student or others

THE RIGHT to have complaints of sexual misconduct responded to quickly by campus law enforcement

THE RIGHT to have an investigation conducted by unbiased investigators and to report any alleged bias to the TitleIX Coordinator, Bobby Mason, 405.325-2215

THE RIGHT to request the Title IX Coordinator review any finding of lack of sufficient evidence by the Sexual Misconduct Officer

THE RIGHT to request an appeal of the finding and sanction of the conduct body if the matter goes to a hearing, in accordance with the standards for appeal established by the University

THE RIGHT to review all documentary evidence available regarding the complaint, subject to the privacy limitations imposed by state and federal law, at least 48 hours prior to the hearing

THE RIGHT to be informed of the names of all witnesses who will be called to give testimony, within 48 hours of the hearing, except in cases where a witness' identity will not be revealed to the accused student for compelling safety reasons (this does not include the name of the alleged victim/

complainant, which will always be revealed)

THE RIGHT to preservation of privacy, to the extent possible and allowed by law

THE RIGHT to a hearing closed to the public

THE RIGHT to petition that any member of the conduct hearing panel be removed on the basis of demonstrated bias

THE RIGHT to bring a victim advocate or adviser/attorney to all phases of the investigation and campus conduct proceeding; however, the reporting party must speak on his or her own behalf

THE RIGHT to give testimony in a campus hearing by means other than being in the same room with the accused student

THE RIGHT to ask the investigators to identify and question relevant witnesses, including expert witnesses

THE RIGHT to be fully informed of campus conduct rules and procedures as well as the nature and extent of all alleged violations contained within the complaint

THE RIGHT to have the University compel the presence or through other means (e.g. telephonically) of student, faculty and staff witnesses, and the opportunity (if desired) to ask questions, directly or indirectly, of witnesses, and the right to challenge documentary evidence

THE RIGHT to question the accused student indirectly either through counsel where permitted or through questions posed to the Chair of the Hearing Panel

The accused student may question the reporting party indirectly through counsel where permitted or through questions posed to the Chair of the Hearing Panel

THE RIGHT to be present for all testimony given and evidence presented before the conduct body

THE RIGHT to have complaints heard by conduct and appeals officers who have received annual sexual misconduct training

THE RIGHT to be free from retaliation by the accused student or other witnesses

THE RIGHT to be informed in advance of any public release of information regarding the complaint

THE RIGHT not to have released to the public any personally identifiable information about the complainant without his or her consent.

TIME SENSITIVE INFORMATION

Below you'll find information about sexual assault examinations and monetary compensation for the assault. These two processes involve actions that need to be completed shortly following the assault if you wish to press charges or receive monetary compensation for expenses associated with an assault, such as medical bills and counseling services.

SEXUAL ASSAULT EXAMINATIONS

If you were recently assaulted, you may be interested in a sexual assault exam. These exams can help you ensure that any physical injuries are properly treated. They can also collect forensic evidence, so that if you decide to press charges, evidence will be available.

Where can I get medical care?

If you have been sexually assaulted, the best place to receive the type of specialized medical care you need is a hospital emergency department, a specialized forensic clinic, or a sexual assault treatment center where the staff is experienced in treating sexual assault victims and collecting forensic evidence. Most of these facilities are available 24 hours a day. The Gender + Equality Center recommends calling the Women's Resource Center Rape Crisis Line. The center is best equipped to treat survivors of sexual assault.

The doctors and nurses in these facilities receive special training in ways to treat victims of sexual assault. They should be sensitive to your needs and able to answer your questions about the physical and emotional effects of the assault.

What is a sexual assault exam?

A sexual assault exam is...

Primarily for your health and wellbeing

Secondarily for evidence collection

Free to you

Available even if you choose not to report to law enforcement

Given to law enforcement but your name is not given to police unless you explicitly state that you want to report

Going to offer you antibiotics to prevent STDs and STIs

A sexual assault exam is not...

