Ways to Support a Survivor of Interpersonal Violence

Listen

- Listen rather than talking
- Avoid "why" questions

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

Choices

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

Self-Care

5

- Seek out your own support
- Recognize your own limitations

RESOURCES FOR STUDENTS WHO HAVE EXPERIENCED SEXUAL MISCONDUC

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



SUPPORT Seeking emotional support can be very helpful in the healing process.

The following offices will help you understand various processes, work rough what happened, and/or provide formation 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.

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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.

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STUDENT COUNSELING SERVICES

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

***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.

-~-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, secually 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.

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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.



**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.)



You may choose to report an ncident 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.



Resources compiled by CWU Wellness Center



Central Washington University is an AA/EO/Title IX institution. For accommodation, please email DS@cwu.edu

Ways to Support a Survivor of Interpersonal Violence

Listen

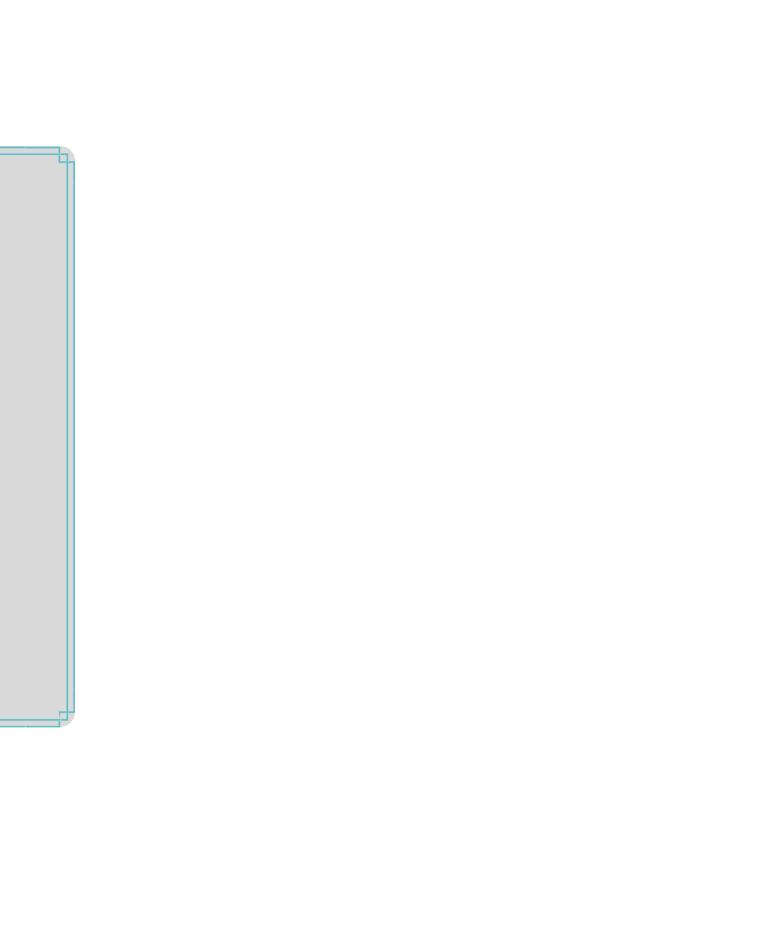
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- Listen rather than talking
- Avoid "why" questions



