

Ways to Support a Survivor of Interpersonal Violence

1

Listen

- Listen rather than talking
- Avoid "why" questions

2

Believe

- Say, "I believe you."
- Say, "This wasn't your fault."

3

Safety

- Ask, "Do you feel safe?"
- Offer to stay with them or help them find a safe place to stay

4

Choices

- Ask, "Would you like to go to [*insert resource*]?"
- Let them make their own choices

5

Self-Care

- Seek out your own support
- Recognize your own limitations

RESOURCES FOR STUDENTS WHO HAVE EXPERIENCED SEXUAL MISCONDUCT

Sexual Harassment, Gender-Based Harassment, and Sexual Violence
(Sexual Assault, Dating & Domestic Violence, Emotional Abuse, Stalking)



EMOTIONAL SUPPORT

Seeking emotional support can be very helpful in the healing process. The following offices will help you understand various processes, work through what happened, and/or provide information about your options.

PREVENTION, ADVOCACY, TRAINING, HEALING (P.A.T.H.)
Wellness Center • SURC 256
509-963-3213
Provides consultation, emotional support, advocacy for accommodations, reporting options, and connections to both legal and medical services.



ASPEN
220 West 4th Avenue
509-925-9384
Provides 24-hour confidential advocacy along with support groups and legal* and medical assistance. Can also connect you to counseling through Comprehensive Healthcare.

STUDENT COUNSELING SERVICES
Corner of 11th & Poplar
509-963-1391
Provides students with confidential individual counseling and crisis appointments.



MEDICAL ATTENTION

Seeking medical attention can be critical to assessing your overall health needs, and collecting evidence that could be used in legal proceedings. Staff at these facilities are sensitive to your needs and concerns.

KITTITAS VALLEY HEALTHCARE
603 S. Chestnut Street
509-962-9841
Provides healthcare including emergency contraception, treatment for injuries, sexually transmitted infections, and pregnancy. A Sexual Assault Nurse Examiner (SANE) can complete a free rape kit assessment. ASPEN advocates are available on-call to accompany students.
Open 24 hours.

STUDENT HEALTH SERVICES
Corner of 11th & Poplar
509-963-1881
Provides confidential healthcare including emergency contraceptive options and treatment for injuries and sexually transmitted infections. Open Monday through Friday from 8am to 5pm.



www.cwu.edu/wellness/path



REPORTING OPTIONS

You may choose to report an incident of sexual misconduct. You have options: File a complaint* with the university and/or file a report with law enforcement.

TITLE IX COORDINATOR
THOMAS PEDERSEN
509-963-2031
The Title IX Coordinator is responsible for processing and responding to all reports of Sexual Misconduct made to the university. The Title IX Coordinator will work with the Reporting Party and/or Third-Party Reporter to discuss their rights, options, and resources, as well as the formal complaint process, investigative options, supportive measures and resolution options, if appropriate.



LAW ENFORCEMENT

CWU POLICE
1211 N. Wildcat Way
911 (Emergency)
509-925-8534 (Dispatch)

ELLENSBURG POLICE
100 N. Pearl Street
911 (Emergency)
509-925-8534 (Dispatch)
Takes criminal reports and provides information on protective orders. Reports through law enforcement may result in criminal charges.



Indicates resource is located on Ellensburg campus

*ABOUT PROTECTION ORDERS

An order of protection is an official court order that can stop someone from contacting or harassing you. For more information, contact P.A.T.H., ASPEN, or law enforcement.

**ABOUT COMPLAINTS

A complaint begins an investigation. Involved parties talk with investigators individually. Students can be provided with assistance needed during the investigation (modifying campus living, academic classes or schedules, and/or planning for safety.)

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