Going to tell you if you were raped—only you can say that

Going to tell you if you were a virgin before the assault

Going to tell you if you are pregnant

Going to be processed quickly

The results are given to the appropriate law enforcement agency

Many sexual assault exams take anywhere from six months to a year for the results

May not tell you if you were drugged before the assault

Mandatory to receiving healthcare

Mandatory for reporting a sexual assault

You may have heard the term “rape kit” to refer to a sexual assault exam. The term rape kit actually refers to the kit itself—a container that includes a checklist, materials, and instructions, along with envelopes and containers to package any specimens collected during the exam. A rape kit may also be referred to as a Sexual Assault Evidence Kit (SAEK).

The contents of the kit vary by state and jurisdiction and may include:

Bags and paper sheets for evidence collection

Comb

Documentation forms

Envelopes

Instructions

Materials for blood samples

Swabs

Should I have a medical examination and evidence collection even if I am unsure about making a police report?

Yes. Even if you are undecided about whether you want to make a police report and unsure about whether you want your assailant prosecuted, you should have evidence collected as soon as possible after a sexual assault. This is the best way to keep your options open for the future. Physical evidence is very important in sexual assault cases. Physical evidence that is present immediately after an assault will deteriorate as time passes. If you do not have an examination soon after the assault, the evidence will be lost forever.

In most cases, DNA evidence needs to be collected within five days in order to be analyzed by a crime lab—but a sexual assault forensic exam can reveal other forms of evidence beyond this time frame that can be useful if you decide to report. Place your belongings, including the clothes you were wearing, in a paper bag to safely preserve evidence. If you have questions about the time-frame, you can call the National Sexual Assault Hotline at 800.656.HOPE (4673) or the Norman Rape Crisis Center at their non-crisis line, 405.701.5550, or the crisis line, which is 404.701.5660.

What happens during a sexual assault medical examination?

The nurse will usually begin by asking questions about your general health. If you are a female, you will be asked about your menstrual history and your use of contraception.

You will also be asked specific questions about the assault. It may be difficult to recall some of the details, and it may be emotionally painful to remember and talk about what happened. Medical personnel ask specific questions to find out what to look for when they examine you. The information you give helps them conduct a thorough physical evaluation.

The nurse will look for injuries and any other signs that force was used, such as tender areas, marks on your skin, and bruises. Although many sexual assault victims do not appear to sustain physical injuries, it is still important to be examined by a health care provider. If you do have visible injuries, you may be asked to give your consent to have photographs taken. Photographing injuries is important because by the time your assailant is prosecuted in a court hearing, the injuries may have healed.

In addition to checking you for injuries, the doctor or nurse can collect other evidence of the sexual assault. Depending on the types of sexual contact that occurred, the search for physical evidence may include taking samples from the vagina, mouth, or rectum to test for sperm cells and semen (the fluid around the sperm). Other evidence may be obtained from fingernail scrapings, foreign matter on your body, and the clothes you were wearing at the time of the assault.

After the examination is completed, the doctor or nurse will document the findings in a medical record. The written record can later be subpoenaed to assist in the legal process.

Preparing for a sexual assault forensic exam

If you are able to, try to avoid activities that could potentially damage evidence such as:

- Bathing
- Showering
- Using the restroom
- Changing clothes
- Combing hair
- Cleaning up the area

It's natural to want to go through these motions after a traumatic experience. If you have done any of these activities, you can still have an exam performed. You may want to bring a spare change of clothes with you to the hospital or health facility where you're going to have the exam.

OKLAHOMA CRIME VICTIMS COMPENSATION

In order to claim monetary compensation for injuries, medical expenses, or lost productivity related to a sexual assault, you must report the assault to the police within 72 hours of when the assault occurred.