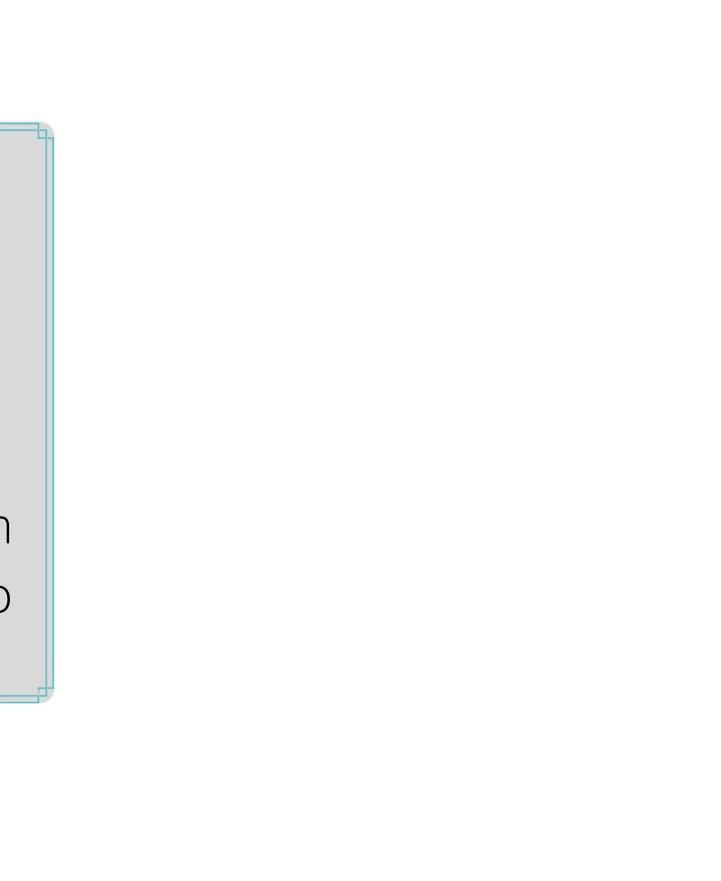
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- Say, "I believe you."
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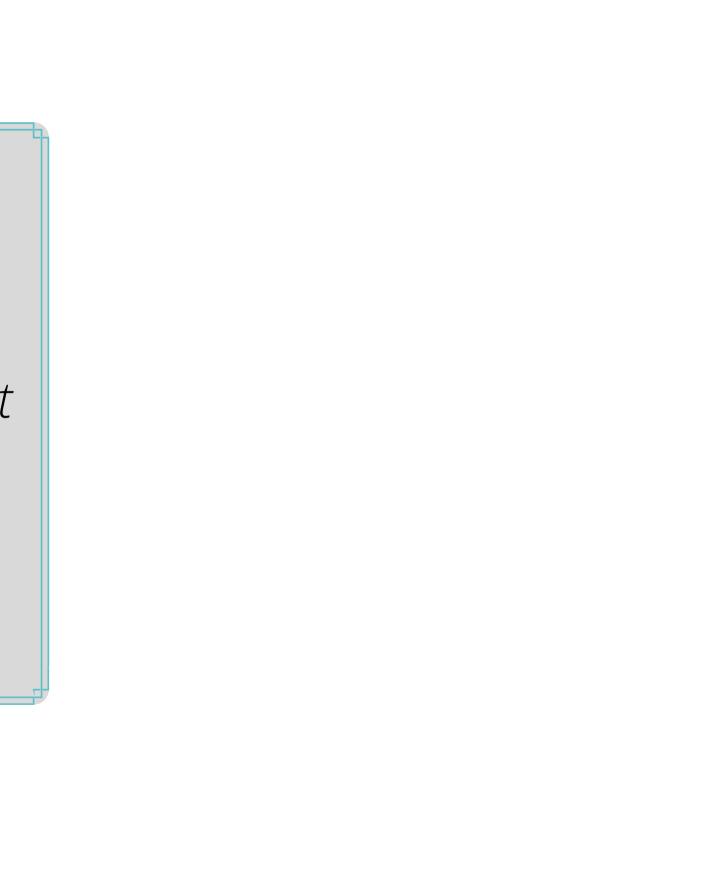
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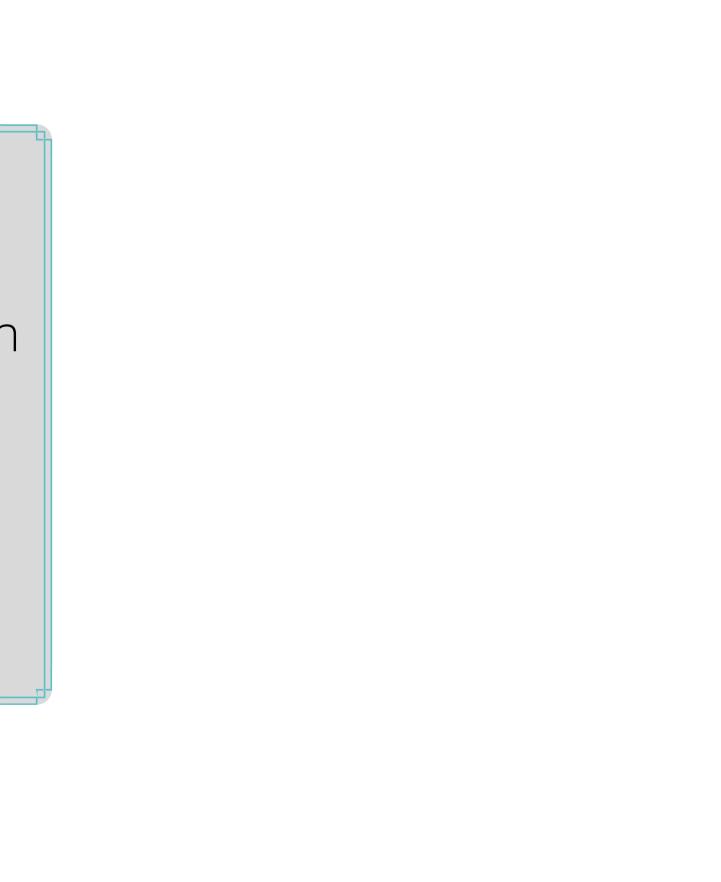
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5 Self-Care

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REPORTING

OPTIONS You may choose to report an incident of sexual misconduct. You have options: File a

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Indicates resource is located on Ellensburg campus

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