



## PREVENTION OF SEXUAL VIOLENCE RESOURCE PACKET

Sexual violence is a major public health issue that impacts learning environments because it creates an environment in which students do not feel safe.<sup>1</sup> Research shows that:

- Every 68 seconds another American is sexually assaulted.<sup>2</sup>
- 13% of all students experience rape or sexual assault through physical force, violence, or incapacitation (among all graduate and undergraduate students).
- 1 out of every 6 American women has been the victim of an attempted or completed rape in her lifetime (14.8% completed, 2.8% attempted).
- About 3% of American men—or 1 in 33—have experienced an attempted or completed rape in their lifetime.
- Among graduate and professional students, 9.7% of females and 2.5% of males experience rape or sexual assault through physical force, violence, or incapacitation.
- 38% of victims of sexual violence experience work or school problems, which can include significant problems with a boss, coworker, or peer.

The Academy for Jewish Religion is committed to maintaining a workplace and school environment free from sexual misconduct in any form. Sexual harassment is a form of workplace and academic discrimination. All members of the Academy community are required to work and study in an atmosphere free from sexual harassment. Sexual harassment and the creation of a sexually hostile work environment is against the law. All employees and students have a legal right to a workplace and academic environment free from sexual harassment. Employees and students are urged to report sexual harassment by filing a complaint internally with the Academy. For more, see [The Academy for Jewish Religion Sexual Harassment Policy](#).

This resource guide is intended to support students and employees in preventing and responding to sexual violence on campus. For information about reporting a crime of a sexual nature, please contact one or both of AJR's Title IX Coordinators, Dr. Matthew Goldstone (mgoldstone@ajr.edu) and Cantor Michael Kasper (mkasper@ajr.edu). Please note that complaints may also be filed with the NY Police Department simultaneously. AJR will comply with student requests for assistance in notifying authorities.

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<sup>1</sup> "ACHA Guidelines" Addressing Sexual and Relationship Violence on College and University Campuses," American College Health Association, June 2016.

[https://www.acha.org/documents/resources/guidelines/Addressing\\_Sexual\\_Violence.pdf](https://www.acha.org/documents/resources/guidelines/Addressing_Sexual_Violence.pdf)

<sup>2</sup> The statistics in this section come from RAINN, for more visit <https://www.rainn.org/>

## WHAT IS SEXUAL VIOLENCE?

The [Center for Disease Control and Prevention](#) defines sexual violence as any sexual act committed against someone without that person's freely given consent. The spectrum of behaviors that comprise sexual and relationship violence include, but are not limited to, “sexual/gender harassment, sexual coercion, sexual abuse, stalking, sexual assault, rape, dating violence, and domestic violence.” Sexual violence also includes:

- Completed or attempted forced penetration of a victim.
- Completed or attempted alcohol/drug-facilitated penetration of a victim.
- Completed or attempted forced acts in which a victim is made to penetrate a perpetrator or someone else.
- Completed or attempted alcohol/drug-facilitated acts in which a victim is made to penetrate a perpetrator or someone else.
- Non-physically forced penetration which occurs after a person is pressured verbally or through intimidation or misuse of authority to consent or acquiesce.
- Unwanted sexual contact.
- Non-contact unwanted sexual experiences.

## WHAT IS CONSENT?

[New York State](#) defines affirmative consent as a knowing, voluntary, and mutual decision among all participants to engage in sexual activity. Consent can be given by words or actions, as long as those words or actions create clear permission regarding willingness to engage in the sexual activity. Silence or lack of resistance, in and of itself, does not demonstrate consent. The definition of consent does not vary based upon a participant's sex, sexual orientation, gender identity, or gender expression.

## SEXUAL VIOLENCE HELPLINES

- In an emergency within the United States call 911. If you are located outside of the US, call the relevant emergency number.
- 1-800-942-6906: New York State Domestic & Sexual Violence Hotline for confidential assistance.
- 1-844-845-7269: Report sexual assault on a New York college campus to the New York State Police.
- New York City: 1-800-621-HOPE (4673) or 311.

## WHAT TO DO AFTER A RAPE OR AN ASSAULT

- Get to a safe place. If you are injured or in danger, *call 911*.
- Seek medical treatment as soon as possible for all HIV post-exposure, sexually transmitted diseases, and pregnancy testing and treatment options at the nearest emergency department.

- HIV post exposure prophylaxis (PEP) should be initiated as soon as possible after exposure, ideally within 2 hours. Decisions regarding initiation of PEP beyond 36 hours post exposure should be made on a case-by-case basis.
- Upon arrival, the hospital will offer assistance from a local rape crisis advocate. The advocate will be able to answer any of your questions about a forensic exam, accompany you through the entire examination, and provide follow-up resources.
  - A forensic exam, also known as a "rape kit", is the collection of evidence in the emergency department after a sexual assault occurred or within 96 hours.
  - To preserve as much DNA as possible, do not shower, use the bathroom or wash your clothes prior to going to the emergency room.
  - If you are uncomfortable with any part of the exam, *you do not have to consent*.

For more information about what to do after an assault, please call the NYS Sexual Violence Hotline at 1-800-942-6906 to be connected to your local rape crisis center (available 24/7/365) or visit the National Sexual Violence Resource Center website at [nsvrc.org](http://nsvrc.org).