A claim for compensation must be filed within a year of the assault. On the website, you can find a link to a document that you can fill out in order to apply for monetary compensation for the crime. The money comes from a slush fund, which means that the crime does not need to be brought to trial in order for you to receive compensation. If you have any questions about the process, contact the Crime Victims Compensation Board. Their phone number is 405-264-5006, and their website is www.ok.gov/dac/Victims.

INFORMATION FOR MALE SURVIVORS

Sexual assault can happen to anyone, no matter your age, your sexual identity, or your gender identity. Men and boys who have been sexually assaulted or abused may have many of the same feelings and reactions as other survivors of sexual assault, but they may also face some additional challenges because of social attitudes and stereotypes about men and masculinity.

Common reactions

Men and boys who have been sexually assaulted may experience the same effects of sexual assault as other survivors, and they may face other challenges that are more unique to their experience. Men who were sexually abused as boys or teens may respond differently than men who were sexually assaulted as an adult.

If something happened to you, know that you are not alone. The following list includes some of the common experiences shared by men and boys who have survived sexual assault. It is not a complete list, but it may help you to know that other people are having similar experiences:

Anxiety, depression, fearfulness, or post-traumatic stress disorder

Concerns or questions about sexual identity

Sense of blame or shame over not being able to stop the assault or abuse, especially if you experienced an erection or ejaculation

Feeling on-edge, being unable to relax, and having difficulty sleeping

Feel like “less of a man” or that you no longer have control over your own body

Avoiding people or places that are related to the assault or abuse

Fear of the worst happening and having a sense of a shortened future

Withdrawal from relationships or friendships and an increased sense of isolation

Some men who have survived sexual assault as adults feel shame or self-doubt, believing that they should have been “strong enough” to fight off the perpetrator. Many men who experienced an erection or ejaculation during the assault may be confused and wonder what this means. These normal physiological responses do not in any way imply that you wanted, invited, or enjoyed the assault. If you were sexually assaulted, it was not your fault.

How does being assaulted affect sexual identity?

Sexual assault is in no way related to the sexual identity of the perpetrator or the survivor, and a person’s sexual orientation cannot be caused by sexual abuse or assault. Some men and boys have questions about their sexuality after surviving an assault or abuse—and that’s understandable. This can be especially true if you experienced an erection or ejaculation during the assault. Physiological responses like an erection are involuntary, meaning you have no control over them.

Sometimes perpetrators, especially adults who sexually abuse boys, will use these physiological responses to maintain secrecy by using phrases such as, “You know you liked it.” If you have been sexually abused or assaulted, it is not your fault. In no way does an erection invite unwanted sexual activity, and ejaculation in no way condones an assault.

Finding support

If something happened to you, know that you are not alone. Visit online.rainn.org. Chat anonymously and confidentially with a RAINN support specialist who is trained to help.

Call the National Sexual Assault Hotline. Call 800.656.HOPE (4763) to be connected to a trained staff member from a local sexual assault service provider in your area.

Consider therapy or other mental health support. Some therapists specialize in issues you may be facing as a result of the abuse or assault. Goddard provides counseling to both students and staff.

Connect with other survivors. The organization After Silence offers an online platform for victims to talk to one another about their experiences and what they’ve found helpful. You can find these boards at aftersilence.org/forum.

INFORMATION FOR THE LGBTQ COMMUNITY

For LGBTQ survivors of sexual assault, their identities – and the discrimination they face surrounding those identities – often make them hesitant to seek help from police, hospitals, shelters or rape crisis centers, the very resources that are supposed to help them. We want you to understand that you have the right to care that affirms and supports your identity. If this is not your experience, please reach out to your Advocate so that they can connect you to resources that will respect your identity.

Fear of Retaliation

You may be afraid that if you choose to report the assault, the perpetrator will out you. If you do choose to report, your identity will be protected by both law enforcement and the Institutional Equity and Title IX Office. If you have any concerns about retaliation, please share them with your Advocate so that they can work to ensure that you're safe.

