If a friend, partner, or family member tells you they have been sexually assaulted or are in a violent relationship, remember that you might be the first person they have told. Your response helps determine whether they feel safe and supported when telling others about the assault, and what their next steps may be. It is very important not to judge or question their feelings.

What to say:
• “What can I do to help?”
• “I believe you.”
• “It’s not your fault.”
• “I’m sorry that happened to you.”
• “I’m glad you told me.”
• “You are a strong person.”

What to do:
• Keep it confidential.
• Take your lead from the individual on how to help.
• Avoid making decisions for the individual.
• Help provide options and choices.
• Do not judge.
• Do not try to fix the situation. Listen.

If someone is in an abusive or violent relationship, encourage them to create a safety plan, including a list of people to call and things to do in case the violence escalates. The SARC/VPRC and/or ASPEN can help with this. Caution anyone deciding to leave an abusive relationship without a safety plan. The most dangerous and violent time is immediately after an individual tries to leave the relationship.
Find a safe place as soon as possible:
your home, a friend’s home, a locked car,
busy public place, etc.

Call someone you trust for support so
you’re not alone.

Seek medical attention to identify any
potential concerns such as pregnancy,
sexually transmitted infections, other
physical injuries, etc. (Keep in mind not all
injuries are readily apparent).

A Sexual Assault Nurse Examiner
(SANE) at Kittitas Valley Healthcare
can perform a medical exam to collect
evidence that can be used in criminal
prosecution.

Contact the SARC/VPRC to talk about all
available resources and options in moving
forward.

Call 509-963-3233, or visit the
Wellness Center in SURC 139.

Speak with law enforcement about making
a report. Kittcom Dispatch (509-925-8534)
will connect you with the appropriate law
enforcement agency. When in doubt,
do not hesitate to call 911.

VIP (Violence Intervention and Prevention)
members seek to create social change as it
relates to sexual assault on our campus through
education, activism, and awareness. Members
promote the equality and rights of all students in
the pursuit of a safe, non-violent, and peaceful
campus.

SAVA (Sexual Assault Victim Advisor) workshops
train participants to be a resource to victims of
sexual assault, emphasizing crisis intervention
and referral to appropriate campus and
community resources.

GREEN DOT is a prevention program focused
on empowering bystanders to become active
members in reducing power-based personal
violence to make our campus a safer place to live,
work, and attend school.

*Trainings offered quarterly.

R.A.D. The Rape Aggression Defense System
is a program of realistic self-defense tactics and
techniques for women. The R.A.D. System is a
comprehensive, women-only course that begins
with awareness, prevention, risk reduction, and
risk avoidance, while progressing on to the basics
of hands-on defense training.

Become a VIP member, sign up for SAVA training,
or participate in a Green Dot workshop by visiting:

Wellness Center, SURC 139
509-963-3213
www.cwu.edu/wellness/