The 'New York State Sexual Assault Victim Bill of Rights' must be provided to every presenting sexual offense victim before a medical facility commences a physical examination of a sexual offense victim, or a police agency, prosecutorial agency or other law enforcement agency commences an interview of a sexual offense victim. The health care professional conducting the exam, police agency, prosecutorial agency or other law enforcement agency shall inform the victim of the victim's rights by providing a copy of this sexual assault victim bill of rights and offering to explain such rights. Also available in the following languages: Arabic, Bengali, Haitian Creole, Italian, Korean, Russian, Simplified Chinese, Spanish, Yiddish.

## **BYSTANDER INTERVENTION STRATEGIES**

*The following information is provided by the [National Sexual Violence Resource Center](http://www.nsvrc.org/bystander-intervention-resources).*  
<https://www.nsvrc.org/bystander-intervention-resources>

Preventing sexual harassment is everybody's responsibility. An engaged bystander is someone who lives up to that responsibility by intervening before, during, or after a situation when they see or hear behaviors that threaten, harass, or otherwise encourage sexual violence. The behaviors that make up sexual violence exist on a spectrum. While some behaviors – such as sexist jokes, inappropriate sexual comments, innuendos, catcalling, or vulgar gestures – aren't illegal, this does not make them any less threatening or harmful to the person experiencing them. These situations also take place across a range of locations and settings – often in public spaces, workplaces, schools, communities, and online. All of us must embrace our voices to demonstrate that these behaviors will not be tolerated.

It may not be safe or effective to directly confront the harasser in every case, but there are a range of ways bystanders can be involved before, during, or after a situation when they see or hear behaviors that promote sexual violence. Below are some intervention tips and strategies: Disrupt the situation. Every situation is different, and there is no one way to respond. When you

witness a person being harassed, threatened, or followed by someone, you can try to distract the harasser or insert yourself into their interaction to help the targeted person get out of the situation. For example, if you see someone on the street being verbally harassed, you can interrupt the harasser and ask them for directions. You can also intervene by pretending to know the person being harassed and starting a conversation with them as an opportunity to come between them and the harasser. Don't act alone. Get support from people around you by calling on others to help. The more people who come together to interrupt a situation, the more you reinforce the idea that the behavior is not acceptable in your community. This can be as simple as saying, 'Let's say something to them so they stop.' If you do not feel safe, you may consider contacting the police.

Confront the harasser. Whether or not you know the harasser, you can intervene by telling them in a respectful, direct, and honest way that their words or actions are not okay. For example, when you hear someone make comments that blame victims for being assaulted, or make light of sexual violence, you can tell them:

- You need to stop.
- That's so inappropriate.
- What you just said made me feel uncomfortable. Here's why...
- Do you realize how problematic that is?
- We need to talk about what you just said.
- Why would you say that?

Set the expectation to speak up and step in. Talking openly and responding directly to inappropriate behaviors will have a snowball effect and encourage others to respond. It shows you recognize the comment or behavior is unacceptable and shows others it will not be tolerated. For example, if you are in a group setting and you hear someone make inappropriate comments, you can say:

- Are you hearing what I am hearing?
- I can't be the only one who thinks this is not OK.
- I don't see how XYZ is relevant or appropriate to this discussion.
- I know you're a better person than that. Understand how your privilege positions you to speak up. Your age, race, gender, etc. may make it safer for you to speak up and be vocal about harassment – especially when you are not the target or representative of the target group. Focus on the needs and experience of the target and ensure they receive the support they need.
- Let them know that what has happened to them isn't their fault.
- Affirm that they didn't do anything wrong.
- Express your support for the individual. – I saw what they just did. Are you OK? – I heard what that person said to you. I am so sorry. Take action online. Everyone can help address an online culture that tolerates rape and sexual violence. Online comments that blame victims contribute to a broader climate in which sexual violence is tolerated and not taken seriously.
- Believe and support survivors. For example, thank survivors for sharing their stories in the comments of news articles and blog posts.”

## ADDITIONAL RESOURCES

### New York State Resources

- [New York City Alliance Against Sexual Assault](#) - Education, research, & advocacy in New York City.
- [New York State Office of Victim Services](#) - Compensation for medical & other costs related to a crime.
- [New York State Office for the Prevention of Domestic Violence](#) - Definitions, statistics, & laws on domestic violence.
- [New York State Coalition Against Sexual Assault](#) - Expert consultation, training, resource development, & policy advocacy.
- [New York State Coalition Against Domestic Violence](#) - Training, support, technical assistance, & advocacy to local direct service domestic violence agencies.

### National Resources

- [CDC National Center for Injury Control and Prevention](#) - In-depth information on sexual violence prevention.
- [National Sexual Violence Resource Center \(NSVRC\)](#) - National leader in prevention & response to sexual violence.
- [Rape, Abuse and Incest National Network \(RAINN\)](#) - A national anti-sexual violence organization.

### Resources for Youth/Young Adults

- [NYSOPDV: Teen Dating Violence Awareness and Prevention](#)
- [NSVRC: Sexual Violence Against Youth & Young People](#)
- [VAWnet: Youth Sexual Violence Prevention](#)
- [Youth.gov: Prevention Programs](#)

### Resources for United States Military Personnel

- [Department of Defense \(DOD\) Safe Helpline](#)
- [Military Rape Crisis Center](#)

### Resources for Lesbian, Gay, Bisexual, and Transgender Individuals

- [NYC Anti-Violence Project](#)
- [CDC LGBT Youth Resources](#)
- [Human Rights Campaign](#)