Outing Oneself

It might be difficult to talk to health care providers about the assault because it could involve revealing aspects of your identity that you aren't fully comfortable sharing. The Gender + Equality Center can help you find providers who will be supportive and affirming of your identity.

Body Dysphoria in Trans Individuals

Sexual assault by its very nature is physically invasive and often involves genitals or parts of our body we perceive as centrally connected to our trans identity. For some, genitals and/or secondary sex characteristics may feel incongruent with their gender identities (or may even be charged with feelings of shame). People may have used their genitals against us to oppose, deny, or try to destroy our gender identity or self-esteem. For those who have had gender confirming surgery, the attack on our genitals may feel like an attack on everything we are. It may be hard enough to expose and talk about our bodies under typical circumstances; exposing and talking about them in the context of sexual assault may feel impossible.

HEALTH & WELLNESS

PHYSICAL HEALTH

The information in this section is designed to help you understand how to physically recover from a sexual assault. It includes information about self-care and sexually transmitted diseases.

Physical self-care

After a trauma, it's important to keep your body healthy and strong. You may be healing from injuries or feeling emotionally drained. Good physical health can support you through this time. Think about a time when you felt physically healthy, and consider asking yourself the following questions:

How were you sleeping?

Did you have a sleep ritual or nap pattern that made you feel more rested?

What types of food were you eating?

What meals made you feel healthy and strong?

What types of exercise did you enjoy?

Were there any particular activities that made you feel more energized?

Did you perform certain routines?

Were there activities you did to start the day off right or wind down at the end of the day?

Sexually Transmitted Diseases

After a sexual assault, you may be at risk for a sexually transmitted disease. During a sexual assault examination, you should be given antibiotics to help prevent sexually transmitted diseases from occurring. Still, if you notice symptoms or did not receive antibiotics, it's important to understand where and how to get tested.

What are sexually transmitted diseases?

Sexually transmitted diseases, also called sexually transmitted infections, are infections of the genital tissues that spread by contact with infected skin or body fluids, such as secretions or discharge from the vagina, cervix, penis, and anus, as well as blood, urines, and other fluid.

Bacterial STDs are curable and are typically treated with antibiotics. Viral STDs are not curable. Although symptoms can be treated, the virus will remain for life.

What are some common symptoms of STDs?

Many STDs are asymptomatic. This means that a person can be infected and show no signs of having an infection. An untreated STD can lead to serious health problems, such as Pelvic Inflammatory Disease.

Symptoms may include:

Unusual vaginal discharge

Discharge from the penis

Burning while urinating

Pain in genital or lower abdominal area

Pain during intercourse

Sores, ulcers, bumps, or rashes

Itching

If you think that you may have an infection, you can contact a health care provider for screening. Goddard offers testing for a wide variety of sexually transmitted diseases, and you can set up an appointment there to be tested, or walk in at the lab on the first floor.

MENTAL HEALTH

This section is intended to help you understand and cope with some of the feelings that you may be experiencing after trauma.

Emotional self-care

Emotional self-care means different things to different people. The key to emotional self-care is being in tune with yourself. Think about a time when you felt balanced and grounded, and consider asking yourself the following questions:

What fun or leisure activities did you enjoy?

Were there events or outings that you looked forward to?

Did you write down your thoughts in a journal or personal notebook?

Were meditation or relaxation activities a part of your regular schedule?

What inspirational words were you reading? Did you have a particular author or favorite website?

Who did you spend time with? Was there someone, or a group of people, that you felt safe and

supported around?

Where did you spend your time?

Was there a special place, maybe outdoors or at a friend's house, where you felt comfortable and grounded?

Depression

Depression is a mood disorder that occurs when feelings associated with sadness and hopelessness continue for long periods of time and interrupt regular thought patterns. It can affect your behavior and your relationship with other people. Depression doesn't discriminate—it can affect anyone of any age, gender, race, ethnicity, or religion. In 2012, an estimated 16 million adults experienced depression, according to the NIH.

