

## I think I have experienced some type of sexual violence or relationship abuse, but I am not sure.

### SEXUAL ASSAULT IS

An actual, attempted or threatened unwanted sexual act accomplished against a person's will by means of force (express or implied), violence, duress, menace, fear or fraud, or when a person is incapacitated or unaware of the nature of the act, due to unconsciousness, sleep or intoxicating substances.

### SEXUAL MISCONDUCT IS

The commission of an unwanted sexual act, whether by an acquaintance or by a stranger, that occurs without indication of consent.

### RELATIONSHIP VIOLENCE IS

Physical violence within a dating or domestic relationship regardless of the length of the relationship or gender of the individuals in the relationship.

Relationship violence is about power and control. Physical violence frequently is accompanied by other forms of abuse, including emotional, psychological, financial or sexual, and relies on the use of threats, isolation and intimidation. The most dangerous time is shortly after a relationship has ended.

### CONSENT IS

An affirmative act or statement by each person that is informed, freely given and mutually understood. It is the responsibility of each person involved in a sexual activity to ensure that he or she has the affirmative consent of the other or others to engage in the sexual activity. If coercion, intimidation, threats and/or physical force are used, there is no consent. If a person is mentally or physically incapacitated so that the person cannot understand the fact, nature or extent of the sexual situation, there is no consent; this includes conditions due to alcohol or drug consumption or being asleep or unconscious. Lack of protest or resistance does not mean consent, nor does silence mean consent. Affirmative consent must be ongoing throughout a sexual activity and can be revoked at any time. The existence of a dating relationship between the persons involved, or the fact of past sexual relations, should never by itself be assumed to be an indicator of consent. Whether one has taken advantage of a position of influence over another may be a factor in determining consent. **Yes means yes.**

### STALKING IS

Engaging in a course of conduct directed at a specific person that would cause a reasonable person to a) fear for his or her safety or the safety of others or b) suffer substantial emotional distress.

For more information, visit [notalone.stanford.edu](https://notalone.stanford.edu).

Persons who report sexual assault and relationship violence or who cooperate with investigations of such reports are protected from retaliation under the university's Title IX policy.

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This brochure is a collaboration of the SARA Office, Title IX Office, Vaden Health Center and Associated Students of Stanford University.

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# Student Resources and Reporting Options for Sexual Assault and Relationship Violence

[notalone.stanford.edu](https://notalone.stanford.edu)

# I want... I need...

## EMERGENCY/URGENT ASSISTANCE FOR MY SAFETY

Call 911 or 9-911 from a campus phone.

## TO GET MEDICAL HELP

The medical centers, on and off campus, provide treatment of injuries, STD screenings and pregnancy tests. If you wish to have an evidence collection kit ("rape kit"), you can do so at the Santa Clara Valley Medical Center. If possible, do not shower, brush your teeth, urinate, eat, drink or change clothes.

## TO TALK

There are confidential resources who can provide you with support while allowing you the time and space you need to process what has happened and who can provide you with basic information about your options and available resources.

## TO REPORT A CONCERN AND GET SUPPORT

Students who wish to report a concern may seek assistance from staff listed as "non-confidential." These staff will protect your privacy by limiting the people with whom they share what you tell them; however, they cannot guarantee you confidentiality, as they must notify the Title IX coordinator. They also will explain your options and resources and attend to your immediate needs for safety and interim measures (e.g., no contact orders, housing and academic accommodations, counseling, escort). For additional support and information about options, resources, education and referrals, contact the Office of Sexual Assault and Relationship Abuse Education and Response (SARA).

## TO UNDERSTAND THE UNIVERSITY'S TITLE IX ADMINISTRATIVE/DISCIPLINARY PROCESSES

You are encouraged to contact the Title IX Office and the Office of Community Standards (OCS). The Title IX Coordinator oversees the

investigation of all reports of sexual assault and relationship violence, including the provision of interim measures and final administrative remedies. The role of OCS is to promote mutual responsibility of members of the Stanford community to uphold the Honor Code and Fundamental Standard and coordinate the student conduct system. OCS offers the Alternate Review Process (ARP), a disciplinary process specifically for cases of sexual assault and relationship violence.

In certain rare circumstances where it is necessary to ensure your safety and that of the university community, the university may be obligated to investigate known incidents of sexual assault and relationship violence, even if you may not feel ready. Such a decision would be discussed with you in advance, however, and the university would ensure that you have a support person throughout the process.

## TO REPORT A CRIMINAL CONCERN

Sexual assault and relationship violence also are crimes. The university encourages you to contact the Stanford University Department of Public Safety (SUPDS) at 650-723-9633 or the jurisdiction where an incident took place for more information about how to report a crime and the criminal process. A criminal investigation does not relieve the university of its obligation to respond under Title IX, and both a criminal and university investigation may proceed at the same time.

## WHAT IF I WANT TO BE LEFT ALONE?

This may be a confusing and difficult time. Remember that these resources are always available to you, and you can seek support at any time. Friends and family can offer support as well.

**"You are not alone. There are people who can help you. You have options."**

## CONFIDENTIAL COUNSELING RESOURCES

These resources will keep your identity and information private and anonymous.

**Stanford University Confidential Sexual Assault Counselors (24/7)**  
650-725-9955

**YWCA Rape Crisis Hotline**  
650-493-7273 or 408-287-3000

**Counseling and Psychological Services (CAPS)**  
650-723-3785

**Office for Religious Life**  
650-723-1762

**University Ombuds**  
650-723-3682

**School of Medicine Ombuds**  
650-498-5744

## MEDICAL RESOURCES

**Vaden Health Center\***  
650-498-2336, ext. 1

**Emergency Department, Stanford Health Care\***  
650-723-5111

**Santa Clara Valley Medical Center\***  
408-885-5000

\*Under California law, medical clinicians are required to report to the police instances in which they observe physical injury caused by assaultive conduct.

## NON-CONFIDENTIAL RESOURCES AND REPORTING OPTIONS

**Title IX Office**  
650-497-4955  
titleix@stanford.edu, titleix.stanford.edu

**SARA Office**  
650-725-1056 or 650-725-9129  
saraoffice@stanford.edu,  
sara.stanford.edu

**Residential Education House Staff**  
(residence deans, resident assistants, peer health educators, resident fellows)  
650-725-2800

If there is no answer or if you have an urgent, after-hours issue, contact the campus operator at 650-723-2300 and ask to be connected to the undergraduate residence dean on call.

**Graduate Life Office Deans**  
650-736-7078

If there is no answer or if you have an urgent, after-hours issue, call the 24-hour pager:  
650-723-8222, pager ID 25085.

**OCS Alternate Review Process (ARP)**  
650-725-2485  
studentaffairs.stanford.edu/  
communitystandards/help/arp