WHAT IS CONSENT?

**Consent** is clear, knowing and voluntary. Consent is active, not passive. Silence, in and of itself, cannot be interpreted as consent. Consent can be given by words or actions, as long as those words or actions create mutually understandable clear permission regarding willingness to engage in (and the conditions of) sexuality.

COMMON REACTIONS

**Physical:** trouble sleeping, nightmares, headaches, loss of appetite, overeating, stomach problems, muscle tension.

**Emotional:** denial, fear, sadness, anger, guilt, shame, embarrassment, crying spells, flashbacks, irritability, depression, suicidal thoughts.

**Social:** fear of being in public, withdrawing from friends, difficulty trusting others, trouble with physical intimacy in relationships.

**Academic:** lack of concentration, impaired memory, missing classes, lack of motivation.

RESOURCES

Dean of Students
(415) 422.5330

Gender & Sexuality Center
(415) 422.4431

Office of Student Conduct, Rights, and Responsibilities
(415) 422.5330

USF Counseling & Psychological Services (24 hour)
Confidential and Anonymous Reporting
(415) 422.6352

USF Public Safety
(415) 422.2911 emergency
(415) 422.4201 non-emergency

SF Psychiatric Emergency Services
(415) 206.8125

San Francisco Police Department
Call 911 to file a report

SF General Hospital
24-hour Rape Treatment Center
(415) 206.8000

Women Against Rape (SFWAR)
24-hour Confidential Hotline
(415) 647.7273
**DO:**
- DO remain calm.
- DO listen.
- DO help your friend make their own decisions.
- DO empower your friend to seek help.
- DO share and educate your friend about the common reactions to sexual assault.
- DO be patient.

**DO NOT:**
- DO NOT blame your friend for what happened.
- DO NOT confront the person who is accused of committing the assault.
- DO NOT pass judgement.
- DO NOT ignore your own feelings and reactions.*
- DO NOT make promises that you cannot keep.

*Contact USF Counseling & Psychological Services for assistance. See resources page.

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**IN CASE OF ASSAULT**

**Help Your Friend Find a Safe Environment**
Stay with the survivor and offer support. Make sure they know that the incident was not their fault.

**Help Your Friend Contact Public Safety**
They can call (415) 422-2911 or their RA or university staff 24/7. San Francisco Women Against Rape’s 24-hour Confidential Support Hotline is also available at (415) 447-7273.

**Help Your Friend Seek Medical Attention**
Encourage your friend to go to SF General Hospital (the only hospital in SF prepared to conduct a rape kit and provide rape crisis support). Explain the importance of preserving evidence in case they want to pursue legal action: Don’t shower or brush teeth. Keep clothes in a paper bag.

**Help Your Friend File a Report**
Help them recall and write down all the details. To file a report through the police, call 911. If going to SF General, police will be called but the choice to press charges is theirs. If the person who assaulted your friend is a USF student, we encourage them to file charges with the Office of Student Conduct. USF staff are here to support you both through the process.

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**EMPOWERED BYSTANDER**
An individual who witnesses potentially harmful behavior and takes action that has the potential to lead to a positive outcome, such as speaking up about abusive behavior and supporting individuals who have been abused.

**Who will you be today?**

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**MYTHS vs. FACTS**

**Myth:** There is a “right way” to respond to a rape situation.

**Fact:** Since rape is life-threatening and each rapist has their own pattern, the best thing a victim can do is follow their instincts and observe any cues from the rapist. If the victim has escaped alive, they have behaved in the right way.

**Myth:** Victims provoke rape.

**Fact:** Research has found that the vast majority of rapes are planned. Rape is the responsibility of the rapist alone. Opportunity is the most important factor determining when a given rapist will rape.

**Myth:** If the assailant, victim, or both are drunk, the assailant cannot be charged with rape.

**Fact:** Forcing sex on someone who is too drunk to give consent (legally drunk) is considered a crime in most states. Rape is a crime. People who commit crimes while under the influence of alcohol or drugs are not considered free from guilt.