It's normal for survivors to have feelings of sadness, unhappiness, and hopelessness. If these feelings persist for an extended period of time, it may be an indicator of depression. Depression is not a sign of weakness and it's not something you should be expected to "snap out of." It's a serious mental health condition and survivors can often benefit from the help of a professional. If you would like to receive therapy, University Counseling Center offers counseling services. If you're worried about your ability to pay for the sessions, reach out to your advocate to talk about payment options.

Flashbacks

What is a flashback?

A flashback is when memories of a past trauma feel as if they are taking place in the current moment. That means it's possible to feel like the experience of sexual violence is happening all over again. During a flashback it can be difficult to connect with reality. It may even feel like the perpetrator is physically present.

Flashbacks may seem random at first. They can be triggered by fairly ordinary experiences connected with the senses, like the smell of someone's odor or a particular tone of voice. It's a normal response to this kind of trauma, and there are steps you can take to help manage the stress of a flashback.

What helps during a flashback?

If you realize that you are in the middle of a flashback, consider the following tips:

Tell yourself that you are having a flashback. Remind yourself that the actual event is over and that you survived.

Breathe. Take slow, deep breaths by placing your hand on your stomach and taking deep breaths. You should see your hand move out with the inhalations, and watch it fall in with the exhalations.

When we panic, our body begins to take short, shallow breaths, and the decrease in oxygen can make you feel more panicked.

Deep breathing is important because it increases the oxygen in your system and helps you move out of anxious state faster.

Return to the present by using the five senses.

Look around you. Make a list of the items in the room; count the colors or pieces of furniture around you. What do you see?

Breathe in a comforting scent, or focus on the smells around you.
What do you smell?

Listen to the noises around you, or turn on music. What do you hear?

Eat or drink something you enjoy. Focus on the flavor.
What do you taste?

Hold something cold, like a piece of ice, or hot, like a mug of tea.
What does it feel like?

Recognize what would make you feel safer. Wrap yourself in a blanket, or go into a room by yourself and close the door.
Do whatever it takes for you to feel secure.

How do I prevent flashbacks?

You may be able to take steps to prevent future flashbacks by identifying warning signs and triggers:

Be aware of the warning signs.

Flashbacks sometimes feel as though they come out of nowhere, but there are often early physical or emotional warning signs. These signs could include a change in mood, feeling pressure in your chest, or suddenly sweating. Becoming aware of the early signs of flashbacks may help you manage or prevent them.

Identify what experiences trigger your flashbacks.

Flashbacks can be triggered by a sensory feeling, an emotional memory, a reminder of the event, or even an unrelated stressful experience. Identify the experiences that trigger your flashbacks. If possible, make a plan on how to avoid these triggers or how to cope if you encounter the trigger.

Where can I get help?

There is a relief that comes with the end of a flashback, but that doesn't mean it's a one-time occurrence. Flashbacks can worsen over time if you don't address them. They can also be an indicator of PTSD. Managing flashbacks isn't easy work for anyone. Many survivors have found success working with a professional to identify triggers and develop tools to help them through flashbacks when they do occur.

PTSD

It's normal for survivors of sexual violence to experience feelings of anxiety, stress, or fear. If these feelings become severe, last more than a few weeks, or interrupt your day-to-day life, it might be a condition known as post-traumatic stress disorder (PTSD).

What is PTSD?

Post-traumatic stress disorder is an anxiety disorder that can result from a traumatic event. You may have heard the term used in relation to the military, but it can apply to survivors of any type of trauma, including sexual violence. Survivors might experience uncharacteristic feelings of stress, fear, anxiety, and nervousness—and this is perfectly normal. With PTSD, these feelings are extreme, can cause you to feel constantly in danger, and make it difficult to function in everyday life.

