SEXUAL VIOLENCE

It can happen to you too...

A resource for finding help and healing

It’s on all of us to stop sexual assault.

Take the pledge to be part of the solution at ItsOnUs.org

TITLE IX

Title IX of the Education Amendments of 1972 (20 U.S.C. .1681 et seq.) prohibits discrimination on the basis of sex in education programs receiving Federal financial assistance. Title IX states: “No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance.”

• Title IX prohibits discrimination on the basis of sex in education programs or activities operated by recipients of Federal financial assistance
• Sexual harassment of students, which includes acts of sexual violence, is a form of sex discrimination prohibited by Title IX
• Title IX applies also to same-sex, bisexual and transgender students

SEXUAL VIOLENCE

• Sexual violence refers to physical sexual acts perpetrated either against a person’s will or where a person is incapable of giving consent due to the victim’s use of drugs or alcohol
• An individual also may be unable to give consent due to an intellectual or other disability
• A number of different acts fall into the category of sexual violence, including rape, sexual assault, sexual battery, and sexual coercion. All such acts of sexual violence are forms of sexual harassment covered under Title IX

Filing a Complaint

Students have the right to report the incident, have UNMC investigate what happened, and have their complaint resolved promptly and equitably. To file a complaint students may contact:

• Carmen Sirizzotti, MBA
  UNMC Title IX Coordinator at 402.559.2710
• Philip Covington, EdD, Assistant Vice Chancellor for Student Success at 402.559.2792

Students have the right to choose to report an incident of sexual violence to campus or local law enforcement; however, a criminal investigation does not relieve UNMC of its duty under Title IX to respond promptly and effectively.

RESOURCE LIST

Confidential Resources

Student Counseling 402.472.7450
Student Medical Clinic 402.472.5000

Campus Resources

Campus Police Dial 2 for Blue: 402.472.2222
Title IX Coordinator
Carmen Sirizzotti, MBA
402.559.2710 | csirizzotti@unmc.edu
Assistant Vice Chancellor for Student Success
Philip Covington, EdD
402.559.2792 | philip.covington@unmc.edu
UNMC Compliance Hotline
1.844.348.9584 | www.nebraska.ethicspoint.com
Financial Aid Office 402.559.6409
International Students Office 402.559.8326

Off Campus Resources

Bryan Health Hospital West Campus
402.481.1111 | 2300 S. 16th Street
Saint Elizabeth Regional Medical Center
402.219.8000 | 555 South 70th Street
Voices of Hope
Crisis Line: 402.475.7273
Non-Emergency: 402.476.2110
Police Department 402.441.6000 or 911
Legal Aid of Nebraska
1.877.250.2016 | www.legalaidofnebraska.org

Hot Lines – 24/7
National Sexual Assault 1.800.656.HOPE (4673)
National Domestic Violence 1.800.799.SAFE (7233)

National Websites

Know your rights Title IX www.knowyourix.org
Not Alone www.notalone.gov
Nebraska Coalition to End Sexual and Domestic Violence www.nebraskacoalition.org
RAINN (Rape, Abuse & Incest National Network) www.rainn.org
LGBTQ: The Survivor Project www.survivorproject.org
Male Survivors of sexual trauma www.malesurvivor.org

Lincoln

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Was It my fault?

Sexual violence is never the fault of the person who experienced sexual violence.

As a survivor you may blame yourself:
• “If I hadn’t gotten in the car.”
• “If I hadn’t gone to their room drunk.”
• “I should have known better than to study at their house”

Do not blame yourself.

After Effects of Sexual Violence

• Post Traumatic Stress disorder (PTSD) severe feelings of anxiety, stress or fear
• Depression: emotional and psychological reactions due to the sexual violence experience
• Flashbacks: when memories of past traumas feel as if they are taking place in the current moment
• Develop sleeping and/or eating disorders
• Sexually Transmitted Infections (STIs)
• Pregnancy
• Substance abuse: may turn to alcohol or other substances in an attempt to relieve emotional suffering
• Self-harm/self injury and/or suicidal thoughts: Please seek help immediately by calling 911, go the nearest Emergency room or call the National Suicide Prevention Lifeline for help 24 hours a day at 800.273.TALK (8255)
• Difficulties in studying and/or concentrating

Effects can be immediate or delayed. They can be brief in duration or last a very long time.

Responding to Sexual Violence

• Here at UNMC we care about the well-being of our students. If you experience sexual violence we offer you help in several ways.
• UNMC wants to ensure you are able to obtain the assistance and support needed; to get help, feel secure, and begin the healing process.
• We hope this information is helpful for you or a friend, if you experience sexual violence.

What is Sexual Violence?

• Sexual violence is any physical sexual act perpetrated either against a person’s will or when a person is incapable of giving consent. Sexual violence is a form of sexual harassment.

If You Experience Sexual Violence

• If you are in immediate danger, call the police or get to a safe place where you can contact a trusted person or close friend who can be with you until you feel safe again.

Consider Medical Attention

• By getting medical attention as soon as possible you can be evaluated for any physical damage as well as to collect important physical evidence in the event you may later wish to take legal action.
• In order to keep the evidence viable, do not change clothes, bathe, shower, use the restroom, or cleanse in any way prior to your examination. Also, if possible, do not eat, drink or smoke prior to your examination.
• Getting medical attention does not require you to report to anyone, unless you choose to do so.
• Counseling is strongly recommended in order to assist you with your recovery and healing. It can be very helpful to talk with someone who can provide support and who can understand what you have been through.
• You may also call the National Sexual Assault hotline at 1.800.656.HOPE (4673).

Consider filing a complaint with UNMC

If you wish to file a complaint, you may contact:
• Carmen Sirizzotti, MBA, UNMC Title IX Coordinator 402.559.2710 | csirizzotti@unmc.edu
• Philip Covington, EdD, Assistant Vice Chancellor for Student Success 402.559.2792 | philip.covington@unmc.edu

Consider Reporting the Incident to Your Local Police Department

• You may do so any time after you experienced sexual violence. The police have investigators who are trained to handle sexual violence cases in a sensitive manner.

If You Know a Person Who Experienced Sexual Violence

• Listen with compassion, be there to support, and emphasize that sexual violence is not their fault.
• Provide this brochure and/or resource list.
• Encourage counseling and medical treatment.

Retaliation is Prohibited

• Retaliation against the Complainant or a third party in an attempt to prevent or otherwise obstruct the reporting or remediation of sexual misconduct is prohibited at UNMC.

For additional information please visit: unmc.edu/Title IX