

# Wildcat Wellness and Public Safety & Police Services

## SPECIAL EDITION NEWSLETTER

### Contact Information

CWU Sexual Assault  
Response  
Coordinator  
Gail Farmer  
509.963.3214  
SURC 139

ASPEN  
24 Hour Confidential  
Assault Response  
509.925.9384

CWU Health Center  
509.963.1881

Kittitas Valley  
Community Hospital  
509.962.9841

CWU Counseling  
Center  
509.963.1391

Police Services for the  
Kittitas Valley  
509.925.8534

CAT Program  
Walking Companions  
509.963.2950



# "The Red Zone"

## What is it?

The first six weeks of fall quarter is known as "The Red Zone." Why? Because this time period is marked by an especially high incidence of sexual assaults on college campuses. While all students are at risk during this period, first year students have an even greater risk of victimization. During "The Red Zone," young men are also good targets for peer pressure relating to sexual activity.

## Know the facts...

1 in 4 college women is a victim of rape or attempted rape at least once during her four years in college.

78% of all forcible rape victims know their attackers

90% of all acquaintance rapes involve alcohol

## Party Smart

- Be aware of where you are
- Go to parties with trustworthy friends who won't leave you behind.
- Don't ride in a car alone with someone you just met.
- Trust your gut.
- Walk in groups



## If you think you were sexually assaulted...

- Get away to a safe environment. Ask a trusted friend for moral support.
- Know that it is not your fault.
- Call 911 to report the attack. If you need help with this process contact the ASPEN at 509.925.9384.
  - Preserve evidence of the attack – don't shower or change and don't brush your teeth.
  - Write down all the details you can recall about the attack & the attacker.
  - Go to the hospital for a rape exam. (An ASPEN advocate is available 24 hours a day to assist you through this process.)
- If you are sure that you do not want to report the attack:
  - Get medical attention to determine the risks of pregnancy and STDs.
  - Consider filing a complaint with student affairs. Call the CWU Sexual Assault Response Coordinator at 509.963.3214.
  - Consider talking to a counselor or ASPEN advocate about your options. The CWU Counseling Center's phone number is 509.963.1391.
- Recognize that healing takes time. Give yourself the time you need.

### More resources:

- [www.cwu.edu/~wwc](http://www.cwu.edu/~wwc)
- [www.rainn.org](http://www.rainn.org)
- [www.wcsap.org](http://www.wcsap.org)

## Consent vs. Non-Consent

Consent is the act of giving permission to take a particular action. Determining whether consent was given, is the critical factor in every sexual assault offense case. Consent can only be given when there is equal power between the two parties. And so, the use of force, threats or coercion do not constitute consent.

**Even more important, a person cannot legally give consent if they are intoxicated, under the influence of drugs, physically or mentally impaired, unconscious, underage or asleep.**

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The following criteria must be present in order to give full consent:

1. They must understand what they've agreed to do.
2. They must be aware of the consequences of and alternatives to their actions.
3. They must know that their decision not to participate will be respected.
4. They must voluntarily agree.
5. They must be mentally competent (not underage, drunk or high).

The following does not constitute consent:

- Verbal refusal ("Stop," "No")
- Implied verbal refusal ("I'm not sure")
- Physical resistance (pushing, moving away)

If sexual activity continues after any of these indicators, it's likely that a sexual assault has occurred.