While all survivors react differently, there are three main symptoms of PTSD:

RE-EXPERIENCING: feeling like you are reliving the event through flashbacks, dreams, or intrusive thoughts

AVOIDANCE: intentionally or subconsciously changing your behavior to avoid scenarios associated with the event or losing interest in activities you used to enjoy

HYPER-AROUSAL: feeling “on edge” all of the time, having difficulty sleeping, being easily startled, or prone to sudden outbursts

Where can I get help and more information?

Living with PTSD can be challenging, but learning more about the condition can encourage you to ask questions and find the help you need. You can learn more about PTSD at the National Institute of Mental Health (NIMH) or Mayo Clinic. If you think you may be struggling with PTSD, it may be helpful to obtain professional help. The University Counseling Center does offer counseling and psychiatric services for people living with PTSD.

AIRPORT SECURITY FOR SURVIVORS

Airport security can be stressful for any traveler, but for some survivors of sexual assault the screening process is a little more sensitive. The following tips can help you navigate airport security to ensure a comfortable start to your trip.

Fill out a notification card

You can print and fill out a TSA notification card if you have difficulty being touched or are living with anxiety or fear. Write or type a simple phrase like, “difficulty being touched” or “PTSD.” This does not exempt you from screening, but it helps the staff to better understand your needs. A copy of the card can be found at the end of this packet. Notification cards can also be found on the TSA website.

Request a private screening

If you are asked to participate in a pat-down you can request a private screening. If you are traveling with someone else, they may accompany you. You may request for someone of the same gender to perform the security screening. Before the screening starts, let the staffer know if there is any reaction that could happen when you are touched or patted. A TSA officer will not ask you to lift or remove clothes to reveal sensitive areas.

Request a specialist in advance

You can request a TSA Passenger Support Specialist to accompany you through the screening process. Passenger Support Specialists are trained to communicate with travelers who have special needs, in order to make the screening process easier. Request a Passenger Support Specialist 72 hours before your flight by calling the TSA Cares hotline at 855-787-2227.

Reporting a Sexual Assault

There are a few ways in which you can report a sexual assault. You can file a complaint with the university’s Institutional Equity and Title IX Office, you can file a report with the police, or you can do both. These are two separate processes, and filing a report with one office does not initiate an investigation with the other department.

TSA Notification Card: Individuals with Disabilities and Medical Conditions

I have the following health condition, disability or medical device that may affect my screening:

I understand that alternate procedures providing an equivalent level of security screening are available and can be done in private. I also understand that presenting this card does not exempt me from screening.

Information • Assistance Requests • Compliments • Complaints

TSA Cares

1-855-787-2227 (Federal Relay 711)
Weekdays: 8 a.m. to 11 p.m. ET

TSA-ContactCenter@tsa.dhs.gov
Weekends/Holidays: 9 a.m. to 8 p.m. ET

Hablamos Español
Automated information offered in 12 languages

Call 72 hours prior to traveling to request the assistance of a Passenger Support Specialist (PSS) at the checkpoint. If a PSS is not available, you may ask for a Supervisory TSA Officer at the checkpoint.

REPORTING TO THE INSTITUTIONAL EQUITY OFFICE

If the perpetrator of the assault is a member of the OU community, you have the option of filing a complaint with the University. The Institutional Equity and Title IX Office receives reports of any incident, conducts the investigation, and recommends corrective action.

When reporting to the Institutional Equity Office, it's important to understand that the University has an obligation to investigate reports of sexual violence and to take prompt and appropriate action. If you file a report with the Institutional Equity and Title IX Office, they are obligated to investigate. However, they will take your wishes and desires into consideration.

There are a few potential outcomes to an investigating an assault at the Institutional Equity Office. The investigation may lead to adjudication, as is your preference. You can discuss the process Advocate or with someone at the Institutional Equity Office. If a sexual misconduct policy violation is found during investigation, the perpetrator may be sanctioned.

To file a report with the University, you can fill out a complaint form online. The form can be found on the OU Institutional Equity Office homepage. There's a link on the left-hand side of the page for sexual assault and sexual harassment complaints.

REPORTING TO THE POLICE DEPARTMENT

The University of Oklahoma Police Department and Norman Police Department also investigate reports of sexual assault. If you wish to press criminal charges, you'll need to file a report with the department in which the assault occurred. You'll file a report with the OU Police Department if the assault occurred on campus. If the assault occurred off campus, filing a report with the Norman Police Department would be more applicable. However, there's no need to worry about filing a report with the correct department, because if jurisdiction applies to a different department, they can easily transfer the report. In order to file a report with the police department, you must call them. They do not accept emailed or typed reports.

RESOURCES

These resources are here for any issues that are not addressed in this packet. They include information about support groups, hotlines, counseling, and contact information for all of the organizations mentioned in this packet.

Women's Resource Center

The Women's Resource Center is a grassroots organization that works to meet the needs of men and women who have been victimized by sexual assault, domestic violence, and stalking. The organization is home to Norman's Rape Crisis Center, which provides sexual assault exams at no cost to the victim. Contact Information: 24/7 Hotline: 405 – 701 – 5660

Goddard Health Center

Goddard Health Center can assist with any health concerns that you might have, including STD testing and treating any physical injuries.

To make an appointment, you can call 405.325.4611, or simply walk in.

If you want to reach their counseling center, you can call 405.325.2911. They also have counselors available for people in crisis on a walk-in basis.

Institutional Equity Office

There are a variety of ways to file a report with the Institutional Equity Office. You can call, talk to advocate about setting up an appointment, or fill out a form online. The form can be found on the homepage of the Institutional Equity Office, on the left-hand side. The web address for their website is ou.edu/eoo.

Contact information for the Institutional Equity Office is below. You can also ask your advocate to help you set up an appointment.

Office: (405) 325-2215

Email: smo@ou.edu

University of Oklahoma Police Department—Norman Campus

The OU Police Department investigates reports of crimes on the OU campus.

In order to file a report with the police department, you must call them. They do not accept emailed or typed reports.

Norman Police Department

The Norman Police Department investigates reports of crimes that were committed off-campus. Their non-emergency number is 405-321-1444.

After Silence

After Silence is an organization designed to help victims become survivors, and communicate in the recovery of sexual violence. Their mission is to support, empower, validate, and educate survivors, as well as their families and supporters. The core of their organization is a support group, message board, and chat room where victims and survivors come together online in a mutually supportive and safe environment.

If you'd like to participate in their chat rooms and connect with other survivors of sexual assault, visit aftersilence.org/forums.

Rape, Abuse, & Incest National Network (RAINN)

RAINN (Rape, Abuse & Incest National Network) is the nation's largest anti-sexual violence organization. RAINN created and operates the National Sexual Assault Hotline (800.656.HOPE, online. rainn.org y online.rainn.org/es) in partnership with more than 1,000 local sexual assault service providers across the country and operates the DoD Safe Helpline for the Department of Defense. RAINN carries out programs to prevent sexual violence, help victims, and ensure that perpetrators are brought to justice. Their website contains copious information about coping with the aftermath of a sexual assault.

Forge Forward

Forge is a national transgender anti-violence organization, founded in 1994. Their role as a technical assistance provider has allowed us to directly see key continued and emerging challenges many agencies are experiencing in serving sexual assault survivors of all genders.

Their work is rooted in two foundational principles: Being trauma-informed and empowerment-focused in all the work they do both with survivors and with victim service professionals. They are also guided by research and evidence-based strategies, but are highly aware that when working with marginalized populations sometimes the most successful solutions are charting new territory and creating new best practices.

Their website, forge-forward.org, contains copious information for trans and gender-nonconforming survivors of sexual assault.

